

NEWSLETTER

As the stars of Matariki rose in the winter sky, we were invited to pause and reconnect with what truly matters. Matariki is a time of whakaaroaro (reflection), whakanui (celebration), and whakamahere (planning for the future). It reminds us to honour those who have passed, give thanks for the blessings we have today, and look ahead with hope and purpose.

This season also provides an opportunity to reflect on the value of integrity, which is closely connected to living pono (sincerity) and tika. These values guide us to act with honesty, humility, and respect, ensuring our actions uphold the mana of ourselves and others, and by doing so, we strengthen our relationships with whānau, neighbours, and the wider community.

Here at Te Aroha Noa Community Services, these principles are woven into the way we work alongside our community. Through acts of manaakitanga, genuine connection, and service. We strive to create spaces where people feel welcomed, valued, and empowered. Integrity is not only about what we say but also how we show up for one another each day. As you read this newsletter, we invite you to embrace the spirit of Matariki by reflecting on your own journey, celebrating the people around you, and stepping into the year ahead with aroha. May this season inspire us all to nurture stronger relationships, care for one another, and continue building a thriving and connected community.

Mānawatia a Matariki



SPOTLIGHTS

WĀHINE ATA AHUA

Wāhine Ataahua is a programme facilitated by Keri and Pania that has, over the years, supported and empowered wāhine to pursue training opportunities, employment, and new pathways. Through the programme, wāhine are encouraged to recognise and build on their strengths, abilities, and potential.

As a beautiful gesture of kindness and appreciation, one of our wāhine, Lyn, created this stunning piece of diamond art to acknowledge the support and connection she has experienced through the programme.

We would like to thank Lyn for sharing her beautiful artwork with us. Her thoughtful gesture is a wonderful reminder of the strength, creativity, and mana that our wāhine bring to our community.



HE NGĀKAU RANGATAHI

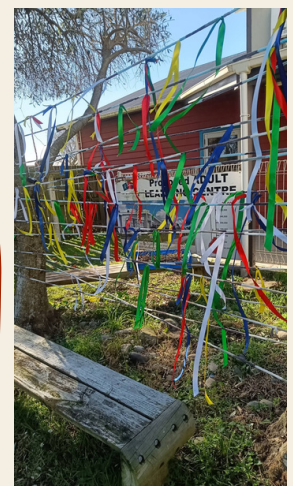
Another great few months in He Ngākau Rangatahi with plenty of learning, exploring, and personal development. When the weather works with us, we continue to take our rangatahi out into te taiao with fishing activities, fostering a deep connection with the natural world and reinforcing their sense of self-reliability. Te Kura remains a central focus, with our rangatahi making good progress in their studies and preparing for assessments and employment. We are also very thankful for the amazing opportunity to guide our rangatahi through Wellington's Te Papa museum. Together, our rangatahi continue to forge ahead, growing in confidence, resilience, and capability for the opportunities ahead.



WHĀNAU SOCIAL WORKERS

The social work team is committed to ongoing learning and training so we can continue to provide meaningful and effective support to our whānau and community. This was reflected in our Matariki activities, including the Wind Wall, which encouraged staff and community members to share their values, thoughts, and aspirations.

Supporting parents and caregivers is an important part of our mahi. We work alongside whānau to build confidence and develop practical parenting strategies, from establishing household routines and boundaries to using tools such as star charts. Where appropriate, we also connect whānau with programmes such as Incredible Years Parenting for further support.





EARLY CHILDHOOD CENTRE MANAWA TAMARIKI

We were super excited to have received from Values Trust New Zealand our "Little libraries" forest themed book shelving and a selection of 22 award winning books written by New Zealand authors and illustrators.

The Values Trust is a philanthropic early literacy initiative supporting early learning services across Aotearoa

Below is an article that Te Aroha Noa Early Childhood Centre is featured in talking about our successful partnership we have built with our local Te Patikitiki Library.

<https://loveyourlibrary.org.nz/libraries-in-action/library-stories/little-libraries-programme-helps-public-libraries-grow-young-bookworms>



HE NGĀKAU MĀTUA

The He Ngākau Mātua young mamas had a fun and interactive Brush & Slush Day! It was a great opportunity for the māmā to come together, laugh, learn something new, and enjoy some quality time with their tamariki.

The session focused on making healthy routines fun and practical, with plenty of hands-on activities and opportunities for the mamas to get involved. The tamariki enjoyed getting stuck in too, making the day feel relaxed, positive, and whānau-focused.

Days like this are a great reminder that learning doesn't always have to feel like learning—sometimes the best way to connect, build confidence, and share knowledge is through having fun together!



ORAL DENTAL CLINIC

On 25 and 26 July, Te Aroha Noa Community Services partnered with Whakapai Hauora, Te Waka Hui, MidCentral, and a dedicated team of volunteer dentists and hygienists to provide free dental care to whānau in our rohe.

The clinic, held at the Te Aroha Noa Community Services Health Space and Highbury Dentist, provided whānau with access to essential oral health services at no cost. By registering for an appointment, whānau were able to have their oral health needs assessed and treated, including fillings and extractions, as well as receiving professional teeth cleaning from the hygienist on site.

Pania Taylor, a Senior Practitioner at Te Aroha Noa Community Services who supported the initiative, shared, "I had the privilege of being on site for several hours each day, informing whānau about the services Te Aroha Noa offers. It was a great opportunity to connect with whānau, support the mahi, and raise awareness of the services available to our community."

The initiative highlighted the importance of accessible oral healthcare and the positive impact that collaboration between community organisations and health professionals can have in supporting whānau wellbeing.



Te Wakahuia Manawatu Trust,
Hauora, Nau Mai Haere Mai





COMMUNITY ENGAGEMENT

Te Aroha Noa Community Services was pleased to be invited to take part in the UCOL Community Connect Expo, bringing together a range of community organisations to share the services and support they provide with UCOL students.

During the expo, we hosted a prize draw, and we would like to congratulate Xeon, our lucky winner! Thank you to everyone who stopped by our stall, connected with our team, and took the time to learn more about the work we do in our community.

PARENTING TIP FROM INCREDIBLE YEARS

Parenting Tips - Child Led Play (Insights from the Incredible Years Parenting Program)

Play isn't just fun for children — it's how they learn to regulate emotions, solve problems, build language, and practise social skills like sharing and turn-taking. Even a few minutes of unhurried, child-led play each day can strengthen a child's sense of safety and connection with the adults around them, which grows their sense of belonging, attachment and confidence

A couple of tips for whānau and caregivers:

- Follow their lead. Let the child choose what to play and how — resist the urge to direct or "teach". Your job is to be interested, not in charge.
- Get down on their level. Even 10–15 minutes of full attention (phone away) matters more than a long stretch of distracted time.

PROGRAMME UPDATES

INCREDIBLE YEARS

Incredible Years is a 14-week programme that provides practical parenting strategies that strengthen relationships, build confidence, and support positive behaviour. Time and time again, we hear from whānau about the positive difference this programme has made for themselves and their children.

Registrations are now open for our next The Incredible Years Positive Parenting Programme, on Tuesday mornings for parents of children between 3- 8 years old.

Let us know if you are interested on 06 358 2255 or reception@tearohanoa.org.nz if you are interested



WAHINE ATAAHUA

Do you want to connect with other wahine and/or yourself on deeper levels, understand how self-esteem impacts and shapes our lives, and learn how you can better manage challenging life experiences? If so, please come along and join us.

Wahine Ataaahua is an 8-week group programme to build self-esteem and resiliency for wahine of all ages and stages of life. This includes enhancing well-being, building skills for a positive lifestyle, growing support systems and exploring deeper levels of mana.

Term four starts on the 22nd October, 2026; if interested, get in touch with us.

Contact details: reception@tearohanoa.org.nz



WORKING TO WORK

Are you thinking about getting back into work? If you're looking for a job but aren't sure where to start, need to build your confidence, or just want some extra support, our Working to Work programme is for you.

Over the programme, we'll cover things like:

- CVs and job applications
- Interview tips and practice
- Workplace expectations
- Budgeting and managing your money
- Goal setting and planning for your future

You'll also meet new people, have a few laughs, and get support every step of the way.

If this sounds like something you'd be interested in, get in touch with Brydie on 021 221 7353 to enrol.



PARTH

Enhance your impact with PARTH training. Te Aroha Noa Community Services will be hosting the next three-day training in Palmerston North from 28th – 30th of October 2026.

PARTH is a local relationship-based practice framework created from research led by Massey University and championed by community organisations. Relationship-based practice (RBP) is an evidence-based approach to mahi that prioritises strong, trusting, respectful, culturally responsive and empathetic relationships between kaimahi and those they support.

Through interactive workshops, real-world case studies and reflective practice you'll learn practical strategies to enhance engagement and support positive outcomes for those you mahi with. Whether you're new or experienced this training will add to your kete and renew your passion for relationship-centred care. [CLICK HERE](#) to Register or Learn More.



P A R T H

Learn and apply concrete, evidence-based strategies to **build more effective helping relationships**.

What is PARTH?
PARTH is an evidence-based relational practice framework created from research led by Massey University and championed by community organisations. Each letter has some words about the actions and attitudes of kaimahi that help form strong helping relationships and support positive outcomes. It is for all kaimahi who work with rangatahi, tātanga and whānau in youth, community, health, justice and education settings.

Why should I attend PARTH Training?

- Develop practical strategies you can apply straight away to super-charge your mahi.**
- Join a growing number of organisations using this approach and learn from kaimahi who use PARTH everyday.**
- Learn alongside other social service, health, justice and education kaimahi.**
- Reflect on your relational strengths and how they apply in your specific setting.**
- Work on real case studies and receive feedback and input from others.**
- PARTH works. Survey evidence shows that kaimahi who have received PARTH training create better helping relationships and achieve better outcomes.**

Testimonials:

- "I needed something like this, a tool that allowed me to consider my strengths and my passion within this work and also gave me a little bit of a push towards the things that I can hold myself to account."
- "Hearing other people's opinions on what I was doing and having that feedback was invaluable. It was fantastic and really helped me feel more confident in the work that I was doing."
- "It's practical and relevant information that from the end of the training, I could walk out the door and go straight into mahi and start applying those things."
- "I feel I like already do relationship building with my young people and that's one of my strengths, but getting all those extra areas to focus on that I might not have been, and to articulate what I am seeing, it's been good."
- "There is the research content and then it's fantastic hearing from practitioners who can give their experience."
- "The PARTH training has given us a common language to use in our multi-disciplinary teams. Because all our staff have now been trained we have a shared framework to reflect on our practice."

PARTH Training was created as part of a research programme funded by the Ministry of Business, Innovation and Employment, MAUK2006.

The PARTH Kaitiaki comprises these organisations:

- te aroha noa
- innova
- TYMS
- YOUTHSAF

Kaiārahi o te kōti a Whānau (Family Court Navigator)

Kaiārahi Clinic Dates

- 27 August 9.30 - 2.30
- 24 September 9.30 - 2.30
- 27 October 9.30 - 2.30

Melissa Poutu
melissa.poutu@justice.govt.nz
027 234 5288



Family Court Navigator (Melissa Poutu)

- Melissa is here to awahi whānau as they navigate the legalities, processes, and expectations of the Family Court.
- Time: 9:30 am – 2:30 pm

WHAT'S COMING UP AT TE AROHA NOA COMMUNITY SERVICES

DATES	WHAT'S HAPPENING
21 August, 4 September, 18 September,	<u>Kāinga Ora and MSD on-site at Te Aroha Noa Community Services</u> • Kāinga Ora and the Ministry of Social Development (MSD) to offer on-site wraparound support, housing connections, and whānau development clinics. • Time: 9 am to 12:00 pm • Where: 20, Brentwood Ave
27 August, 24 September	<u>Family Court Navigator (Melissa Poutu)</u> • Melissa is here to awahi whānau as they navigate the legalities, processes, and expectations of the Family Court. • Time: 9:30 am - 2:30 pm
26 August, 23 September	<u>Asthma & Eczema Clinic</u> • This is a service provided by the Mid Central Paediatrics Centre for follow-ups of tamariki with asthma and eczema who have been seen previously by the paediatric services and require follow-up. • Time: 9 am to 2:30pm • Where: 28, Brentwood ave
24 August, 23 September	<u>Paediatrics Clinic</u> • This is a service run by the hospital's paediatric services. A nurse practitioner meets with tamariki and their whānau for a follow-up from a prior hospital visit. • Time: 9 am to 2:30 pm • Where: 28 Brentwood Ave
28 September - 2 October	<u>KidzLIFE Holiday Programme</u> • This is Te Aroha Noa Community Service's school holiday programme that runs through the first week of the holidays. The fee per child is \$60 for the whole week. • Time: 8:30-3:00 • Contact: laurin@tearohanoa.org.nz