

“Helping build stronger, more confident, educated communities.”



Whanau Ora Day
2021
Saturday, March 6th
A&P Showgrounds
DANNEVIRKE
10am - 2pm
Lunch Time - 12pm-1pm

Listen to local talent at the Teddy Bears Picnic.
Sausage Sizzle and Fruit Skewers.

Water Play - Togs required.
Competitions on the day - Treasure Hunt, Cupcake and how many in the jar?

Horse Rides, Barrel Train, Bubbles, Hand Prints, Ki o Rahi, Obstacle course, The Zoo, Hole in one, Bouncy Castle, Face Painting, Giant Board Games and many many More!

Contact Te Kete Hauora
Ph: 06 374 6860 FB: Rangitane Iwi



*Are you anxious about being
Lockdown Ready?*

Join us for a discussion.

The recent change to Level 3 and Auckland moving into Level 2 has created a sense of “not again!!”.

Are you prepared for another Lockdown?

We would like to know about your lockdown experience. What did you struggle with the most?

During COVID, Tararua REAP played a pivotal role in coordinating the community’s emergency response.

We may be able to help or connect you with the required support so that you are better equipped if we have to lockdown again.

Join us to discuss the trials and troubles of lockdown. Share your thoughts about what would have helped you cope. Did you have gaps in your skills, service provision, communication, or available services and how did that impact your general wellbeing and mental health.

We want to know everyone will be ok in another lockdown.

When: Tuesday 2nd March 1pm-2pm followed by a complimentary afternoon tea

Where: Tararua REAP Huia Meeting Room.

Exciting news for local schools

Tararua REAP has been supporting schools for many years and in many different ways. Over the last 4 years the support Tararua REAP delivered was through assistance with Reading Recovery. After numerous meetings with Principals, Tararua REAP has an exciting plan for 2021 to support our schools, parents and tamariki by offering professional development opportunities for teachers. Event information for parents is below but keep an eye on our Panui, Facebook page or Website for more details.

Upcoming events

- ~ **StressLess Programme with Rebekah Charlton – Six Wednesdays starting 3rd of March 3:30-4:30pm, at Tararua REAP**
StressLess is for 13-18 years olds to learn techniques and tools that aim to reduce anxiety and build resilience.
- ~ **Starlight Trust - 18th March, 6:00-7:30pm, at Tararua REAP.** This is the beginning of a series of important presentations related mental wellbeing. Many young people are struggling with heightened emotions, fears, and insecurities.
- ~ **The Neuroscience of Child Development - Thursday 29th April 7:00 -9:00pm at The Hub, 23 Gordon Street.**
Kathryn will help you become aware of what aspects and impacts the early environment has on your child’s development.
- ~ **An Online Safety Information Evening - Tuesday 25th May 7:00 - 8.30pm at The Hub, 23 Gordon Street.**
Understand the harms our kids are facing online in relation to pornography, predators & social media access.
- ~ **Virtual Reality (VR Voom) Design & Programming Day Courses – 13th May or 14th May, 9.30 a.m. – 4 p.m. at Tararua REAP**
Spaces for 20 Year 7 students and up to learn about computational thinking, how to design and code for VR.
- ~ **Girl Power Holiday Programme – April School Holidays at Tararua REAP (In school workshop option available).**
Register your interest & preferred days/times. Programmes includes positive themes like self-worth, identity, & resilience.

Professional Development Opportunities

The Neuroscience of Child Development

With Kathryn Berkett

This fabulous workshop will cover how experience can impact the development of the child's brain and how we can increase resilience. Kathryn will help you become aware of what aspects and impacts the early environment has on your child's development.

See Kathryn at TEDX Tauranga

<https://www.youtube.com/watch?v=vrOddAuNau8>

Where: The Hub, 23 Gordon Street

When: Thursday 29th April

Time: 7-9pm

No Cost

Rongoa Level 1

With Donna Kerridge

This Rongoa workshop will introduce participants to the world of applying medicines that align with Rongoa Māori and the tikanga involved in the traditional practices. More information visit <https://www.titokieducation.co.nz>

When: 8th & 9th March

Where: Tararua REAP & Ruahine Ranges

Cost: \$150pp (subsidy may be available)

Woodville

When: 10th & 11th March

Where: Woodville Marae & Ruahine Ranges

Cost: \$150pp (subsidy may be available)

Register with Tararua REAP by 1st March

Wellbeing Series

Tararua REAP will be offering the community a series of wellbeing topics in partnership with the Learning Support Coordinators and other professional services. The Wellbeing Series aims to increase awareness and understanding of mental health related issues and behaviours. Some of the upcoming topics planned are: Eating Disorders, Neuroscience of Child Development, Self-Harm, and Online Safety. **Please register your interest with Tararua REAP and we will keep you informed with dates.**

First Aid

With Red Cross

Comprehensive or Revalidation First Aid. Great for keeping you and the team safe in the workplace. You will cover all of the essentials and more. This course is the minimum requirement for high-risk workplaces.

Where: Tararua REAP

When: 15th & 16th April

To register please contact Red Cross directly

www.redcross.org.nz

Email - fristaid@redcross.org.nz

Phone - 0800 REDCROSS (733 276)

Lifelong Learning Opportunities

StressLess

With Rebekah Charlton

Designed for 13-18 years olds that struggle with anxiety or have difficulty in stressful situations. Each session will include an opportunity to learn a StressLess technique and an opportunity to practice the tools that help reduce anxiety.

Where: Tararua REAP

When: Six Wednesdays starting March 3rd, 10th, 17th, 24th, 31st and April 7th

Time: 3.30—4.30pm **No Cost**

Register at Tararua REAP by 24th February

Weekly Whakapapa Quilt Making

Be inspired by Ron Te Kawa who will support the creative process of making a quilt as a physical representation of your whakapapa. Memorable gift for your tamariki or children. No sewing experience necessary.

When: Thursdays 5:30pm – 8:30pm

Where: Woodville Marae

Cost: \$20 for term one

Register with Ron Te Kawa 022 439 3470

(not too late to join)

Diabetes Healthy Living Course

Empowering you to manage your diabetes.

Time: 9:30am – 11:30am

When: Saturday 13th, 20th & 27th March

Where: Tararua REAP

Register with Diabetes Trust

06 357 5992 or admin@diabetestrust.org.nz

Starting a Business Workshop

With CEDA & The Business Network

Do you have a business idea or in the early stages of starting a new business? Do you have important questions that need answers? This workshop will help to gain clarity about your business viability, structure, and strategy. Then delve into the workshop section and create the foundations of a business plan.

Register at Tararua REAP by 15th March.

Where: Tararua REAP

When: Monday 22nd March

Time: 12 – 1 pm daytime option **or**

7pm – 8:30 pm night-time option

No cost and light refreshments supplied.

Follow us



Defensive Driving Course

With Karen Shannon

This course is approved by the NZ Transport Agency and on completion a certificate will be issued. Open to all license holders however it is recommended attendees have approx. 50 hours driving time prior to attending. Includes an hour 1:1 driver training session with the tutor.

Where: Tararua REAP, 15 Gordon Street

When: Tues 23rd & Thurs 25th Feb & Mon 1st & Wed 3rd March

Time: 6 – 8pm

Cost: \$180.00 Subsidised

Register at Tararua REAP by 16th February.

Regular community events

Let's Move it

Let's Move It Kindy Gym gives children regular opportunities to extend themselves through play which can support a range of physical milestones such as gross/fine motor skills, proprioceptive and spatial skills, and language.

Where: Knox Church Hall, 187 High Street

When: Wednesdays 9am – 10.30pm

(during school term)

Strengthening Families
Whakapiripiri Nga Whānau
www.strengtheningfamilies.govt.nz

Strengthening Families
Network Forum

Next meeting

4th March 10.30am – 11.30am

First Thursday of every month

TARARUA REAP
Rural Education Activities Programme

Go into the draw to WIN a \$50 voucher!
As a little thank you, anyone who completes a Tararua REAP service evaluation form will go into a quarterly prize draw to win a \$50 voucher. *Only take 2-3 mins.* Quality is important for us at Tararua REAP and how will we know if we are delivering quality services without your feedback!

Sending our thoughts of comfort and condolences to the grieving family of Dana Augustine who gave a lot to our community and will be sadly missed.