

"Helping build stronger, more confident, educated communities"

Merry Christmas from the Tararua REAP team



Update from our General Manager, Claire Chapman

Celebrate the simple things – ahakoa he iti, he pounamu.

Wow, what an unpredictable year 2020 has been! Amongst the disruption, frustration, worry, grief and adjusting there have been wonderful examples of the strength of the human spirit. Here in Tararua we have oh so many unsung heroes who make the world a better place to be. Often our conversations revolve around the things that haven't been so great – it is energising to think about the many things that have been beautiful.

A review of the year for Tararua REAP is humbling. We have achieved a lot and I have such gratitude to our committed team, supportive board, inspirational tutors, and the wonderful organisations we collaborate with. I am so grateful to be part of this amazing community.

A reminder to us all that now more than ever – with ever growing "to do" lists, financial and social pressures, it is important for us to tune into the simple things that help us feel good and matter most. And to remember the 5 ways to well-being:

- Give
- Be active
- Keep learning
- Connect
- Take notice

Tararua REAP looks forward to continuing to being part of and supporting our community in 2021.

Ngā Mihi, Claire

What is Skinny Jump??

Subsidised broadband for Kiwi homes. Skinny Jump is for those who do not have a broadband connection at home because cost is a barrier. **It is \$5 per 30 GB and you can top up 5 x per month. (so total of \$25 for 125 GB). That is a pretty good deal!**

This plan is specifically designed to support those most at risk of digital exclusion, as identified in the government's digital inclusion blueprint.

Is Skinny Jump for you? Those eligible include families with children, job seekers, seniors, people with disabilities, refugees, and migrant communities, or those living in social housing:

If you would like to know more about Skinny Jump, contact the Dannevirke Library or speak with a Tararua REAP Budget Service Financial Mentor – 06 374 6565.

Incredible Years Parenting Programme

Incredible Years is an international, proven parenting programme that promotes positive parent-child relationships. Parents learn how to help their child develop self-esteem, regulate their emotions, and to encourage problem solving and self-help skills. For parents of children aged 3 – 7yrs. The programme runs over 14 sessions on Wednesdays starting on the 10th March 9.30am to 12.30pm. Morning tea and lunch provided. Delivered in partnership with The Trust Tararua.

Phone Rose Bertram at Tararua REAP to register – 06 374 6565



Strengthening Families Forum
NO JANUARY MEETING

Next meeting
4th February 10.30am – 11.30am
First Thursday of every month

To follow us on Facebook, search the service you are interested in



- Tararua REAP
- Early Childhood with Tararua REAP
- Budget Service with Tararua REAP

Summer Holiday Activity Ideas

Do you struggle to keep your tamariki entertained during the holidays? Here are some ideas that are local and might help to keep your children entertained. 😊

- **Wai Splash:** \$5 a day for a swim and play with the toys. Follow them on Facebook for up-to-date information. Phone 06 374 7772 or email aquatics.manager@waisplash.org
- **The Toy Library** has an amazing assortment of toys, and costs only \$45 per year to join. Over the Xmas break however they close. 35 York Street. Ph. 027 631 5228 or email dvketoylibrary@gmail.com
- **Te Wananga o Tamaki Nui a Rua Inc,** they have a full plan of activities from Monday – Friday from the 14th Dec – 15th January. Robertshaw Crescent, phone 0274 539 520.
- **The Library:** free for children to join also between 1st – 14th December there is a 5-week STEAM into Summer programme over the holidays, for school aged students with activities based on science, technology, engineering, art and maths. They have limited spaces. Phone 06 374 4255
- **Tararua Youth Centre:** they run programmes most holidays, but for this summer they are fully booked. Keep an eye on their Facebook page for future holiday programmes.
- **Girl Power Programmes:** free, interactive, fun programme based on positive psychology for 7-12 years. Register your interest and go on the waiting list for our next class in 2021 - Phone - 06 374 6565



Lifelong Learning ~ 2021 courses

Whakapapa Quilts

Do you want to make a quilt that embodies your whānau's journey?

Create a gift for the next generation with the artist Ron Te Kawa. Bring along some colourful, personal materials such as old family linens, school uniforms, favourite tops or baby clothes – anything that is significant to you and your whānau.

Two course options - A full weekend or weekly sessions.

Weekend Wānanga & Whakapapa Quilt Making

Wānanga, meet and discuss, your whakapapa and lineage over the weekend course and be inspired and supported by Ron Te Kawa in sewing a quilt and your creative journey. No sewing experience necessary.

When: 5pm Monday 15th January – 10pm Sunday 17th 2021

Where: Venue TBC

Cost: \$20 for full weekend

Register with Ron Te Kawa 022 439 3470 by 11th January (get in quick!)

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 that can be gifted to your tamariki or children. No sewing experience necessary.

When: Wednesdays starting on the 13th January 5:30pm – 8:30pm 2021

Course is 10 – 15 weeks long depending on quilt completion date

Where: Venue TBC

Cost: \$20 for full course

Register with Ron Te Kawa 022 439 3470 by 11th January (get in quick!)

Historic Bus Tour from a Māori perspective

With Stephen Paewai

Great Christmas present idea! Back by popular demand. Enjoy an informative bus tour through the Tararua District. During the journey Stephen will share the numerous myths, legends, and history behind various areas in the Tararua District.

When: Wednesday 24th February 2021

Where: Leave from Tararua REAP

Cost: \$25pp (subsidy may be available)

Register with Tararua REAP by 17th March or pop into reception for a gift voucher

Rongoa Level 1

With Donna Kerridge

Great Christmas present idea! This Rongoa workshop will introduce participants to the world of applying medicines that align with Rongoa Māori and the tikanga involved in the traditional practises. For more information visit

<https://www.titokieducation.co.nz>

When: 8th & 9th March 2021

Where: Tararua REAP & Ruahine Ranges

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

Register with Tararua REAP by 1st March or pop into reception for a gift voucher

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.

When: 12th, 14th, 19th & 21st January

Time: 6:30 – 8:30pm

Cost: \$180 (subsidised)

Register at Tararua REAP by 21st Dec (please leave a message if the office is closed)

Calling for Interest

Roadblocks to your Restricted

With Dave McNicol

1/3 of people fail their restricted test for mistakes that can easily be avoided. To re-sit your test costs around \$90! Learn what an assessor is looking for and clarify any questions you may have about taking your practical test. This 2-hour, mini workshop has proven to be helpful and we are calling for interest for a Christmas holidays workshop. Contact Tararua REAP if you are interested in yourself or a young person.

Digital Device Training

With Sandy Ahern

Do you want to improve your skills so you can confidently use your tablet or mobile device? We more services using online methods of service delivery, it is important to keep up to date with technology. We provide training for both Apple and Android. Courses can be delivered in your local area if numbers allow. If. **We also offer one on one technical support or internet banking training.**

Phone Tararua REAP receptionist Lynley 06 374 6565 and let her know how we can help and your preferred times, days, & location.

Please note - our office is closed from midday the 23rd Dec to Thurs 14th January 2021

“Empowering individuals by providing lifelong learning opportunities”