

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

“The strength of the team is each individual member. The strength of each member is the team” - Phil Jackson

If you haven't noticed, Tararua REAP does more than rural education programmes. Tararua REAP holds contracts with Ministry of Education, Ministry of Social Development, Provincial Growth Fund, Oranga Tamariki, and the Teitiary Education Commission. Our Services include Strengthening Families, Whānau Support, Early Childhood Education, Parenting Programmes, Budget Service, Employment Support, Adult and Community Education. Tararua is lucky to have the fabulous Tararua REAP team to deliver these services often in collaboration with other organisations.

Meet the Tararua REAP team

Claire Chapman – General Manager

Kerri Verwaayen – Financial Manager (*Replaced DV when he returned to India*)

Lynley Densham – Receptionist (*Replaced Lovey as she began study with EIT for teaching degree*)

Leah Sargent – Administrator (*leaving this February to start an Agriculture degree*)

Anya Stewart – Administrator (*replacing Leah*)

Deanna Veerkamp – Financial Mentor

Rozanne Jensen – Financial Mentor (*replacing Kerri - a Financial Mentor for many years*)

Alyshea Bell – Strengthening Families Coordinator

Rebekah Charlton – Funding, Marketing, and Communications Coordinator

Rose Bertram – Early Childhood Coordinator

Shelly Richardson – Coordinator (*supporting Rose/Team*)

Jaron Vince – Employment Liaison Coordinator

Trudie Flynn – Southern Tararua Employment Liaison Coordinator

Bev Johnson – Keeping our offices spic and span

Marianne Andersen – Financial Mentor

Jolene Raroa – Office Junior (*starting Feb*)

We said haere rā to Haley Butcher who moved to Rangitāne at the end of last year.

“None of us is as smart as all of us.”
--Ken Blanchard

Look out for our new website, going live in February, to learn more about the Tararua REAP Team and Governance Board.

Community is at the heart of all that we do.

The above title is one of Tararua REAP values and also why we have Dame Whina Cooper's wise words displayed in our window.

Take care of our children.

Take care of what they hear, take care of what they see, take care of what they feel.

For how the children grow, so will be the shape of Aotearoa.

For all the parents, grandparents and caregivers caring for their children to the best of their ability, Tararua REAP has some valuable yet free opportunities to support parents in their role. **Registration is with Tararua REAP, phone 06 374 6565 or email office@tararuareap.co.nz**

✧ Incredible Years

This 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 of March 9.30am to 12.30pm. Morning tea and lunch provided. Delivered in partnership with The Trust Tararua. Register now to secure your place.

✧ Let's Move it - resuming 10 February.

The first five years in a child's life is vital to their physical and mental development. **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)

✧ Engage Training – more control, less impulse.

Kathryn Berkett will cover how trauma can impact the development of the brain and how we can increase resilience. ENGAGE training will ensure you become more aware of what aspects of the early environment may create negative impacts on development. See Kathryn at TEDX Tauranga

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

Where: The Hub, 23 Gordon Street

When: Thursday 29th April 7-9pm

✧ An Online Safety Information Evening

Understand the harms our kids are facing online in relation to pornography, predators & social media access. Learn practical solutions to keep your children safer online. Learn what to do when your child has been exposed to something harmful. This talk also includes an online safety plan tailored to suit your family's needs.

Where: The Hub, 23 Gordon Street

When: Tuesday 25th May 7-8.30pm

Professional Development Opportunities

MH 101

With Blueprint

MH101 is a Ministry of Health funded one-day workshop that equips participants to respond to people experiencing mental health challenges both at work and in everyday life.

Where: Tararua REAP

When: 28th January

Time: 9am – 4.30pm

Cost: Free (lunch provided)

Register at:

<https://blueprint.arlo.co/register?sgid=a53e6fc78f0a41c7b9554cc019d64dd1>

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: 11th & 12th Feb **OR** 15th & 16th April

To register please contact Red Cross directly

www.redcross.org.nz

Email - fristaid@redcross.org.nz

Phone - 0800 REDCROSS (733 276)



Strengthening Families Forum
NO JANUARY MEETING

Next meeting
4th February 10.30am – 11.30am

First Thursday of every month

Follow Tararua REAP on
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Lifelong Learning Opportunities

Historic Bus Tour from a Māori Perspective

With Stephen Paewai

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 Feb

Rongoa Level 1

With Donna Kerridge

Great 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 practices.

For more information visit

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

When: 8th & 9th March

Where: Tararua REAP & Ruahine Ranges

Also in Woodville 10th & 11th March

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

Register with Tararua REAP by 1st March

or pop into reception for a gift voucher.

Wellness Through Art

With Elspeth Atkinson

Great opportunity to learn something new, be creative or do something that you love.

Where: Art Society Club Rooms, 30 McPhee Street (back entrance)

When: Tuesdays starting 9th February to 30th March (Term 1)

Term 2: 4th May – June 22nd, 2021

Time: 1.30pm to 3.30pm

Cost: \$5 per session. Art packs range from approx. \$35.00 (starter pack) to \$60.00 (full pack) or individual items can be purchased.

Register at Tararua REAP by 2nd February.

Weekly Whakapapa Quilt Making

With Ron Te Kawa

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

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

Where: Woodville Marae

Cost: \$20 for full course

Register with Ron Te Kawa 022 439 3470

(not too late to enrol)

REAP what you SEW

With Billy Gordon

The course will give you an opportunity to get confident in basic sewing skills to drafting patterns. Sewing machines are available.

Where: Brackenbury Gallery Woodville

When: Mondays starting 15th February to 12th April (Term One)

Time: 9.30 am – 12.30 pm

Cost: Koha appreciated

Register at Tararua REAP by 8th February.

Digital Device Training

With Sandy Ahern

Do you want to improve your skills so you can confidently use your tablet or mobile device? With more services using online methods of service delivery, it is important to keep up to date with technology.

When: 15th, 22nd Feb and 1st, 8th, 15th March

Time: 10am – 2pm

Where: Tararua REAP

However courses can be delivered in your local area if numbers allow. We can provide training for both Apple and Android.

Register at Tararua REAP by 8th February

We also offer one on one support or internet banking training.

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.

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

Cost: No cost

Register at Tararua REAP by 24th February

Cooking on a Budget

With Vicki Milham

The course is designed to share low-cost meal ideas and give participants the opportunity to cook and taste the meal prepared.

When: Feb 9th, 23rd, March 9th, 23rd, April 6th

Where: Manawarangi Centre

Time: 10am – 12pm

Cost: \$2 per session

Register with Rangitāne – ph: 06 374 6860



“Empowering individuals by providing lifelong learning opportunities.”