# NEWSLETTER 29/09/2023

#### What's on

29/9 - Ollie, Dom and David F off to Rugby in Auckland

3/10 - Residential Staff Meeting

6/10 - Depot Barbecue

6/10 - Helen's Queenstown holiday

### "Breaking the Mold"

What a fabulous performance at Forum North on Wednesday. With a theme of throwing away the restrictions that we face in everyday life, it was well interpreted with the Kaipara Refuse Truck disposing of these restrictions and making it fun with all the clowning around by the guys and gals. Thanks so much to Kumarani for supporting us.













Te reo Māori, Phase of the week Kia pai mai- That's really good

#### Tikanga Māori

We are having so much fun with Matua Pere. Everyone is enjoying his sessions and learning so much.



Kapa haka, Te Reo Māori and Tikanga with Matua Pere

Monday (at Depot) and Thursday (at OPO) 11:00-12:30-Kaimahi (Staff) 14:00-15:30-Tāngata (People)

## My good week!







Andy's Outward Bound course was fun and challenging, including raft-building, high ropes, bushcraft, sailing & kayaking. A highlight was camping solo overnight in the forest where Andy felt connected to Tanemahuta and had special interactions with a fantail that woke him up. OB reported that Andy supported his friends during challenges, provided direction and ideas in group activities also encouraging others to lead or share. The Outhward Bound cookbook has been well used at H3 including a banana cake made by David. Well done both of you!