

# News Letter

5th July 2024



On Friday, the day programme packed up, jumped in the van, their first stop, lunch at Ruawai then onto Kaiwaka to Euphoria Sculpture Cafe. Fab day out. Great weather, fab venue - amazing space and lovely company.



Dillon is the newest member of the Special Olympics Ten Pin Bowling Team. Dillon has also shown interest in other activities so watch this space



On Thursday, we gathered at the depot to celebrate David's farewell with a BBQ. We would like to extend our heartfelt thanks to David for all his hard work and dedication. David will be greatly missed, and we wish him all the best for the journey ahead

We have officially sold out of fire wood, however now some of our talented team are hard at work making raised beds. Orders are still coming in keeping us busy. If you are interested give us a call and we will schedule you in.



★★★ Ngā Whetū O Matariki ★★★  
★★★ The Stars of Matariki. ★★★

Greenways celebrated Matariki in a few different ways, some went to Kaiwaka, the crew at house one enjoyed a boil up with doe boys. Some of the tangata went to the markets/movies, while others spent the weekend with their whanau.

## Whats on:

- 1st July: Wellness month, Week 1.. Journalling
- 4th July: David's Farewell
- 6th July: 21st Celebration for Circus Kumarani
- 8th July: Wellness month, Week 2.. Digital Detox
- 15th July: Wellness month Week 3.. Meditation
- 22nd July: Wellness month Week 4.. Mindful Eating
- 2nd August: Funday Friday



# July is Mindful Month

If you are up to challenge yourself this month to quieten your mind then check out mindfulness month! This month is all about creating daily habits that can really help you improve your mental wellbeing. Over the month you can take up the challenges to keep being present and increase wellbeing through Journalling, Digital Detox, Meditation and Mindful Eating. Not only does this help make a big difference for your wellbeing and outlook on life it also creates really good practices and habits for increased wellbeing.

If you would like to find out more information check out:

<https://mindfulnessmonth.co.nz/>

## Mindfulness around Te Whare Tapa Whā

Practising being mindful using Te Whare Tap Wha Po enhances the connection to Te Ao Wairua (the spiritual world) and Te Ao Turoa (the natural world) along with elevating our wairua. With a Te Ao Māori lens Te Whare Tapa Whā, reminds us to care for all aspects of our wellbeing. So whanau don't forget to check in with your "own self" to keep those walls strong as we head into the new year and cooler months.

## Meditation options – Te au Māori

Āio is a meditation app based on Māori teachings. The free version of the app comprises 6 basic videos.

Takutaku (learnt first and performed at the start and end of every session) 3 mins

Paerangi (sensory system engagement, performed in every session) 5 mins

Taurite (session focusing on stillness or balance) 17 mins

Tuku (session focusing on release) 17 mins

Hakiotanga (session focusing on reset or new beginnings) 19mins

Irohanga (session focusing on contemplation and manifestation) 19 mins



## Dry July

Underway is also Dry July. Dry July challenges you to go alcohol-free and you can also raise funds for New Zealanders affected by cancer.

If you choose to connect to fundraising the funds raised by participants of Dry July will help Look Good Feel Better NZ, PINC & STEEL NZ and Prostate Cancer Foundation of New Zealand improve the comfort, care and wellbeing of people affected by cancer.

Either way workplaces/whānau that have taken part in Dry July have experienced some great health benefits such as: Better sleep, clearer head, improved mental health and a sense of course a sense of achievement

For all information on fundraising check out <https://www.dryjuly.co.nz/about>

