

NEWSLETTER!

18th July 2025



We are beyond thrilled to share a special shoutout to our incredibly talented superstars, Maribeth and Clem. They've handcrafted a stunning outdoor table and chairs set for Awakino.

Their craftsmanship is nothing short of amazing – every detail reflects the love and talent they bring to their work. How lucky are we to have such creative legends among us? We can't wait for everyone to enjoy this beautiful new addition to our space. Ngā mihi nui, Maribeth and Clem – you've truly outdone yourselves!



Watch out, fashion world — there's a new runway star in town!

Meg hit the dog walk in style, showing off the latest paw-some designs from our talented Day Programme crew. These custom-fit dog jackets are not only adorable, but they're now available for purchase through the day programme. Fashion-forward and four-legged? Yes, please!



What's on:

24th July - International Self-Care Day

1st August - Depot BBQ

Helen's Fabulous Birthday Bash

Last Friday, Helen celebrated her birthday in style with a fabulous little get-together. On the menu? Crowd-pleasers like pizza and sausage rolls—yum! The lovely neighbours popped over, bringing along cupcakes and a beautiful bunch of flowers to add to the cheer. With a couple of glasses of wine in hand and lots of laughs all around, it turned out to be a truly lovely evening. Good company, good food, and good vibes all the way



Dom went to support the sharks on Saturday, although they didn't win he stood by his team cheering them on to the very end. Finns up

In this photo Dom is posing with Guy from Mid Northern



MĀ TE NGĀKAU
AROHA KOE E ĀRAHI

Let a loving heart guide you



Self-Care Day – 24th July

Take a moment for you.

International Self-Care Day is a gentle reminder that looking after yourself isn't selfish – it's essential. Whether it's a quiet cuppa, a walk in the fresh air, journaling, or just saying "no" without guilt... it all counts.

This year, why not take a moment to check in with yourself and recharge your cup – you can't pour from an empty one.

Self-care isn't a luxury – it's your right.

Simple Self-Care Ideas for Everyone



Mind

Take 10 minutes for mindfulness or meditation

Read a book or listen to a podcast that inspires you

Journal your thoughts or set some positive intentions

Say no to something you don't have the energy for

Take a social media break



Body

Go for a walk, stretch, or hit the gym (even just a short burst!)

Cook a nourishing meal you actually enjoy

Hydrate – set a reminder if you need to!

Have a proper night's sleep (phone out of the bedroom if you dare)

Treat yourself to a shower or bath with no rush

Heart

Call someone who fills your cup

Say something kind to yourself in the mirror

Do one thing today just because it makes you happy

Hug your pet, partner, or best mate

Listen to music that makes you feel something



Self-care is different for everyone

It doesn't have to look pretty or fit into a wellness trend – if it helps you feel calm, connected, or centered, that's self-care.