

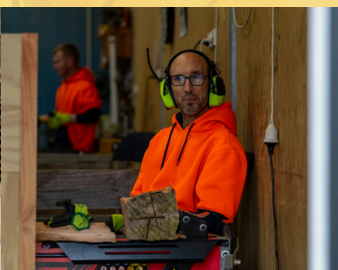
Newsletter 18 September



On Sunday, a group of us headed over to Whangārei to take part in the Sport Northland Run Walk Event. Despite the early start and being up before the birds had even begun chirping, everyone was excited and ready for the day ahead.

With a spring in our step, we set off and enjoyed being part of such a positive event. It was fantastic to get active, challenge ourselves, and soak up the great atmosphere alongside so many other participants. Everyone did an amazing job, and there were plenty of smiles as we crossed the finish line.

A big congratulations to everyone who took part. It was a great way to stay active, support one another, and make some wonderful memories together



If you follow us on Facebook, you may have noticed that our page has become a lot more active lately. That's thanks to our very own "official stalker," Luke, who is always on the move capturing photos of us doing what we do best. Whether we're hard at work at the Depot, enjoying activities at the Day Programme, making a splash at the swimming pool, or out and about in the community, Luke always seems to be there with a camera in hand. We absolutely love the great work he has been doing and the way he captures so many special moments. We look forward to seeing the photos he shares and reliving the fun through his lens.

**Waiho i te toipoto,
kaua i te toiroa.**

Let us all keep close together, not
wide apart.

WHATS ON

2nd October - Business Awards

9th October - Depot BBQ

11th October - Jason's Birthday



**Happy
Birthday
Tyson,** thank
you for
sharing your
special day
with us