

What's on at



Te Puawaitanga
ki Ōtautahi Trust

Piripi - June 2021

Whānau Mai - Antenatal

Kaupapa Māori Pregnancy & Parenting Programme

8.45am – 4.30pm

Room 2, Phillipstown Hub

Tuatahi – Thursday 10th June
Prior to 28 weeks pregnant

Tuarua – Thursday 24th June
After 28 weeks pregnant

For information and to register
Contact Alisha 021 1996 078

AlishaF@omwwl.maori.nz

<https://www.facebook.com/whanaumai/>

**Stop Smoking
Clinic**

Every Thursday
12pm – 2pm

Te Puawaitanga ki Ōtautahi
153 Gilberthorpes Road
Hei Hei

To book a session please
contact our practitioner

Teresa Butler
Mobile: 027 733 1829

**Healthy Day
at the Pā**

Speakers provide health
information

Tuahiwi Marae
10am – 3pm
Friday 25th June

Bring easy to prepare kai for
shared lunch

For more information
0800 66 99 57

Ūkaipō

Ūkaipō is a relaxed parenting programme for
whānau to strengthen connections with baby. No
registration required, everyone welcome.

Every Tuesday in Hornby
153 Gilberthorpes Road
&

Wednesdays in Phillipstown
39 Nursery Road
10am – 12pm

Hornby Topics

- 1st – Postnatal Yoga with Jacinda
- 8th – Mindfulness with babies
- 15th – Things to do at home with babies & toddlers
- 22nd – Kai – Sharing favourite meals & recipes
- 29th – Sharing family stories

Phillipstown Topics

- 2nd – Sign language with baby (TBC)
- 9th – Te reo Māori & waiata with pēpi
- 16th – First Aid (TBC)
- 23rd – Baby wearing (Slings & carriers/safety)
- 30th – How we connect

See Facebook for each week's topic

<https://www.facebook.com/ukaipochch/>

**Preschool Attendance
Support**

Support to access the right Early
Childhood Education Centre
and/or school for you and your
tamariki

- Transition to preschool
- Preschool attendance support
- Social support
- Activities in the home
- Transition to kura school

Contact us for ECE support or find our
referrals on our website
www.whanauoraservices.co.nz

Car seat Technician

Advice & car seat checks

By appointment at

Te Puawaitanga ki Ōtautahi
153 Gilberthorpes Rd, Hei Hei

To book an appointment
Erin
021 305 819
0800 66 99 57

On the Horizon – Hōngongoi July 2021



Whānau Mai

Tuatahi – Thursday 16th

Tuarua – Thursday 30th

Breastfeeding Antenatal

Saturday – 3rd

9.30am – 12.30pm

Support To Access

The Covid-19 Vaccine

Ūkaipō - Hornby

Tuesdays 10am – 12pm

Ūkaipō – East

Wednesdays 10am – 12pm

Stop Smoking Clinic

Thursdays – 12pm – 2pm

Whakatauki o te marama:

“Hurihia to aroha ki te ra, tukuna to atarangi kia taka ki muri i a
koe”

Turn your face to the sun and the shadows will fall behind you.