



MOERA Community News

@MoeraCommunityHouse

AUTUMN 2024

Te Korero O Te Kereru O Moera.

(The Kereru is a pigeon from Moera that is talking about things in Moera)

Kia ora Koutou Katoa

Ngā Mihi nui O Te Tau Hou
(New Year's Greetings)

Let's hope this year will be a prosperous one for all of us.

Already we are into March, and all the children will have returned to school and all the parents will have given a big sigh of relief that things are back to normal. So, to all those that drive vehicles please be careful of the children on crossings, riding bikes or just walking to school, and kia kaha kids – you are our future for tomorrow...

Well, that's all from me for now because I'm flying west for a holiday in Perth, and I shall catch up with you all when I get back.

Ka kite ano.

13 APR
6:00-8:00pm

Community Pot Luck

Come join us for our first community pot luck of

the year where everyone is welcome to share kai if they can. It's a time for gathering as a community whanau and enjoying good company over a meal together. All welcome.

Saturday 13th April at 6.00pm at Moera Hall

Growing Together

Ways you can grow and connect with your neighbours

'Growing Together' is about making connections, fostering relationships, expanding your network, sharing, and growing participation in your neighbourhood. Things that you could do in your neighbourhood might include a friendly wave or chat, sharing tea or hosting a neighbourhood party. Let us know what you are doing in your street for Neighbours Month.

In March, we're celebrating Neighbours Month with the theme 'Growing Together'. Join us for one of our many free BBQs in the neighbourhood, made possible by the generous donation of an awesome BBQ from Bunnings Petone. Our first BBQ will be held outside Unstitched by Navi's shop at 101 Randwick Rd on Tuesday, 19th March, starting at 10:30 am. Come by to chat and enjoy a delicious sausage fresh off the grill!

Join us for a free
BBQ

WHERE:
Unstitched by Navi's
101 Randwick Road
Moera

WHEN:
Tuesday 19th March
Starting at 10.30am

Thanks to Bunnings Petone for your donation!

This issue

Draw it Out

Ngā Roopu
Tuitui o Moera

Mindfulness
for Children

And more!



Ngā Roopu Tuitui o Moera (Moera Knitting Group)

Hi from the Knitters' Group. We meet every Thursday from 10am-12 noon at the Moera Community Cottage. Usually there is a group of 15-18 busy people knitting on our projects and enjoying each other's company. If you would like to join us, you would be most welcome. We are getting ready for giving knitted garments to local schools, pre-schools and the homeless in our community.

A big thank you to Hutt Mana Trust who gave a grant so that we can continue knitting baby packs for the Mums-to-be at the Hapu Mamas ante-natal classes at our local Marae.

We are able to provide knitted garments to our community because of the generosity of donations of wool and kohas. If you are able to help in this project for our community by donating wool or a koha, please contact Christine on 022-670-1058.



Mural Update

We have had to pause our community mural due to repairs that need to be done on the cottage. They were identified when our artist was preparing the cottage for the mural. We are unsure at this stage when the painting of the mural will happen, as we need to apply for funding for the repairs. We will keep you updated. Thanks for your patience.

Moera Community Strollers

Join our friendly, social walking group that meets at 10am each Tuesday by the Moera Community Cottage (behind the Community House), stopping off at a local cafe during the walk. Contact Christine 022-670-1058 for details.

Mindfulness for Children programme in Moera

Kaleidoscope Solutions (www.kaleidoscopesolutions.co.nz) presents a fun, unique and empowering programme for primary school-aged children. The overall purpose of the programme is to empower children to be the best they can be. This is a fun 8-week programme where children will learn relaxation techniques, how to manage and navigate 'feelings', gain self-esteem, confidence and resilience whilst receiving powerful tools and strategies to empower themselves. Children also make new friendships and connections with others which is awesome for strengthening social skills. Developing and strengthening children's emotional intelligence is the heart of this empowering programme.

We are asking for expressions of interest for your child to attend. We are considering running this programme on a Sunday morning for 8 weeks with a maximum of 10 children in the group, possibly starting in Term two. This would be at no cost and would be held at the Moera Community House. If you are interested, please contact Christine 022-670-1058.

DRAW IT OUT

Funded drawing-for-wellness sessions

If you are going through tough stuff in your life, drawing can be a tool for tapping into resources inside to help you through it. Lara Phillips is a Creative Facilitator trained in Interactive Drawing Therapy and offers 1:1 Draw It Out fully funded sessions at Moera Community House on Tuesday afternoons at 1:30pm, 3:00pm and 4:30pm. We are so excited for more people to access a different form of wellness, rather than waiting for things to get harder before looking for self-care. You don't have to be good at art, as it's more like drawing stick figures with crayons. If you're interested in booking some sessions, email lara.drawitout@gmail.com. To learn more, visit www.drawitout.co.nz.



MOERA COMMUNITY HOUSE
A place for all

DRAW IT OUT

Funded drawing-for-wellness sessions

A creative process to help you process: Draw out where you are at and how you feel, to draw out your inner guidance.

An alternative to therapy for adults or children to help with:

- self-care
- processing worries
- managing overwhelm
- navigating change
- gaining perspective
- listening to your inner voice

Fully-funded 1:1 sessions (normally \$92) now available on Tuesdays at 1.30pm, 3pm, or 4.30pm at Moera Community House.

Book at:
lara.drawitout@gmail.com
or visit www.drawitout.co.nz

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Limited