

Farewell message from the General Manager, Claire Chapman



How is it the end of March already?!?! We have had an exciting start to 2023 with a variety of workshops getting amazing feedback and lots more to come which you can read about in this Pānui.

As we saw during the peak of Covid, we continue to see this amazing community respond to the impact of Cyclone Gabrielle. How very fortunate Tararua is to have such pro-active organisations, iwi, individuals, and spirit. Kia kaha everyone. You'll see us out and about a bit more in the future as we respond to additional requests for support and or interest in "off-farm" activities.

We are experiencing increased numbers of people requiring support for a myriad of reasons. Not least the impact of the cost of living and pressure on whānau. Our Financial Mentors, Strengthening Families Coordinator, Parent Education and Employment Liaison teams are busy, but space and time remains available for all. Please feel welcome to pick up the phone or pop in and make an appointment for a no-cost, no-judgement, confidential meeting regarding something you might be feeling "stuck" in and are keen to have support to change.

We'd love you to attend our upcoming AGM, 19th April, to help us celebrate 2022's achievements – and more importantly to connect with one another. At the AGM you will be able to meet our new General Manager, Elaine Reilly, and perhaps stay for a while after lunch to share a drink with me as I bid farewell to Tararua REAP and the beautiful communities it serves. I leave a part of my heart here as Mike and I embark on new adventures. It has been a true privilege leading this amazing team to support the wonderful Tararua. I look forward to hearing of continued activities and hope to engage in some of them!! *Ngā Mihi Claire*

Tararua REAP Board Announcements

Resignation of longstanding Board member

After 15 years of dedicated service, Stephen Paewai has decided it is time for him to take it easy and enjoy trips, golf and the beach. He has therefore resigned from the Tararua REAP Board. Stephen is a life member of Tararua REAP and has given so much to the organisation.

We are very sad to see him go; however, this leaves an exciting opportunity for a new Board member.

Information packs are available through Reception, phone 06 374 6565 or email office@tararuareap.co.nz

Appointment of new General Manager

Tararua REAP Board are excited to announce that Elaine Reilly will become the next General Manager of Tararua REAP.

The Board have very sadly accepted Claire Chapman's resignation after five years of dedication to the communities that Tararua REAP serves. Claire has been an outstanding General Manager and will be missed.

Elaine comes to the role with passion and excitement for the opportunities ahead. We look forward to welcoming her on 17 April.

Calling for Interest

We would like to know what you are interested in learning. What new skills or knowledge do you need?

Tararua REAP aims to deliver programmes and workshops that align with community needs and wants.

Give us a call or an email and let us know what you prefer.

Phone Reception on
06 374 6565 or email
office@tararuareap.co.nz

Potential Workshops

Health and Wellness Series - ideal to help build emotional resilience in your team and support physical and emotional wellbeing.

Saving Seasonal Surplus - learn how to preserve or store your excess fruit or vegetables. Let us know if you are interested and the best time and day. Current focus is on apples. What surplus do you have?

Emergency Preparedness - be reminded and supported to ensure your preparations for a natural disaster or emergency are planned and in place. Learn what community systems are in place.

Comprehensive Food Safety - if you work in food preparation then this is a 'must have' training. Delivered by Industry Training Solutions.

Contact us if you are interested in any of the above workshops.



CV Writing Workshop

Learn how to write your own CV and make it stand out from the crowd. Our team will take you step-by-step through the CV writing process. You will learn what to include in the content, formatting dos and don'ts, and cover letter basics. Feel confident and proud of your CV when you send it to potential employers.

Bring your own laptop or tablet, or we can provide you with one to use.

When: Fridays starting 17 March

Time: 9:30am - 12pm

Where: Tararua REAP, 15 Gordon Street

Cost: Koha appreciated

Register with Tararua REAP



Lifelong Learning Opportunities

Whatu Kākahu

With Bonty Lilo

Learn to make your own traditional Kākahu. This is a programme to empower individuals to confidently plan, design, and research the natural resources used commonly for Kākahu.

When: Tuesdays &/or Thursdays

New members welcome anytime.

Where: Bluey, 17 Gordon St, Dannevirke

Time: 5:30pm– 8:30pm

Cost: Koha appreciated

Register with Tararua REAP

First Aid Courses

Red Cross deliver monthly First Aid courses at Tararua REAP. This includes Comprehensive, Essential and Revalidation First Aid.

Upcoming course dates are April 26/27, May 17/18, June 21/22, or July 20/21.

Register with Red Cross visit

www.redcross.org.nz or 0800 733 2767

Oamaru Stone Carving

With Heather Newland

When: Saturday 13 May or Saturday 10 June

Where: Bible Chapel, 1a Burns St, Dannevirke

Time: 10am - 4pm (BYO Lunch)

Cost: \$35

Register with Tararua REAP

Positive Parenting Programmes

Ideal for parents of children aged 2.5 - 9 years. Gain tips, positive tactics and proven strategies to help support you in your role as parents.

When: Thursdays **Time:** 7pm - 9pm

1 June - Sleep Solutions

8 June - Dealing with Disobedience

22 June - Fighting and Aggression

29 June - Hassle-free Mealtimes

Where: REAP, 15 Gordon Street, Dannevirke

Cost: Koha appreciated

Register with Tararua REAP

Informed and Empowered

Cyber safety for families

Help navigate the digital world in a safe, supportive way for you and your tamariki.

Learn about the potential risks online activity can bring. Creche available for daytime sessions. Limited spaces for creche.

When:

Tuesday 6 June 10am - 12pm

Wednesday 7 June 10am - 12pm

Wednesday 14 June 7pm - 9pm

Where: The Hub, 23 Gordon Street

Cost: Koha appreciated

Register with Tararua REAP

Strengthening Families Network Forum

10:30am

Next meeting 6 April

First Thursday of every month

For more information contact Tararua REAP
Reception – 06 374 6565

Learning thru Harakeke

With Sonny and Debs

Learn to talk with your hands and express yourself through your weaving creations. Utilise harakeke (flax) and other natural fibres to create practical vessels like kete and pōtae.

When: Tuesdays

New members welcome anytime.

Where: Bluey, 17 Gordon Street, Dannevirke

Time: 9am - 1pm

Cost: Koha appreciated

Register with Tararua REAP

Money Saving Meals

With Vicki Milham

Learn how to utilise supermarket specials to create nutritious family meals.

When: Fridays on 28 April, 5, 12, and 19 May

Where: REAP, 15 Gordon Street, Dannevirke

Time: 12:30pm - 2:30pm

Cost: Koha appreciated

Register with Tararua REAP by 21 April

Developing Potential thru Art

With Elspeth Atkinson

Classes are an introduction to basic art skills and concepts with reference to a selected artist.

When: 10 Tuesdays starting 28 March

Where: REAP, 15 Gordon Street, Dannevirke

Time: 1:30pm - 3:30pm

Cost: Koha appreciated (art pack cost additional)

Register with Tararua REAP



Are your Ducks in a Row

End of life comes to everyone. It might not be the nicest subject, but it is important to be prepared for the inevitable.

Join our Budget Mentors and relevant professionals for these relaxed, informal information sharing sessions so you can rest knowing you are prepared. Come and listen to 1 topic or all 5. Registrations are essential for each session. Phone 06 374 6565 or email office@tararuareap.co.nz

When: Starts 3 May for 5 x Wednesdays

Where: REAP, 15 Gordon Street, Dannevirke

Time: 1pm - 3pm (Afternoon tea provided)

Cost: Koha appreciated

Register with Tararua REAP by 27 April

"The information was relevant and accessible with a relaxed presentation." Previous participant

Financial Health Check

With a Financial Mentor

Take a holistic review of your personal finances and financial situation. The idea is to help you better understand how you are managing your money and whether you are on track to achieve any financial goals that you have set and if not, decide the best next step.

When: A suitable time by appointment only

Where: REAP, 15 Gordon Street, Dannevirke

Cost: Free (Fully Subsidised)

Make an appointment today phone 06 374 6565

Defensive Driving

With Karen Shannon

Open to everyone including those on a Learner Licence, although it is recommended that 50 hours of driving have been completed prior to attending the course. Book your space today.

When: 11, 13, 18, & 20 April

Where: Tararua REAP, 15 Gordon Street

Time: 1pm - 3pm

Cost: \$190 subsidised (place secured once paid)

Register with Tararua REAP

Professional Development

LifeKeepers

Aotearoa New Zealand's national suicide prevention training programme.

When: 4 April

Where: REAP, 15 Gordon Street, Dannevirke

Register at www.lifekeepers.nz/training

MH101®

With Blueprint for Learning

Giving people the confidence to recognise, relate and respond to people experiencing mental health challenges.

When: 9 May

Where: REAP, 15 Gordon Street, Dannevirke

Time: 9am—4:30pm

Cost: Koha appreciated

Register at www.blueprint.co.nz/workshops

RAP Workshop

(Response Ability Pathways)

With Lloyd Martin (MEd)

A two-day workshop designed to equip practitioners, parents and professionals who are supporting young people through times of struggle and adversity.

When: 28 & 29 June

Where: REAP, 15 Gordon Street, Dannevirke

Time: 9am— 3pm

Cost: \$200 (Sponsorship maybe available)

Register with Tararua REAP by 20 June

Addiction 101®

With Blueprint for Learning

Addiction 101 is a one-day workshop designed to increase awareness and reduce the stigma associated with addiction - both at work and in life.

When: 5 July

Where: REAP, 15 Gordon Street, Dannevirke

Time: 9am— 4:30pm

Cost: Koha appreciated

Register at www.blueprint.co.nz/workshops



You can find us
on social media.



TARARUA REAP

Rural Education Activities Programme

Thriving, resilient, confident communities