

M	Water Walking 9 - 11am Massey Park Swimming Pools, Papakura 1 st & 3 rd Monday <i>Fuli</i>	Water Walking 9 - 11am Otahuhu Swimming Pools, Otahuhu 2 nd & 4 th Monday <i>Fuli</i>	Rainbow Social Group 10:30am – 12pm Via Zoom & 4 th week of the month is an in person meet-up <i>Bailey</i>	Work Preparation 11am - 1pm Ember, Huia Hub, Otahuhu <i>Sarika</i>	Pool Table Competition 1:15pm - 3pm Papakura Club <i>Fuli</i>		Parakai Hot Pools Tuesday 12th November Limited spots & transport available. Please let a facilitator know that you would like to attend. \$5 contribution	
T	WRAP (Wellness Recovery Action Plan) 10am – 1:15pm Takanini Starts 22nd October <i>Saskia & Robbie</i>	Basketball/Indoor Netball Training 10 – 11am Various venues <i>Fuli & Wenber</i>	Mindful Mandala Art 1 – 3pm Manukau Beautification Trust, Manurewa <i>Sarika</i>	Tenpin Bowling 1:30pm - 2:30pm Pukekohe Cosmopolitan Club \$3 contribution <i>Fuli</i>	Online Board Games 2:30-4pm Via Zoom <i>Wenber</i>	Bi-Polar Support Group 7 - 9 pm. Every 3rd Tuesday of the month via Zoom <i>Saskia</i>		
W	Speed Freaks Run & Walk Group 12:30 - 1:30pm Ambury Regional Park <i>Andrea, Fuli, Daryl</i>	Badminton & Table Tennis Li-Ning Badminton Centre, East Tamaki 1 - 2pm <i>Fabian</i>						
T	Lawn Bowls 10:30am – 12pm Blockhouse Bay Bowling Club <i>Wenber, Fuli</i>	Indoor Netball Social League Games After 6pm games Action Indoor Stadium Manukau <i>Wenber, Fuli</i>	Your feedback is valued. Please give your suggestions to a programme facilitator or contact us on 09 5232790 or pf.admin@ember.org.nz					
F	Mini Golf 10am – 11:30am Treasure Island Adventure Golf \$3 contribution <i>Fuli</i>	Bi-Polar Support Group 10am - 12 pm Every 1st Friday of the month. Huia Hub, Otahuhu <i>Saskia</i>	Indian Cooking with Sarika 10am – 12pm Pukekohe Old Borough Building <i>Sarika</i>	ESOL Tutoring for Chinese Speakers 1:30 - 3pm On WeChat or Zoom <i>Andrea</i>	All our programmes are smoke & vape-free. 			

Programme Locations

Action Indoor Stadium 577 Great South Road, Manukau
Ambury Regional Park 43 Ambury Road, Mangere Bridge
Blockhouse Bay Bowling Club 33 Terry Street Blockhouse Bay
Ember Huia Hub 51 Huia Road, Otahuhu
Franklin Pool & Leisure Centre 29 Franklin Road, Pukekohe
Li-Ning Badminton Centre 443 East Tamaki Road, East Tamaki
Massey Park Pools 2 Ron Keat Drive, Papakura
Manukau Beautification Trust 38 Holmes Road, Manurewa
Otahuhu Pools & Leisure Centre Mason Road, Otahuhu
Papakura Club 5 Croskery Road, Papakura
Pukekohe Cosmopolitan Club 78 Nelson Street, Pukekohe
Pukekohe Old Borough Building 22 Edinburgh Street, Pukekohe
Takanini Community Hub 30 Walters Road, Takanini
Treasure Island Mini Golf 1 Uenuku Way, Māngere

Programme Descriptions

WRAP Wellness Recovery Action Plan. A safe space to learn from & support others, share your ideas, inspire others & create your own wellness plan to guide you through your journey.

Work Preparation Come along to explore your options & figure out what job is right for you. Develop a CV & cover letter & build on the skills you need to feel confident working.

Mindful Mandala Art Experience the benefits of mindfully creating mandala art. Create beautiful geometric images full of patterns, shapes & colours to build your wellbeing, enhance self-esteem & ease stress, anxiety & worry.

How to contact Whiti Ora

Physical address: 51 Huia Road, Otahuhu, Auckland 1062

Phone: 5232790

Email: pf.admin@ember.org.nz **Website:** www.ember.org.nz

Disclaimer: Whiti Ora aims to provide safe environments for all, however, please take responsibility for your own health & safety while attending groups. Please wear appropriate clothing & footwear e.g. sports clothing & shoes for physical activities, bring your own water bottle & maintain a good level of hygiene. Please discuss any concerns with your facilitator before the activity.



Whiti Ora

South Timetable
October, November, December
2024

ember 
KOROWAI TAKITINI