

MIX - 212 Knights Rd, Lower Hutt

Staff Phone: 569 3162

Participants Phone: 569 7271

Opening Hours

House: Monday to Thursday: 9:30 am - 3:00 pm

Art Space: Monday 9:30am - 3:00pm

Tuesday to Friday 9:30am - 4:00pm

Please note some workshops and activities may require a booking.

**MIX – cnr Benzie Ave & Ferguson Drive,
Upper Hutt (Uniting Parish)**

Staff Phone: 528 7342

Opening Hours:

Mondays: 9.30am to 2.30pm

Tuesdays and Thursdays: 9:30 am - 3:00pm

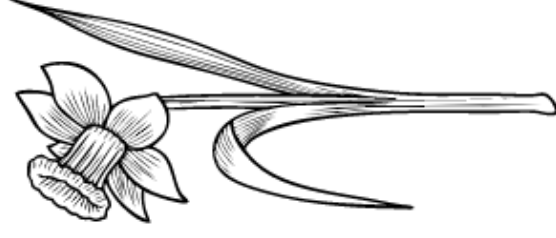
Sender: MIX, 212 Knights Road, Lower Hutt 5011



Connecting, Creating, Living

Timetables for

October 2019



Tue



Wellbeing & Community Programme Descriptions

Connect Monday: Shared kai, bring a gold coin donation, enjoy great food cooked by our volunteers and take part in social connections. Come share your thoughts & get involved in our weekly house and planning meetings.

Wellbeing Group: Peer-led group providing support, education and development in a range of personal growth areas. For example; recovery, relationships, coping skills, self-care, managing depression and anxiety, communication, mindfulness and relaxation. Takes place every Wednesday at Lower Hutt. Check our timetable for further details.

Tikanga MIX: Join our introduction to cultural learning and creativity workshop. Held each month at our Lower Hutt location – 212 Knights Road, see timetable for details.

Community Connections: Connecting with our community by meeting different services and community groups and learning about what is available.

Art for Wellbeing – Upper Hutt: Art for Wellbeing is a weekly arts therapy group that focusses on using different art materials in a collaborative way to explore and express your inner world, thoughts, emotions, and experiences. The work you do each week can be kept personal; or you can share it through talking to the group.

Healthy Lifestyles: Opportunities to look after our health and fitness. These may be participant-led or part of the Wednesday sessions. Activities may include exercise, sports, healthy eating, quit smoking support, and education sessions around health.

Participant-Led Activities: Participants share their talents and interests with a range of activities. These may include games, pampering, chess, crafts and projects.

Professional Learning: Earthlink also provides a volunteering to employment scheme at MIX.

Friday Workshop: Try something new; learn skills, gain confidence & knowledge through a range of activities.

Community Trips: Get to know our community by exploring the region.

Thinking about joining MIX? Please phone 04 569 3162 to make an appointment.

MIX NOTICES

Please check notice board daily for any changes to the programme due to unforeseen circumstances.

Earthlink Volunteering

See Victoria on Monday or Wednesday if you would like to gain skills and confidence for employment or volunteering – Knights Road only.

Upper Hutt Hosting

Become a host at MIX UH see staff for details.

After Hours Support Options

Warmline	0800 200 207
Depression Support line	0800 111 757
Healthline	0800 611 116

Happy Spring!

Join us the first week of October for many fun workshops – check the timetable for details!

Wellbeing & Community - 212 Knights Road, Lower Hutt – **October / Whiringa-ā-nuku 2019** Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
	<p>1. Week of fun! 10.30 Art games with Beth</p> <p>1.00 Movie afternoon</p>	<p>2. Week of fun! 10.30 Cooking with Fiona</p> <p>12.00 Shared lunch</p> <p>1.00 Whakangā session: connect & create</p>	<p>3. Week of fun! 10.30 Mystery outing</p> <p>1.00 Whakangā session: connect & create</p>	<p>4. Week of fun! Combined outing 10.30am Get a Hat, Get a Head exhibition, Wellington Museum and harbourside walk</p> <p>2.30 Grounding beads</p>
<p>7. 10.30 Activity & programme planning</p> <p>12.00 Shared Lunch (\$1)</p> <p>1.30 Maori Stories</p>	<p>8. 10.30 Games with Jim</p> <p>10.30 Personal goal planning</p> <p>1.00 Men's Health Group 1.00 Women's Health Group</p>	<p>9. Wellbeing Group - LH 10.30 Healthy Relationships: Communication skills (part 2)</p> <p>1.00 Active afternoon</p>	<p>10. 10.00 Waiata Mai! Learning songs in Maori with Candice</p> <p>Combined outing: Staglands!</p> <p>Van leaves LH at 10.00 am</p>	<p>11. 10.30 - 2.30 Friday Workshop - DIY Spring Cleaners</p>
<p>14. 10.30 House meeting</p> <p>12.00 Shared Lunch (\$1)</p> <p>1.30 Maori Stories</p>	<p>15. 10.30 Games with Jim</p> <p>10.30 Personal goal planning</p> <p>1.00 Navigating the workforce</p>	<p>16. Wellbeing Group - LH 10.30 Healthy Relationships: Conflict resolution (part 1)</p> <p>1.00 Active afternoon</p>	<p>17. 10.30 Men's Health Group</p> <p>1.00 Mindful gardening</p>	<p>18. 10.30 - 2.30 Friday Workshop - DIY Spring Cleaners</p>
<p>21. 10.30 House meeting</p> <p>12.00 Shared Lunch (\$1)</p> <p>1.30 Maori Stories</p>	<p>22. 10.30 Games with Jim</p> <p>10.30 Personal goal planning</p> <p>1.00 Budgeting session: Peg from budgeting services</p>	<p>23 Wellbeing Group - LH 10.30 Healthy Relationships: Conflict resolution (part 2)</p> <p>1.00 Active afternoon</p>	<p>24. 10.30 Tikanga MIX - Nau mai, haere mai! All welcome!</p>	<p>25. 10.30 - 2.30 Friday Workshop - DIY Spring Cleaners</p>
<p>28. Closed – Labour Day</p>	<p>29. 10.30 Games with Jim</p> <p>10.30 Personal goal planning</p> <p>1.00 Men's Health Group 1.00 Women's Health Group</p>	<p>30. Wellbeing Group - LH 10.30 Healthy Relationships: Getting our needs met</p> <p>1.00 Active afternoon</p>	<p>31. 10.30 Men's Health Group</p> <p>1.00 Mindful gardening</p>	

Wellbeing & Community – Uniting Parish, corner of Benzie Ave and Ferguson Drive, Upper Hutt - **October / Whiringa-ā-nuku 2019** Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
	1. Week of fun! Combined in Lower Hutt Van leaves 9:30, returns 2:30	2. Week of fun! Combined in Lower Hutt Van leaves 9:30, returns 2:30	3. Week of fun! Combined in Lower Hutt Van leaves 9:30, returns 2:30	4. Week of fun! Combined outing Van leaves 9:30, returns 2:30
7. 10.30 House meeting 12.00 Shared lunch \$1 1.30 Bring your own hand crafts	8. 10.30 Personal goal planning 1.00 Creative space art session and creating wall hangings	9. Wellbeing Group - LH 10.30 Healthy Relationships: Communication skills (part 2) 1.00 Active afternoon	10. Combined outing / activity: Staglands! <i>Van leaves UH at 9.30am and returns 2.30pm, please book in</i>	11. 10.30 - 2.30 Friday Workshop - LH: DIY Spring Cleaners: <i>Van departs UH 9.30am, returns 2.30pm</i>
14. 10.30 House meeting & Budget (guest speaker) 12.00 Shared lunch \$1 1.30 Bring your own hand crafts	15. 10.30 Grief session with Claire 1.00 Creative space art session	16. Wellbeing Group - LH 10.30 Healthy Relationships: Conflict resolution (part 1) 1.00 Active afternoon	17. 10.30 Participant-led Weighted Hope creatures 1.00 Participant-led chess with Fred	18. 10.30 - 2.30 Friday Workshop - LH: DIY Spring Cleaners <i>Van departs UH 9.30am, returns 2.30pm</i>
21. 10.30 House meeting 12.00 Shared lunch \$1 1.30 Bring your own hand crafts	22 10.30 Personal goal planning 1.00 Creative space art session and creating wall hangings	23. Wellbeing Group - LH 10.30 Healthy Relationships: Conflict resolution (part 2) 1.00 Active afternoon	24. 10.30 Tikanga MIX - Nau mai, haere mai! <i>Van departs UH 9.30am, returns 2.30pm, please book in</i>	25. 10.30 - 2.30 Friday Workshop - LH: DIY Spring Cleaners <i>Van departs UH 9.30am, returns 2.30pm</i>
28 Closed Labour Day	29. 10.30 Personal goal planning 1.00 Creative space art session and creating wall hangings	30. Wellbeing Group - LH 10.30 Healthy Relationships: Getting our needs met 1.00 Active afternoon	31. 10.30 Participant-led Weighted Hope Creatures 1.00 Equally well: Omega 3 foods	

Te Whare Marama Creative Space - 212 Knights Road, Lower Hutt – October - Hiringa-ā-nuku **2019** Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
	<p>1. Week of fun!</p> <p>10.30 Art games with Beth</p> <p>1.00 Movie afternoon</p>	<p>2. Week of fun!</p> <p>10.30 Cooking with Fiona</p> <p>12.00 Shared lunch</p> <p>1.00 Whakangā session: connect and create</p>	<p>3. Week of fun!</p> <p>10.30 Mystery Outing</p> <p>1.00 Whakangā session: connect and create</p>	<p>4. Week of fun!</p> <p>Combined outing</p> <p>10.30am Get a Hat, Get a Head exhibition, Wellington Museum and harbourside walk</p> <p>2.30 Grounding beads</p>
<p>7.</p> <p>9.30 – 3.00</p> <p>Studios open</p> <p>11:30 Art Room meeting</p> <p>1:00 Your take on a classic</p>	<p>8.</p> <p>9.30 – 5.00</p> <p>Studios open</p> <p>11.00 – 12.00</p> <p>Crafty with Karen</p>	<p>9.</p> <p>9.30 – 5.00</p> <p>Studios open</p> <p>10:00 – 12:00 Clay with Beth</p> <p>Bone carving</p> <p>Wood burning</p>	<p>10.</p> <p>9.30 – 5.00</p> <p>Studios open</p> <p>Bone carving</p> <p>Wood burning</p>	<p>6.</p> <p>10.30 – 12.00</p> <p>Vessels with Ruth</p> <p>1.00 – 3.00</p> <p>Printmaking with Karen</p>
<p>14.</p> <p>9.30 – 3.00</p> <p>Studios open</p> <p>11:30 Art Room meeting</p> <p>1:00 Your take on a classic</p>	<p>15.</p> <p>9.30 – 5.00</p> <p>Studios open</p> <p>11.00 – 12.00</p> <p>Crafty with Karen</p>	<p>16.</p> <p>9.30 – 5.00</p> <p>Studios open</p> <p>10:00 – 12:00 Clay with Beth</p> <p>Bone carving</p> <p>Wood burning</p>	<p>17.</p> <p>9.30 – 5.00</p> <p>Studios open</p> <p>Bone carving</p> <p>Wood burning</p>	<p>18.</p> <p>10.30 – 12.00</p> <p>Vessels with Ruth</p> <p>1.00 – 3.00</p> <p>Printmaking with Karen</p>
<p>21.</p> <p>9.30 – 3.00</p> <p>Studios open</p> <p>11:30 Art Room meeting</p> <p>1:00 Your take on a classic</p>	<p>22.</p> <p>9.30 – 5.00</p> <p>Studios open</p> <p>11.00 – 12.00</p> <p>Crafty with Karen</p>	<p>23.</p> <p>9.30 – 5.00</p> <p>Studios open</p> <p>10:00 – 12:00 Clay with Beth</p> <p>Bone carving</p> <p>Wood burning</p>	<p>24.</p> <p>9.30 – 5.00</p> <p>Studios open</p> <p>Bone carving</p> <p>Wood burning</p>	<p>25.</p> <p>10.30 – 12.00</p> <p>Vessels with Ruth</p> <p>1.00 – 3.00</p> <p>Printmaking with Karen</p>
<p>28.</p> <p>Closed Labour Day</p>	<p>29.</p> <p>9.30 – 5.00</p> <p>Studios open</p> <p>11.00 – 12.00</p> <p>Crafty with Karen</p>	<p>30.</p> <p>9.30 – 5.00</p> <p>Studios open</p> <p>10:00 – 12:00 Clay with Beth</p> <p>Bone carving</p> <p>Wood burning</p>	<p>31.</p> <p>9.30 – 5.00</p> <p>Studios open</p> <p>Bone carving</p> <p>Wood burning</p>	