

**MIX - 212 Knights Rd,
Lower Hutt**

Staff Phone: 569 3162

Participants Phone: 569 7271

Opening Hours

House: Monday to Thurs 9.30 am – 3.00 pm

Art Space: Monday 9.30 am – 3.00 pm

Tuesday to Thursday 9.30 am – 4.00 pm

Fridays 9.30 am – 4.00 pm

Please note some workshops and activities may
require a booking.

**MIX - Upper Hutt Uniting Parish
corner of Benzie Ave and Ferguson Drive, Upper
Hutt**

Phone: 528 7342

Opening Hours:

Mondays: 9.30am to 2.30pm

Tuesdays and Thursdays: 9:30 am - 2:30pm

Sender: MIX, 212 Knights Road, Lower Hutt 5011

www.mix.org.nz
www.facebook.com/MixInc
Instagram: MIXConnectCreateLive
Twitter: MIXConnecting



Connecting, Creating, Living

**Timetables for
March 2020**





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. Tutors and artists from Pablos Art Studio will join in for the day!

Connection & support: Plan a social event with someone over the weekend, chat with others over a cuppa and/or connect with a staff member one-to-one for support, wellbeing tools and strategies, conflict resolution, onsite advocacy, problem solving and /or personal goal setting.

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. This month's theme is connecting in nature. The last Tuesday of the month will feature an outing in nature.

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 on a range of topics.

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

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.

After Hours Support Options

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

Wellbeing & Community - 212 Knights Road, Lower Hutt - Poutū-te-rangi / March 2020 Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
<p>2 10.30 Participant meeting</p> <p>12.00 Shared kai</p> <p>1.30 Conversation cards</p>	<p>3 10.15 Check & connect 10.30 Games with Jim</p> <p>1.30 Men's health group: Men Supporting One Another 1.30 Women's health group</p>	<p>4 Wellbeing group 10.30 - 3 10.30 Gratitude, self-care & nurturing</p> <p>12pm Closed for Staff Training</p>	<p>5 10.15 Check & connect</p> <p>10.30 Reflective journaling</p> <p>Connection & support: 10.30 - 12 / 1.00 - 3.00</p>	<p>6 Friday Workshop 10.30 – 2.30 DIY Homewares – learn to make cushions, tablecloths and more!</p> <p>Please book in</p>
<p>9 10.30 Participant meeting</p> <p>12.00 Shared kai</p> <p>1.30 Conversation cards</p>	<p>10 10.15 Check & connect 10.30 Games with Jim</p> <p>1.30pm Mixed Health Group: Self-esteem</p>	<p>11 Wellbeing group 10.30 - 3 10.30 Gratitude, self-care & nurturing</p> <p>12pm Closed for Staff Training</p>	<p>12 Community outing Mystery Trip! Van leaving at 10.30 Please book in</p>	<p>13 Friday Workshop 10.30 – 2.30 DIY Homewares – learn to make cushions, tablecloths and more!</p>
<p>16 10.30 Participant meeting</p> <p>12.00 Shared kai</p> <p>1.30 Conversation cards</p>	<p>17 10.15 Check & connect 10.30 Games with Jim</p> <p>1.30 Men's health group: Men Supporting One Another 1.30 Women's health group</p>	<p>18 Wellbeing group 10.30 - 3 10.30 Gratitude, self-care & nurturing</p> <p>12pm Closed for Staff Training</p>	<p>19 10.15 Check & connect</p> <p>10.30 Reflective journaling</p> <p>Connection & support: 10.30 - 12 / 1.00 - 3.00</p>	<p>20 Friday Workshop 10.30 – 2.30 DIY Homewares – learn to make cushions, tablecloths and more!</p>
<p>23 10.30 Participant meeting</p> <p>12.00 Shared kai</p> <p>1.30 Conversation cards</p>	<p>24 10.00 Volunteering & Employment Skills with EarthLink</p> <p>1.30pm Mixed Health Group: Goal setting</p>	<p>25 Wellbeing group 10.30 - 3pm 10.30 Gratitude, self-care & nurturing</p> <p>1.30 Active afternoon</p>	<p>26 Tikanga MIX 10.30 - 2.30 Nau mai, Haere mai! All welcome</p>	<p>27 Friday Workshop 10.30 – 2.30 DIY Homewares – learn to make cushions, tablecloths and more!</p>
<p>30 10.30 Participant meeting</p> <p>12.00 Shared kai</p> <p>1.30 Conversation cards</p>	<p>31 10.15 Check & connect 10.30 Games with Jim 1.30 Men's health group: Men Supporting One Another 1.30 Women's health group</p>			

Wellbeing & Community - Uniting Parish, 2 Benzie Ave, Upper Hutt - Poutū-te-rangi / March 2020 Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
<p>2 10.00 Participant meeting 11:00 - 1.00 Cooking and shared kai</p> <p>1.00 Music Therapy</p>	<p>3 10.00 Art for Wellbeing: Connecting with nature</p> <p>Connection & support: 2.00</p>	<p>4 Wellbeing group – Lower Hutt 10.30 Gratitude, self-care & nurturing 12pm Closed for Staff Training Travel options available</p>	<p>5 10.30 Connection & Support</p> <p>1.30 Life skills</p>	<p>6 Friday Workshop 10.30 – 2.30 DIY Homewares – learn to make cushions, tablecloths and more! Van leaves MIX UH at 9.30am</p>
<p>9 10.00 Participant meeting 11:00 - 1.00 Cooking and shared kai</p> <p>1.00 Music Therapy</p>	<p>10 10.00 Art for Wellbeing: Connecting with nature</p> <p>Connection & support: 2.00</p>	<p>11 Wellbeing group – Lower Hutt 10.30 Gratitude, self-care & nurturing 12pm Closed for Staff Training Travel options available</p>	<p>12 Community outing Van leaving Upper Hutt at 9.30 Please book in</p>	<p>13 Friday Workshop 10.30 – 2.30 DIY Homewares – learn to make cushions, tablecloths and more! Van leaves MIX UH at 9.30am</p>
<p>16 10.00 Participant meeting 11:00 - 1.00 Cooking and shared kai</p> <p>1.00 Music Therapy</p>	<p>17 10.00 Art for Wellbeing: Connecting with nature</p> <p>Connection & support: 2.00</p>	<p>18 Wellbeing group – Lower Hutt 10.30 Gratitude, self-care & nurturing 12pm Closed for Staff Training Travel options available</p>	<p>19 10.30 Connection & Support</p> <p>1.30 Life skills</p>	<p>20 Friday Workshop 10.30 – 2.30 DIY Homewares – learn to make cushions, tablecloths and more! Van leaves MIX UH at 9.30am</p>
<p>23 10.00 Participant meeting 11:00 - 1.00 Cooking and shared kai</p> <p>1.00 Music Therapy</p>	<p>24 10.00 Art for Wellbeing: Connecting with nature</p> <p>Connection & support: 2.00</p>	<p>25 Wellbeing group – Lower Hutt 10.30 Gratitude, self-care & nurturing 1.30 Active Afternoon / Community Outing Van leaves MIX UH at 9.30am</p>	<p>26 10.30 - 2.30 Tikanga MIX Nau mai, haere mai! All welcome!</p> <p>Van leaves MIX UH at 9.30am</p>	<p>27 Friday Workshop 10.30 – 2.30 DIY Homewares – learn to make cushions, tablecloths and more! Van leaves MIX UH at 9.30am</p>
<p>30 10.30 Participant meeting</p> <p>12.00 Shared kai</p> <p>1.30 Conversation cards</p>	<p>31 10.30 Art for Wellbeing: Connecting with nature – outing included this week</p> <p>Connection & support: 2.00</p>			

Creative Space - 212 Knights Road, Lower Hutt - Poutū-te-rangi / March 2020 Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
<p>2 9.30 - 3.00 Open Studio</p> <p>1.00 - 2.00 Your take on a classic with Garry</p>	<p>3 9.30 - 4.00 Open Studio</p> <p>10.00 Artists meeting</p> <p>11.00 - 12.00 Crafty with Karen</p>	<p>4 9.30 - 4.00 Open Studio</p> <p>10.30 - 12.00 Clay with Clare</p> <p>12pm Closed for Staff Training</p>	<p>5 9.30 - 4.00 Open Studio Bone carving and wood burning</p> <p>10.30 - 12 Exploring Painting</p>	<p>6 9.30 - 4.00 Open Studio</p> <p>10.30 - 11.30 Gallery visit</p> <p>1.30 - 2.30 Sea scapes continued</p>
<p>9 9.30 - 3.00 Open Studio</p> <p>1.00 - 2.00 Your take on a classic with Garry</p>	<p>10 9.30 - 4.00 Open Studio</p> <p>10.00 Artists meeting</p> <p>11.00 - 12.00 Crafty with Karen</p>	<p>11 9.30 - 4.00 Open Studio Bone carving and wood burning</p> <p>10.30 - 12.00 Clay with Clare</p> <p>12pm Closed for Staff Training</p>	<p>12 9.30 - 4.00 Open Studio Bone carving and wood burning</p> <p>10.30 - 12 Exploring Painting</p>	<p>13 9.30 - 4.00 Open Studio</p> <p>10.30 - 11.30 Gallery visit</p> <p>1.30 - 2.30 Balloon painting</p>
<p>16 9.30 - 3.00 Open Studio</p> <p>1.00 - 2.00 Your take on a classic with Garry</p>	<p>17 9.30 - 4.00 Open Studio</p> <p>10.00 Guest Tutor Session Paul Forrest: The magic of colour</p> <p>1.30 - 2.30 Crafty with Karen</p>	<p>18 9.30 - 4.00 Open Studio Bone carving and wood burning</p> <p>10.30 - 12.00 Clay with Clare</p> <p>12pm Closed for Staff Training</p>	<p>19 9.30 - 4.00 Open Studio Bone carving and wood burning</p> <p>10.30 - 12 Exploring Painting</p>	<p>20 9.30 - 4.00 Open Studio</p> <p>10.30 - 11.30 Gallery visit</p> <p>1.30 - 2.30 Abstract tape pictures</p>
<p>23 9.30 - 3.00 Open Studio</p> <p>1.00 - 2.00 Your take on a classic with Garry</p>	<p>24 9.30 - 4.00 Open Studio</p> <p>10.00 Artists meeting</p> <p>11.00 - 12.00 Crafty with Karen</p>	<p>25 9.30 - 4.00 Open Studio Bone carving and wood burning</p> <p>10.30 - 12.00 Clay with Clare</p> <p>1.30 - 2.30 Drawing skills</p>	<p>26 10.30 - 2.30 Tikanga MIX Nau mai, haere mai! All welcome!</p> <p>Van leaves MIX UH at 9.30am</p>	<p>27 9.30 - 4.00 Open Studio</p> <p>10.30 - 11.30 Gallery visit</p> <p>1.30 - 2.30 Make your own tic tac toe game – with denim!</p>
<p>30 9.30 - 3.00 Open Studio</p> <p>1.00 - 2.00 Your take on a classic with Garry</p>	<p>31 9.30 - 4.00 Open Studio 10.00 Artists meeting</p> <p>11.00 - 12.00 Crafty with Karen</p>			