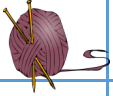

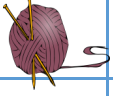




Te Wharau – The Shed

APRIL 2024—24a Tudor Street—ph.— 027-921-4074 MONDAY TO FRIDAY 10 am EXCEPT WEDNESDAY 10.30 FOR TEA & TALK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1- EASTER MONDAY SHED CLOSED</p>	<p>2-- 10.30 Gym <u>11am Mindfulness with Brendon</u> All day knit & Knatter And scrabble</p> 	<p>3-Age Concern Tea & Talk 60 + <u>10.30-11.50 closing due to community staff meeting</u></p>	<p>4- 10.10 Richmond swimming 5 seats Coffee & connect <u>Shed Movie 11.00 The Miracle Club</u></p> 	<p>5- Origami for Mindfulness</p> 
<p>8-Drop in coffees & connect ART MORNING</p> 	<p>9-- 10.30 Gym <u>11am Mindfulness with Brendon</u> All day knit & Knatter And scrabble</p> 	<p>10-10.30 open -For 60+ Age Concern TEA & TALK for support and to connect</p> 	<p>11- 10.15 <u>Alchemy Arts Pottery. Paint your own plate/ bowl /cup etc. Please put your name down for this. Shed closed for this activity</u></p>	<p>12- Housie 11 am Bring a plate of food to share.</p>
<p>15- Nelson Court Tour with Family Court Navigator Felicity. 10 am leaving 8 seats available</p>	<p>16--- 10.30 Gym <u>11am Mindfulness with Brendon</u> All day knit & Knatter And scrabble</p> 	<p>17--10.30 open -For 60+ Age Concern TEA & TALK for support and to connect</p> 	<p>18- 10.30 GYM Drop in coffees & connect  12.00 Community lunch</p>	<p>19- BBQ with The White House Bring some food to share</p>
<p>22-Drop in coffees & connect Bring \$2.00 and make yourself a suncatcher with Yvonne</p>	<p>23- 10.30 Gym <u>11am Mindfulness with Brendon</u> All day knit & Knatter And scrabble</p> 	<p>24-10.30 open -For 60+ Age Concern 11.30 Quiz -TEA & TALK for support and to connect.</p> 	<p>ANZAC DAY</p> 	<p>26- 10 .30 leaving Swimming at Richmond 5 seats. Shed open for coffee & connect.</p> 
<p>29-Bring \$2.00 and make yourself a suncatcher with Yvonne</p> 	<p>30- 11am Mindfulness All day knit & Knatter And scrabble</p> 	<p>Feel you are not alone, someone is on your side. Compass Peer Support 0800-212-798</p>	<p>Need a ride to the The Shed -Health Shuttle service please Ring the day before 0800-103-046</p>	<p>Gym sessions/Pickle ball –Mindfulness at the library please talk with staff .we can support you with these activity's</p>

What are the warning signs of poor Mental Health ?

Feeling anxious or worried
Feeling depressed or unhappy
Emotional outbursts
Sleep problems
Weight or appetite changes
Being more quiet or withdrawn than usual

Substance abuse
Feeling guilty or worthless
Suicidal thoughts

If someone is suicidal or planning to harm themselves or others, they need urgent help. Do not ignore this — call 111.

Feeling excessively high
Neglect and performing less well
High risk behaviour
Bizarre or strange thoughts—

If you feel mentally unwell, or you are worried for whanau or friend your best starting point is usually your GP (family doctor). GPs are trained to assess, treat and manage many mental health issues. Your GP can refer you to your local community mental health service or elsewhere if needed. They may be able to support you to manage your mental health without needing to refer you to other services. Reach out or support someone to get the Right Support.

