

What's on at



Te Puawaitanga ki Ōtautahi Trust

Whānau Mai Tuatahi

*Mondays, September 16th and 20th
8.45am – 4.30pm at Phillipstown Community
Hub, 39 Nursery Rd, Phillipstown.*

*Kaupapa Māori pregnancy and parenting
programme, ideally attended around 24
weeks pregnant. Tuatahi covers nutrition,
exercise, connection with pēpi, making
kawakawa products and ipu whenua.*

*For more information and to register,
contact Sarah Wills on 027 733 1840 or
Sarah.Wills@omwwl.maori.nz*

Ūkaipō

Tuesdays, September 10th, 17th & 24th

*10am – 12pm at Te Puawaitanga ki Ōtautahi
Trust, 153 Gilberthorpes Rd, Hornby.*

*Ūkaipō is a relaxed parenting programme for
whānau and covers a range of topics. No
registration required, everyone's welcome.*

*For more information contact Kelly Dorgan on
029 773 1589 or Kelly.Dorgan@omwwl.maori.nz*

Whānau Mai Tuarua

*Monday, September 23rd 8.45am – 4.30pm at
Te Puawaitanga ki Ōtautahi Trust, 153
Gilberthorpes Rd, Hornby*

*Kaupapa Māori pregnancy and parenting
programme, ideally attended around 28
weeks of pregnancy. Tuarua covers labour,
breastfeeding, parenting, connection with pēpi
and making muka cord ties.*

*For more information and to register
contact Sarah Wills on 027 733 1840 or
Sarah.Wills@omwwl.maori.nz*

Oi Māmā Oi Pēpi

*Wednesdays, September 11th, 18th, 25th
9.30am – 11am at Phillipstown Community
Hub, Room 10, 39 Nursery Rd, Phillipstown*

*Active and healthy pregnancy programme
for hapū māmā and whānau.*

*For more information and to register
contact Sarah Wills on 027 733 1840 or
Sarah.Wills@omwwl.maori.nz*

Breastfeeding Support Group

*Wednesdays 10am – 12pm, Richmond
Community Cottage, 74 London St, Richmond
For more information contact Olivia on
027 455 9747 or 0800 66 99 57
Olivia.Stevens@omwwl.maori.nz*

Healthy Day at the Pa

*Friday, September 27th 10am – 1pm at
Tuahiwi Marae, 219 Tuahiwi Rd, Tuahiwi*

*Speakers offer health information and
whakawhanaungatanga, followed
by shared kai.*

*For more information contact our office
0800 66 99 57 or 03 344 5062*

Car Seat Technician

*Available for installations, advice and checks of
your child's car seat.*

To make an appointment ph 0800 66 99 57

*Te Puawaitanga ki Ōtautahi Trust, 153
Gilberthorpes Rd, Hornby*