

Thank you to everyone who helped make our 40th Anniversary celebrations such a success.



Tararua REAP's 40th Anniversary was celebrated in conjunction with the Festival of Adult Learning. The Hub hosted over 40 stations that offered interactive activities for the public to experience. We had fun!!!



A big thank you to all the tutors and organisations that shared skills and knowledge. Interactive stations gave participants the opportunity to try and learn a new skill. REAP delivers adult learning courses to the region and our day gave people an opportunity to give things a go.



Learning thru Weaving starts in Term 4. See the back page for more details.



Thanks Industry Training Solutions (ITS) for the yummy fancy coffees! ITS deliver barista, food safety and customer service courses regionally.



Tararua District Council shared information on DORA and emergency preparedness



Photo fun with Vicky



Pounamu Making with Cherry



Art for Wellbeing with Elspeth



Bath Bombs with Alyshea



Low Cost Gifts with Budget Service



Cooking on a Budget with Vicki



Beeswax Wraps with Bev



Oamaru Stone Carving with Heather



Macramé creations with Jenny



Zappo the Magician was a bit hit and entertained over 400 early childhood and school children.

Tararua REAP also launched the new promotional cabin. The cabin will be taken into the rural areas of Tararua to provide easy access to services including digital device training, budget support and various activities as requested by our communities.



The full REAP team being thanked by Board Chair Wendy Lansdown. Tararua REAP has 18 staff, mostly part time, that deliver on over 6 contracts supporting our communities.

Our day had an incredible start with the amazingly talented students from Tamaki nui a Rua Kura. Ka pai!



And at the same time as our anniversary, we had a two-week exhibition that showcased the works of our tutors and learners.

A huge thank you to Alice Jonathan who brought the exhibition together into the amazing space it became.

We are very proud of the talent we have in our region, and it was fantastic to be able to share their creations with the Tararua community.

Tararua REAP is more than educational activities

As we come out of the COVID fog and head towards the end of another year, a lot of people are reflecting on what has been, and with reflection often comes change. If change to you means a new job, new career, or new skills, Tararua REAP's Employment Liaison Coordinators can help guide you through employment pathways and connect you with relevant training to reach those new goals.

School Leavers

As we head into Term 4 of 2022, School Leavers and their parents may be beginning to wonder "What's next?" Tararua REAP's Employment Liaison Coordinators are available to offer free and confidential advice to help youth through the sometimes-scary transition from school to work or training. Whether they require some general guidance to help track towards a dream job, or something more specific like help with job applications, CV's, interview skills or upskilling with the right driver licence, we can help with free, confidential support and advice.

Employers

Finding new staff is becoming more and more challenging, therefore upskilling current staff, and finding the right industry training provider is becoming more important than ever before. If employers find the appropriate person with the right attitude, the training can follow! Contact us to see how we can help connect employers with relevant industry training providers and opportunities for businesses.

Don't make it a big debt deal this Christmas

Christmas time has many stressors, but money doesn't have to be one. The earlier you start planning, the more options you have. Our team of Financial Mentors have numerous tips and tricks to help prepare for the extra expenses that can come during the festive season. It's not too late or too early to start preparing for this Christmas, so book an appointment for a free financial health check. This is when you and the Mentor look at your current situation and find ways to either reduce debt or expenses and identify exactly where your money is going. Without first looking at where money is being spent it is difficult to know how or what to change. It is often too easy to put your head in the sand and let the stress and worry of money take over.



By sharing your challenge, a financial mentor will walk alongside you as you apply your newfound knowledge and improve your financial situation and stability. Christmas is about giving which includes time and love. There is nothing like creating memories with family and friends, and the gift of time or experiences are a lot better than putting yourself into debt. Make a voucher and gift your time to clean windows or the oven! Reduce money worries for the up-and-coming year rather than purchasing expensive presents that add to your stress. The team at the Budget Service are full of ideas to help you reduce your money woes. Make an appointment today!



If you would like a digital copy of our Panui | Newsletter to stay up to date with upcoming programmes and activities, contact Tararua REAP reception and we will put your name on our email list.

Graduation for Incredible Years Participants

Incredible Years is an internationally acclaimed programme that helps parents identify and manage children's challenging behaviours. Mums and Dads work through a series of steps to deal with tantrums, aggression and other behaviours that can make parenting a challenge. Best of all, it is completely free for parents to take part in. The 14-week programme is only delivered once a year in Tararua, and this year's class recently graduated. Outcomes from the course are participants real life improvements. One father of 6 children shared his experience.

"When I first started the Incredible Years Programme, I had one sort of way to parent, and now I have learnt different strategies. What I am noticing is there has been a lot of change with the children. Using the strategies has definitely helped me to stay calm, stay less stressful, and we are both (parent and child) getting something out of it. My focus child has embraced everything and is more independent as each day goes. The tools have helped with the pressure moments. At home, there is less fighting, and the child led play is so much easier than what play was before. Now I just let them play how they want to. From the beginning to now we have become a lot better because we have the tools now. Our household is a lot smoother now. I have noticed that my oldest boy didn't really open up, but since doing the course he is now opening up and talking a lot. He is getting into the age where he needs someone to talk to, and now I can be that for him."



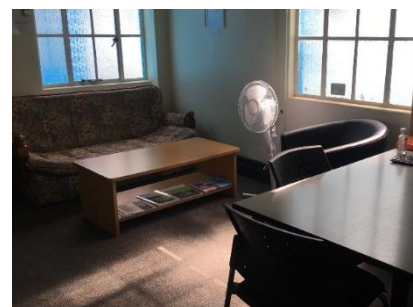
Tararua REAP and Tararua Community Services will be delivering Incredible Years early 2023. **Secure your place by the end of term 4. Register your interest today as spaces are limited.**



Medium to long-term Office Space

Tararua REAP has medium to long term office space available for lease at 15 and 17 Gordon Street. Rooms are well equipped, easy to access and have heating/cooling options. Offices include Wi-Fi, office furniture, access to shared kitchen and regular cleaning.

If you are looking for an office solution, call in and have a look at what is available at Tararua REAP.



Lifelong Learning Opportunities

Women's Self Defence

With Brie Sergeant from Kiahaumaru

The course will empower and build confidence in women and provide options for increasing personal safety in a wide range of situations. Learn verbal strategies, and how to use positive assertiveness and boundary setting skills to stop an assault before it becomes physical.

When: Monday 10 Oct or Tuesday 11 October

Where: Dannevirke South School

Time: 5pm - 8pm

Cost: Koha appreciated

Defensive Driving

With Karen Shannon

Open to everyone including those on a Learner Licence, although it is recommended that 50 hours driving has been completed prior to attending the course. In addition to the classroom work on Monday and Wednesday evenings, homework is to be completed between each session, as part of the criteria for course completion.

When: 31 October, 2, 7, 9 November

Where: Tararua REAP, 15 Gordon Street

Time: 6pm-8pm

Cost: \$190 subsidised

Register with Tararua REAP by 24 October

Learning through Weaving

With Sonny Hau and Debs Baird

Utilising harakeke and other natural fibres to create practical vessels like kete and pōtae. Learn to talk with your hands and express yourself through your weaving creations.

When: 8 Tuesdays starting 25 October

Where: Rangitāne, 10 Gordon Street

Time: 9am - 1pm

Cost: Fully subsidised

Keeping our Tamariki Safe

Online - A must see for all parents

Informed and Empowered is a presentation designed for all parents and grandparents to help keep kids safe online & increase emotional wellbeing and resilience.

Practical solutions shared. Topics Covered: the 'Not My Child' myth, cyberbullying, social media, gaming, exposure to porn, and inappropriate content sharing.

When: Wed 19 October

Where: Huia Range School

Time: 7pm

Cost: Fully Subsidised

Learning Thru Movement

With Toyah Forrest-Mawson

Learning and awareness through movement will help refine performance skills, reduce anxiety, pain, and stress. Improve posture, breathing, flexibility, balance, & coordination.

When: Fridays

Where: Halcyon Wellness, 36 High Street

Time: 2pm - 3pm

Cost: Fully Subsidised

Know the Code

With Horizons

Know the Code is a FREE road rule refresher course that aims to build confidence of senior drivers and increase their knowledge of road code changes and safe driving practices. No tests or exams.

When: Dannevirke Monday 17 October

Tararua REAP, 15 Gordon Street, Dannevirke

When: Pahiatua Wednesday 19 October

Pahiatua Marae, 2/24 Riccarton Road, Pahiatua

Time: 10am - 2:30pm (light lunch provided)

Spaces are limited. Register today with Debbie, phone 0508 800 800

Health and Wellbeing Series

With Rebekah Charlton

Learn ways to improve your wellbeing, mental health and resilience. Identify and experience different ways and activities that can support and balance your mental and emotional state. 100% of previous participants that completed the series would recommend it to others.

When: 6 Mondays starting 31 October

Where: Halcyon Wellness, 36 High Street

Time: 6.45pm - 7.45pm

Rongoā

With Donna Kerridge

Tararua REAP is excited to have Donna Kerridge, registered Medical Herbalist & traditionally trained Rongoā Māori practitioner, come to our rohe (region) again. Donna will deliver a variety of workshops between Monday 14 - Friday 18 November introducing participants to the world of rongoā Māori, and the tikanga involved.

Begin or continue your journey into Rongoa.

Register your interest today!

Exact details to be confirmed.

Girl's Self Defence

With Brie Sergeant from Kiahaumaru

The course will empower and build confidence in girls and provide options for increasing personal safety in a wide range of situations. Learn verbal strategies, and how to use positive assertiveness and boundary setting skills to prevent an assault.

When: Monday 10 October Years 7 & 8

Tuesday 11 October Years 9 to 13

Where: Dannevirke South School

Time: 9am - 2.30pm

Parenting support

Triple P - Positive Parenting

With Rose Bertram

These free 2 hr sessions provide an opportunity for parents and caregivers to find solutions to common parenting issues. Ideal for parents of children aged 2.5 - 9 years old. Attend 1 or all.

When: Tuesdays 7-9pm

8 Nov - Dealing with disobedience

15 Nov - Hassle-free mealtimes

29 Nov - Managing fighting and aggression

6 Dec - Developing good bedtime routines

Where: Venue to be confirmed

Time: 7pm - 9pm

Cost: Fully Subsidised

Follow Tararua
REAP!



We are now on
Instagram!



Feedback from a Triple P parent

Good refresher and reminder. Have implemented tools learnt in both workshops at home which has helped.

Regular community events

Strengthening Families Network Forum

Next meeting 6 October then 3 November

First Thursday of every month

**To register please contact Tararua REAP
06 374 6565**

Let's Move it Kindy Gym

When: Wednesday 29 Oct, 9 Nov, 23 Nov, 7 Dec

Where: Knox Church Hall, 187 High Street

Time: 9:30am

Parent setup assistance welcomed

Cost: Fully subsidised

TARARUA REAP
Rural Education Activities Programme