



SEPTEMBER 2022

goodseedtrust

Strengthening Families

Kia Ora e te whanau! It's been awesome seeing the sun a lot more this month, we've had some once-in-a-lifetime opportunities for our young men of Good Seed this month, and we're offering free childcare for the rest of the year. Read on to get the full story on our trip to Queenstown, how you can enrol with us, our upcoming holiday programme + more.



Tama ki Luga takes Queenstown:

Good Seed Trust ran a free men's group called Tama ki Luga funded by Lottery Grants Board. Our goal was to provide a safe space for our tane to connect with each other, to hear other men's perspectives and support one another as men. To conclude the programme, we sent 13 men on an all expense paid trip to Queenstown. We wanted to offer our men an experience that they wouldn't otherwise be able to go on, all of the men who attended had not previously been to the South Island at all. Each day we had at least one activity, a talanoa session and free time to explore Queenstown. Some of the activities we did included the shotover jet, visiting the snow, cookie-time bar, a cruise along lake Wakatipu and lunch aboard too. With these new experiences, what was most rewarding was the connections made.



Our Tama ki Luga men had built confidence in opening and sharing in front of the group during our talanoa sessions. Men often find it challenging to be vulnerable and share openly in front of others. Learning communication assists our men to be better friends, father figures and teaches them the skills they need to communicate their own feelings and emotions. Alongside all of this, our men built lifelong friendships and relationships from this trip. We want to thank the Lottery Grants Board for funding this and making these dreams a reality for our tane.

FREE CHILDCARE FOR THE REST OF 2022:

Yes- you read that right! We are offering free childcare across all of our centre's for the remainder of the year. This will be evaluated in December, and may possibly continue into the new year. Watch this space..



We know that this year has been a difficult time for our families and we want to support as best as we can. We hope this will assist families to get ahead for the holiday seasons. If you or someone you know is interested in enrolling their tamariki into one of our Good Seeds Childrens Centres, contact us today.



"Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go." ————— *Joshua 1:9*

Holiday Programme started on Monday and we've discounted the programme just for you.



Holiday Programme began on the 3rd of October and we have an even easier way to enrol! Head to our website for more information or contact Cherish on: 0275373115.

TE WIKI O TE REO MAORI:

This month was Te Wiki o Te Reo Maori. Kia korero kia maia kia tuku i te reo Maori! Ahakora he iti, he pounamu.



TE TAUROA WHIRI
I TE REO MAORI

**KIA KAHA
TE REO MĀORI**

Tūhono mai ki te Rangaihi Reo Māori
Join the Māori Language Movement

ReoMāori 100 NZ

Tongan Language Week:



Uike Kātoanga'i 'o e lea faka-Tonga. In the month of September we also had Tongan Language Week. We had one of our parents come into our Mangere Childrens Centre to teach an action song to our tamariki. We then made and shared some delicious Otai.

This year's theme for Uike Kātoanga'i 'o e lea faka-Tonga is: Ke Tu'uloa 'a e lea faka-Tonga 'i Aotearoa. Sustaining the Tonga Language in Aotearoa.

We encourage our aiga to speak their native tongue as much as possible to keep the Tongan language alive for our generations to come.

How are you- really?



We ended off September with Mental Health Awareness week. We encourage you all to go away and contact that friend you haven't caught up with in awhile, or see that family member you've been meaning to see. Ask them how are you, really?

This year's theme is reconnect: whether that be with your culture, loved ones, nature, an old hobby or a special place. But most importantly, we want to reconnect with ourselves.

Need to talk?

- Free call or text [1737](tel:1737) any time for support from a trained counsellor
- Lifeline [0800 543 354](tel:0800543354) or [09 522 2999](tel:095222999) or free text 4357 (HELP)
- Suicide Prevention Helpline: [0508 828 865](tel:0508828865) (0508 TAUTOKO)
- Youthline [0800 376 633](tel:0800376633) (or free text 234)

