



Manaaki

To support, give hospitality to,
show respect, generosity, and
care for others.



Whakapā mai ki a mātou:

If you are under a Palliative Care
service and wish to attend any
group, talk to one of our Manaaki
staff to receive the current
sessions/dates schedule, please
get in touch

phone 0800 888 474

email familysupport@mh.org.nz

61 College Hill, St Marys Bay, Auckland
www.mercyhospice.org.nz



Manaaki Day Service

*Manaaki Ratonga
Whakataetae Rā*



Manaaki Active

Ko te rōpū Manaaki Active e tuku ana i tētahi hōtaka whakangungu māmā. He ara haumarū, pai hoki ki te noho hāneanea i roto i ō ārai.

Ka whakaratoia he tī ngahau i te ata.

Ko te hōtaka e whai ake nei:

- *Stretching*
- *Tai Chi*
- *Seated Yoga*
- *Seated Pilates*
- *Seated dance*
- *Low-intensity workout*

Āhea me hea?

*Rātū, 10:30am
i Mercy Hospice*

Manaaki Support

Ko Manaaki Support e whakarato ana i ngā mōhiotanga whaihua me te tautoko pāpori mā ngā rōpū kōrero me ngā rōpū mōhiotanga. He āwhina tēnei ki te hono atu ki ēnei atu e whai pūkenga ōrite ana. He raupapa ora-waihanga e tukuna ana e toru ngā wā i te tau, ā, ka whakarangatirahia koe ki te piri i ngā wā katoa.

Ko te hōtaka e whai ake nei ngā kaupapa ā-wiki:

- *Exploring community resources*
- *Living with reduced energy*
- *Nutrition*
- *Breathlessness*
- *Pain management*
- *Sleep and relaxation*
- *Riding the emotional rollercoaster*
- *Difficult conversations*
- *Advance care planning*
- *Rediscovering meaning*
- *Creating memories*

Āhea me hea?

*Rātā, 11:00am
i Mercy Hospice*

Manaaki Wellness

Ko ngā wā o Manaaki Wellness e whakatairanga ana i ngā mahi hauora mō ngā hua pai ake i te taha hinengaro, wairua, me te taha māhita. Ka taea e koe me tō whānau te tiroiro i ngā āhua rerekē hei whakapai ake i tō oranga. He mea nui te whakamahi mō ēnei wā.

Ko te hōtaka e whai ake nei:

- *Mindfulness*
- *Aromatherapy*
- *Reflexology*
- *Art therapy*
- *and more*

Āhea me hea?

*Rāmere, 10:30am
i Mercy Hospice*