



Manaaki

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



Contact us

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 Active

Manaaki Active group offers a gentle exercise programme.

It's a safe and enjoyable way to keep moving within your limitations.

An enjoyable morning tea is provided.

The programme includes:

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

When and where?

*Tuesdays, 10:30am
at Mercy Hospice*

Manaaki Support

Manaaki Support provides helpful information and social support through discussion & information-based groups. It's a way to connect with others who share similar experiences.

A living-well series is offered three times a year - you're welcome to join at any time.

The programme includes weekly topics:

- *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*

When and where?

*Wednesdays, 11:00am
at Mercy Hospice*

Manaaki Wellness

Manaaki Wellness sessions promote healthy practices for better emotional, spiritual, and mental health outcomes. You and your whānau can explore different ways to improve your well-being.

Booking is essential for these sessions.

The programme includes:

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

When and where?

*Thursdays, 10:30am
at Mercy Hospice*