



Manaaki Support

2023 Weekly topics - Round 3

- **A HOSPICE & MANAAKI SERVICE WELCOME**
An Introduction to Hospice and Manaaki Day Service.
Date: 13 September 2023
- **LIVING WITH REDUCED ENERGY**
Strategies to make the most of every day.
Date: 20 September 2023
- **NUTRITION**
Ideas for meeting your nutritional needs.
Date: 27 September 2023
- **EXPLORING COMMUNITY RESOURCES**
Financial & legal resources and community services.
Date: 4 October 2023
- **PAIN MANAGEMENT**
Tips for better pain management.
Date: 11 October 2023
- **BREATHLESSNESS**
Strategies for managing shortness of breath.
Date: 18 October 2023
- **SLEEP AND RELAXATION**
Techniques for letting go and achieving better sleep.
Date: 25 October 2023
- **RIDING THE EMOTIONAL ROLLERCOASTER**
Dealing with waves of emotions.
Date: 01 November 2023
- **DIFFICULT CONVERSATIONS**
Tips to assist you with challenging conversations.
Date: 08 November 2023
- **ADVANCE CARE PLANNING**
Conversations to have with your Whanāu and professionals.
Date: 15 November 2023
- **REDISCOVERING MEANING**
Exploring sources of meaning and strength.
Date: 22 November 2023
- **CREATING MEMORIES**
Leaving a legacy.
Date: 29 November 2023
- **SPECIAL SESSION: XMAS CELEBRATION**
Date: 06 December 2023