



Manaaki Support

2024 Weekly topics - Round 1

- **A HOSPICE & MANAAKI SERVICE WELCOME**
An Introduction to Hospice and Manaaki Day Service.
Date: **07 February 2024**
- **EXPLORING COMMUNITY RESOURCES**
Financial & legal resources and community services.
Date: **14 February 2024**
- **NUTRITION**
Ideas for meeting your nutritional needs.
Date: **21 February 2024**
- **LIVING WITH REDUCED ENERGY**
Strategies to make the most of every day.
Date: **28 February 2024**
- **PAIN MANAGEMENT**
Tips for better pain management.
Date: **06 March 2024**
- **BREATHLESSNESS**
Strategies for managing shortness of breath.
Date: **13 March 2024**
- **SLEEP AND RELAXATION**
Techniques for letting go and achieving better sleep.
Date: **20 March 2024**
- **RIDING THE EMOTIONAL ROLLERCOASTER**
Dealing with waves of emotions.
Date: **27 March 2024**
- **CHALLENGING CONVERSATIONS**
Tips for having difficult conversations.
Date: **03 April 2024**
- **REDISCOVERING MEANING**
Exploring sources of meaning and strength.
Date: **10 April 2024**
- **CREATING MEMORIES**
Leaving a legacy.
Date: **17 April 2024**
- **ADVANCE CARE PLANNING & FUNERAL PLANNING**
Conversations to have with your Whanāu and professionals.
Date: **24 April 2024**