



# *Manaaki Support*

## 2024 Weekly topics - Round 2

- **A HOSPICE & MANAAKI SERVICE WELCOME**  
An Introduction to Hospice and Manaaki Day Service.  
Date: **22 May 2024**
- **EXPLORING COMMUNITY RESOURCES**  
Financial & legal resources and community services.  
Date: **29 May 2024**
- **NUTRITION**  
Ideas for meeting your nutritional needs.  
Date: **05 June 2024**
- **LIVING WITH REDUCED ENERGY**  
Strategies to make the most of every day.  
Date: **19 June 2024**
- **MATARIKI CELEBRATION**  
Date: **26 June 2024**
- **PAIN MANAGEMENT**  
Tips for better pain management.  
Date: **03 July 2024**
- **BREATHLESSNESS**  
Strategies for managing shortness of breath.  
Date: **10 July 2024**
- **SLEEP AND RELAXATION**  
Techniques for letting go and achieving better sleep.  
Date: **17 July 2024**
- **RIDING THE EMOTIONAL ROLLERCOASTER**  
Dealing with waves of emotions.  
Date: **24 July 2024**
- **CHALLENGING CONVERSATIONS**  
Tips for having difficult conversations.  
Date: **31 July 2024**
- **REDISCOVERING MEANING**  
Exploring sources of meaning and strength.  
Date: **07 August 2024**
- **ADVANCE CARE PLANNING & FUNERAL PLANNING**  
Conversations to have with your Whanāu and professionals.  
Date: **14 August 2024**
- **CREATING MEMORIES**  
Leaving a legacy.  
Date: **21 August 2024**