



Manaaki Support

2025 Weekly topics - Round 1

- **A HOSPICE & MANAAKI SERVICE WELCOME**
An Introduction to Hospice and Manaaki Day Service.
Date: **05 February 2025**
- **EXPLORING COMMUNITY RESOURCES**
Financial & legal resources and community services.
Date: **12 February 2025**
- **SLEEP AND RELAXATION**
Techniques for letting go and achieving better sleep
Date: **26 February 2025**
- **LIVING WITH REDUCED ENERGY**
Strategies to make the most of every day.
Date: **05 March 2025**
- **BREATHLESSNESS**
Strategies for managing shortness of breath.
Date: **12 March 2025**
- **PAIN MANAGEMENT**
Tips for better pain management.
Date: **19 March 2025**
- **NUTRITION**
Ideas for meeting your nutritional needs.
Date: **26 March 2025**
- **RIDING THE EMOTIONAL ROLLERCOASTER**
Dealing with waves of emotions.
Date: **02 April 2025**
- **CHALLENGING CONVERSATIONS**
Tips for having difficult conversations.
Date: **09 April 2025**
- **REDISCOVERING MEANING**
Exploring sources of meaning and strength.
Date: **16 April 2025**
- **PLAN FOR THE FUTURE**
Your future, your way: ACP and Funeral planning
Date: **23 April 2025**
- **CREATING MEMORIES**
Leaving a legacy.
Date: **30 April 2025**