

Strive Rehabilitation @ Hawke's Bay

# MANAWATU EXCHANGE 2018

Wednesday 11<sup>th</sup> April  
to  
Friday 13<sup>th</sup> April



## **Purpose of the Exchange**

Every year we have an exchange with the **Strive Rehabilitation Manawatu**. One year they come to us and the next year we go to them. This has been going on for a long time, about **fifteen years**. It is important to us to **keep the link going** and we have made some good friendships along the way.

As a part of the exchange, we have a sports challenge and the winning Strive Rehabilitation gets the **Ranworth Cup**.

**This year it is Manawatu's turn to come to us.**

## **Cost**

The cost for Strive Rehabilitation @ Hawke's Bay clients **\$15.00** for all activities including the Fish & Chips and BBQ.

## **Accommodation**

**Strive Rehabilitation Manawatu** will be staying at **Riverbend Bible Church** in Havelock North.

## **Transport**

If you need transport for any of the evening activities please let Kim know.

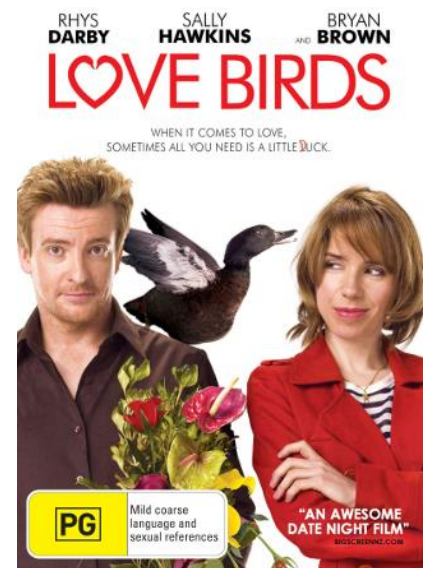
# Itinerary

Wednesday 11 April	Thursday 12 April	Friday 13 April
	Breakfast	Breakfast
Strive Rehabilitation @ Hawke's Bay Groups as usual	10:00 am Art Deco bus tour (Leaving from Aquarium)	10:00 am Challenge  Bat Down @ The Redwoods
Lunch	Picnic Lunch	Picnic Lunch
2:30 pm Manawatu arrive Mihi Whakatau @ SR@HB Afternoon tea  R&R/Games	1:00 pm Aquarium	1:00 pm (Approx) Manawatu Depart
5:00 pm Fish 'n' Chips	4:30 pm BBQ & Swim @ Ocean Spa	
6:00 pm Movie @ EIT Lecture Theatre	Ocean Spa	

## Movie Night

This will be at **EIT Lecture Theatre** to give us the feeling of 'going to the movies.' The movie will be '**Love Birds**' a funny New Zealand film starring Rhys Darby.

*"A man's (Rhys Darby) life comes crashing down when his girlfriend dumps him, but an injured duck and a feisty veterinarian (Sally Hawkins) help him rediscover love and his true place in the world."*



## BBQ at Ocean Spa

Relax and enjoy panoramic ocean views starting with a BBQ dinner at Ocean Spa. Family members and friends are invited to join us but you need to give Kim names/numbers for catering purposes by **Monday morning 9<sup>th</sup> April** and there is a cost of **\$6.00 (for family & friends)**.

Before or after the BBQ those that want to can treat themselves to the heated salt chlorinated outdoor pools. **Soak away your cares.**





## Art Deco Bus Tour

Dress up in Art Deco (optional) and Experience Napier's Art Deco heritage. Visit the world famous sights, suburbs, buildings and landmarks of our town. This is a real experience and includes a lot of historical information about Napier's 1931 earthquake. We will be dropped off at the Aquarium for a picnic lunch on Marine Parade.

## Aquarium

The National Aquarium of New Zealand is home to over 100 rich and diverse saltwater, freshwater and land animal exhibits from New Zealand and around the world.

Including the amazing underwater viewing tunnel via a 50m travelator as hundreds of local fish species swim and feed, above and around you.





## **Challenge for the Ranworth Cup -**

### **Bat Down @ The Redwoods**

We have chosen **Bat Down** as the challenge for the Ranworth Cup, which will be played at The Redwoods at Te Mata Peak in Havelock North. Followed by a picnic lunch.

## **Contact Person**

If you have any questions contact **Kim Herd**.

Please also give Kim your name if you want to take part in any of it or the whole lot.

## **At Strive Rehabilitation @ Hawke's Bay**

Phone: 06 830 1254 (DD)

Email: [kim.herd@strivehb.org.nz](mailto:kim.herd@strivehb.org.nz)

## **During the exchange**

Kim's cell phone: 021 143 6550

Strive Rehabilitation @ Hawke's Bay cell phone: 027 786 4323

## **What can I do in the meantime?**

When Strive Rehabilitation Manawatu arrive at Strive Rehabilitation @ Hawke's Bay there will be a Mihi Whakatau/welcome. As part of this we will be singing 'Ka Waiata'. The words are at the back of this pack so please practice.

**As Kerry says, there will be NO mouthing the words!!**

# Ka Waiata

Ka waiata ki a Maria  
Hine i whakaae  
Whakameatia mai  
Te whare tangata

Hine pūrotu  
Hine ngākau  
Hine rangimārie

Ko Te Whaea  
Ko te whaea  
O te ao