

# Monthly Newsletter

STUDENT ISSUE

APRIL 2026



## A MESSAGE FROM ROBYN

Kia ora koutou and welcome to Term 2,

The photograph above captures our wonderful Paua Clinic student practitioners, who are ready to support you with professional, supervised care - whether you're seeking support with acute concerns or ongoing health and wellbeing (remember consults are free for all SPCNM students, along with discounted products).

We celebrated the graduation of our 2025 cohort on Friday 17th April, at the local hall with the graduates and their whanau returning to the College for afternoon tea. I really enjoyed seeing the garden full of visitors – other staff also commented on this.

I want to thank you for the feedback that you send through to me. Sometimes

this is about difficult issues: sometimes things that we can resolve but at other times about decisions that the College has made that we wish to stand by. As you will be aware we have made a number of changes this year that have generated plenty of feedback. There is a feedback section on Moodle under Student Resources . We routinely gather course feedback at the end of each semester and as promised will be reviewing the video/audio recording decision.

I also want to acknowledge some teaching changes. It is fairly unusual for us to have Course Lecturers change during the semester, and I know this can be a little unsettling. This year we have had changes in Nutrition One and Foundations of

Research with Sam Jeffrey leaving. We welcome Sheena Hendon to Nutrition and welcome back Sandy Smith who has taught FoR in the past. Sadly we have a further change, with Sylvan Lockie deciding to move on. Sylvan has taught A&P for us for many years and will be greatly missed by us all. Teaching A&P from next week is Kevin Gomes who comes to the College with lots of experience. Welcome Kevin!

Save the date – make sure you're available for our Expo day on Thursday 18 June, in study week. This is the day we open up classrooms one and two and invite all our suppliers to come and show you their wares: lots of freebies and networking and great information.

*Robyn Carruthers*

# STUDENT PRACTITIONER CONSULTATIONS



South Pacific College  
of NATURAL MEDICINE  
LEADING HEALTH EDUCATION - NATURALLY

CONSULTATIONS NOW OPEN

## PAUA CLINIC

Reach your health  
goals with the support  
of Natural Medicine



8-12 ARTHUR STREET ELLERSLIE, AUCKLAND

### WHY CHOOSE THE PAUA CLINIC:

- Holistic and client-focused approach to healthcare
- Fully supervised by expert practitioners
- Comprehensive health history and personalised health plan
- Heavily discounted consultations

CHILDREN UNDER 6 &  
OVER 65 VISIT FOR FREE

STANDARD ADULT INITIAL  
\$50.00, FOLLOW UP  
\$20.00

DISCOUNTED BUNDLES  
AVAILABLE

CHILDREN OVER 6,  
COMMUNITY SERVICES, &  
UNWAGED INITIAL  
CONSULT \$20.00

To book your consultation email [bookings@spcnm.ac.nz](mailto:bookings@spcnm.ac.nz)  
Learn more at [spcnm.ac.nz/paua-clinic](https://spcnm.ac.nz/paua-clinic)

# UPCOMING EVENTS

## MATARIKI 2026

TRACY DAVIS OF THE NGATI WHATUA HAS INVITED SPCNM STUDENTS AND THEIR FAMILIES TO ATTEND THE MATARIKI CEREMONY. THIS IS AN EXTRA SPECIAL ONE AS THEY ARE HOSTING THE NATIONAL CELEBRATIONS THIS YEAR.

TRACY CONDUCTED THE MIHI WHAKATAU AT OUR ORIENTATION DAY

WHERE: TAKAPARAWHAU - ORAKEI  
WHEN: MATARIKI 10<sup>TH</sup> JULY 2026  
TIME: PRE-DAWN 6:00AM - 11:00AM  
(AIM TO GET THERE AT 5-5:30AM)

## SPCNM EXPO DAY 18 JUNE 2026 DETAILS TO COME NEXT MONTH



## Pacific Health



Homeobotanical Institute Inc.  
www.hbinstitute.org.nz

### HOMEOBOTANICAL AGM & Conference

Save the Date!

Tauhara Retreat Taupo  
9th - 10th May 2026

The Homeobotanical Institute welcome visitors! They would love you to join them and find out how Homeobotanical remedies can easily be used in your home for family, or for use in your own business.

#### Links

[www.pachealth.co.nz](http://www.pachealth.co.nz)

[Conference Timetable](#)

[Conference Registration Form](#)

## Pacific Health

Livestreamed  
& Recorded

### Symposium 2026

A premier education and networking event  
with internationally acclaimed speakers



Dr Leah Hechtman



Dr Brad Leach



Leo Carroll



Belinda Reynolds



Kathy Weekes



Lind Blott



Samuel Peters



Rebecca Edwards



Dr Sohan Mitchell

Register Now

29th & 30th August 2026

Livestream/Recorded Tickets Available

AUT, South Campus, Auckland



Sponsored By



16 CPD  
Points

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# GRADUATE SPOTLIGHT

## FROM STUDENT TO AUTHOR: NIC LINCOLN'S JOURNEY OF PRACTICE, PURPOSE, AND EMPOWERMENT

**Within the SPCNM community, Nicola Lincoln is known to some as a clinic supervisor and to others through her growing body of work as a practitioner and author. While not all students will have worked with her directly, her influence can be felt through her contribution to student learning, natural health practice, and now, the wider community through her writing.**

When Nic first arrived at SPCNM, the college looked a little different. "It was a purple building that felt more like a barn than a college," she recalls warmly. "But it was filled with incredible people and new experiences." What followed was not a straightforward three-year degree, but a part-time six-year journey shaped by life's unexpected turns, including raising two babies and navigating a brain tumour diagnosis.

In hindsight, Nic sees this extended path as a gift. It allowed her to form strong connections with classmates and lecturers, and to truly absorb the learning experience. By the time she graduated, she felt not only prepared, but genuinely excited to step into practice.

That sense of clarity carried her into a career that has now spanned seventeen years in clinical practice. Nic began working part-time in a busy osteopathy clinic while raising her children, before going on to establish her own multidisciplinary clinic in St Heliers. There, she created a thriving natural health hub for her community - something she describes as deeply fulfilling. Although the clinic eventually closed during the challenges of Covid, Nic continues to practise alongside other professionals in shared clinical spaces.

Alongside her clinical work, Nic has remained closely connected to the college. She has spent over a decade supervising in the student clinic, supporting the next generation of practitioners as they transition from study into practice. She has also expanded her work into energy healing, becoming



a Reiki Master Teacher and serving on the board of Reiki NZ. Her fascination with energy work continues to influence both her clinical and teaching approaches. For Nic, supervising is more than a professional role - it is a meaningful way to give back. "I love being part of the students' growth," she says. "Watching their confidence build and helping them bridge the gap between study and practice is incredibly rewarding." Her ongoing involvement reflects not only her passion for naturopathy, but also her belief in the strength of the SPCNM community.

When asked what advice she would give her student self, Nic's response is simple but powerful: relax. "Take a breath - it will all get done. Everyone is there to support you, so enjoy the journey." It's a reminder that while the academic and clinical demands can feel intense, the experience itself is something to be embraced.

Nic's passion for supporting others has also found expression through writing. Her first book, *Whispers of the Soul: A Practical Guide to Spiritual Awareness and Connection*, was born during the first Covid lockdown in 2020. Drawing on more than a decade of teaching spiritual workshops, she used that time to

organise her material, eventually realising she was writing a book. The process sparked a love of writing she hadn't anticipated, especially given that English had once been her most challenging subject at school.

Her newly released book, *Be Your Own Best Friend: A Teen Guide to Self-Empowerment*, is perhaps her most personal work to date. Inspired by her daughter's experience with self-harm at age thirteen, Nic set out to create a resource that was practical, relatable, and accessible. "At that time, she needed Mum—not 'naturopath Mum'," Nic explains. The result is a guide designed to support teenagers through the complexities of modern life. It offers simple tools, mindset shifts, and real-life stories from other young people, encouraging readers to build resilience and develop a compassionate relationship with themselves. While written for teens, the book reflects core naturopathic principles and is equally valuable for students, practitioners, and anyone supporting young people. Nic never planned to become an author, but it has become a natural extension of her work to connect and empower others. As she balances clinical practice, teaching, and writing, her journey is a reminder that success doesn't follow a single path - and unexpected turns can be the most meaningful.



NICOLA LINCOLN

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# STUDENT COUNCIL COMMUNICATION

**Kia ora students,**

**We hope you are doing well, that you had a good break and feel ready for this next term.**

**A few messages from the Student Council:**

- We are here to serve you, contact us any time!
- Thank you to outgoing member, Casey Ward. Casey has been a tremendously supportive member of the council, particularly in her role as the coordinator. We all appreciate the time and effort she has given to the council. Thank you, Casey!
- The council coordinator role will be taken up by Kelly Billing, until a replacement is found. If you are interested in finding out about this role, please contact Kelly.
- We have created a new role- Digital Designer. Kyla Osborne will be responsible for the digital design of council related material. Thank you for taking this on, Kyla.
- Current council members: Kelly Billing, Michelle Cahill, Karen Pratap, Kyla Osborne, Malin Grund, Mimi Amar, Moana Mourie, Sandra Power, Stephanie Wearing, Tracy de Souza.
- If you are interested in joining the council, we would love to have you. Please contact the acting coordinator, Kelly, to add you to the group.
- The first Regional Gatherings for the year will be held on Saturday 16th May. If you have not yet been added to a group for your region, please reach out to a council member. This time, the gatherings will be purely social. We are working on an alternative idea for having students in regions connect with local practitioners.
- Yoga and Pilates on-site at SPCNM- more information to come J
- Our next council meeting will be held on Monday 11th May. Please contact a council member if you have any matters to raise.
- Please be aware that concerns shared with us are anonymous.
- The Student Sharing Hub, on WhatsApp, is a useful place to share information, recipes, book and podcast recommendations etc. Please contact a council member if you would like to be added to the group.
- We would love to hear your ideas about how you think the Student Council could best support you. Our main aim is to be of service to you, and to represent you. Contact any of us to share ideas and tell us what you need.

**Warm regards,**

**Kelly Billing on behalf of Student Council**

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| <b>NEWSLETTER NIXIE</b>  | <b>NEXT ISSUE</b> |
| nixie.manson@spcnm.ac.nz | May 2026          |

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