

Monthly Newsletter

STUDENT ISSUE

AUGUST 2026



★ A MESSAGE FROM ROBYN ★

Kia ora koutou

Some beautiful fine days lately - maybe spring is coming?

I'm going to start with some news that you have likely heard by now - Rachel Callander is leaving her role of Library Manager. We're all very saddened by this news. The College has benefited from Rachel's expertise and dedication to her role for 12 years. She's made a really big impact on how the David Duggan Library now looks and the high quality of books and resources that we have. In addition, Rachel is responsible for developing the other study spaces around the college. Rachel has accepted a great new role, and I know you will join me in wishing her well for the future. Thank you, Rachel, for your years at SPCNM.

We will hold an afternoon tea to farewell Rachel on Friday 18th of September the last day of term 3, at 2.30 pm which will be her last day with us. Please RSVP to Catherine.

And milestones of a different kind last week: a low-key celebration to mark 20 years that I have been working full-time at the college. I don't know where that time has gone. I came

back from the warmth of New Caledonia to take on this role. Our current building was in construction and for the first couple of months I worked with all of the windows boarded up for safety reasons. Having come from a norm of 28° and 22° on a cold winter's day, it was freezing...and dark. Sitting down in front of the computer reading over course information I remember thinking, "Gosh I hope there's enough to keep me busy in this job" (What a crazy thought!). I started in the role of Deputy Director, the second in charge. As well as doing a fair bit of teaching I supervised in clinic. Later my role was separated between Academic Director and Clinic Director and I moved downstairs (to what is now Karen Mees office) to focus on the clinic. I took over the role of Chief Executive in 2019. I must say I love this college, the team I work with and the students who come through. I love what natural medicine stands for and hope that I have a good few years to further contribute.

Robyn Carruthers

GETTING READY TO SAY FAREWELL TO OUR AMAZING LIBRARIAN RACHEL CALLANDER

A MESSAGE FROM RACHEL

It has been an absolute privilege working at SPCNM over the last twelve years.

I have been very lucky to have the opportunity to work across the Natural Medicine and Holistic Nutrition programmes, with some incredible colleagues and amazing students. SPCNM has become my second family and I will miss you all.

I truly believe in SPCNM's mission to improve health and wellbeing through quality education and the promotion of natural medicine. I wish you all the very best for the remainder of the 2026 academic year and for the future. Congratulations in advance to the emerging practitioners about to embark on your careers – you are almost there!



RACHEL CALLANDER

LEAVE A MESSAGE FOR RACHEL

We'd love for our students to leave a special message for her to include in her farewell card.

Whether it's a favourite memory, a thank you, or simply a few words to wish her well, we'd love to hear from you.

Leave your message here: **SPECIAL FAREWELL MESSAGE**



GRAD CHATS

AMY DONOVAN



Amy graduated from the South Pacific College of Natural Medicine in 2016 and has been in clinical practice ever since. Based in the Waikato, she runs Calyx Health, where she works as a naturopath, medical herbalist and massage therapist.

Her clinical work has evolved to focus particularly on women navigating stress, fatigue, hormonal changes, gut health and perimenopause, and the sometimes-messy intersection between them. Her own experiences with chronic stress and burnout have also shaped the way she works and sparked a deeper interest in the relationship between the nervous system, stress physiology and physical health. Over the past decade, Amy has continued to develop her clinical approach through ongoing education, with a

passion to become more trauma-informed and nervous-system-aware. She combines this with evidence-informed naturopathic and herbal medicine, practical nutrition and a strong belief that healthcare needs to work within the realities of a person's actual life. Alongside private practice, Amy has spent almost three years as the National Coordinator for the Regional Networking Groups for Naturopaths & Medical Herbalists of NZ (NMHNZ), supporting practitioners and helping strengthen professional connection and community across Aotearoa.

**TUESDAY 16TH SEPTEMBER AT 6PM – [ZOOM LINK CLICK HERE](#)
(ZOOM LINK IS ALSO AVAILABLE ON MOODLE UNDER STUDENT
RESOURCES > GRAD CHATS)**



UPCOMING EVENTS

Pacific Health Livestreamed & Recorded

Symposium 2026

A premier education and networking event with internationally acclaimed speakers












Register Now 29th & 30th August 2026
Livestream/Recorded Tickets Available AUT, South Campus, Auckland

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ARE YOU moving to Auckland?

DO YOU HAVE QUESTIONS?

Join a Q&A session with current Year Three students.

They will share their experience of moving to Auckland and answer any questions you may have.

Thursday 10th September, 3pm
Scan the QR code to join via Zoom

This meeting will be recorded.
Can't make it live? Email your questions to Kelly Billing (kelly.billing@spcnmstudent.ac.nz), who will ask them on your behalf.

SEPTEMBER GRAD CHATS WITH AMY DONOVAN

TUESDAY 16TH SEPT ONLINE 6PM - 7PM VIA ZOOM

Join us for Grad Chats with Amy Donovan

National Coordinator for the Regional Networking Groups for NMHNZ

Zoom link on Moodle under Student Resources in Grad Chats



South Pacific College of NATURAL MEDICINE
LEADING HEALTH EDUCATION - NATURALLY

IMPORTANT DATES

Thursday 3 rd September	3:00pm Year 2's Meeting with Karen Mees about Year 3
Tuesday 8 th September	11:15am Journal Club
Thursday 10 th September	3:00pm Year 2's Meeting with Student Council about Year 3
Sunday 13 th September	9:30am Ellerslie Fairy and Pirate Festival
Tuesday 16 th September	6:00pm Grad Chat with Amy Donovan
Friday 18 th September	End of Term + 2:30pm Rachael's afternoon tea Farewell
Wednesday 23 rd September	7:00pm NMHNZ AGM
Monday 5 th October	Start of Term
Tuesday 13 th October	11:15am Journal Club
Monday 26 th October	Public Holiday - Labour Day

South Pacific College of NATURAL MEDICINE
LEADING HEALTH EDUCATION - NATURALLY

SUSTAINABILITY TEAM UPDATES

AUGUST RECYCLING CHALLENGE

OPEN FOR ENTRIES UNTIL 31ST AUGUST 2026

Just a friendly reminder that the Sustainability Team's Recycling Challenge is open for entries until 31 August. It's easy to do and helps keep valuable materials out of landfill.



Here's how to enter:

- Clean and dry your [soft plastics](#).
- Rinse [beverage cartons](#), cut them open, and leave them to dry.
- Save water by rinsing them in your dishwater, then let them drip-dry overnight.
- Take a photo of yourself dropping off your clean, dry soft plastics and opened beverage cartons at a recycling collection point.
- Submit your photo by 31 August 2026 to go into the draw.

You could win:

- [A Dazz Cleaning Pack](#)
- [A Dazz Foaming Hand Soap Bundle](#)
- A selection of Ecostore products

[CLICK HERE to submit your entry](#)

Make sure your name is in the file title

Not convinced these items are really recycled? [Hear directly from a recycling centre staff member](#) as they explain what happens to soft plastics and beverage cartons after they're collected—and how your recycling makes a real difference.

We would love for you to join our Sustainability Committee. Please contact Jill.Madeleine@spcnm.ac.nz with your expression of interest.

STUDENT PRACTITIONER CONSULTATIONS

REACH YOUR HEALTH GOALS WITH THE SUPPORT OF A NUTRITIONIST



PAUA CLINIC NUTRITION CONSULTATIONS

PAUA CLINIC OFFERS

- Comprehensive, holistic consultations
- Analysis of your lifestyle habits and current diet to identify deficiencies that may impact your health and energy
- Personalised nutrition plans including recipes
- Student practitioners guided by expert supervision

CHILDREN UNDER 6 &
OVER 65 VISIT FOR FREE

STANDARD ADULT
INITIAL \$40
FOLLOW UP \$20

CHILDREN OVER 6,
COMMUNITY SERVICES,
UNWAGED & STUDENT
INITIAL CONSULT \$20



**South Pacific College
of NATURAL MEDICINE**
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FOR MORE INFORMATION
AND TO BOOK

www.pauaclinic.co.nz
8-12 Arthur Street
Ellerslie, Auckland

STUDENT PRACTITIONER CONSULTATIONS

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PAUA CLINIC NATUROPATH CONSULTATIONS

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- Holistic and client-focused approach to healthcare
- Student practitioners guided by expert supervision
- Comprehensive health history and personalised health plan
- Affordable consultations

CHILDREN UNDER 6 &
OVER 65 VISIT FOR FREE

STANDARD ADULT
INITIAL \$50
FOLLOW UP \$20

DISCOUNTED BUNDLES
AVAILABLE

CHILDREN OVER 6,
COMMUNITY SERVICES,
UNWAGED & STUDENT
INITIAL CONSULT \$20



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STUDENT COUNCIL COMMUNICATION

Dear fellow students,

- Thank you to out-going student council member Malin Grund. We appreciate the enthusiasm you have brought to the council!
- The student council is a small group of 9 people. We would love a few more students to join us. Please reach out if you are interested or would like to know more.
- **Curry Night:** Save the date- SPCNM Regional Gatherings, Saturday October 10th. If you can recommend an Indian restaurant in your region and/or would be willing to help the council organise a gathering, please let us know.
- **Student Market Day:** The council would like to arrange an event for students to sell their products/services. Details/criteria are being worked out but if you have something you may wish to sell, please get in touch with a council member to share your idea.
- **Alternative Modality Series:** We are currently discussing putting together a series of talks with practitioners of modalities that may be of interest to many of our students but that are not taught at the college. Details to come soon.
- **WhatsApp groups:** Please note that the WhatsApp groups are run by students, for students to connect, ask questions etc. The chats are not an official SPCNM mode of communication. We know some people find the chats too much and that others really appreciate them. Either way, these chats are optional. You will not miss any important, official information if you are not in the chats.
- The **next council meeting** will be held during the last week of term. Please get in touch if you have any agenda items you would like us to discuss.
- **Moving to Auckland?** We have organised a talk with a few year 3 students for anyone who is moving to Auckland next year- please see details in the flyer.

Warm regards,

Kelly Billing
Student Council Leader



RECIPE

ROBYN'S SARDINE RECIPE



My claim to fame with this recipe is I managed to get my teenage daughter to eat it! (some years ago now...). Sorry about the lack of precise quantities. I just don't cook like that!

- Take a tin of sardines and drain the oil or water
 - Mash in a bowl using a fork
 - Add finely chopped onion, finely chopped parsley, balsamic vinegar, masses of black pepper and olive oil
 - Optional - ground flaxseed
- Mash it up and eat either as is or spread on toast

The onion, pepper and parsley really cut that strong fishy taste

Enjoy - from Robyn

NEWSLETTER NIXIE

nixie.manson@spcnm.ac.nz

NEXT ISSUE

October 2026