

Monthly Newsletter

STUDENT ISSUE

JULY 2026



A MESSAGE FROM ROBYN

Welcome to our Diploma of Holistic Nutrition year 2 students who are in clinic this semester – please make an appointment if you would like to look at your health from a nutritional perspective. We had a lovely morning tea to welcome this group on-campus last week.

I trust you are well-rested after your weeks off and ready to go. I'm looking forward to some of the events we have planned over the next month: Immersion day on Saturday 15th August. Please let Catherine know if you're attending. We have two grad chats planned – the first on August 5th is with Mike Eyres a graduate from 2016. Mike has just recently resigned from the role of NZAMH President. He was also previously on our SPCNM

Board of Directors. I'm looking forward to chatting with Mike, as he has a lot of experience in manufacturing. On Wednesday 23rd August we'll have Lisa Peel speaking. Lisa is a much more recent grad, who bought Max health food store after she graduated in 2024. Two very different stories at varied stages of their careers. Check later in the newsletter and mark these dates in your diary.

Journal Club

There's some confusion over our journal club. Research holds such an important place for us as practitioners. We're trying to foster a stronger research culture throughout the College and joining in with journal club is one small way to do this. We have asked all BNatMed

students to join in with one journal club meeting this semester. We will be recording these this time, but its really better if you can join in live. Please see Moodle for further information – for the article that will be discussed and the Zoom link to join. We'll be taking a roll and checking that everyone does one per year. First up is Wayne on August 10th at 11.30 to midday.

Weekly Activities

A reminder please if the course that you are doing has weekly activities, this is part of your coursework. Please do it every week as the 4th hour of classes. We had a number of people fall badly behind in these last semester. The activities are designed to support the classwork that you are doing at that time, so please try and keep on top of them.

That's it from me – wrap up and keep warm. I'm feeling for all our Mainland students this week now the winter temperatures have hit,

Robyn Carruthers



GRAD CHATS

MIKE EYRES

After being a winemaker for 15 years, Mike changed careers to focus on natural health. While he retrained at SPCNM and subsequently worked as a clinician (Naturopath and Medical Herbalist) he worked as an NPD consultant and formulator for 7 years. Covid lockdowns caused him to close the doors of his private practice and he joined PharmaNZ in 2021 (a contract manufacturer of Dietary Supplements) as NPD Manager. Mike recently changed jobs and now works as the NPD Manager for Nutrizona Pharma.

WEDNESDAY 5TH AUGUST AT 7PM – [ZOOM LINK CLICK HERE](#)

(Zoom link is also available on Moodle under student resources > grad chats)



MIKE EYRES

**THE NEXT GRAD CHAT IS WITH LISA PEEL
TUESDAY 25TH AUGUST AT 6PM**

UPCOMING EVENTS

IMMERSION DAY

SATURDAY 15TH AUGUST 9AM TO 3PM

Kick off Semester 2 by joining us for an exciting day of connection, learning and fun at our Immersion Day

The day will include:

- An icebreaker to help you connect with fellow students.
- Phil Dowling sharing insights into dementia.
- A graduate panel featuring Minal Patel and Anthea Reynolds, with Nikki Taylor expected to join, as they share their experiences and answer your questions.
- A food demonstration (subject to confirmation).
- A product demonstration by Wayne
- A fun staff quiz, where you'll test your knowledge with some surprising (and slightly cheeky!) staff stories.

Immersion Day is a fantastic opportunity to learn, connect with your peers, and enjoy a day packed with engaging activities.

We look forward to seeing you there!



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Dr Brad Leach



Lee Carroll



Belinda Honybold



Kathy Winkles



Lindi Scott



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Dr Seánan Mitchell

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29th & 30th August 2026

AUT, South Campus, Auckland



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HOLISTIC HAIR

SUSTAINABILITY TEAM UPDATES

JOIN OUR RECYCLING CHALLENGE AND WIN!

Turn your recycling into the chance to win some fantastic eco-friendly prizes!

We're challenging you to recycle your soft plastics and beverage cartons (Tetra Paks). 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 dishwasher, 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.



STUDENT PRACTITIONER CONSULTATIONS



**South Pacific College
of NATURAL MEDICINE**
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CONSULTATIONS NOW OPEN

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To book your consultation email bookings@spcnm.ac.nz
Learn more at spcnm.ac.nz/paua-clinic

STUDENT COUNCIL COMMUNICATION

Dear fellow students,

We hope you've all had a great study break!

- Our year 3 members, Mimi Amar and Sandra Power have contributed so much to the council and we thank them. They are leaving the council now to focus on their studies for the rest of the year. All the best to you both!
- We are really happy to have two people join the student council- Daryl Gove and Laurie Brown. We look forward to working with you both for the benefit of the student body.
- Please consider joining the council if you are community-minded and have a positive outlook. We would love some year 3 representation for semester two - if anyone has time for this.
- The council co-ordinator role is still available. Please contact Kelly for details.
- Reminder- Student Sharing Hub. This WhatsApp group has 70 members, it is a collective space open to all students to share favourite books, films, podcasts, recipes, or anything to do with naturopathy, herbal medicine, nutrition. It's great for general information sharing, asking questions etc. If you'd like to be added to the group, please ask a council member to add you.
- Regional Gatherings- the council will continue to organise occasional RG's. Our next gatherings are planned for October 10th. Otherwise, both NMHNZ and NZAMH will be inviting students, including non-members, to join their regional meet ups.
- At the of this term, there will be a talk hosted by year 3 students for any year 2 students who have questions about moving to Auckland for their clinic year.
- The council are working on ideas for a student market day, for students to sell their products or services, and an online introductory series about alternative modalities. Stay tuned!
- Finally, the council acknowledge that semester one was difficult for some, for various reasons. A quick glance at the staff profiles page is a good way to remember that we have so many awesome people at the college, people who want to see us succeed, who want us to go through this journey well, who want the best for us and who do their best for us. No one is out to make our lives difficult and yet difficult things can happen. We are all here because we care for and about people. We are in a transitional era, and change comes with its challenges. This semester let's continue to navigate difficult times with grace and the positive spirit that's at the base of who we are. Semester two will be good!
- Feel free to reach out to any council member- Stephanie Wearing, Michelle Cahill, Karen Pratap, Moana Mourie, Kelly Billing, Kyla Osborne, Malin Grund, Tracy de Souza.

Warm regards,

Kelly Billing

Student Council Leader

STUDENT COUNCIL COMMUNICATION

POTLUCK MORNING TEA

A slow start but with some encouragement from Catherine and Karen, we gathered a small but friendly group for a potluck morning tea. The college treated us to some sushi, Steph made some beautiful muffins and some warm soup to top it off. It was lovely to have a casual chat with staff who attended as well. We look forward to more shared lunches in the future.

- Michelle Cahill



YOGA AND PILATES CLASSES

Classes on the 3rd and 8th June were a success.



Keep an eye out as the student council will be organising more yoga & pilates classes in semester 2.



NEWSLETTER NIXIE	NEXT ISSUE
nixie.manson@spcnm.ac.nz	August 2026
