

Monthly Newsletter

STUDENT ISSUE

 ◆
MAY 2025


Here's what has happened in the last month and what's to come!

Welcome to May already and welcome to term 2.

I hope that you were able to make the most of the recent holidays and in particular the time between Easter and ANZAC day.

Just prior to the holidays Shelley Moana, Jontel Kiwi Kiwi (one of our Board of Directors member) and I were invited to visit three Rongoa Māori clinics associated with Te Houtaewa Māori Charitable Trust (THMCT). The first site in Kaitaia is really impressive, as it is right next to the Kaitaia hospital front door, so many clients are shared. A highlight of our trip was to meet a Kuia who was visiting the clinic.

The client rooms are very peaceful and calm and we met several of the practitioners who work there.

One of our alumni Linda Pikari, who previously worked at the unit came and meet with us.

Their second site which is just being established, is in Cable Bay. Cable Bay is about half an hour from Kaitaia, so will enable some clients to avoid a long journey for their treatment. The third THMCT site, a villa in Whangarei, is beautifully set up for practice. We were joined there by our Board member Mal Robson and spent a good deal of time on whakawhanaukatanga- getting to know one another and building bonds.

We are hoping that some of the THMCT practitioners will have a return visit to the college to explore what we do here and in Paua Clinic.

This visit was like an opening of the door and we really looking forward to further collaboration with this group as time goes on.

As you know I like to give a bit of a shout out to one of our staff members in the student newsletter and this time it's Karen Wesseling. Karen is such a talented person and in all her time working here she has had many different roles. She began as a part time librarian and working in a clinic dispensary role. All this while she supported us with IT problem solving and helping staff and students with both obvious and more difficult problems. She moved upstairs into her current role of Enrolment and Student Progression and Pastoral support several years ago.

I really appreciate that she is one of the first people our new students meet. Thank you, Karen for all that you do!

Robyn Carruthers

Grad chats key takeaways - Jane Wrigglesworth



- **There's No One Right Path:** Everyone's journey through study looks different, whether part-time or full-time, what matters is building deep understanding, clinical confidence, and sustainable energy, not just ticking boxes.
- **Confidence Grows in Clinic:** The on-campus clinical year is a game-changer. You may start nervous, but you'll build confidence quickly with peer clients, supportive supervisors, and hands-on experience that brings everything together.
- **Specialise to Stand Out:** Finding a niche helps you stay passionate, streamline your health plans, and helps you become known for your expertise, opening doors to media, workshops, and corporate wellness.



- **Start Slow Post-Grad:** Combine part-time work with practice to ease into the profession. It's more sustainable financially and emotionally, especially when supporting numerous complex clients.
- **Network and Join Business Groups:** Opportunities often come from who you know. Groups like BNI or Venus help you build referral networks and get seen outside the natural health bubble.
- **Create Toolkits, Workshops & Passive Income:** Build handouts, digital downloads, or mini-courses to support clients and create extra revenue. Start small, stay consistent, and find your creative edge.



Huang scholarships

Recipient Announcement

The college has great pleasure in announcing the winning scholarship recipients. As a reminder Annette Huang was the librarian at the college for some time and very kindly left us a bequest when she passed away.

The Totara scholarship for academic excellence is going to Antonia Scott.

The Harakeke scholarship for resilience and perseverance is going to Marcela Teixeira-Harrison.

The Kawakawa scholarship – Te Ara whakapakiri is going to Vanessa Treloar.

Congratulations to the three of you - well done. Thank you to all who applied. We will be offering these scholarships annually.



Library book of the month

Green, T., & Grossman, S. (2024). Good food good mood: 100 nourishing recipes to support mind & body wellness. Appetite by Random House.

Eat to support your mood. In their second cookbook, certified nutritionists Tamara Green and Sarah Grossman explore how food can be a powerful tool for mental wellness. Backed by the latest science and over 100 easy recipes, this guide helps you make informed food choices to stabilise mood, balance blood sugar, support gut health, and more. With each dish labelled for its nutritional and emotional benefits, you'll feel empowered to eat well, without giving up joy or flavour. Your mood-friendly kitchen starts here.

Upcoming events and offerings



1:1 Graduate success meetings

Available every Wednesday

Book a free 30-minute 1:1 Graduate Success Meeting with SPCNM College Liaison Paige.

These individual sessions support final-year students and graduates in building a successful career in natural medicine and making the most of their qualification.

What we can discuss:

- Career pathways and opportunities in natural medicine
- Finding clarity and confidence in your direction
- Practical steps to transition from study to the workforce
- Continued support to help you thrive in your chosen path

[Book your session here](#)

Grad chats

7 May 6 - 7 pm via Zoom

Dana Whetton-Johnson resides in Hawkes Bay and is a registered Naturopath, Nutritionist and Massage Therapist along with being a passionate Herbal Tea creator. She is passionate about supporting practitioners at Nutriscript to streamline processes, provide the best possible products, functional tests, targeted education, and resources to empower practitioners to best support their patients and communities.

Zoom link on moodle → Student Resources -> Graduate Support.



Benefits of being an NMHNZ member

- Website advertising on our practitioner database, including a page about your practice.
- Access to mentoring and support via our private Facebook group.
- Progressing and protecting the profession of naturopathy in New Zealand working with government towards registration and regulation
- Free access to database/s currently subscribed to by NMHNZ, including the Natural Medicine Database (subscriptions subject to change)
- Discounted attendance for our annual conference
- One year free Full Professional Membership for new graduates of the Bachelor of Natural Medicine degree

For more information, visit the [NMHNZ website](#) or contact the Student Representative Amanda Harris at amanda.harris@spcnmstudent.ac.nz



Student spotlight - Queenstown Natural Health Store

Two current SPCNM students, Jemma Steele and Juliette Avis, have taken a bold step in their naturopathic careers by purchasing Queenstown Natural Health, a well-known local shop they had both been working in for several years. What began as part-time work alongside their studies has now evolved into full ownership, a move that's both inspiring and empowering for the SPCNM community.



"We were surprised to have this opportunity come up at this stage of our study journey," they said. "It was definitely more work and effort than expected, but we're very happy and excited about the future. It's incredibly rewarding to be able to do this together."

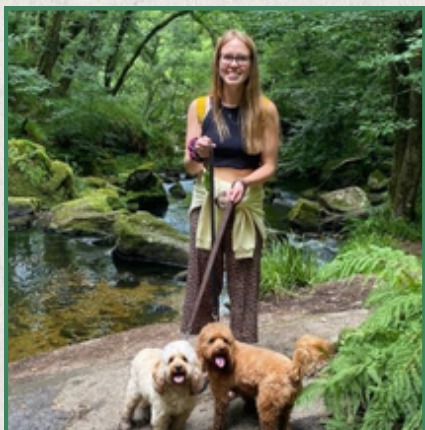


"Working at the store while studying gave us the chance to practise what we were learning at SPCNM," they shared. "It really helped us feel more confident when advising customers."

"We have big plans for what we want Queenstown Natural Health to become. Right now, we're focused on giving the store the aesthetic and feel that reflects who we are. And we'd love to continue supporting other SPCNM students – just like we do now with Alejandra Gonzalas Jordan, and previously, Hannah Kelly."

If you're ever in Queenstown, be sure to pop in and say hello!

As SPCNM students, both Jemma and Juliette bring their training directly into the store environment – and credit their studies for giving them confidence in supporting customers.



Thank you for reading!

CONTACT PAIGE	NEXT ISSUE
paige.dunlop@spcnm.ac.nz	June 6 th 2025