



### Kia Ora and Merry Christmas

Apologies for the delay in getting this (December/January edition of Com.Chat) out to you. We received lots of information for inclusion this month—and then we got put into the Red setting under the new Covid-19 Traffic Light Framework which definitely put a spanner in the works! Please remember to check (close to the time of attending) that things are still happening.

I hope that everyone gets the support that they need and the rest that they deserve over the holiday period. There is still a lot of uncertainty. Remember that when this is all over what will really matter is how we treated each other. “You may not always see the results of your kindness, but every bit of positive energy you contribute to the world makes it a better place for us all”.

Take care, stay safe, and Merry Christmas  
Shelley

### Funding

- COGS—funding round closed for 2021.**  
[www.communitymatters.govt.nz](http://www.communitymatters.govt.nz)
- Community Contracts—funding round closed for 2021.**  
[www.whanganui.govt.nz](http://www.whanganui.govt.nz)
- Whanganui Community Foundation—closed for 2021 for Quick Response and Community Support Grants.**  
[www.whanganuicommunityfoundation.org.nz](http://www.whanganuicommunityfoundation.org.nz)
- Pub Charity Ltd—check area eligibility prior to applying.**  
[www.pubcharitylimited.co.nz](http://www.pubcharitylimited.co.nz)
- TG Macarthy Trust—annual applications closed 30 June 2021.**  
[www.publictrust.co.nz](http://www.publictrust.co.nz)
- Four Regions Trust—next round closes 28 February 2022.**  
<http://www.fourregionstrust.org.nz>
- Manawatu / Whanganui Lottery Community Committee— closed 01 December 2021 (round 2).**  
[www.communitymatters.govt.nz](http://www.communitymatters.govt.nz)
- NZCT—always open, allow up to 8 weeks for outcomes.**  
[www.nzct.org.nz](http://www.nzct.org.nz)
- The Lion Foundation—always open, allow up to 8 weeks for outcomes.** [www.lionfoundation.org.nz](http://www.lionfoundation.org.nz)
- Grassroots Trust Central—check area eligibility prior to applying.**  
[www.grassrootstrustcentral.co.nz](http://www.grassrootstrustcentral.co.nz)

For a full list of funders in the Whanganui/Rangitikei/Waimarino Regions visit the Whanganui Community Foundation website 'Other Funders' page.  
*Good luck with your applications*



### Rural Networking Meetings

- 01 Dec 12:30pm** Taihape (*1st Wednesday of every second month/ even months Feb/April/June/August/October/ December*) REAP, 1 Tui Street, Taihape  
Zoom attendance available  
Contact: Tania 021 0293 4173  
or [ecetaihape@ruapehureap.co.nz](mailto:ecetaihape@ruapehureap.co.nz)
- No Meeting** Waibouru (*2nd Monday of each month*)  
Contact: Carolyn Hyland (06) 387 5531
- 20 Dec 12:30pm** Southern Rangitikei (*3rd Monday of each month*) To be advised

**HOMELESS LOCKERS**

ARE THERE ANY ORGANISATIONS WHO WOULD BE PREPARED TO HAVE LOCKABLE LOCKERS PLACED ON THEIR PREMISES (EXTERNALLY)? THESE WOULD BE AVAILABLE TO ANYONE TO STORE THEIR BELONGINGS IN. IDEALLY THE LOCKERS WOULD BE PLACED SO THEY ARE ACCESSABLE 24/7.

IF YOUR ORGANISATION IS INTERESTED, OR IF YOU WOULD LIKE FURTHER INFORMATION, PLEASE CONTACT COMMUNITY HOUSE OFFICE ON (06) 347 1084 OR EMAIL [office@communityhouse.org.nz](mailto:office@communityhouse.org.nz)

# What's on — mark your diaries!



## SECRET SANTA GIFTS

**Christmas can be a lonely time for a number of older people in our community.**

**We are collecting gifts to share the Christmas spirit.**

**If you would like to donate, please drop the unwrapped gift into our office:**

**Age Concern, 164 St Hill Street or ring us on 34 51 799 and we can pick up.**

**Our office is open Monday to Thursday and we are collecting gifts until 10th December 2021**



## Summer School Holiday Children's Workshops 2021 -2022

**Bookings:**  
Sales@Canaanhoney.com  
M 022 394 8690

We will schedule workshops for families or groups of 4+ please call us or message us to arrange.

**Lip Balm** Cost is \$25.  
Each child will get two lip balms in tins to take home plus any extra balm.

**Candle Making** Cost is \$8.  
Each child will get two candles to take home.

**Soap Workshops** Cost is \$25.  
Each child will get three christmas themed soaps to take home.

**Bath Treats** Cost is \$30.  
Each child will create some bath whip, bathing salts and a bath bomb.

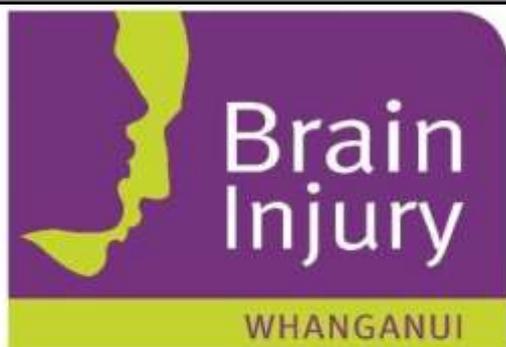
**Herbal Balms** Cost is \$15.  
Each child will create two different herbal balms in tins to take home. Spend time in the garden, harvesting herbs and creating the balm.

**Honey Jars** Cost is \$8.  
Each child will decorate two jars and make a wax wrap lid to take home to give as gifts. Full with honey for an extra cost.

<b>Thursday 16th Dec</b> Christmas Soaps 10:00 am Candle Making 11:30 am Lip Balm 2:00 pm	<b>Friday 17th Dec</b> Lip Balm 10:00am Honey Jars 1:00 pm Christmas Soaps 2 pm	<b>Saturday 18th Dec</b> Christmas Soaps 10am Honey Jars 1:00pm	<b>Monday 20th Dec</b> Herbal Balms 10:00 am Candles Making 1:00 pm Christmas Soaps 2:00 pm
<b>Wed 19th Jan</b> Candle Making 10:00 am Candle Making 11:30 am Lip Balm Workshop 2pm	<b>Thursday 20th Jan</b> Bath Treats 10:00am Candle Making 1:00 pm Summer Soaps 2:00 pm	<b>Friday 21st Jan</b> Herbal Balms 10:00 am Summer Soaps 1:00 pm	<b>Saturday 22nd Jan</b> Herbal Balms 10:00 am

**Located at 176 Mosston Road, Whanganui (opposite Mosston School)**

# What's on — mark your diaries!



We act as a support service for those who need advice, direction, and assistance with their day-to-day management of a brain injury.

- Liaison Officer
- Support Groups for Clients & Whanau
- Information and Resources about Brain Injuries
- Advocacy service

**Our office will be closed for Christmas/New Year holidays from 17th December 2021 Reopen 10th Jan 2021**

**We wish everyone a Merry Christmas & Happy New Year**

Community House, Room 104,  
60 Ridgway Street | PO Box 102,  
Whanganui 4541  
P 06 347 9721 | M 027 227 1202  
E [liaison.whanganui@brain-injury.org.nz](mailto:liaison.whanganui@brain-injury.org.nz)

Every day, 90 New Zealanders sustain a brain injury  
— there's help on hand



## **Age Concern Christmas Hours**

**Age Concern Whanganui  
will be closed  
from mid-day Thursday 23<sup>rd</sup> December 2021  
re-opening on  
Wednesday 5<sup>th</sup> January 2022 at 9am**

**To contact the Elder Abuse Response Service over  
the Christmas period please ring 0800 326 6865**

**Age Concern Whanganui Board and Staff  
wish you a very  
Merry Christmas  
and festive New Year**



The Palmerston North Internal Affairs Hapai Hapori office will close as at noon Thursday 23 December and then will reopen Monday 10 January 2022.

Any inquiries please forward to [LowerNorth&Nelson@dia.govt.nz](mailto:LowerNorth&Nelson@dia.govt.nz)

# What's on — mark your diaries!



## CLAW CHRISTMAS HOURS

*Closed 23rd Dec  
2021 till 16 Jan 2022*

# Merry Christmas & Happy New Year

Best wishes from the Team  
at Community Legal Advice  
Whanganui CLAW



## Volunteer Whanganui's Holiday Break

### OFFICE CLOSURES

TUESDAY, 21 DECEMBER 2021 @ 12:00 P.M.

### OFFICE REOPENS

TUESDAY, 25 JANUARY 2022 @ 9:00 A.M.

*We look forward to seeing and  
helping you in 2022!*



## Off you GO safely on your travels!

GO mobile medical alarm works anywhere  
there is cellphone coverage



- Get 24/7 emergency help quickly using alarm
  - Get found with GPS
  - Optional Fall Detection at no extra cost \$85 per month incl GST (GO is not eligible for MSD funding)
- [www.securely.nz](http://www.securely.nz) 0800 865 865

NEW DATES!  
15 Nov -  
14 Dec



## OUR LITTLE CAMPUS TRAINING CAFE IS OPEN

MON-FRI | 9AM-2PM

COFFEES & HERBAL TEAS · ICED FRAPPES  
BAKED TREATS



148 INGESTRE STREET, WHANGANUI  
[info@trainingforyou.co.nz](mailto:info@trainingforyou.co.nz) 0800 GET T4U



# What's on — mark your diaries!

## RED BOAT KUNG FU 心發 WING CHUN

Welcome to the only Red Boat Kungfu school in New Zealand. Classes are designed for all ages starting from 5 year-old to adult classes.



**TRAINING DAYS: Adults 17 +**  
Monday, Wednesday & Fridays  
12pm – 1pm  
Young Masters 13 yrs & Adults  
Tuesday and Friday  
5:30pm – 6:30pm

**CHILDREN**  
Little Dragons: 5-13 yrs  
Tuesday and Friday  
4pm – 5pm



Prices vary between classes with the first two classes being free for children, one free class for adults. self-defence classes are also available on request.

**PRICE LIST:**  
Little Dragons: \$10 Per Week  
Young Masters: \$12 Per Week  
Adults: \$18 Per Week

For any further enquiries or questions please feel free to contact me on

Dyane Hood: 0225108215  
Email: [RBKF.wanganui@gmail.com](mailto:RBKF.wanganui@gmail.com)



## MASKS FOR GOOD

We're supporting people and groups to make masks for themselves, their whānau, and to share with vulnerable groups in our community.

## BUT WE NEED YOUR HELP



### DONATE

Drop-off masks and suitable, clean materials to the following places, and we will ensure they are distributed to where they are needed.

- Whanganui Environment Base (Maria Place, Resource Recovery Centre)
- Whanganui Learning Centre (232 Wickstead Street)

### CREATE

Make a mask for yourself, your whānau, and make more to share!

Contact us if you would like to make masks, or have a group who can make masks, and we can help make this happen.

CONNECT



Masks For Good



[masksforgood.wanganui@gmail.com](mailto:masksforgood.wanganui@gmail.com)

## RED BOAT KUNG FU 心發 WING CHUN

### Self Defence Classes Available Now

*We are located*  
Red Boat Kung Fu Wanganui  
159 Wickstead Street

*We will teach you realistic physical skills that will provide you the strategies/skills to defend yourself if and when you may need them as well as building up your confidence and fitness levels.*

*Please contact us and register*

*Open classes or if more suited  
a women's only class will be available*

*Contact the team on*  
0225108215  
[rbfk.wanganui@gmail.com](mailto:rbfk.wanganui@gmail.com)

## WHANGANUI Summer Programme 2022

Discover & enjoy our natural heritage, culture & history  
5<sup>th</sup> ~ 31<sup>st</sup> January 2022

The Whanganui Summer Programme (WSP) starts again on 5 January.

There are three evening talks, some museum tours, and 22 excursions as far afield as Kapiti Island and the Wairarapa.

Bus transport is provided to all excursions out of town and is included in the price.

Bookings for the excursions may be made on ticket or at Whanganui i-SITE.

<https://www.iticket.co.nz/go-to/whanganui-summer-programme-2022?atc=feature> Whanganui Summer Programme 2022



# 2022 AGM & SUMMER CONCERT

## FEATURING LOCAL YOUTH SINGERS & MUSICIANS

The Lounge – Dempsey & Forrest  
208 Guyton Street, Whanganui  
Wednesday 16<sup>th</sup> February 2022

- 6.00PM - Doors Open
- 6.30PM - AGM
- 7.00PM - Presentation & Concert followed by Supper with WCS  
Friends & Members - *Start time approx. depending on length of AGM*

Concert entry is **FREE** for all WCS members.  
A koha, or shared plate for supper is asked for all non-members.

All parents, teachers, and those with a passion for performing arts are encouraged to attend both the AGM and concert. **Concert RSVP Sunday 13th February 2021**

All AGM agenda items are to be emailed to the secretary no later than 5pm, Wednesday 19<sup>th</sup> of January 2022. WCS 2022 Committee nominations welcome.

WCS Email: [wanganuicompetitions@outlook.co.nz](mailto:wanganuicompetitions@outlook.co.nz)

*WCS is proudly powered by*



## Whanganui Conservation Volunteer Pānui

December 21 / January 22

Ngā mihi o te Kirihimete me te Tau Hau - Greetings for Christmas and the New Year.

Welcome to DOC Whanganui's final Conservation Volunteer Pānui for 2021.

Many thanks to the many hands that have contributed to conservation in our community this year. Thousands of plants have been planted in our coastal environment, stream and river edges and forests. We have also seen conservation gains through the Jobs for Nature programme and we are optimistic for a positive 2022.

Finally, as I have mentioned previously, our health and wellbeing is strengthened when we connect with nature, so I encourage you and your whanau and friends to get out and enjoy our environment over the summer break.



### Upcoming Events

- 04 Dec - Wildlife Conservation Day
- 11 Dec - International Mountain Day
- 5 - 31 Jan - Whanganui Summer Programme
- 14 Jan, 9-noon - Gordon Park Volunteer morning
- 23 Jan, 1-4pm - Gordon Park Volunteer afternoon

Check out the DOC website for up-to-date track and hut information. [www.doc.govt.nz](http://www.doc.govt.nz)



Department of  
Conservation  
*Te Papa Atawhai*

### Whanganui Conservationist Book Release

#### *Ajax's Sidekick*

Local author Corey Mosen has put pen to paper again with a sequel to *Ajax the Kea Dog*.

The latest book takes the reader on a trip around NZ and the world and is full of conservation tales matched with stunning photographs.

Visit Paige's Book Gallery on Guyton Street to purchase your copy.

### Whanganui Summer Programme

Commencing January 5 with a Manawatu Nature Tour and finishing January 31 with a visit to Rotakare and Tawhiti Museum, the Whanganui Summer Programme Trust has once again pulled together a wonderful programme for our community to enjoy.

As in previous years there is an array of activities, tramps and evening talks organised to entice you to get out and experience our environment.

Kapiti Island, Hipango Park, Pukaha/Mt Bruce Wildlife Centre, Waitotara Valley, Ohakune Old Coach Road, Whanganui Collegiate School and Remutaka Rail Trail are just some of the many venues on the programme.

Bookings can be made at the Whanganui i-SITE Visitor Centre and the Whanganui Regional Museum's Davis Theatre hosts the evening talks.

For more information about the 2022 Programme email [whanganuisummerprog@gmail.com](mailto:whanganuisummerprog@gmail.com) or visit <https://whanganuisummerprogram.weebly.com/>

[New Zealand Government](http://www.govt.nz)

# What's on — mark your diaries!

## Sustainable New Year Resolution Ideas

Are you wanting to make changes next year to become more sustainable? Small life changes by many people can create huge gains. Here are 10 ideas to inspire your 2022 journey.

### 1. Use your car less

Walk or use public transport where you can – Walking to school for pickups, carpooling and taking public transport will help reduce your impact on the environment. Less cars on the road, means less emissions.

### 2. Garden more

Being able to walk outside to pick herbs or a couple of tomatoes for dinner is so incredibly handy, but it is also great for the environment. Being able to produce food that you otherwise would have bought at a supermarket which would have had a higher carbon footprint is an amazing benefit to the environment.

### 3. Set up a Compost bin

Placing more carbon into the soil is the single biggest thing we can do to help improve the quality and structure of the soil. Plants grown with added compost have a stronger root system and by composting we can also reduce methane that would have been produced if the same material was placed in a landfill.

### 4. Reduce incoming plastic into the home

Make your own baking where you can to reduce the endless biscuit bags and plastic cake/slice containers coming into the home. Buy from bulk food places where you can refill your own containers. When a new item for the home is needed, ask yourself if there is a plastic alternative for it.

### 5. Buy less

Going back to a simpler life isn't a step backward, it is a step forward into a more sustainable life. So many things in our houses sit idle, not being used or are stored away out of sight. Every day, more things are being made and sold just to continue the tradition of being an unused item in someone's home. Break the

cycle, use less. When you make do with what you have, you will finally understand what you truly need.

### 6. Recycle more

Spend more time asking yourself if something can be recycled. Spend more time making this routine. Find out what can be recycled in your area. From milk containers and children's car seats to metal objects.

### 7. Pay it forward

Can your unwanted items serve a purpose to someone else? This year make a promise to yourself to gift unwanted items to someone else rather than sending to the landfill.

### 8. Buy Second-hand

The next time you need something ask yourself if it could be bought second-hand? Clothing, toys, furniture, kitchen equipment. These are all items that are easily bought second-hand.

### 9. Mindful eating day

Why not try Meat-less Mondays or Package-free Fridays, Garden-grown Thursdays or Locally-grown Tuesdays. Make up your own sustainably grown once a week routine. Think wholefoods, no packaging, locally-grown meals.

### 10. Change one thing each month throughout the year

Start with using a reusable cup. Then maybe set up a compost bin, swap out your single use straws and gladwrap with reusable straws and reusable food covers. Changing one thing each month will give you the time and space to make each change stick.

*Although no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.*

Carl Bard

Department of Conservation  
Whanganui District Office  
34-38 Teurua Quay  
Whanganui 4540  
New Zealand

Issue 6 - December 2021 / January 2022  
-64 (0) 342 2100  
knewton@doc.govt.nz  
www.doc.govt.nz

## DIGITAL WINGS

*Aspiration & opportunity*

At Digital Wings we are committed to a clean and thriving Aotearoa. We offer business the opportunity to responsibly dispose of electronic equipment, while helping young New Zealanders flourish. Together we develop the charitable sector to serve their communities into education and employment through digital inclusion. A sustainable business model to fulfil social and environmental goals.

### Donors receive:

- a cost-neutral, safe and professional way to recycle computer equipment and realise their sustainability goals
- regular feedback on the way their gifts have enriched the lives of people in recipient communities
- security-wiping at no cost to the donor to Blancco Platinum and GCSB requirements
- an easy, time efficient, asset management solution.

### Community organisations receive:

- quality hardware and software so that they can participate fully in the modern digital economy
- ongoing education, career, mentoring and grants information from Digital Wings.
- e-waste education for their communities.

### All donated computers are:

- refurbished to fit-for-purpose minimum spec, i5 and above
- reimaged with Microsoft Charity upgrade licences to Windows 10 and Office 2019
- carry a 12-month hardware replacement warranty
- delivered free of charge to community organisations nationwide.

Financial support has been received from Waste Minimisation Fund, which is administered by the Ministry for the Environment

# DIGITAL WINGS

*Aspiration & opportunity*

- *Digital Wings* encourages businesses to donate their equipment each time they upgrade so we can all work together to keep e-waste out of the landfill.
- Donors can nominate charities they already support as recipients of Digital Wings donations.
- The Digital Wings Trust was established in 2017 to develop digital capability by distributing refurbished electronic equipment from business and government entities to community organisations that provide young people with educational and employment opportunities.
- Digital Wings Trustees bring expertise in technical, business, youth, education, health, Maori and Pasifika and community ICT sectors.
- The Digital Wings programme is supported by computer recyclers, Remarkit Solutions and commits to responsibly dispose of all e-Waste associated with the Digital Wings programme.
- Remarkit Solutions has been at the forefront of electronic recycling and the environmentally responsible treatment and disposal of electronic waste in Australasia since 1999.



Financial support has been received from Waste Minimisation Fund, which is administered by the Ministry for the Environment

**For more information please visit [www.digitalwings.nz](http://www.digitalwings.nz)  
Contact Di Daniels MNZM  
Programme Director Digital Wings  
0274 133 677  
[di.daniels@digitalwings.nz](mailto:di.daniels@digitalwings.nz)  
PO Box 12-033 Thorndon Wellington 6144**

**What's on** — mark your diaries!

# ECE Participation Programme



The Early Childhood Education Participation Programme will provide free support, advice and guidance to families and whānau with children who are not currently participating in Early Childhood Education (ECE).

**We will help your families and whānau to:**

- Develop and work together to achieve early learning goals for your children, set in your home and at an ECE service.
- Identify the early childhood education service that supports your needs and aspirations including the identity, language and culture of your children.
  - Transition your children to school.
  - Identify and establish a relationship with an appropriate school.
- Support or advocate for issues and needs that impact you and your family, to be addressed by the appropriate government agencies.

ECE helps develop the building blocks for the rest of a child's life and learning. Research shows that intensive and regular participation in quality early childhood education delivers long-term educational benefits for children and society.

Moliga Taylor  
Community Navigator  
Moliga.Taylor@wmkindergartens.org.nz  
021 226 3901

Caroline Mareko  
Senior Manager: Communities  
Caroline.Mareko@wmkindergartens.org.nz  
021 446 843

**WHĀNAU MANAAKI**



## Ways to Connect



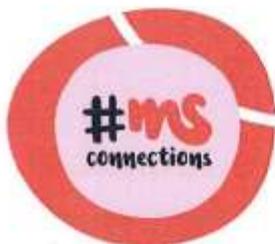
### Activities

Organise an event, fundraise, or make headlines for MS Connections. Don't be afraid to get creative and make some noise!



### Advocate for change

People affected by MS can be left feeling lonely and isolated. Better access to support and treatment can be life changing. Use the #MSConnections campaign to advocate for better services and show decision makers the importance of quality care.



### Social Media

Tell the world about your MS Connections and raise awareness this World MS Day. From April 2020, share the campaign posters and animation to start a conversation about #MSConnections. You can even give your Facebook and Instagram a World MS Day makeover with the brand new #MSConnections profile frames.

Don't forget to use the #MSConnections and #WorldMSDay hashtags. You can set your privacy to "public" if you want your post to feature on the World MS Day website.



### Hand-in-hand connections

Make the 'MS heart' with your hands as a symbol of solidarity with everyone affected by MS. Connect your hand to a friend's hand or join your own hands together to create the 'MS heart'. Take a picture to show the world your support for a connected global community this World MS Day! Share the photo on social media and remember to tag it with #MSConnections.



I connect, we connect





## Campaign Essentials

The MS Connections campaign is all about building community connection, self-connection and connections to quality care and research. It will challenge social barriers that leave people affected by MS feeling lonely and socially isolated. An opportunity to advocate for better services, celebrate support networks and champion self-care. The MS Connections campaign will run for 3 years from May 2020 to May 2022.

**MS Connections is a flexible theme. Whether you're individual or an organisation, you can choose to focus on a variety of angles when celebrating World MS Day, including:**

#ms  
connections

Theme Connections

Name MS Connections

Hashtag #MSConnections

Tagline I connect, we connect



### Stigma

Challenging social barriers and stigma that can leave people affected by MS feeling lonely & isolated



### Research

People affected by MS connecting to & shaping MS research



### Communities

Building communities that support & nurture people affected by MS



### Advocacy

Connecting with decision makers and lobbying for better access to services & treatments for people affected by MS



### Self

Promoting self-care & healthy living with MS

# ms

I connect, we connect

#ms  
connections

What's on — mark your diaries!

## TEA AND TOPICS



COME OVER TO THE GONVILLE LIBRARY TO ENJOY A CUP OF TEA WHILE OUR SPEAKER OF THE MONTH PRESENTS ON THEIR TOPIC AND TO FIND OUT MORE ABOUT WHAT IS HAPPENING IN THE WIDER WHANGANUI AREA

EVERY SECOND THURSDAY OF THE MONTH  
10AM-12PM  
GONVILLE LIBRARY  
44 ABBOT STREET  
GONVILLE

[whanganuilibrary.com](http://whanganuilibrary.com)

## TEA & TALES



Enjoy a cup of tea and a bikkie while our reader of the month delights you with tales of their choosing.  
Discover new authors, new genres, new friends.

1ST WEDNESDAY OF THE MONTH  
DAVIS LIBRARY 10:00  
EVERYONE WELCOME

[whanganuilibrary.com](http://whanganuilibrary.com)



## Join us for Book Chat



An open discussion group - to share favourite authors and recent reads

3rd Thursday of the Month  
Davis Library 11:00

Everyone Welcome

[whanganuilibrary.com](http://whanganuilibrary.com)



*New to Whanganui?*

*Like to meet new like-minded people?*

*Always wanted to join a bookclub?*

*— well now is your chance*

*A book club with a difference has started up in Castlecliff*

### **THEMES**

**Venue:** Castlecliff Library

**Time:** 1.30pm until 3pm

**Day:** 1<sup>st</sup> Tuesday in each month

### **Register now**

For information and/or registration please contact

G. Garwood:- [glennl.g33@gmail.com](mailto:glennl.g33@gmail.com)

# What's on — mark your diaries!

## How about a free, short course in hospitality skills?

Our Hospo Skills Course is especially for Work & Income NZ clients. This part-time programme supports students into employment in the hospitality sector, or to other opportunities.

Students learn how to make and serve espresso beverages, plus essential workplace skills such as health and safety, personal presentation and effective communication.

*This course has a rolling intake - students can start straight away!*



**Need a new skill set?**

### Hospo Skills SHORT COURSE

Stay on your Work & Income benefit while attending this short course.

**Start anytime**

10 weeks  
12pm-3pm Mon-Fri  
Zero fees

Learn hospitality skills, and get support to gain employment!  
Get the skills you need, for the future you want.

0800 671 740 | www.trainingforyou.co.nz | info@trainingforyou.co.nz

## Could free literacy and numeracy learning be the boost that your client needs?

Maybe they're looking for a career change. Perhaps it's a young person needing a little extra learning. Perhaps it's someone needing to improve their literacy and numeracy skills before heading to higher learning. Whatever their reason, Training For You can help!

Spaces are available now on our free Level Up programme. We have a rolling intake.

*Students that enrol before the start of Term 4 can meet their goals and be ready for a fresh start in 2022!*



Gain confidence to get a job, or start study

Start now and complete by Christmas. Get ready to take on 2022!

**Level Up**  
Literacy & Numeracy programme

Call us today | Whanganui Campus

Mon-Wed, 9am-2.30pm. Free Transport. Zero Fees.

trainingforyou



# WANT BETTER JOB OPPORTUNITIES?

**- WHANGANUI -**

## CIVIL CONSTRUCTION, BEEKEEPING, & HORTICULTURE COURSES RUNNING NOW!

LAND BASED TRAINING

Get in touch to find out how!  
**FREEPHONE: 0508 872 466**  
[www.landbasedtraining.co.nz](http://www.landbasedtraining.co.nz)

**USE 105** FOR POLICE NON-EMERGENCIES

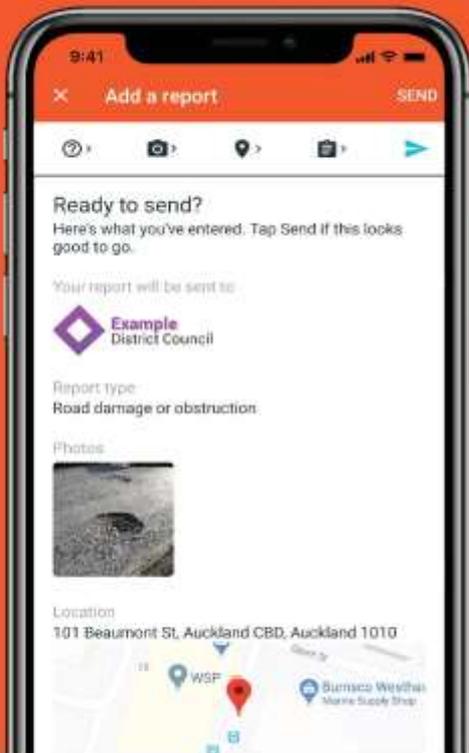
## A NEW WAY OF MOVING YOURSELF WITH THE FELDENKRAIS METHOD

Community House would like to introduce you to **Awareness Through Movement** classes. An intriguing way of learning how to turn harmful habits into easy, functional everyday movement.

Mondays, 7pm  
Community House  
9 weeks Subscription \$100  
casual \$15.00

For any enquires contact:  
Katharina Schaffaczek  
(06) 3427892  
Katharina.sporl@gmail.com

# What's on — mark your diaries!



## Be informed and get involved with Antenno!

Whanganui District Council has a new mobile app, Antenno, that allows you to receive alerts and notifications about places and topics you care about, such as water shut-offs near your home or closures at your local sports ground. You can also use Antenno to report issues or submit ideas to the council.

Install Antenno now – it's free to download.



[www.whanganui.govt.nz/antenno](http://www.whanganui.govt.nz/antenno)

# ms.

Multiple Sclerosis  
Wanganui



*"Your donation provides a Field Officer who helps me live well with Multiple Sclerosis."*

## ONE OF THE MANY FACES OF MS

Support your local MS community today



EMAIL: [mswanganui@xtra.co.nz](mailto:mswanganui@xtra.co.nz)  
PHONE: 06 345 2336

DONATE ONLINE TO:  
Wanganui Multiple Sclerosis Society INC.  
030791 0410267 00 57

[www.mswanganui.org.nz](http://www.mswanganui.org.nz)

# What's on — mark your diaries!

coaching education online presents :

## BUILD A CV THAT GETS NOTICED!

BUILD YOUR CV ONLINE COURSE \$34.99

Contact Carol at

[www.coachingeducationonline.page](http://www.coachingeducationonline.page)

Find us on Facebook :

Coaching, Mentoring and Education NZ

Learn How to Drive Safely and Obtain a NZ Driving Licence

# PACIFIKA

# DRIVING SCHOOL

- ✓ Learn to Drive with our Professional & Certified Instructors
- ✓ Pick up or Drop-off at Your Convenient Location
- ✓ Flexible Lesson Times & Days

Reasonable Pricing = \$65 Theory + Practical

Qualified & Certified Instructors. Overseas Conversion Lessons

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**CALL: 027 599 6409**



### MH101<sup>®</sup>

Giving people the confidence to recognise, relate and respond to people experiencing mental health challenges



#### About the workshops

Our workshops use adult education principles, with a variety of activities, videos and teaching tools to cater for different learning styles of participants. And our expert facilitators bring a wealth of professional and personal experience to the topics covered.

Participants will receive a workbook with workshop notes, additional reading and a directory for support and assistance as they apply what they have learned.

Blueprint for Learning reflects a philosophy of recovery and empowerment using best practice to help people become full and active members of their communities.

The Ministry of Health funds a number of workshops throughout the country each year. Participant numbers are limited to five per organisation per workshop. The workshop is also available for purchase. If you're unsure of eligibility, please contact us.

#### Learning outcomes

After attending MH101<sup>®</sup> participants will be able to:

- recognise signs of positive mental health and of mental health challenges
- use Te Whānau Tahi Whā to support mental wellbeing
- relate to what people with mental health challenges are experiencing
- respond supportively to mental distress

Topics covered in MH101<sup>®</sup> include stress and wellbeing, mental health challenges, suicide, trauma, supportive language and perspective, building a connection, sharing your concerns, when to get help and local support.

Te Pou o te Whakaaro Nui



"The facilitators were walking and talking that workshop - I was more open to the workshop because the facilitator had first-hand experience in the field, and it added a realistic component to their delivery."

"I came away feeling encouraged and empowered. There is hope and I don't have to be an expert to make a difference."

#### It's an investment

MH101<sup>®</sup> is a one-day workshop designed to equip you to recognise, relate and respond to people experiencing distress or those in need of mental health support - both at work and in everyday life. It also provides valuable skills on how to look after your own mental health and wellbeing.

MH101<sup>®</sup> workshops are an investment in the lives and futures of individuals and organisations, as well as our communities.

#### Highest quality learning

Blueprint for Learning is one of the largest training providers for the New Zealand mental health and addiction sector, dedicated to both workforce development and community training projects.

Our team has delivered more than 700 workshops to over 26,000 participants since 2008.

Blueprint for Learning is an NZQA accredited Private Training Establishment. We have the highest quality Category 1 External Education and Review rating in education achievement and self-assessment issued by NZQA.

#### Across the year, across the country

Our one-day workshops can be delivered anywhere in New Zealand, at your place or ours. We can accommodate up to 25 participants in each 9.00am to 4.30pm workshop.

Blueprint for Learning can run workshops for a specific industry or workplace. We will work with you to understand your industry and the people who will be attending. Individuals can register onto one of the community workshops in your region by visiting our website.

#### Evaluation and reports

Organisations that purchase a workshop will receive an impact report. This contains the outcomes of the workshop captured through participant evaluations. It is a great tool to show how useful the training was.

This data can also be used to better understand the needs of your workforce and to support wellbeing initiatives within your organisation.



#### Ready to book?

If you're interested in requesting a dedicated workshop for your organisation or attending a public workshop, contact us.

Email: [info@blueprint.co.nz](mailto:info@blueprint.co.nz)

Phone: 04 473 9009

Website: [www.blueprint.co.nz](http://www.blueprint.co.nz)

Te Pou o te Whakaaro Nui



# What's on — mark your diaries!

Do you know a senior citizen or kaumātua who is isolated and lonely?



Maybe they can't drive, have no local family and have frail physical health.

Tell them about Age Concern's accredited visiting service!

We have some lovely, caring visitors who enjoy the company of older people and who provide regular company and cheer.

Contact Clare at Age Concern Whanganui on (06) 345 1799 or [avs@acwhanganui.org.nz](mailto:avs@acwhanganui.org.nz)



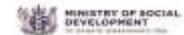
# TU

**STAND UP**  
**STAND UP**

A short empowering course for people between 18 and 65 currently receiving assistance from a benefit. Gain self-confidence, feel good about who you are, unlock your potential!

The course is only 4 weeks & it will be one full day a week 10:30am till 3:30pm with catered lunch.

Register now  
Call 06 345 4488  
021 025 21613



Balance Aotearoa | Community House | 60 Ridgway St | Whanganui

## Twinkle Toes

AT ST PAUL'S



Only during Alert Level 1 and School Terms

Friday Mornings  
10am – 11.15am Friday

Worship Centre  
120 Guyton Street

A fun music time for preschoolers

Gold coin donation



## Get the JOB DONE

- Work Ready
- Reliable Staff
- Trained
- Supported in Work



Education & Employment  
Lives Transformed



DEPARTMENT OF CORRECTIONS  
THE JUSTICE SYSTEM

## Castlecliff Sunday Market

Every Fine Sunday 11am to 3pm

As from March 1st, on the Corner of Rangiora St and Seafont Rd. (Opposite playground and toilets, on the Castlecliff Beach Domain.)

### Arts & Craft Stalls.

Unique hand crafted items you won't find other places. Ideal Christmas presents at great prices. May be limited stock of some.

**Nik Naks, Brik a Brak, Old Stuff, New Stuff.**

**Fish and Chips, Hot Dogs, Tea, Cold Drinks, Candy Floss, Ice Cream, Crisps, much much more from our Hunger Busters food cart.**



Happy Music from Castlecliff Radio 107 FM and Wanganui Sound.

**Book your site now. Just \$5 (Charities free.)**

[www.marketdays.nz](http://www.marketdays.nz) On Facebook at 'Castlecliff Sunday Market.'  
Email to [admin@marketdays.nz](mailto:admin@marketdays.nz) Mobile 027-2644-399.



# What's on — mark your diaries!

## THE WOMEN'S NETWORK

The Women's Network has been enriching the lives of women and their whanau in Whanganui for 35 years. There is no criteria for walking in the door, simply come in because you can. Or, if you have something a little more gritty going on, we can have a chat and see what plans we can put in place to enable you to achieve your goals.

**La Fiesta 2021:** We are super proud to bring you NZ's best women's fest each year. Festival number thirteen is set to run from 12 February to 12 March. If you have a snazzy idea for an event, want to run one, or know someone awesome who could, reach out and drop us a line.

**Tribal Tuesday:** Tribal Bellydance classes happen every Tuesday. This style of dance is earthy and grounding, with walks and steps that fit your body. This rich, empowering, vibrant and dynamic world brings echoes of ancient dance to the modern woman. Join in the fun on Tuesdays from 11am-12pm for all levels of experience. Cost \$35 for 6 sessions or \$10 per class. Ph/txt jill 021 141 4257. Wiggle and giggle to a dance with a difference!

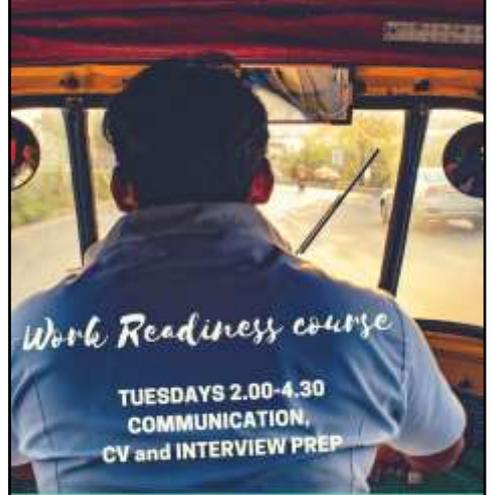
**Other Activities:** We host a monthly feminist discussion group called 'Fempower', contact us if you'd like to join the mailing list for this. As a result of our recent Winter Wonderfest we had also started hosting weekly Zumba classes on Thursday evenings.

**Services:** We are here to cheerlead for you. This is particularly important during a time when we have all been impacted by Covid-19 in some way. We can assist with making personal action plans, compiling CVs and job application letters, developing strategies to improve communication and get on track, as well as supporting you through any challenging or changing times. We continue to provide free pregnancy testing and sexual health information/referrals, and we're a good place to "drop in" for general community advice, or for parents to breastfeed/feed and baby change whilst in town.

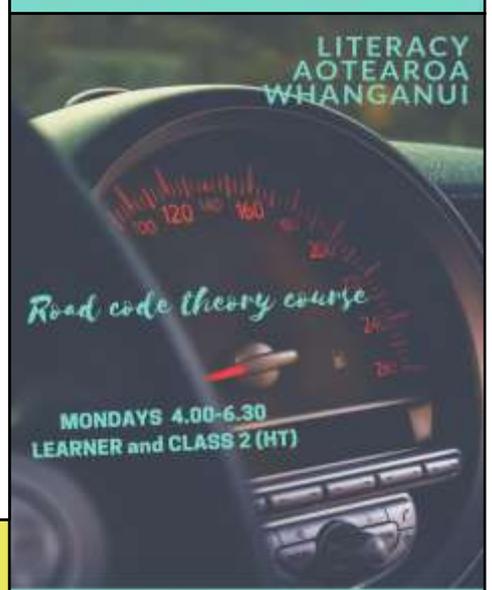
**Yoga:** Emma from Embark Yoga is delivering an exciting range of all age yoga activities from our building. To check out her timetable or find out more about the classes on offer, email Emma: [embarkyoga@gmail.com](mailto:embarkyoga@gmail.com)

**Contact us:** Drop in and see us in the Ladies' Rest Building [next to the Royal Wanganui Opera House] at 75 St Hill Street from 10am-2pm weekdays, apart from Tuesday when we open from 10am-noon; and Monday by appointment only. Appointments are available between 9am-4pm weekdays so feel free to call us on 345 6833 or email: [womnet.whanganui@gmail.com](mailto:womnet.whanganui@gmail.com) Check us out on Facebook and Instagram too if you're a social networking buff, we'd love you to be a friend on our La Fiesta NZ and Women's Network Whanganui pages!

## LITERACY AOTEAROA WHANGANUI



022 573 6692 [crudolph.219@literacy.org.nz](mailto:crudolph.219@literacy.org.nz)



022 573 6692 [crudolph.219@literacy.org.nz](mailto:crudolph.219@literacy.org.nz)

# THINGS to DO & see in WHANGANUI

Community Arts Centre MAJESTIC SQUARE Gonders Bush  
 KOWHAI PARK  
 DEER PARK  
 SPLASH CENTRE  
 VIRGINIA LAKE  
 FISHING MORGUENO POINT  
 EMBASSY 3 CINEMA  
 COOKS GARDENS ALLEN COBE WISE  
 CASTLECLIFF BEACH mountain biking garden  
 RIVERCITY TRADERS MARKET SOUTH MOLE  
 River Boardwalk Windermere gardens  
 Lake Whinotia WINTER GARDENS Westmere Lake Bird Aviary  
 Bastin Hill Water Tower Whanganui Environment Base  
 MUSEUM SKATE PARKS  
 Opera House WEST CEMETERY  
 Bridges Walk SKATING RINK  
 AIRPORT KAI IWI BEACH LIBRARY  
 DURIE HILL TUNNEL & ELEVATOR  
 WARD OBSERVATORY  
 Bushy Park  
 BASON BOTANICAL RESERVE  
 Sarjeant on the Quay GLASSWORKS

**Nappy Godmother**  
 A small business making a big change

Do you want to reduce your weekly rubbish?  
 Are you sick of running out of nappies?  
 Would you like to use cloth nappies, but don't want to wash them?  
 I supply, pick up, wash and deliver cloth nappies to your door to provide a better option for you and your baby.  
 Want to know more?  
 Contact me today for your free consultation on how this service can work for you

Taking the dirty work out of cloth nappies

[pamela@nappygodmother.co.nz](mailto:pamela@nappygodmother.co.nz)  
 027 699 9875  
[nappygodmother.co.nz](http://nappygodmother.co.nz)

# What's on — mark your diaries!

Te Punanga o Hōhepa



Josephite Retreat Centre

Register with Pam on (06) 345 5047 ext 3  
or  
email pam.hopper@sosj.org.au

December

Hakihea

### Tui Motu Group

Wednesday 15 December 4.30 - 5.45pm  
Liz Hickey rsj

### Meri Kirihimete - Christmas Liturgy

*(Please bring a non-perishable food item to assist those in need at this time.)*  
Sunday 19 December 4 - 5pm



## EARN MONEY GETTING FIT

Deliverers needed to deliver  
the Whanganui Midweek.  
Delivery areas available all  
around town.

Contact Ron on **022 303 5898**

If there's no answer please leave a  
message with your name and  
phone number.



Proud supporters of  
Community House  
Whanganui

# out personnel sourced

Outsourced Personnel  
specialises in placing  
skilled administration  
staff within the  
Whanganui business  
community :

- Permanent Recruitment
- Contract Roles
- Temporary Placements

If you are looking for work or  
needing great staff please contact  
**Louise 0210 620 292**



hello@outsourcedpersonnel.co.nz  
www.outsourcedpersonnel.co.nz



100% of School Leavers in Whanganui in  
Education, Employment and Training



We support local youth by ensuring they have the  
necessary skills to be work ready

We want the youth of Whanganui to  
have an edge over the  
competition for employment and  
education opportunities

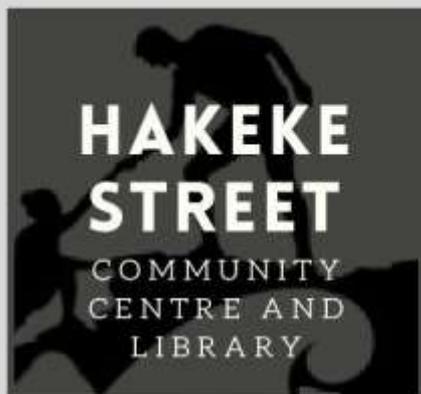
Our Work Ready Passport  
programme helps potential  
employees demonstrate the traits and  
personal qualities good  
employers look for.

Many local organisations are  
endorsing the importance of the Work  
ready passport. We have links to local  
businesses actively looking for work  
ready employees

#### Work Ready Passport graduates will :

- Have a structured CV with referees
- Be drug free
- Have a restricted license
- Have work experience
- Have demonstrated resilience
- Be able to work as part of a team
- Have a proven work ethic
- Have money management skills
- A portfolio of achievements and supporting evidence

sweetwhanganui@gmail.com | www.sweetwhanganui.org.nz | 021 068 3057  
Innovation Quarter 179 Saint Hill St, Whanganui



**65 HAKEKE ST,  
WHANGANUI EAST**

PHONE: 022 689 2459  
FACEBOOK:  
FACEBOOK.COM/HAKEKES  
TLIBRARY  
EMAIL:  
HAKEKESTCOMMCENTRE@  
GMAIL.COM

## MONDAY

KIDS STORYTIME  
EVERY  
MONDAY FROM  
10AM

BOOK EXPLORERS  
CLUB

LAST MONDAY  
OF THE MONTH  
FROM 11AM  
FACILITATED BY  
MARGARET:  
0272277957

## TUESDAY

MAHJONG AND  
CRIBBAGE CLUB  
EVERY  
TUESDAY FROM  
9:30AM

FACILITATED BY  
ERICA: 0223938791

## WEDNESDAY

EASTSIDE CRAFT  
GROUP  
EVERY  
WEDNESDAY  
FROM 9:30AM  
FACILITATED BY  
ERICA: 0223938791

HOMEWORK CLUB  
EVERY  
WEDNESDAY  
DURING TERM  
TIME 3PM -  
5PM  
(SUPPORTED BY LOVE  
AND LEARN OSCAR  
PROGRAMME)

## THURSDAY

CREATIVE  
WRITING GROUP  
EVERY  
THURSDAY  
FROM 10:30AM  
- 11:30AM  
FACILITATED BY  
ANNETTE:  
0220572296

## FRIDAY

MUMS AND BUBS  
GROUP  
EVERY SECOND  
FRIDAY  
(SUPPORTED  
BY WOVEN  
WHANAU)  
FROM 11AM -  
12PM  
FACILITATED BY  
TASH: 0220152373



## **Citizens Advice Bureau Whanganui**

Te Pou Whakawhirinaki o Whanganui

### **INTRODUCTION OF LANGUAGE TRANSLATION SERVICE**

**CAB Whanganui can now offer a translation service in the  
following languages:**

**Maori – French - Hindi – Filipino – Polish**

**We have a team of individuals available to translate  
documents or help with day-to-day transaction queries. To  
arrange an appointment with a translator, please contact  
the Bureau as per the details below.**

---

**Citizens Advice Bureau Whanganui**

Te Pou Whakawhirinaki o Whanganui

**120 Guyton Street – (06) 345 0844**

**Email: [whanganui@cab.org.nz](mailto:whanganui@cab.org.nz)**

**Open Mon-Thurs 9.30am-3.30pm, Fri 9.30am-12.30pm**

# SURVIVING GRIEF

KEI TE TAHA | ALONGSIDE  
PEOPLE SUPPORTING PEOPLE



- The aim of this loss and grief programme is to provide support to people through bereavement.
- Trained volunteers will listen and encourage in a non-judgemental way.
- Confidentiality will be respected.
- The service is open to adults 18 years and over who are at least 6 months into their grief journey. However, a trained volunteer is available if personal support is needed before this timeframe.

Surviving Grief is an education programme which explores the effects of change, loss and grief within the safety and support of a small group setting.

The programme consists of

4 sessions held weekly,  
each lasting 2 hours.

Two further follow up sessions  
are held within the following three months.

Surviving Grief is based on the work of William Worden, who says that healthy grieving involves a number of tasks.

Each of the first four sessions will focus on one of Worden's four tasks of grief:

1. To accept the reality of the loss
2. To work through the pain of grief
3. To adjust to an environment where the deceased is missing
4. To emotionally relocate the person and reinvest emotional energy into life

For more information contact:

Whanganui Anglicans (06) 345-7723  
whangmentoring@gmail.com

**USE 105 FOR POLICE NON-EMERGENCIES**

# Business & Community News

Want to let everyone know about your event?

AWA  
EVENT  
GUIDE  
WHANGANUI

Then contact us at  
[www.awaeventguide.co.nz](http://www.awaeventguide.co.nz)  
or phone Karen on 021 132 3939.

We print 1200 copies monthly and distribute them all over Whanganui and beyond.

We also Facebook and tweet.



The sexual health clinic is conveniently located within the Whanganui Hospital, out-patient department on the ground floor and is a FREE to all and confidential specialist service.

We are a team of specially trained Doctors and Nurses who provide a service that is non-judgemental and user-friendly. We provide free condoms and give information and advice on sexual health matters.

You can ask any question you have about your sexual health. This service is a walk-in clinic.

The walk-in clinic is open on a **Monday and Thursday from 4.45pm-6pm** and we have a first come-first serve system, which means we cannot promise you will be seen if you arrive later in the clinic, on a busy day.

You can ring, text or leave a message on our cell phone **021 323 077**.

**Our clinic offers FREE:**

- Consultations
- Condoms
- Diagnosis and management of:
  - Sexually Transmitted Infections (STIs), including Syphilis and HIV.
  - Other related genital problems including genital skin conditions and genital pain.
- Specialist services upon GP referral.
- Consultation and advice on other sexual and reproductive issues.
- Pre-exposure prophylaxis for HIV (PrEP)

## Courtesy on our Shared Pathways



Courtesy is paramount on our pathways, they are there for us all to share.

- Keep left to allow others to manoeuvre past you.
- Stay to the path, we share this environment with plants and animals.
- Cyclists beware there are slow moving pedestrians ahead, so keep your speed down, keep left and yield to other users.
- Ring your bell or say hello if you are coming up on someone.

## New to Whanganui?

Looking to meet new people? Thinking of taking up a hobby or interest?

Want to get more involved in our community?

We manage a Community Organisations Database through our website [www.communityhouse.org.nz](http://www.communityhouse.org.nz). There are over 950 local, regional and national community, charitable, sporting and non-profit organisations listed on the database.

- Visit our database online or get in touch with one of our friendly team and we can search for you.
- Register with us to receive our monthly Com.Chat Community Newsletter keeping you up to date with what's happening in our community.
- Let us know if your organisation, group or team are not on the database and would like to be.

60 Ridgway Street, PO Box 102,

Whanganui 4540

Phone 06 347 1084

[office@communityhouse.org.nz](mailto:office@communityhouse.org.nz)

[www.facebook.com/communityhousewanganui](http://www.facebook.com/communityhousewanganui)





## Could you hear your smoke alarm if there was a fire?



All conventional smoke alarms in New Zealand emit a high pitched sound which can be difficult for people with age or noise related hearing loss to hear, especially when their hearing aids are removed at night for sleeping.

If you, or someone you know has a hearing loss it could be worthwhile checking if they can hear their conventional smoke alarm especially during the night.

If not please email [Life Unlimited Hearing Therapy](mailto:Life.Unlimited.Hearing.Therapy) or phone **0800 008 011** for a free assessment.

Our hearing therapists are qualified assessors for this specialised equipment.

There is some funding available where specific criteria are met.



## Michaela O'Brien Graphic Designer

Affordable professional design services | Web | logo | Branding | Business cards | poster | promotional materials |



CALL for a chat on 021 084 13999

EMAIL : [hello@michaela-designs.com](mailto:hello@michaela-designs.com)

WEB : [michaela-designs.com](http://michaela-designs.com)

## Insulation & Heating Solutions



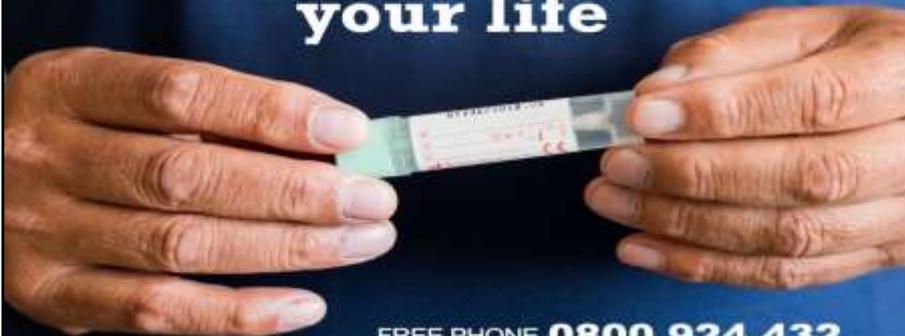
**There has never been a better time to make your home Energy Efficient!**

Homeowners with Community Services Cards, or living in an area deemed as lower-income are now eligible for **grants covering up to 90%** of the cost of **ceiling** and **underfloor** insulation and **90% off** the cost of a **Heat Pump**.

**Book your free assessment** now to see if you meet the criteria and **take advantage of our great offers**, to have your homes living standard improved under the new Warmer Kiwi Homes programme. **Contact us today!**

Call us now on **0800 777 111**, or visit our website <https://energysmart.co.nz/>

**This simple test  
could save  
your life**



FREE PHONE **0800 924 432**

**FREE  
BOWEL CANCER  
SCREENING**  
*now in Whanganui!*

**60-74 year olds** will get a test kit in the mail over the next two years around their birthday.

**Make sure your doctor has your correct address so you don't miss out.**



# Halls / Rooms for Hire

Our **Ridgway Conference Room** is a large self-help facility with training equipment, a kitchen/kitchen equipment, toilet, and tables/seating available (for up to 80 people theatre style, or 40 people seated at tables).

*We now offer a choice of corporate grade wireless connectivity or 23 fast ethernet LAN connections at 10/100 mbs.*

In addition, Community House Whanganui has other shared spaces available for meetings, training, client sessions etc.

Discounted rates are available for not-for-profit groups.

## Enquire Today

(06) 347 1084

Room 102, 1<sup>st</sup> Floor, Community House, 60 Ridgway Street, Whanganui

[office@communityhouse.org.nz](mailto:office@communityhouse.org.nz)

[www.communityhouse.org.nz](http://www.communityhouse.org.nz)



## Peat Street Studio

River City Dance & Leisure Inc. have a studio for hire.

*It has a beautiful dance floor with mirrors, good kitchen and bathroom facilities, and will hold up to 100 depending on the type of function.*

*There is an alarm system, security cameras, floodlighting, ample onsite parking and large grounds.*

Please contact Liz Frith: Mobile: 021 0205 4038, Landline: (06) 345 7401, or email: [lizfrith01@gmail.com](mailto:lizfrith01@gmail.com)

## Christ Church Community Centre

Wicksteed Street (opposite 232 Wicksteed Street)

**Upper Lounge** – up to 40 people. Small kitchen area, suitable for making tea/coffee. Microwave and fridge. Tables and chairs. Two toilets.

**Lower Lounge** – up to 100 people. Fully equipped kitchen with two ovens/dishwasher/crockery and cutlery. Tables and chairs. Access to seven toilets.

New heat pumps recently installed in both rooms.

For bookings phone (06) 345 7723  
(between the hours of 9am and 3pm Tuesday-Friday).

## Interview / Counselling Room

Available for hire at Community House Whanganui  
60 Ridgway Street Whanganui.

- White Board
- Desk
- Couch
- Table and Chairs

For further information phone the  
Community House office on (06) 347 1084



## ALEXANDER RESEARCH & HERITAGE LIBRARY

Te Rerenga Mai o Te Kāuru  
QUEENS PARK, WHANGANUI

### AVAILABLE FOR HIRE

- (1) Main Space – suitable for up to 100 people
- (2) Alexander Lounge – suitable for up to 25 people

For bookings contact [val@whanganuilibrary.com](mailto:val@whanganuilibrary.com) or ring (06) 349 3202  
Special rates for community groups



## St Paul's Presbyterian Church (Corner Guyton/Cooks Street)

### Rooms for Hire

Three different size rooms- (seat theatre style)

**The Hall** - can seat 130-150 People

**Brechin Lounge** - can seat about 60 People

**Small Lounge** - can seat about 30 People

- Kitchen Facilities
- Wi-Fi Available
- Tables
- Whiteboard
- TV in 2 smaller rooms, audio visual in Hall
- Very Reasonable Rates

For more information and bookings

Contact Rachel

112-120 Guyton Street, Whanganui

Office 06 345 9318

Email: - [office@stpaulschurch.com](mailto:office@stpaulschurch.com)



# Halls / Rooms for Hire



Raise your glass

**RAPANUI/MOUHANAU  
COMMUNITY CENTRE IS  
AVAILABLE FOR HIRE NOW**

Weddings | Meetings | School Events |

Call Jeanette for details 06 342 9644

## Gonville-Castlecliff Bowling Club

### Venue for Hire

Available for Hire Week Nights & Weekends during the Winter

Ph (06) 345 2384

**Please like us on  
Facebook.**



Community House Whanganui

*It is our aim to update this page regularly with news and events from our community organisations in Whanganui.*

If you have information you'd like us to share on our page please email us at [office@communityhouse.org.nz](mailto:office@communityhouse.org.nz).

*If you do not wish to have your organisations news and events promoted on our page, please let us know.*

Do you need a room?

**Office space available  
at Community House  
60 Ridgway St**

Call Shelley on 06 347 1084

Email : [manager@communityhouse.org.nz](mailto:manager@communityhouse.org.nz)

## Whanganui Camera Club

Room for Hire – 2 Handley Street



Space = 24m x 7m, including kitchen and cloakrooms and small back rooms for storage.

Rate = \$50 for half day or evening. Longer term rent/hire by negotiation. Kitchen facilities with fridge and hot water urn, hatch from kitchen to main room.

About 60+ chairs and two or three tables.

Outside - oodles of parking in Handley Street, plus access to the club grounds for additional parking.

Large outside area (former bowling club grounds) and lockable garage space.

Is that enough information for you? We are looking for a long-term partner to share with but willing to look at short term or one-off hires.

Enquiries: [info@whanganuicameraclub.org.nz](mailto:info@whanganuicameraclub.org.nz)



DID YOU KNOW

**WE CAN TAKE YOUR  
MINUTES?**

Call Shelley @ Community House Whanganui to discuss  
06 347 1084

Do you need a room?

**Meeting room  
available at  
Community House  
60 Ridgway St**

Call Shelley on 06 347 1084

Email : [manager@communityhouse.org.nz](mailto:manager@communityhouse.org.nz)

# Volunteers / Help Wanted



**Foster Parents Needed**



**YOU CAN MAKE A DIFFERENCE**  
A weekend, a week or longer term.

Find out more about foster care with Open Home Foundation

**CONTACT: Ella Retter**  
Ella.Retter@ohf.org.nz or 027 488 9715  
www.ohf.org.nz or check us out on Facebook

## Wool wanted



We are a group of ladies who knit for prem babies, babies & children in need in the Manawatu region. We use wool or unwanted hand knitted jumpers. We undo them and knit them up to make new items. We are happy to collect.

Call Donna Wallace on 0220 830901

## TUTORS WANTED

Do you have a qualification in teaching adults literacy?

Are you interested in helping others upskill?



Literacy Aotearoa Whanganui are looking for compassionate Tutors who can motivate learners in a group setting.

Email your CV to [kelvin.280@literacy.org.nz](mailto:kelvin.280@literacy.org.nz)

## LAUNDRY POWDER SCOOPS NEEDED FOR THE FOODBANK



We are collecting laundry powder scoops so they can be used with bulk laundry powder packs

Drop them into the Community House Office, 1st floor, 60 Ridgway St, Whanganui. We are open : 9am-4pm Mon-Thurs & Fri 9-1pm

**CONTACT US ON 06 347 1084**



**SUSTAINABLE WHANGANUI**  
Creating resilience within our community

## Sustainable Whanganui Trust needs more Volunteer Help at the WhEB (Environment Base)

Do you have ½ an hour to ½ a day that you can give on a regular basis? - Training will be given

For more information contact: **Sustainable Whanganui Trust**  
83 Maria Place  
Whanganui, 4500  
Phone (06) 345 6000

[sustainablewhanganui@gmail.com](mailto:sustainablewhanganui@gmail.com)  
[www.sustainablewhanganui.org.nz](http://www.sustainablewhanganui.org.nz)

# Volunteers Wanted



## *Friends of the Opera House*

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### **VOLUNTEERS NEEDED!**

**At the Royal Wanganui Opera House we are in need of volunteers for the following roles** – doormen, sweetstall, bar, young students confident with cash handling to sell ice creams, and some younger bodies to join the backstage crew.

Also a warm welcome would be extended to any fit and active volunteers who would be keen to assist at our working bees held back stage from 7.30pm every Tuesday evening. Come along and learn about what goes on behind the scenes of a live theatre.

If you are keen to put your name forward to volunteer at this beautiful historic theatre, please contact President Margaret Johnson on 344-8494 in the evenings or by email to [bejae9@gmail.com](mailto:bejae9@gmail.com) – or alternatively call into the Box Office and complete the volunteer application form.

### **SEEKING NEW MEMBERS**

We are also seeking community minded individuals who would be keen to financially assist the Friends of the Opera House preserve this beautiful historic building as a full working theatre for generations to come.

The annual subscription of \$20 per person will entitle you to receive our quarterly newsletter, plus special benefits are sometimes offered to members for selected productions.

**Your support as a financial member of the Opera House would be greatly appreciated.**

**Please call at the Box Office 10am – 4pm Monday to Friday to register your membership.**

**Margaret Johnson  
President**

# Volunteers Wanted



**Are you ready to make a difference?**



**We're looking for caring people to make a difference in our Whanganui Community by becoming a Whanganui Health Shuttle Volunteer.**

Flexible shift dates are available for both driving and non-driving roles.

All volunteers are provided with full training and assistance to help them do the best job possible.

If you would like to be part of a supportive team making a real difference in their community please register your interest.

**Phone:** 0800 266 547

**Email:** healthshuttle.wmw@stjohn.org.nz

**Or pop in and see us at 25 Tawa Street, Gonville, Whanganui.**

## Singing For Your Brain

Social singing groups for people who experience Neurological Conditions such as Brain Injury, Stroke, Dementia, Parkinson's, Huntington's, Intellectual Disabilities etc. and their Carers/Support People. No prior singing experience required. Come along to these groups and meet new people, enjoy making music together and experience the benefits music can have on your brain. Singing can help improve speech, breath control and make you feel good.

We run two Sessions on Mondays during term time. The first session is from 10.45am to 11.45am. This is a lively session and caters for those with Intellectual Disabilities. The second session runs from 1.00pm-2.30pm with a short tea break. We meet in the foyer of St Andrew's Presbyterian Church, 42 Glasgow Street and the Sessions cost \$5.00 per person per session (Carers/Supporters no charge). We were required to go into temporary closure while the CORVID-19 virus was prevalent in New Zealand but we are up and running again.

Enquiries to:- Dorothy Trail

Ph 06 345 4701, Mobile 027 470 1635, Email: mumsocks@xtra.co.nz

## FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE & YOU WILL FEEL THE BENEFITS



DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR HOOD



REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY



TALK & LISTEN, BE THERE, FEEL CONNECTED



YOUR TIME, YOUR WORDS, YOUR PRESENCE



EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

Mental Health Foundation  
TEARAKI PŪ, WHANGĀNUI  
www.mentalhealth.org.nz

## Free online therapy courses



**Free**

Learn to manage your thoughts, feelings and behaviours for free.



**Convenient**

Online therapy courses at your convenience. Anywhere, anytime.



**Private**

Improve your mental health in complete privacy.



**Effective**

80% of people who take a course improve their mental wellbeing.

Try a FREE course today.

**justathought.co.nz**



your mind, your way

# Support Services



**Do you know a senior citizen or kaumātua who would like more company?**

Maybe they can't drive, have no local family and have frail physical health.

*Tell them about Age Concern's accredited visiting service!*

We have some lovely, caring visitors who enjoy the company of older people and who provide regular company and cheer.

Contact Clare at Age Concern Whanganui on 06 345 1799 or [avs@acwhanganui.org.nz](mailto:avs@acwhanganui.org.nz)



*Serving the needs of older people*

# Support Services



**MINISTRY OF SOCIAL  
DEVELOPMENT**  
TE MANATŪ WHAKAHIATO ORA

## COVID-19

**Last updated:** 3 December 2021

Along with the rest of New Zealand, the Ministry is now operating under the COVID-19 Protection Framework (CPF) or 'traffic light' system. Our service centres are open and following public health guidelines.

[See COVID-19 support from Work and Income](#)

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If you've been affected by COVID-19, we may be able to help.

While our website is being regularly updated, the [Ministry of Health is the Government agency](#) leading the response to COVID-19 and should be your first port of call for health and status information.

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### Employer support

You can find information about what support MSD can offer for businesses on the Work and Income website.

[COVID-19 support - Work and Income](#)

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### COVID-19 wage subsidies - Employer Search

You can search here for companies that have received COVID-19 Wage Subsidy, Wage Subsidy Extension, Resurgence Wage Subsidy, COVID-19 Wage Subsidy March 2021 payments, or COVID-19 Wage Subsidy August 2021.

[COVID-19 wage subsidies - Employer search](#)

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### Supporting providers through COVID-19

We know the COVID-19 situation is having widespread implications and we're working together with providers so services can continue wherever possible.

[Find out more about support for providers through COVID-19](#)

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### Where to go for services and support

Find out what types of help are available, who you can get it from and how you can contact them.

[Where to go for help and support](#)

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# Support Services



## Community Updates December 2021 and January 2022

<p><b>Inland Revenue over the Christmas/New Year break:</b></p> <p>Please note these dates and times may be further impacted on any future Government announcements</p>	<ul style="list-style-type: none"> <li>All Offices will close to the Public at 2.00pm on Friday 24 December 2021.</li> <li>Re-open at 9.00am on Wednesday 5 January 2022, please note there will be limited services available.</li> <li>Appointments can be arranged up to 11.00am on Friday 24 December 2021 and from 1.00pm on Wednesday 5 January 2022. It is preferred that these are conducted virtually.</li> </ul>															
<p><b>Working for Families</b></p> <p>Some of these payments will be paid early as payments can only be processed on business days.</p>	<p>Payment dates during the Christmas and New Year holidays:</p> <table border="1" data-bbox="624 958 1476 1317"> <thead> <tr> <th></th> <th>Period ending</th> <th>Payment date</th> </tr> </thead> <tbody> <tr> <td>Weekly Entitlement</td> <td>Period ended 21/12/21</td> <td>21/12/2021</td> </tr> <tr> <td>Weekly and Fortnightly</td> <td>Period ended 28/12/21</td> <td>24/12/2021</td> </tr> <tr> <td>Weekly Entitlement</td> <td>Period ended 04/01/22</td> <td>31/12/2021</td> </tr> <tr> <td>Weekly and Fortnightly</td> <td>Period ended 11/01/2022</td> <td>11/01/2022</td> </tr> </tbody> </table>		Period ending	Payment date	Weekly Entitlement	Period ended 21/12/21	21/12/2021	Weekly and Fortnightly	Period ended 28/12/21	24/12/2021	Weekly Entitlement	Period ended 04/01/22	31/12/2021	Weekly and Fortnightly	Period ended 11/01/2022	11/01/2022
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<p><b>Paid Parental Leave</b></p>	<p>Payment dates during the Christmas and New Year holidays: Fortnightly payments:</p> <table border="1" data-bbox="624 1413 1476 1534"> <thead> <tr> <th>Fortnight ended</th> <th>Payment date</th> </tr> </thead> <tbody> <tr> <td>21 December 2021</td> <td>21/12/2021</td> </tr> <tr> <td>4 January 2022</td> <td>31/12/2021</td> </tr> </tbody> </table>	Fortnight ended	Payment date	21 December 2021	21/12/2021	4 January 2022	31/12/2021									
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4 January 2022	31/12/2021															
<p><b>IRD Number applications</b></p>	<ul style="list-style-type: none"> <li>IRD number applications that are posted in over this time will not be received until Wednesday 5 January 2022. As per our standard 10 day turn around these may not be processed until Tuesday 19 January 2022.</li> <li>Any urgent applications that are received between 25 December 2021 and 4 January 2022 will be processed on Wednesday 5 January 2022.</li> </ul>															
<p><b>Child Support payments are now passed on faster</b></p>	<ul style="list-style-type: none"> <li>Child support payments received by the 20th of the month are now paid to receiving carers by the 23rd of the same month.</li> </ul>															

## Support Services

- Payments will appear in their bank accounts from 1pm. Bank's process payments at different times, so some will come through later than others.
- Any late payments will be paid to the receiving carer on the following working day after they are received from the liable parent.

### If you are struggling to file and pay your tax

**obligations:** we can work with you to come up with a solution.

**Affected by COVID-19:** We still need you to fill your returns. The information is used to make payments to people and help the Government to respond to what is happening in the economy. We can go through the options available if you are having difficulty paying your tax obligations. Income tax for the year ended 31 March 2021 is due by 7 February 2022.

### How to contact Inland Revenue:

Part of our commitment is to provide the best service to our customers.

If you need to ring Inland Revenue our 0800 Contact phone numbers are:

- Personal income tax 0800 775 247
- Business income tax 0800 377 774
- Working for Families 0800 227 773
- Child Support 0800 221 221
- Student Loans (NZ Based) 0800 377 778

Or send us a secure email through your myIR secure online service account.



# LOW COST BINS

Proud supporters of Community  
House Whanganui



You are invited to

## Become a Home Based Educator with Barnardos Early Learning.

Are you thinking about changing your job? Do you like the sound of being your own boss and working from home? or are you looking for a fresh start with an established and supportive Team then this "Info Evening" is for you!

Please register now to reserve your seat...

**Txt your details to 027 707 8243 or email your details to [debbie.rogan@barnardos.org.nz](mailto:debbie.rogan@barnardos.org.nz)**



**Thursday 28<sup>th</sup> October  
7.00pm - 8.00pm**

**Refreshments, Prizes, and a Gift bag when you arrive!**



**Barnardos office  
22 Purnell street  
Whanganui**



**[bel.org.nz](http://bel.org.nz)**

**[fb.com/BarnardosEarlyLearning](https://fb.com/BarnardosEarlyLearning)**



**Kia eke ai te hunga taitamariki  
ki ngā rangi tōhāhā**

# Support Services



Stroke Central New Zealand is a charity that provides free support services to Stroke Survivors and their whanau. Our free Field Officer Service helps stroke survivors to gain the best quality of life after experiencing stroke as well as assisting with challenges or concerns that are faced by the stroke survivor, their carers, family, and whanau.

Furthermore, we provide free stroke awareness and prevention education to all communities to reduce the burden of Stroke on New Zealand as a nation.

Contact our Head Office to connect with your local Field Officer

Ph: 0800 298 858

Email: [stroke@strokecentral.org.nz](mailto:stroke@strokecentral.org.nz)

For more info visit [www.strokecentral.org.nz](http://www.strokecentral.org.nz)



**SFANZ**  
**Suicide First Aid**  
Understanding Suicide Intervention

SFA: Suicide First Aid 1 day workshop teaches you a step-by-step guide to help someone who is having suicidal thoughts to consider their options and stay safe.

This course is suitable for anyone (regardless of prior training or experience) and is tailored to meet your groups specific requirements.

**NATIONWIDE  
BOOK ONLINE**

[www.a-ok.nz/sfa](http://www.a-ok.nz/sfa)

[www.suicidefirstaid.nz](http://www.suicidefirstaid.nz)



**ACTS OF KINDNESS** that Find HOPE and build RESILIENCE

A-OK is a collective of workshops Delivered by Passionate and Caring People

Email: [phia@suicidefirstaid.nz](mailto:phia@suicidefirstaid.nz)

Office: 09 2780408 | Mob 027 234 552

[www.suicidefirstaid.nz](http://www.suicidefirstaid.nz) [www.a-ok.nz](http://www.a-ok.nz)

# Support Services

## Enabling Good Lives Principles



**SELF DETERMINATION**  
Each person is in control of their own life



**ORDINARY LIFE OUTCOMES**  
Each person has aspirations and goals like others at similar stages of life

**RELATIONSHIP BUILDING**  
Each person and family/whānau is supported to build and strengthen relationships with their natural supports and community



**PERSON CENTRED**  
Each person has whole of life supports that are personalised (it will be different for every person and every situation)



**MANA ENHANCING**  
Each person and family/whānau has their abilities and contributions recognised and respected



**MAINSTREAM FIRST**  
Each person has opportunities to do everyday things in everyday places with everyday people at everyday times



**EASY TO USE**  
Each person has supports that are simple to use and flexible

**BEGINNING EARLY**  
Each family/whānau is supported from the beginning to be aspirational for their child



Interactionz makes no representation or warranty of any kind regarding the accuracy, validity or fitness for a particular purpose of any information contained in this document. Interactionz does not accept responsibility for any loss or damage, however caused (including through negligence), which you may directly or indirectly suffer as a result of or otherwise in connection with your use of this document, including any loss or damage incurred as a result of your reliance on advice or recommendations provided in connection with this document, to the fullest extent permitted by law.



## Rent Arrears Assistance

If you're going to lose your housing because you can't pay your overdue rent, you may be able to get Rent Arrears Assistance.

- You don't need to be on a benefit to qualify for this help.
- It depends on your income and assets.
- It's a one-off payment.
- You'll need to pay the money back.

### Who can get Rent Arrears Assistance?

You may be able to get Rent Arrears Assistance if you:

- have overdue rent you need to pay
- may be evicted because you haven't paid your rent
- will be able to stay in the house after you pay the overdue rent.

For example:

- your tenancy isn't about to expire
- you can afford to keep paying the rent.
- have signed the tenancy agreement (or you're a tenant by way of a Family Violence Act order).

You also need to be:

- 16 or older
- living in New Zealand and intending to stay here

- either:
  - a New Zealand citizen, or
  - a permanent resident living in New Zealand for more than two years, or
  - getting a main benefit, like Jobseeker Support.

It also depends on your income and assets.

### What you can get

How much you get depends how much rent you owe. The most you can get is \$4,000 and you'll need to pay it back.

You can only get this payment once in 12 months, unless there are exceptional situations.

If your application for rent arrears assistance is approved, we usually pay the rent arrears to your landlord.

### How to apply

- Call us on 0800 559 009
- If you get NZ Super or Veteran's Pension, call 0800 552 002
- If you get a Student Allowance or Student Loan, call StudyLink on 0800 88 99 00.

We'll talk about your situation and book an appointment for you to apply.

### Find out more

[www.workandincome.govt.nz/rentarrears](http://www.workandincome.govt.nz/rentarrears)

# Support Services



Te Oranganui is an iwi governed organisation offering a number of social, health & wellbeing services to all people who live in the Whanganui and neighbouring regions.

## Services include

**Te Taihāhā:** Specialising in Disability Support

**Toiora Whānau:** Offering Whanau advocacy & community support

**Te Puawai Whānau:** Providing fundamental support to families with young tamariki

**Te Waipuna Health:** Our Medical and Healthcare specialists

**Waiora Hinengaro:** Providing excellent Mental Health, Addictions services as well as Day Activities and Vocational Services for Tangata Whaiora

**Waiora Whānau:** Home to the Healthy Families Whanganui Rangitikei Ruapehu Team and Health & Wellbeing professionals

**P: 06 349 0007**

**E: [support@teoranganui.co.nz](mailto:support@teoranganui.co.nz)**

**W: [teoranganui.co.nz](http://teoranganui.co.nz)**

**Follow us on Facebook & Instagram**

To find out more or to access any of our services, head to our website, call us or pop in and visit us at the Tupoho Complex 57 Campbell Street Whanganui.





## Whanganui

## Budget

## Advisory

## Service Inc.

The Whanganui Budget Advisory Service has been providing top quality, free confidential and non-judgmental budget advice to family / whanau and individuals in Whanganui for over 50 years.

We have seen an increase in the number of people struggling to manage their finances. Reduction in hours of work, increased prices of the 'basics', years of easy credit, etc, mean incomes are less than expenses. Financial burdens impact on every part of our lives, health, relationships, education, etc. We encourage anyone who is experiencing financial difficulties to contact our service as soon as possible. We accept referral from other community organisations, and are happy to work in conjunction with other groups. Our Financial Mentors can create a budget plan, contact creditors, review payment options and explore alternatives. They liaise with departments such as Work and Income and may also refer to other community organisations.

Budgeting assistance aims to remove some of the stress, developing workable plans, giving or restoring the clients' independence in money management and helping to build financial capability and resilience.

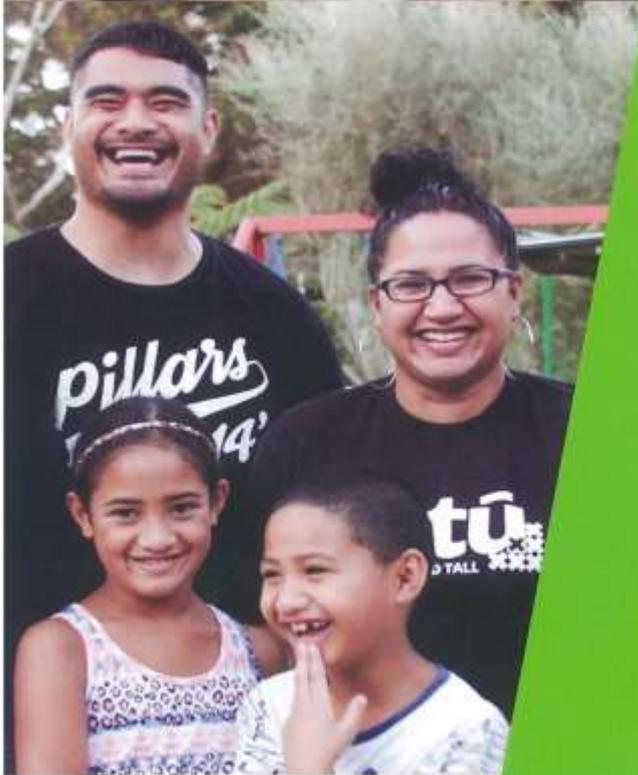
If you would like some budgeting advice, please contact our office on 06 345 3746 or 027 2433 362 or email [wbas@wbas.org.nz](mailto:wbas@wbas.org.nz) (office hours Mon- Fri 9am – 2 pm)

We are currently seeking more volunteers to join our Governance Board, for more information, please see the above contact details.

# Support Services



**Bills.  
Credit cards.  
Kids school  
fees.**



**GET FREE HELP IN  
WHANGANUI**

**Struggling to hold it  
all together?**

**Free call our friendly  
team on **0508 227 111**  
for support and to  
get out of debt.**

christians  
against  
poverty

**CAP**

**capnz.org**

WHANGANUI



**birthright**

nurtured ~ resilient ~ inspired  
children & families

**We specialise in working with families led by one  
person**

- **Enabling you to find practical solutions to day to day problems**
- **Supporting you to engage with services**
- **Parent networking opportunities**
- **Offering parent education**

**244 Victoria Ave**

**P.O. Box 7252**

**Whanganui 4541**

**Phone: 06 34 71770**

**Cell Phone: 0212658713**

**Email: [admin@birthrightwg.co.nz](mailto:admin@birthrightwg.co.nz)**

# Support Services



## Family Works

Family Works Whanganui Invites You To Come And Join One Of Our Awesome Groups To Promote Your Own Resilience And Strengths!



### **“FREE TO BE ME” DOMESTIC VIOLENCE PROGRAMME.**

The Free To Be Me programme provides an opportunity to:

- Express your feelings about what has happened in a constructive and safe environment.
- Increase your understanding of why abuse occurs and how to protect yourself from now on.
- Gain new insights into control issues within relationships.
- Assist you to move on in your life in a positive, safe direction.

Topics for the programme are:

- ❖ Protection Orders and Safety Plans.
- ❖ Power and Control in relationships.
- ❖ Nature and Effects of Abuse.
- ❖ Impact on Parenting and Children
- ❖ Labelling and Expressing Feelings.
- ❖ Effective Communication and Conflict Resolution.
- ❖ Respectful Relationships.
- ❖ Self Esteem.



### **“FREE TO BE ME” CHILDREN’S PROGRAMME**

Programmes have been designed to cater for children, 5-13 Years, who have witnessed family violence.

The programme aims to help children process and understand the violence and abuse that they have witnessed or experienced. They will learn strategies to keep themselves safe. The programme also provides an opportunity for the children to express their feelings about what has happened in a constructive and safe way.

Sessions cover such topics as:

- ❖ Effects of abuse.
- ❖ Labelling and expressing feelings appropriately.
- ❖ Non violent conflict resolution and problem solving.
- ❖ Coping with change, building resilience.
- ❖ Safety Planning.
- ❖ Self Esteem.



### **KIDS’ CARERS PROGRAMME.**

The parents and/or caregivers of the children who attend our "Free to be Me" children's programme are expected to attend weekly adult sessions to support their children. You will receive the exact same information that the children are, resulting in parents/caregivers being on the same page as the children. Everyone learning at the same time helps to bring about helpful changes within in family.



### **Growing Together Parenting Programme**

A relaxed and informative group parenting programme. If you are interested in building stronger relationships with your kids. If you want to be the best parent or carer you can be.... Then Growing Together could be for you!

- Developmental ages and stages • Positive communication • The four parenting styles • The temperaments of your kids • Modelling behaviour you want
  - Setting boundaries, routines, structure and discipline • Managing your own, Emotions.
- You'll identify your own, parenting strengths and challenges, and realise you are not alone!



### **Boundaries For Women Programme**

This programme can help you develop healthier relationships and bring back your zest for life. It will support you to develop and maintain healthy boundaries in your relationships with partners, children, parents, family, whanau, friends and associates.

Topics include:

- What a boundary is and what it looks like in practice.
- How unhealthy boundaries can develop and how to change behaviours.
- How to communicate your needs clearly.
- Characteristics and indicators of healthy boundaries and limits.

**Call Us Or Come And See Us Now!!!**

179 Wicksteed Street, (06) 345-668 | Email: [Familyworks-wanganui@psc.org.nz](mailto:Familyworks-wanganui@psc.org.nz)

**PROGRAMMES ARE FREE!!**

# Support Services & Interest Groups



## NEW ART IN FOCUS

Studio now opening on Tuesdays  
At 61 Dublin Street  
10am-2pm

This session is for bookings only  
Small groups  
Own pace & art medium  
Individually focused creative exploration  
Supported by Art Tutor & Assistant  
No cost for materials or tuition  
Art for Wellbeing

To book phone/text 021 230 4095  
Email whanganuics@gmail.com  
Or call in at the studio  
On Monday or Wednesday  
between 10am & 2pm  
to speak with our Art Tutor



## Learn basic everyday digital skills

0800 526 672 | www.kanorau.nz



## IF YOU ENJOY SINGING, THEN THE WANGANUI MALE CHOIR NEEDS YOUR VOICE!

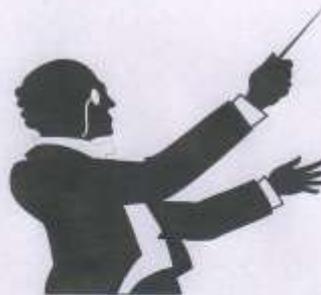
Come along and enjoy the singing and camaraderie that has continued since the Choir was first formed in 1898



The ability to read music is not essential

Having a professionally trained voice is not a requirement

As long as you are a fellow, age is no restriction



Come along and enjoy our rehearsal sessions at the Jane Winstone Chapel every Tuesday night at 7:00pm.

For further details contact:-  
The Secretary, Oliver Lane on Ph. 348 9363 and give it a go.



## Whanganui-Rangitikei-Waimarino

### Cancer Society

Contact us for any Support and Information on any aspect of Cancer

### Our free service includes:

- Transport
- Focus Forums, Carer & Grief Support, Activities
- Massage
- Counselling
- Breast Care Consultants
- Wig Consultants
- Look Good Feel Better Workshops
- Cancer Connect
- Health Promotion
- Welfare Support

NB: Most of the above are available in the Rural areas

Visit us at 3 Koromiko Road, Whanganui or phone: (06) 34 87402

Email for support: kerri.dewson@cancercd.org.nz

Open hours: Monday– Friday 8.30am – 3.00pm

# Support Services & Interest Groups



**VOLUNTEER  
Whanganui**



## BECOME A VOLUNTEER!

The Volunteer Whanganui Centre can help you match your individual skills and interests with a large number of groups who need volunteers.



### FIND US...

Room 110, First Floor, Community House, 60 Ridgway Street, Whanganui



### CALL US...

Sandra or Elizabeth 06 347 9430



### SEARCH US...

[www.whanganuivolunteer.org.nz](http://www.whanganuivolunteer.org.nz)



### EMAIL US...

[whanganuivolunteercentre@xtra.co.nz](mailto:whanganuivolunteercentre@xtra.co.nz)

### NEED VOLUNTEERS FOR YOUR COMMUNITY ORGANISATION

Come and visit us. We are happy to help.

### DOES YOUR COMMUNITY ORGANISATION NEED HELP WITH FUNDRAISING?

Come in and chat with us. We have a "Street Team" that will be happy to help.

**WE ARE  
OPEN**

Monday to Thursday  
9:00 – 4:00 pm

# Need help finding a job?

Choices NZ works with people with disabilities and health needs to achieve employment and thrive on the job. We partner with local businesses to make this happen.

We can provide employment-related case management, including any required and agreed coaching assistance, while working with you to identify open and inclusive employment opportunities.

We assist with:

- Pre-employment training
- Facilitating employment opportunities
- Ongoing work coaching for up to 12 months
- In-work coaching after 12 months
- Coaching on an as-required basis

Come talk to us today!

Visit our website: [Choicesnz.org.nz](http://Choicesnz.org.nz)

**choicesnz**

# Support Services & Interest Groups



## Wanganui Amateur Dance Association Incorporated

hold a social dance on the first Sunday of each month and dancers of all levels are invited

*(Ballroom, New Vogue, Sequence, Latin, Social Dancers)*

**Venue:** St Andrew's Hall, Bell Street, Wanganui (next to the police station)

**Time:** 7pm-9:15pm, followed by supper

**Cost:** members \$5, non-members \$10

**Membership:** \$10 annually

*For further information please call*

**Graeme** on 027 434 1823

[dancesportwanganui@gmail.com](mailto:dancesportwanganui@gmail.com)

## River Rockers Whanganui



*We have members from 6 to 60+  
Come along and learn Rock n Roll in a friendly supportive environment*

**Where:** 20 Trafalgar Place - hall just inside the rear gates to Cooks Gardens

**When:** Wednesday    Beginners Class 6-7pm  
Supper 7-7:15pm  
Intermediate Class 7:15-8pm  
Advanced 8pm

**Cost:** First lesson is free  
Adults Non-Member \$7  
Adult Member \$5  
Child Non-Member \$3  
Child Member \$2

Great Company  
Great Exercise

[riverrockerswhanganui@gmail.com](mailto:riverrockerswhanganui@gmail.com)

## Whanganui Community Living Trust

Room 203 Level 2

Community House

Ridgeway Street Whanganui 4541

06 348 0089

### **Philosophy:**

We believe:

That people with or who identifies of having a mental illness or disability have the right to play a full and active part in their community independently or working towards independence.

- ✦ Enhanced Mobile Services
- ✦ Social Support
- ✦ Medication Management/Oversight

Our Services are within the Whanganui and Rangitikei Districts, and a self-referral can be made via yourself, GP or CMH.

For more information feel free to contact the Clinical Team Leader or Trust Manager on 06 348 0089

The **Multicultural Council of Rangitikei/ Whanganui** is a non-profit organisation registered by the Charities Commission which is run by volunteers to support ethnic communities and others in need.

For further information or information on upcoming events please email

[info@wanganuimulticultural.co.nz](mailto:info@wanganuimulticultural.co.nz)



# Support Services & Interest Groups



60 Ridgway Street, Wanganui 4500  
(06) 281-3195

[wanganuidnz@gmail.com](mailto:wanganuidnz@gmail.com)  
[www.facebook.com/groups/wanganuidnz](http://www.facebook.com/groups/wanganuidnz)

## Marton Diabetes Support Group

Normally meet 1<sup>st</sup> Saturday of the month from 2pm  
Friendship Hall, 7 Morris Street, Marton  
(06) 327-7281 / 021-342-524  
[martondnz@gmail.com](mailto:martondnz@gmail.com)

## Diabetes Wanganui Youth Parents Support Group



Support Group Meets Regularly  
Tea, Coffee & Soft Drinks Provided

- These meetings are an informal get together over a cuppa.
- A chance to meet up again or come along and make some new friends with people who understand the daily challenges of diabetes.

For more information and to register please contact  
Andrea Bell (Youth Coordinator)  
Phone (06) 357-5992 or 027-492-8801  
Email [youth@diabetestrust.org.nz](mailto:youth@diabetestrust.org.nz)



## Women's Refuge Whanganui

*Te Piringa Puna Wahine*

*Walking alongside women who experience intimate partner violence*

- Safehouse Service
- 24/7 Crisis Line Service
- Advocacy Service
- Whanau Protect Monitored Alarm Service

Crisis line: 0800 REFUGE  
40 Ingestre Street  
06 344 2204  
[advocate@refugewhanganui.org.nz](mailto:advocate@refugewhanganui.org.nz)  
FB Women's Refuge Whanganui  
[www.womensrefuge.org.nz](http://www.womensrefuge.org.nz)

MUSIC & MOVEMENT PROGRAMME

## Little Rockers

AGE 0-5 YEARS | MONDAYS 10AM - 11.30AM  
| GOLD COIN ENTRY | MORNING TEA



THE SALVATION ARMY  
WHANGANUI CITY CORPS  
4 INDUS ST  
PH 06 345 2343

EMAIL: [WHANGANUICITYCORPS@SALVATIONARMY.CO.NZ](mailto:WHANGANUICITYCORPS@SALVATIONARMY.CO.NZ)

## Tramway Wanganui Trust

### Tram Rides

from Tram Barn, 29 Taupo Quay  
every Sunday 1-3pm



Group Bookings Welcome  
Phone Kritzo 027 271 8099  
[Facebook.com/wanganuitramways](https://www.facebook.com/wanganuitramways)



### DO YOU HAVE A DESIRE TO DRAW BUT DON'T KNOW WHERE TO START?

*Do you feel sad or unsettled & find it difficult to find a peaceful space?  
Drawing from the flow allows you to draw whenever you want, while finding  
a peaceful space inside yourself.*

*Give that art a voice!  
Space limited to 12 | Runs for 4 weeks | 1 hour a week on Mondays |  
Time to be confirmed.  
Community Service Card holders \$20 wk or one payment \$60  
All others one off payment \$120*

Call Andrea 0220 103577 | [a.butlin@gmx.com](mailto:a.butlin@gmx.com)

## Are you looking for a sports club, social group or community group?

FIND THEM ON OUR COMMUNITY  
ORGANISATIONS DATABASE  
[www.communityhouse.org.nz](http://www.communityhouse.org.nz)  
or call us on (06)347 1084

*If you have a community event which enhances our  
social community, and would like to have*

## Free Face Painting there

*or as a fundraiser,*

*please contact me Kirsty on 021 212 3819 or*

*email [lovelifelivefacepainting@gmail.com](mailto:lovelifelivefacepainting@gmail.com)*

*facebook [www.facebook.com/Lovelifelive-  
face-painting-hire](https://www.facebook.com/Lovelifelive-face-painting-hire)*

*website <http://lovelife.myob.net>*



# Support Services & Interest Groups

Wanganui Male Choir (Inc)



## BECOME AN ACTIVE MEMBER

COME AND JOIN US AS A CHORISTER

YOU DO NOT HAVE TO BE PLACIDO DOMINGO,  
NOR DO YOU HAVE TO BE ANDREA BOCELLI

WE ARE AN UNAUDITIONED MENS' CHOIR, ON  
THE LOOKOUT FOR NEW SINGERS, AND HAVE  
BEEN ACTIVE SINCE 1898

WE HAVE TWO MAJOR CONCERTS EACH YEAR,  
AND OCCASIONALLY PERFORM WITH OTHER  
CHOIRS DURING THE YEAR.

WE REHEARSE EACH TUESDAY 7.00pm  
AT THE JANE WINSTONE VILLAGE CHAPEL,  
OAKLAND AVENUE

## WE NEED A FEW GOOD MEN!!!!

President:	Tony Ross	027 611 5533
Secretary:	Oliver Lane	021 618 879
Past President:	Dennis Brown	027 240 4598

GET OUT OF THE SHOWER AND ON TO THE STAGE

## The City Mission

The Food Bank, City Mission Whanganui administrative offices are operating from 7 Park Place (ground floor).

The "Zest for Mission" shop continues to operate at 163 Victoria Avenue.

Phone: (06) 345 2139

Email: [admin@citymissionwhanganui.org.nz](mailto:admin@citymissionwhanganui.org.nz)

Website: [www.citymissionwhanganui.org.nz](http://www.citymissionwhanganui.org.nz)



## Friendship Meals

Friendship meals are **cooked midday meals** served at different churches throughout Whanganui for a donation of \$4

**Tuesday:** Christ Church, Wicksteed Street, Central City

**Wednesday:** St Lukes Church, cnr Cornfoot & Manuka Streets, Castlecliff

ALL MEALS START PROMPTLY AT 12 noon

Meals include Main Course, Dessert, & Tea / Coffee



## FAMILY WORKS FREE TO BE ME CHILDRENS SUPPORT & SAFETY

### PROGRAMMES HELP CHILDREN TO:



- BUILD RESILIENCE
- COPE WITH CHANGE
- CREATE SAFETY PLANS
- EXPRESS EMOTIONS IN A SAFE PLACE
- FIND NON-VIOLENT CONFLICT RESOLUTIONS

Groups are for the following ages - 5-7 years...8-10 years...11-13 years & Sibling Groups

Programmes run over 8 weeks during the school term  
and we prefer enrolments to be completed prior to the school holidays.

Please phone us on (06) 345 6681 to talk to staff, request a referral form or visit the Family Works website

<http://www.psc.org.nz/family-works/services-near/whanganui/>

Whanganui Highland Pipe Band Inc



Established 1918

### WANTED

Young people aged 9 to 17  
To learn to play the bagpipes

**Classes :** Mondays 3.30pm – 5.00pm  
St Andrew's Hall, Bell Street  
(next to the Police Station)

Just come along  
or phone Graeme 06 347 7309

## Join U3A to keep your brain ticking.

Think about joining U3A. Annual membership is only \$15.



Whanganui  
LIFELONG LEARNING

Contact Rosemary Higgle (06) 347 6817 [rhig@xtra.co.nz](mailto:rhig@xtra.co.nz) for a welcome pack (subscription form, the latest newsletter and list of groups you can join).



## The Ward Observatory

Wanganui Astronomical Society

for more information visit

[www.facebook.com/WanganuiAstronomicalSociety](http://www.facebook.com/WanganuiAstronomicalSociety)

# Support Services & Interest Groups

**Parkinson's Whanganui  
Community Educator Service**



[wanganuiparkinsons@yahoo.com](mailto:wanganuiparkinsons@yahoo.com)

PO Box 102  
Whanganui

[www.parkinsons.org.nz](http://www.parkinsons.org.nz)

**ARE YOU CARING FOR SOMEONE ELSE'S CHILD?**

**DO YOU NEED 24/7 SUPPORT?**

**THEN YOU SHOULD JOIN US.**



**WANGANUI FOSTER CARE ASSOCIATION INCORPORATED.**

*"We are an organisation for Foster/Family/Whanau to support each other in our work as caregivers. We are a group of people providing a unique service to the community. We share our homes, lives and families with children and young people who require support and care."*

**Joining our organisation is free of charge and you will become a valued member of our team.**

**We have meetings every two months to keep you informed with up to date information.**

**You will be sent a monthly newsletter on line.**

**We are active in providing outings for our members and children.**

**Please contact Dyan Ratana at 021 816361 if you wish to become a member.**

**"CAREGIVERS ARE ORDINARY PEOPLE DOING EXTRA-ORDINARY THINGS"**

## Need to contact Inland Revenue?

*There's great look and feel to our website making it easy to navigate and find all your information*

You can register for myIR as an individual, some of the things you can do:

- view and update relevant accounts
- update contact information for you
- send secure email
- make payments
- track refunds
- file tax returns ... and much more.



You can call us **toll free** from any phone

Monday to Friday 8am - 8pm or Saturday 9am - 1pm

General tax queries	0800 227 774
Working for Families	0800 227 773

Our helpful staff will attempt to answer your query during this call. If you need see us face to face, our staff can book you an appointment at one of our mobile offices.



## realising the dreams and aspirations of youth

### tau awhitia te taiohi, ka puta ki te wheiao

Life's complicated! Everybody needs a hand sometimes. Youth Service can help you figure out the hard stuff so you can focus on what's important: yourself, your whānau and your future.

who we can help:

- you're 16 or 17, and you're not in school, training or work
- you're 16 or 17, and you're in school or training, but you're at risk of dropping out, or
- you're 15, and you've left school with a Ministry of Education leaving exemption.

How we can help:

- Education/training courses
- Planning your future
- Connecting you to other services

For further information please see our website [www.youthservice.govt.nz](http://www.youthservice.govt.nz)

Or email us on [youth\\_service\\_Whanganui@msd.govt.nz](mailto:youth_service_Whanganui@msd.govt.nz)



# Support Services & Interest Groups



## Imagine having glass in your joints ...that's arthritis

It's incurable, very painful and affects over 670,000 New Zealanders Babies, children, sports people, mums - *anyone, anytime.*  
We can't cure them, but we can help. [www.arthritis.org.nz](http://www.arthritis.org.nz)



**ARTHRITIS  
NEW ZEALAND**  
KAIPONAPONA AOTEAROA



**ARTHRITIS  
NEW ZEALAND**

KAIPONAPONA AOTEAROA

## ARTHRITIS NEW ZEALAND

For information on seminars, education talks, gout clinics, and workplace workshops,  
phone 0800 663 463

### Whanganui District Library Home Service



*Can't Access the library?  
We'll bring it to you*

The Library Home Service provides items from the library to your door for free, kindly delivered by volunteers. If you have had a recent operation or decreasing mobility due to age or illness you could be eligible for this service.



*If you think Home Service could benefit you or someone you know please contact Candy Stevens on (06) 349 3203*

# River City Artists

ARE YOU INTERESTED IN PAINTING WITH A PROGRESSIVE GROUP OF PAINTERS?

Every Thursday | 9.30am -4pm | 243 Wicksteed St

From beginners to established artists - all mediums  
Air conditioned rooms | Free off road parking

Contact  
Val Donkervoort - 06 343 6316 | 027 4599 448  
Lynne Walker - 021 2055 991

# Playcentre

Playcentre's strength is in the support of all whānau. It provides a safe, stimulating, empowering and nurturing environment enabling children to reach their full potential and enabling adults to develop new skills, which will last a life time.

**Aramoho**  
Burnell St  
(Churton School)  
Tue-Thurs-Fri  
9:15am - 12pm  
343 1829

**Eastside**  
10 Matarawa St  
Tue-Wed-Thur  
9am - 12pm  
344 7119

**Rapanui-Brunswick**  
Rapanui Rd  
Tue-Wed-Thur  
9am - 12pm  
342 9857

**Springvale**  
39 Fox Rd  
Mon-Tues-Wed-Thur-Fri  
9am - 12pm  
344 7119

**Turakina**  
Turakina School  
State Highway 3  
Tues 9am - 12:30pm  
06 3426604

**3 FREE visits**

[www.Playcentre.org.nz](http://www.Playcentre.org.nz)  
Whānau tupu ngātahi - families growing together

# Support Services & Interest Groups



## GRUMPY OLD MEN ENTERPRISES

We Recycle All Household Goods for Local Charity

Our material comes from individuals who drop their old items off at our premises as well as from local organisations. We work closely with all local charitable organisations.

**ALL PROCEEDS** are distributed to worthy local organisations and individuals, mostly to our kids in the community.

### WE ACCEPT

Stereos	Ovens
Dishwashers	Videos
DVD Players	Electrical cords
Appliances	Lawnmowers
Computers	IT Equipment
Cell Phones	Tools
TVs	

Scrap from your Shed

### UNFORTUNATELY WE DO NOT ACCEPT

Fridges	Freezers
Printers	Scanners
Landline Phones	

You can find the Grumpy Old Men Enterprises on FACEBOOK or CONTACT DICK on 021709508 or JIM on 0274447474.

If you are unable to drop off we pick up for a nominal fee of \$5.00

We appreciate your support for this worthy venture for our community.

More "Grumpy Old Men" are welcomed

*You don't have to be GRUMPY but it helps*

Workbridge is a specialist employment service that works with people with all types of disability, injury or illness. We are about recognising and strengthening ability rather than focusing on disability. This means the people we promote for a vacancy will have the necessary skills and attitudes for the job.



We work at no cost for jobseekers and employer to match abilities with employment.

### For Jobseekers:

We work with people who have been living with the effects of their disability, injury or illness for more than six months.

You can approach us directly or you can also be referred. We can assist with setting your work goals and reaching them, building your job search skills, including how to apply for jobs, polishing your interview skills and preparing a current CV.

### For Employers:

We can help your business access the massive untapped talent pool of people with disabilities looking for work. International research shows disabled people often demonstrate excellent problem-solving skills, have low absenteeism, stay in jobs for longer periods and cost similar amounts to employ to anyone else.

Workbridge will assist you by taking the time to understand your business and meeting your recruitment needs, putting forward people with the necessary skills and attributes for your job, whether it's full time, part-time or casual, support you to build a positive and diverse workplace and helping you access disability-related workplace support where needed.

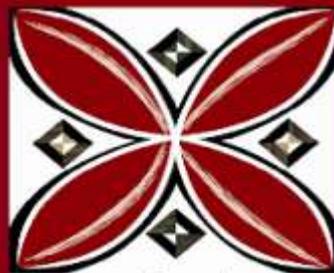
Please call 0508 858 858 for more information on how we can help.



## River City Rebus Club

Phone (06) 348 7688 or (06) 344 8110

Membership is available to Retirees who wish to keep minds active, expand interests, and enjoy the conviviality of new friends and acquaintances.



Whanganui Learning Centre



## CO-DESIGN YOUR FUTURE

We welcome individuals and their families to work with us to create positive change.

We work especially with people who have anxiety issues and welcome a call

**PH: 348-4950 TXT: 021 293-6879**

### 232 WICKSTEED STREET PROGRAMMES

- **Learner Licence** (10am-noon) Tues & Thurs
- **Brush Up** (9.30-noon) Mondays
- **Skill Up for Work & Study**  
(1pm-2.30pm Mondays)
- **Computing** (10am-noon) Mon & Wed
- **Health for Success** (phone for days)
- **Money Management** (phone for days)

WE DO REPAIRS & RESTORATION OF MOST FURNITURE. REPAIR GARDEN TOOLS. BUILD COFFINS BIRD FEEDER, BUMBLE BEE NESTING BOXES BOXES. GARDEN PLANTER BOXES

# Men's Shed

292 Wicksteed St, opposite Central Baptist Church | Open Tues & Thurs 9-3pm

Our team come from all walks of life, we have a diverse range of skills and talents & a great camaraderie sharing a cuppa and a yarn. We are retired older men and women who still want to volunteer and contribute to our community and feel useful along the way. If you would like to know more pop in and ask for Ivan or Ken. See you at The Shed.

Call Ivan 027 229 0994 or Ken 027 637 7231

# Support Services & Interest Groups



## Hearing Wanganui Hearing Protection Programme

This is an educational, scientific, fun and interactive programme that is designed primarily for children aged between 8 – 12 (Year 4 to 8) to learn about decibels, hearing and how to prevent hearing loss.

The Hearing Protection Programme has been proven effective in changing attitudes and behavior associated with hearing. You get to explore sound, the way it travels, and how you can protect your hearing for years to come! For further information or to book a Hearing Educator for your school, club, group, social event, or just needing a guest speaker please phone:

**Hearing Wanganui / 06 347 9743  
35 Dublin Street, Wanganui 4500**

## St John Health Shuttle

St John Health Shuttles operating between Wanganui and Palmerston North



- Health Shuttle bookings should be made at least 24hrs before your appointment.
- Health Shuttles are provided as a community service, and your donation to the driver assists us to keep the service running.

Please phone **0800 266 547** between 8:30am and 2pm, Monday to Friday to book for health-related appointments.

## Wanganui's Own Flock of Lesbians



Regular social meetings for Lesbian/Gay women for coffee, brunch, fun activities, pink drinks, support, ideas sharing, and a laugh...

Email [wangaflock@outlook.co.nz](mailto:wangaflock@outlook.co.nz)

and be in the loop for monthly itinerary and newsletter.

Lesbians visiting Wanganui are welcome to join in.

*Please note:* Screening is in place for all new comers by way of a coffee and a chat. *Jennifer*

**Free  
wheelchair  
quilts!**



Rivercity Quilters are donating us some wheelchair quilts to give away to anyone who they would be of use to. They will be dropped off to us to hold at the office. If you would like one please call:

Community House on 06 347 1084 or  
Email: [manager@communityhouse.org.nz](mailto:manager@communityhouse.org.nz)

## Men's Grief Individual Support

**Men who have suffered a loss (any loss — a wife, partner, child or sibling, divorce, redundancy etc.) are welcome for empathy and understanding.**

We offer on to one sessions in the strictest confidence

**WE FACE GRIEF TOGETHER**

Please phone Pastor **Barrie** (06) 344 3345  
or **Doug** (06) 345 0392



**ms.**  
Wanganui

- Information
- Support
- Advocacy



- Information and education about Multiple Sclerosis
- Free Field Worker service
- Covering Rangitikei and Whanganui
- Support for Allied Health Professionals
- Regular support groups, exercise programmes, and practical education sessions
- Access for individual MS Scholarships and Grants

Phone: (06) 345 2336 / 021 744 195

Email: [heather@mswanganui.org.nz](mailto:heather@mswanganui.org.nz)

Room 110, 1<sup>st</sup> Floor, Community House  
60 Ridgway Street  
PO Box 102, Wanganui

[www.mswanganui.org.nz](http://www.mswanganui.org.nz)



**LIGHT  
YOUTH  
WHANGANUI**

Light Youth is Whanganui's newest established lgbtq+ group for any youth 13-25 of any sexual orientation, gender or sex. We are composed of queer youth, for queer youth and aim to be an uplifting source of support and education within our community

Where: Nga Tai o Te Awa, 142 Guyton St  
When: Mondays (Term Time)  
Time: 3.30-5pm

*msg us on FB and we can arrange for a friendly face to meet you outside so you don't have to walk in alone :)*



@Lightyouthwhanganui

# Support Services & Interest Groups



**COMMUNITY LEGAL  
ADVICE WHANGANUI**  
He Takohanga, He Whakamāramatanga

**Open by  
appointment only.  
Please call first.**

Community Legal Advice Whanganui  
We cover Whanganui, and the wider area including the  
Ruapehu and Rangitikei Districts to provide :

- Advice
- Assistance
- Advocacy

· And representation in all areas of the law including:  
Family, Employment, Tenancy, Immigration, Neighbours,  
Consumer and EPOA.  
We also conduct Education Sessions around these areas.



**Find us at Suite 2, 236 Victoria Avenue**

**Masks to be worn at appointments**

**Call : 06 348 8288 or email [claw@claw.co.nz](mailto:claw@claw.co.nz)**

## SeniorNet Wanganui

Seniors helping seniors to get the most out of modern technology. Learn how to make your smartphones, tablets and computers work for you to make your life easier and more enjoyable.

Ring 345 9772 now and leave a message  
or check out the website:  
<http://www.seniornetwanganui.org.nz>

Wanganui



**SeniorNet**  
Learning technology together.

**NEED TO TALK?**

**1737**

**free call or text  
any time**



**Citizens  
Advice  
Bureau**



**Citizens Advice Bureau Whanganui**  
Te Pou Whakawhirinaki o Whanganui

Free and confidential service, including  
**Employment Consumer Tenancy  
Family & Personal  
Legal Appointments\*Criteria Apply**

**Citizens Advice Bureau Whanganui**  
Te Pou Whakawhirinaki o Whanganui  
120 Guyton Street – (06) 345 0844  
Email: [whanganui@cab.org.nz](mailto:whanganui@cab.org.nz)  
**Open Mon-Thurs 9.30am-3.30pm, Fri 9.30am-12.30pm**

# Support Services & Interest Groups



We act as a support service for those who need advice, direction, and assistance with their day-to-day management of a brain injury.

- Liaison Officer
- Support Groups for Clients & Whanau
- Information and Resources about Brain Injuries
- Advocacy service

Community House, Room 104,  
60 Ridgway Street | PO Box 102,  
Whanganui 4541  
P 06 347 9721 | M 027 227 1202  
E liaison.whanganui@brain-injury.org.nz

Every day, 90 New Zealanders sustain a brain injury  
- there's help on hand



HIPPY is an opportunity for parents to be actively involved in preparing their children for school.

- Fun and effective
- Activity based
- In home tutoring
- Complimentary to centre based learning.

To find out more contact Robyne Huthnance...Coordinator on  
027 3315806



The Koha Shed Whanganui

88 Duncan Street



## FOOD BANK

### Hours

Monday to Friday  
9am to 2pm

Please contact 027 4040240 or message our facebook page outside these hours



## EPILEPSY NEW ZEALAND®

THE NATIONAL EPILEPSY ASSOCIATION OF NEW ZEALAND

*kia titiro ki te tangata - see the person*

Epilepsy NZ Taranaki/Whanganui Branch Educator Dianne is available for Face-to-Face appointments with people with epilepsy or their Family/Whanau.

Free Training is available for Schools, Kindergartens etc for staff that work with children who have epilepsy.

For Professional Development, Epilepsy Safety Training for Staff for small or large groups is available for a Fee.

Also contact Dianne if you are also interested in a Support Group.

**Contact Details: Dianne Darbyshire Epilepsy Educator**  
Ph: 027 221 3657 / 0800 Epilepsy (37 45 37)  
Email: taranaki@epilepsy.org.nz



## Whanganui Regional Health Network

100 Heads Rd, PO Box 4260 Wanganui  
P: (06) 348 0109  
E: info@wrhn.org.nz  
W: www.wrhn.org.nz



Come along for a chat and a cup of tea, and meet others who share similar experiences to you. We discuss ways in which we manage our condition and offer you some support.

The group meets on the fourth Thursday of each month, in the Gonville Centre Community Room at 44B Abbot Street. Everyone is welcome.

Phone or text Mary on: (06) 348 0109 or 029 222 5388



**ARE YOU FUNDRAISING?**  
DID YOU KNOW WE HAVE A  
MOBILE EFTPOS MACHINE FOR HIRE

CALL Shelley @ Community House Whanganui

**06 347 1084**



# Support Services & Interest Groups

## GRAVESIDE CARE WHANGANUI

"We care when you can't be there."

Regular, gentle cleaning and care for your loved ones memorials.



Wendy Allwright & Tracey Eades  
Call us on 021212 4212, or  
email to [Gravesidecarewgi@gmail.com](mailto:Gravesidecarewgi@gmail.com)  
[www.gravesidecarenz.weebly.com](http://www.gravesidecarenz.weebly.com)



## Wanganui Toy Library

142 London Street, Wanganui

Open every Thursday 9:30am – 11:30am

And every Saturday 10am-12noon

[wanganuitoylibrary@gmail.com](mailto:wanganuitoylibrary@gmail.com)

027 746 6153

Facebook: Wanganui Toy Library



## Youth Services Trust Whanganui

39-41 Drews Ave

youth services trust

YST provides free health and support services to youth aged between 10-24 years

Services currently provided are:

- Nurse Clinics
- Doctor Clinics
- Counsellors
- Social Work
- Youth Advocacy

Other services provided on site are:

- SUPP
- 100% SWEET
- Sexual Health Clinic (all ages)
- UCOL Health Care

Phone (06) 348 9935 0226855912

Email: [admin@yst.org.nz](mailto:admin@yst.org.nz) find us on Facebook

## Waverley Old-Time Country Music Acoustic Group

1st Saturday of every month, 1pm – 4:30pm

Waverley Baptist Church, SH 3, Waverley

All profits are returned to the community

\$2 Door Donation

All Welcome



For more information contact Cindy  
or Cliff (06) 346 6424 (free calling from Wanganui)

## Wanganui Blind and Partially Blind Craft Group

Support blind and partially sighted people to achieve self-esteem and greater independence through learning handcraft skills and providing an effective environment where members can socialise together.

Vacancies are available on either Monday or Tuesday afternoons at 1:30-3:30pm.

They are looking for volunteers



- to assist members on Monday afternoons, and
- volunteer drivers for either Monday or Tuesday to transport members to and from Craft Group

Contact Bev (06) 348 4407

## Male Singers / Lyric Singers

Non-Audition Choir

All Welcome

Contact Joanna Love (06) 345 9073

Practices Thursday Evenings



## Plunket Playgroups

## Plunket Coffee Groups

Plunket has an **Under 2's Playground** on a Monday 9:30-11:30am and an **Open Age Playgroup** Friday 9:30-11:30 running from the Family Centre at 6 Bates Street.

Our PEPE Groups (Parent Education) are run weekly and usually last for 5-6 weeks.

Contact Heidi Wright, Community Support Coordinator on 021 529 600 or email [heidi.wright@plunket.org.nz](mailto:heidi.wright@plunket.org.nz)



## Adult Literacy Rural Trust

Adult Literacy Services for Rural/Isolated Adults

FREE reading and writing lessons  
for rural/isolated adults

**0800 891 339**

By phone or by skype or at a local class

# Support Services & Interest Groups

ALCOHOL & SUBSTANCE ABUSE

# RELAPSE PREVENTION GROUP

**THURSDAY / 10AM TO 12PM  
@BALANCE ROOM 120**

**1ST FLOOR  
60 RIDGWAY ST  
WHANGANUI**

## **Monthly Learning / Intellectual Disability Carer Support Network**

*Do you care for someone with a  
learning disability?*

*Would you like to meet others who are caring for and  
helping people with learning disabilities to make choices  
and come to decisions which will affect their wellbeing?*



***Would you like the opportunity to share information and friendship  
with others who have the same role?***

The support group meets on the last Thursday of each month, between **10:30am and 12:30pm** at the 48 Alma Road, Wanganui.

***All are most welcome. Morning tea / coffee and biscuits provided***

For more information phone (06) 929 3161 or txt Linda 021 230 4095

# Support Services & Interest Groups

## The Compassionate Friends Parents Grief Support

If you have experienced the death of a beloved child — of all ages, from any cause, recently or years ago.

We offer one to one confidential support sessions.

Contact us to chat or just listen — even cry with those you know your pain.

Contacts: Keren (06) 344 3345  
www.thecompassionatefriends.org.nz



Alcoholics Anonymous

## Alcoholics Anonymous

Phone 0800 229 6757

*If you have a drinking problem maybe we can help...*

AA Wanganui Area Meetings:

- Sunday:** St John's Lutheran Church, 51 Liverpool Street, 9:00 am
- Monday:** Friendship Hall, Morris Street, Marton, 7:30 pm
- Tuesday:** **Tuesday Lunchtime Steps & Traditions**  
St John's Lutheran Church, 51 Liverpool Street, 12:30 pm
- Wednesday:** St Luke's Church Hall, 34 Manuka Street, Castlecliff, 7:30 pm
- Thursday:** St John's Lutheran Church, 51 Liverpool Street, 7:30 pm

## AL-ANON FAMILY GROUP

CONFIDENTIAL SUPPORT FOR FAMILY AND FRIENDS  
OF PROBLEM DRINKERS

*Every Tuesday at 7:30pm*

*Quaker Meeting House*

*256 Wicksteed Street, Wanganui*

*Every Friday at 12:30pm*

*Gonville Library Meeting Room*

*44 Abbot Street, Wanganui*

*...just pop on in ☺*



## Monthly Learning / Intellectual Disability Carer Support Network

*Do you care for someone with a learning disability?*

*Would you like to meet others who are caring for and helping people with learning disabilities to make choices and come to decisions which will affect their wellbeing?*



*Would you like the opportunity to share information and friendship with others who have the same role?*

The support group meets on the last Thursday of each month, between 10:30am and 12:30pm at the 48 Alma Road, Wanganui.

*All are most welcome. Morning tea / coffee provided*

For more information phone (06) 929 3161 or txt Linda 021 230 4095

## Pedestrians on Wheels

*Monthly Meetings*

• *1st Wednesday of each month*  
at Cactus Cream Café, 87 Victoria Avenue

*for Afternoon Tea at 1:30pm,*

• *3rd Wednesday of each month*  
at The Brick House, 72 St Hill Street

*for Lunch at 12:30pm,*

*followed by a Meeting at 1:30pm*

*(People may attend meeting without attending lunch)*

Events are for those on Mobility Scooters and Wheelchairs.

*For more information contact*

Noelene Lane 027 758 0471



## Eftpos for Hire

Community House now has an eftpos machine available for hire.

Rates are negotiable depending on usage, with discounts available for not-for-profits.

For further information or to book please give us a call on (06) 347 1084.



IF AN EARTHQUAKE IS

**LONG**

OR

**STRONG**

**GET GONE**



## NARCOTICS ANONYMOUS

"If you use drugs that's your business.  
But if you want to quit, that's our business"

**Meetings**

Tuesday 7:30pm at St Paul's, cnr Cooks and Guyton Streets (side entrance Cooks Street)

Thursday 7:00pm Women's Meeting at WLC 232 Wicksteed Street

Friday 7:30pm at St Paul's, cnr Cooks and Guyton St (side entrance Cooks Street)

Sunday 7:00pm Men's Meeting at Salvation Army, 4 Indus Street (Women also welcome)

**call 0800 628 632, 0800 NATODAY**

<https://nzna.org/>



# Counseling Services



## Paul Jacobson Counselling

Room 109 | Community House | 60 Ridgway St | Whanganui  
P : 027 554 5543 | E : pjislandby@yahoo.co.nz

## The Counselling Centre (Marton)

[www.counsellingcentre.org.nz](http://www.counsellingcentre.org.nz)

located at 18 High Street, Marton

Phone (06) 327 5245

We provide Counselling and Family Therapy to individuals, couples and families in the wider Rangitikei district. This geographical area covers the rural towns of Marton (where we are based), Hunterville, Turakina, Ohingaiti, Mangaweka, Taihape and Bulls.

We are an incorporated society managed by a committee of local people. We receive funding to keep our service functioning from a number of different sources which include government agencies and charitable trusts.

Clients can self-refer and we also receive referrals from professional and health services in the Rangitikei district.

Our counsellors are skilled and experienced with professional counselling qualifications, are Members of New Zealand Association of Counsellors (MNZAC) and have strong networks and connections within the Rangitikei area.

We ask our clients for a small donation of between \$5.00 and \$40.00 per counselling session depending on financial ability. However, if it is too difficult to make a donation we are happy to provide Counselling at no charge.

### Nicola Hartfield

Fellow Arbitrators' and Mediators' Institute NZ

[nicola@nicolahartfield.com](mailto:nicola@nicolahartfield.com)

[www.nicolahartfield.com](http://www.nicolahartfield.com)

Workplace Supervisor / Family Mediator



**COUNSELLING  
CABOODLE**  
PROFESSIONAL SUPERVISION SERVICES

Debbie Biggar Phone: 02102689486 or [info@counsellingcaboodle.co.nz](mailto:info@counsellingcaboodle.co.nz)

Whanganui, Bulls, Marton, Palmerston North or via Skype

Clinical or professional supervision, Counselling, or EAP (Employment assistance programme)

ACC Sensitive Claim and ACC Physical Injury.

Individuals Couples Groups Workshops Education sessions

Trauma	Anger management
Individuals, couples or groups	Mental health (depression, anxiety etc)
Addictions	Sexual Abuse
Relationships	Grief
Work place issues	Bullying
Self discovery	Managing change
Family dynamics	Assertiveness training/communication
Medical issues	And much more!

Will travel to other areas by negotiation. Able to do assessments and reports

Full member of NZAC, Registered DAPAANZ and DAPAANZ approved supervisor

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



## Fliss Newton

MNZAC; Dip GINZ; TTC;  
Cert Social Work

- ☺ Professional Supervision
- ☺ Couples Counselling
- ☺ ACC Trauma Recovery
- ☺ Children
- ☺ Workplace Issues
- ☺ Reaching your Potential.

(06) 347 6377

[fliss@inspire.net.nz](mailto:fliss@inspire.net.nz)

## Barrie Marsh

Diploma of Social Work

General Counsellor

*Strict Confidentiality and  
Privacy Assured*

Ph (06) 344 3345

Email [marshkandb@gmail.com](mailto:marshkandb@gmail.com)





## Red settings are currently in place

 100 people in this venue only

 Vaccine pass required

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz)

Te Kāwanatanga o Aotearoa  
New Zealand Government

**Unite against COVID-19**

## Life at Red

-  Make sure you have your My Vaccine Pass ready to be checked - most places will have restrictions in place
-  Workplaces are open - where appropriate staff may work from home
-  Everyone can go to school - public health measures will be in place
-  Wear a face covering whenever you leave the house
-  Keep scanning QR codes and record keeping everywhere you go
-  Keep physically distanced where possible
-  If you have cold or flu symptoms isolate immediately and call Healthline for advice about a test

Te Kāwanatanga o Aotearoa  
New Zealand Government

**Unite against COVID-19**

# How to wear a face covering safely

## Putting on a face covering:



### Clean your hands.

Before you put on your face covering, wash and dry your hands or use hand sanitizer.



### Check your face covering.

Make sure it is clean, dry and not damaged.



### Put on your face covering.

Place the face covering over your nose, mouth and chin, and place the loops over your ears to hold the mask in place.



### Replace the face covering if it becomes damp, damaged or dirty.

Dispose of single-use face coverings in a rubbish bin. Or store your reusable face covering in a plastic bag until you can wash it.

## When wearing a face covering you should avoid:



Touching the front of your mask.



Touching your face.



Moving your face covering.

For updates and more information on staying safe, visit [Covid19.govt.nz](https://www.covid19.govt.nz)

New Zealand Government



# Download NZ COVID Tracer

New Zealand's official contact tracing app



NZ COVID Tracer helps you keep a digital diary of where you've been and when you were there. This helps to protect yourself, your whānau, and your community by allowing us to quickly reach people who may have been exposed to COVID-19.

Search NZ COVID Tracer app now:



# My Covid Record

## Get your COVID-19 Vaccination Records

Visit [mycovidrecord.nz](https://mycovidrecord.nz)

To Kōwhiriwhiri e Aotearoa  
New Zealand Government



# Kia ora – vaccine pass required for entry

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz)

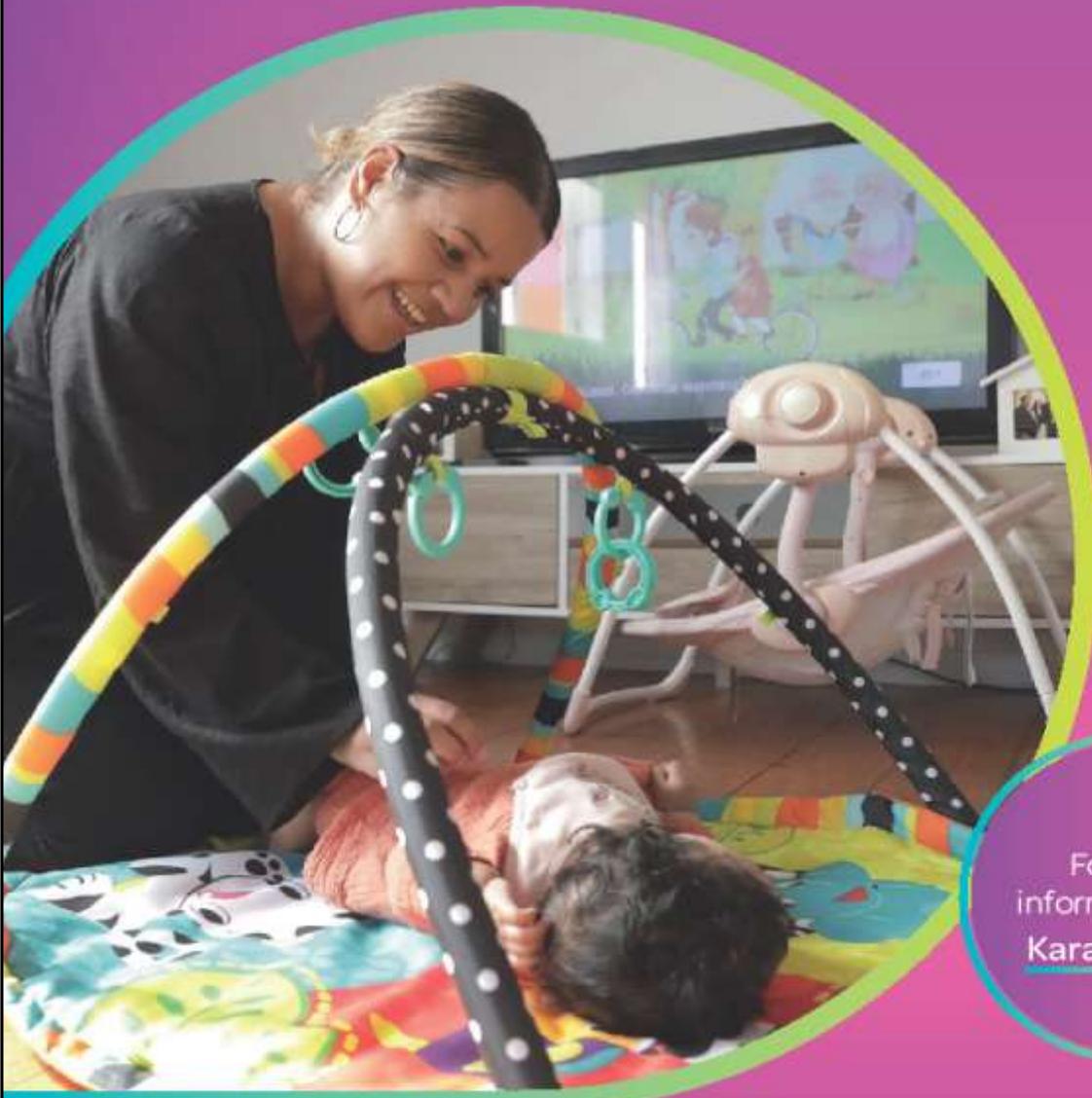
To Kōwhiriwhiri e Aotearoa  
New Zealand Government



# Protecting whānau is what we do

Ko te tiaki i te whānau koia tā tātou mahi

We can be proud of what we've done to protect each other from COVID-19.  
Let's not waste our hard mahi. Vaccinations are another tool in the kete to keep ourselves safe.  
Be a doer! Karawhiua. Find trusted information so you can make an informed choice at [Karawhiua.nz](https://www.karawhiua.nz)



For more  
information visit  
[Karawhiua.nz](https://www.karawhiua.nz)

Mā tātou  
katoa e  
ārai atu te  
**COVID-19**

 **te hirianga hauora**  
HEALTH PROMOTION AGENCY

 **Te Puni Kōkiri**  
MINISTRY OF MĀHĀI DEVELOPMENT

Be a DOER!  
**KARAWHIUA** 



Be a DOER!  
**KARAWHIUA**



## Protecting whānau is what we do

We can be proud of what we have done to protect each other from COVID-19. Let's not waste our hard mahi. We still need to protect our whānau and communities from COVID-19. The Pfizer COVID-19 vaccine is FREE. There will be enough vaccine for everyone aged 12 and over\* to get the two doses they need to be protected against COVID-19.

### How does the COVID-19 vaccine help protect us?

Getting vaccinated is a way to look after our whānau and community. It protects us by teaching our bodies to recognise and fight the virus. If most of us are vaccinated, we can also reduce the risk of outbreaks which can lead to lockdowns and put our health system under pressure.

The COVID-19 vaccine teaches the immune system to recognise and fight the virus. It can't give you the disease because it does not contain the virus, or a dead or inactivated virus, or anything that can affect our DNA. The vaccine is gone completely from your body within a few days, leaving your immune system ready for action if COVID-19 comes near you.

### How do we know it is safe for our whānau??

In Aotearoa, vaccines are assessed by New Zealand's Medicines and Medical Devices Safety Authority (Medsafe). Medsafe is part of the Ministry of Health.

Medsafe will only approve a vaccine for use in Aotearoa once it is confident it meets national and international standards for safety, effectiveness and quality.

### Choosing to be vaccinated

It's your choice to get vaccinated.

Getting two doses of the vaccine will give you and your whānau the best protection. The vaccine is especially important to safeguard our kuia and kaumātua, hapū Māmā and others who are more likely to get seriously ill from COVID-19. It will also help protect our tamariki and those who cannot yet be vaccinated against the virus.

### What to expect when you get the vaccine

- You will be asked to provide your details and to give consent.
- A fully trained vaccinator will give you the vaccine in your upper arm.
- You will need to stay for 15 minutes after being vaccinated.
- Some mild side effects are common and are a sign your body is learning to fight the virus.
- A second appointment will be booked for you. Be sure to make a note so you know when and where your second appointment is happening.



## Are there side effects from the vaccine?

All vaccines can have some side effects. These side effects are usually mild and only last for a few days.

Common side effects can include:

- pain at the injection site
- a headache
- feeling tired or fatigued
- muscle aches
- feeling generally unwell
- chills
- fever
- joint pain
- nausea.

These are signs that the vaccine is working.

Globally, millions of people have already received both doses of the Pfizer vaccine, with an extremely small number of serious reactions.

If you have any questions or worries after your vaccinations, contact your doctor or health provider.

## For some of our whānau, it's best to check-in with your health provider before getting the vaccine

- **Pregnant.** Talk to your midwife or doctor.
- **Taking any medications.** Talk to your health provider first.
- **Have a bleeding disorder.** Talk to your health provider first.
- **Had an allergic reaction to any vaccine or injection in the past.** Let your vaccinator know before you get the vaccine.

\* At this stage, tamariki and rangatahi under 12 cannot get the Pfizer vaccine. The first trials of the vaccine focused on more vulnerable groups rather than younger people. Further trials are currently underway and when more data becomes available, that guidance will be updated.

## Protection for our hapū māmā or while breastfeeding

Based on how the vaccine works, experts believe it is as safe for hapū Māmā as it is for everyone else. This is because the Pfizer vaccine does not contain the live virus so it can't give you or pēpi COVID-19.

If you're hapū, you can get the COVID-19 vaccine at any stage of your pregnancy.

Breastfeeding Māmā can receive COVID-19 vaccines. There are no expected safety concerns for breastfeeding wāhine or their pēpi.

Vaccinating during pregnancy may also help protect your pēpi as there's evidence that infants can get antibodies to the virus through cord blood and breast milk.

If you are planning to be hapū, you can still receive COVID-19 vaccines.

If you have any questions about COVID-19 vaccines and pregnancy or breastfeeding, speak to your midwife or doctor.

## There are still many things we can do to help stop the spread of COVID-19:

- Stay home if you're sick
- Use the NZ COVID tracer app (including turning on Bluetooth)
- Wear a face covering on public transport
- Wash your hands regularly with soap and water
- Get tested for COVID-19 if you have symptoms
- Choosing to get vaccinated.

## Protecting whānau is what we do.

Visit [Karawhiau.nz](https://www.karawhiau.nz) for more information.



**Te Puni Kōkiri**  
MINISTRY OF MĀORI DEVELOPMENT



**Unite  
against  
COVID-19**

## COVID-19



## Looking after your mental wellbeing

It's all right not to be all right. COVID-19 has had a significant impact on how we interact with others, our work, study and many other aspects of our daily lives. Everyone reacts differently to difficult events, and some may find this time more challenging than others.

It's understandable if you or your loved ones sometimes feel sad, distressed, worried or anxious. The ways people think, feel and behave are likely to change over time – we all have good days and bad days. So it's important to look after your mental wellbeing.

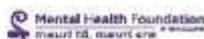
If you or those around you are concerned about your mental wellbeing, there are tools and information available to help.

If you're worried about how someone else is feeling, it's okay to talk about it. The best way to start is to ask them if they're all right. Just being there and staying connected can be a big help.

### GETTING THROUGH TOGETHER

WHĀIA E TĀTOU TE PĀE TĀWHITI

ALL RIGHT?



### Sparklers

At Home



Whakatau Mai  
The Wellbeing Sessions

## Mental health and wellbeing resources

Getting Through Together is a mental wellbeing campaign focused on things we can all do to maintain our mental wellbeing during the COVID-19 pandemic, with practical tips for looking after yourself and your whānau.

[www.allright.org.nz/campaigns/getting-through-together](http://www.allright.org.nz/campaigns/getting-through-together)

Sparklers at Home is an online toolkit for parents, full of fun activities that support the wellbeing of primary and intermediate students.

[www.sparklers.org.nz/parenting](http://www.sparklers.org.nz/parenting)

Whakatau Mai: The Wellbeing Sessions are free, online, community events you can join in real-time. Visit the website to register for sessions to support your wellbeing and connect with other like-minded people.

[www.wellbeingsessions.nz](http://www.wellbeingsessions.nz)

The Ministry of Health's website has information, resources, tools and free apps to support your mental wellbeing, as well as information about organisations that can help if you need extra support.

[www.health.govt.nz/covid-19-mental-wellbeing](http://www.health.govt.nz/covid-19-mental-wellbeing)

The following page provides more information about the apps the Ministry is funding for the next couple of months as part of the COVID-19 response. You can benefit from using these tools on their own, or alongside each other.

## Need to talk?

If you are feeling stressed, anxious, worried, depressed, or just need to talk to someone, free call or text the number 1737 to speak with a trained counsellor. The service is available 24 hours a day, 7 days a week.

## Services and support

Unite  
against  
COVID-19

It's OK to ask for help. As we work through this together, there are people and agencies able to support you. Here's a range of advice, help, or support if you need it. If you don't speak English, you can ask for an interpreter when calling most government departments.



<p><b>In an emergency</b></p>	<p>Call <b>111</b> for Fire and Emergency, Police, or Ambulance.</p>	<p><b>111 (Emergency Line)</b></p>
<p><b>For health advice</b></p> <p>It's as important as always to get medical support if you're unwell. You don't need to wait.</p>	<p>If you have cold, flu or COVID-19 symptoms, get tested.</p> <p>Call your Doctor, or contact <b>Healthline</b> for free health advice and information provided by trained professionals.</p>	<p><b>0800 358 5453</b> (Healthline - COVID-19 health advice)</p> <p><b>0800 611 116</b> (Healthline - General health advice)</p> <p><a href="http://www.healthpoint.co.nz">www.healthpoint.co.nz</a></p>
<p><b>For health advice about babies or children</b></p>	<p>Call <b>Plunket</b> to speak to a Plunket nurse.</p> <p>PlunketLine is a free parent helpline and advice service available to all families, whānau and caregivers.</p>	<p><b>0800 933 922 (PlunketLine)</b></p>
<p><b>For mental health or addiction support</b></p> <p>However you feel, there's someone to talk to if you need it.</p>	<p>Call or text <b>1737</b> to talk to someone trained to help.</p> <p>For specific help, you can contact the <b>Depression Helpline</b> or <b>Alcohol Drug Helpline</b>.</p>	<p><b>1737 (1737 Helpline)</b> <a href="http://1737.org.nz">1737.org.nz</a></p> <p><b>0800 111 757</b> (Depression Helpline) <b>0800 787 797</b> (Alcohol Drug Helpline)</p>
<p><b>For support with family violence or sexual violence</b></p> <p>It's ok to leave your bubble to keep yourself or someone else safe. If you need to leave, help will be there.</p>	<p>Call <b>111</b> if you or someone else is in immediate danger of being harmed or may harm themselves.</p> <p>Find local social support services in your area, call the <b>Family Services 211 helpline</b>.</p> <p>Call <b>Women's Refuge</b> for advice, support and safe accommodation when you're dealing with violence in your life.</p> <p>The <b>Elder Abuse Helpline</b> is a free service that older people can contact if they or someone they know are experiencing elder abuse.</p>	<p><b>111 (Emergency Line)</b> <b>0800 211 211 (Family Services 211 Helpline)</b> <a href="http://www.familyservices.govt.nz/directory/">www.familyservices.govt.nz/directory/</a></p> <p><b>0800 733 843 (Women's Refuge)</b> <b>0800 32 668 65 (Elder Abuse Hotline)</b></p>
<p><b>For concerns about the wellbeing or safety of a child</b></p>	<p>Call <b>Oranga Tamariki</b> if a child or young person is unsafe, not being cared for, or separated from their parents or caregivers.</p>	<p><b>0508 326 459 (Oranga Tamariki)</b> <a href="http://www.orangatamariki.govt.nz">www.orangatamariki.govt.nz</a></p>
<p><b>For support for young people</b></p>	<p><b>Youthline</b> supports all young people, including those who are struggling. Youthline offers a free 24/7 Helpline service.</p>	<p><b>Youthline</b> Free call <b>0800 376 633</b> Free text <b>234</b> Webchat: <a href="https://www.youthline.co.nz/">https://www.youthline.co.nz/</a></p>
<p><b>For rural and farming support</b></p>	<p>Contact your local <b>Rural Support Trust</b>. They can point you in the right direction for the support you need.</p>	<p><b>0800 787 254 (Rural Support Trust)</b></p>

# Health Matters

## For access to food or essential items

We all need food and essential items such as medicine, so please don't try to go without. There are plenty of ways to get this to you.

Talk to your **family, whānau, friends, iwi and neighbours** to see if they could deliver essential items to you.

Try food delivery such as supermarket home delivery, food parcels, frozen pre-prepared meals, subscription food boxes (like My Food Bag and Hello Fresh) or any other whole-food delivery service.

If you need food urgently, your local foodbank may be able to help. Find them here:

[www.familyservices.govt.nz/directory/](http://www.familyservices.govt.nz/directory/)  
(Foodbanks)

If you can't access any other support, contact your local **Civil Defence and Emergency Management (CDEM) Group**

[www.civildefence.govt.nz/find-your-civil-defence-group/](http://www.civildefence.govt.nz/find-your-civil-defence-group/)

## For financial support

There may be support available for employers, employees and those who have lost their job or had their income reduced, or assistance to buy food.

Visit the **Work and Income** website for urgent financial support and ongoing needs.

You can apply for a main benefit online and check your eligibility for food assistance.

You can also use the COVID-19 financial support tool on the Unite Against COVID-19 website to see what support is available to you.

[www.workandincome.govt.nz](http://www.workandincome.govt.nz)

<https://my.msd.govt.nz/>  
(Food grant & benefit app)

**0800 559 009** (MSD General Line)

**0800 552 002** (Seniors 65+)

**0800 88 99 00** (Students)

[www.Covid19.govt.nz/business-and-money/financial-support/covid-19-financial-support-tool/](http://www.Covid19.govt.nz/business-and-money/financial-support/covid-19-financial-support-tool/)

## For renting and tenancy advice

Contact **Tenancy Services** for information about your legal rights.

**0800 836 262 (Tenancy Services)**

[www.tenancy.govt.nz](http://www.tenancy.govt.nz)

## For animal welfare matters

Call Ministry for Primary Industries for animal welfare concerns and enquiries and to report cruelty.

For animal welfare emergencies, you can also call your local **SPCA Centre**.

**0800 00 83 33 (MPI)**

<https://www.sPCA.nz/report-animal-cruelty>

## For employment advice and support

Know your rights as an employee and keep yourself safe.

Contact **Work and Income** if you're looking for work or have a vacancy that needs to be filled.

Contact **Employment NZ** or visit their website for information on your rights as an employee.

Contact **Worksafe** for information on working safely.

**0800 779 009**

(Work and Income's Job Search line)  
[www.workandincome.govt.nz](http://www.workandincome.govt.nz)

**0800 20 90 20**

(Employment New Zealand)  
[www.employment.govt.nz](http://www.employment.govt.nz)

**0800 030 040 (Worksafe)**

[www.worksafe.govt.nz](http://www.worksafe.govt.nz)

## For further information on other support

There are a number of organisations working to make sure everyone is looked after.

Visit the **Unite Against COVID-19** website.

To help you understand your rights and obligations, and to give you any support you need to take action, contact the **Citizens Advice Bureau**.

[www.Covid19.govt.nz](http://www.Covid19.govt.nz)

**0800 367 222 (Citizens Advice Bureau)**

Information taken from the COVID-19 website, [Covid19.govt.nz](http://Covid19.govt.nz), which is updated regularly. Current as of August 2021.

# COLLECTIVE IMMUNITY PROTECTS OUR COMMUNITY



## WHEN WE GET VACCINATED, WE'RE PROTECTING EACH OTHER (AND OURSELVES)

When we all get vaccinated, we make it very hard for the virus to move between people. As more of us get vaccinated, we stop the virus moving through our communities, keeping it away from our whānau, our colleagues, our kaumātua. Acting together like this keeps the virus away and we all stay well. That's how vaccination and collective immunity protect us all.

A collaboration between The Workshop, Dr Amanda Kvalsvig and Daylight Creative



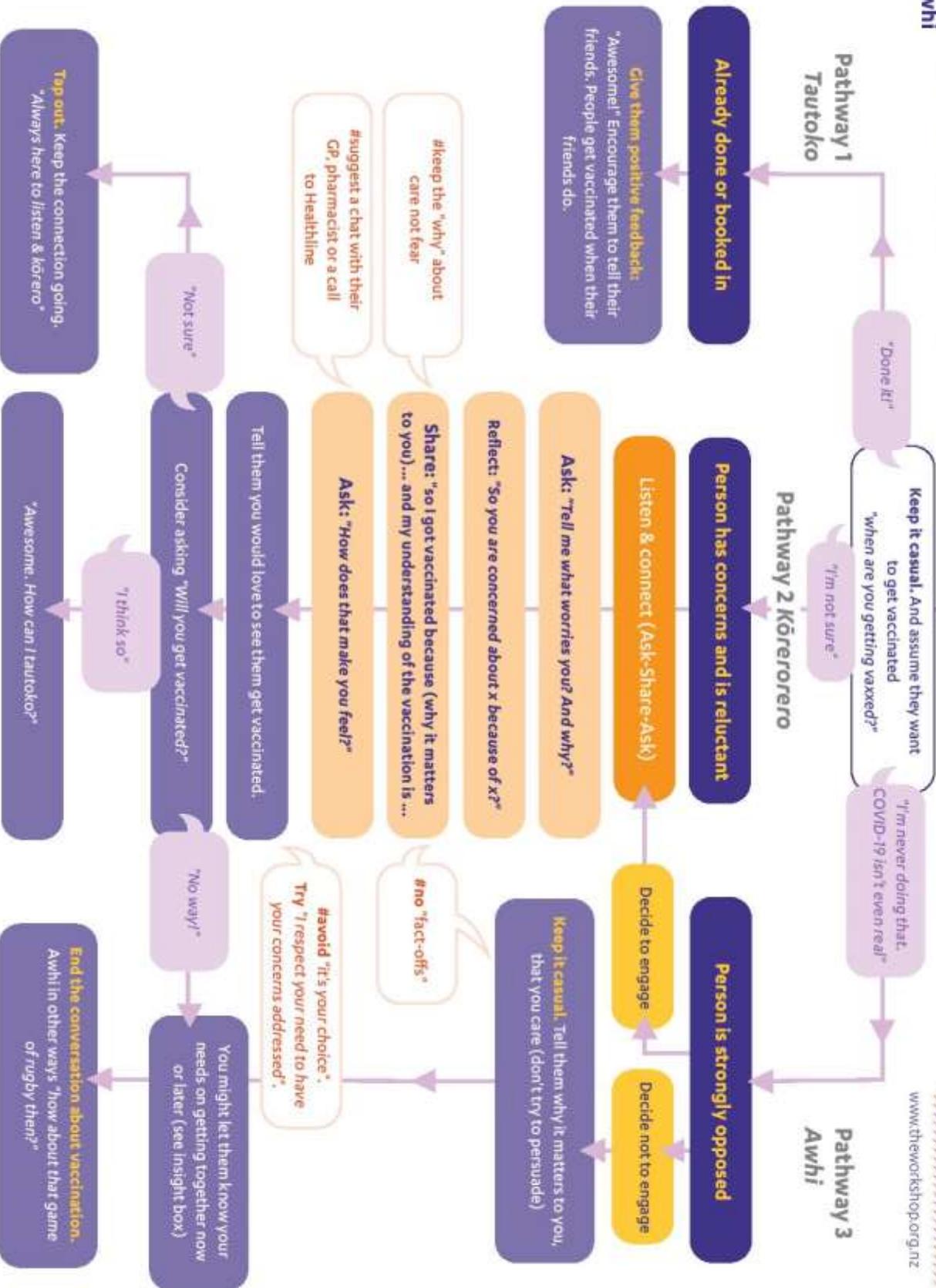
# Health Matters

## Three vaccination conversation pathways: tautoko, kōrerorero and awhi

Taihoa: Reflect. Will they be open to having a kōrero with you, is there someone they are closer to?

The Workshop

www.theworkshop.org.nz



# The COVID-19 Protection Framework

## From Alert Levels to Traffic Lights

We're moving to the next stage of our COVID-19 plan. The Traffic Lights are designed to keep us safe as we go about our daily lives now most of us are vaccinated.

Vaccine passes are an important part of life within the new framework. With My Vaccine Pass, businesses can safely open at all settings, events can go ahead and we can do more of what we love. If you don't have your pass yet, get it today at [MyCovidRecord.nz](https://mycovidrecord.nz)

## Be prepared

If you're fully vaccinated, you're still able to catch COVID-19 but are likely to only have mild to moderate symptoms.

If you test positive for COVID-19, you and anyone you live with will need to isolate to help stop the spread of the virus. You will be supported by local health care providers to ensure your health, welfare and wellbeing needs are met while you are isolating.

To make sure you're ready, be prepared. It's a good idea to have a plan and some supplies at home in case you or someone you love needs to self-isolate. Have a chat with your neighbours, friends and whānau about how you can look out for each other too.

Find more information on getting prepared at [Covid19.govt.nz/be-prepared](https://Covid19.govt.nz/be-prepared)



## How to keep each other safe

If you have cold or flu symptoms, stay home, isolate from others, and call Healthline on 0800 358 5453 for advice about a COVID-19 test.

### Mask. Scan. Pass.

We need to protect vulnerable people, keep businesses open and ensure our healthcare system is running well.

To do that we should all:

- Wear a mask or face covering when out and about
- Scan in or keep a manual record of everywhere we go
- Use My Vaccine Pass to enter businesses and events.

Check your region's colour setting at [Covid19.govt.nz/map](https://Covid19.govt.nz/map)

## Regional Colour Settings

**RED:** Far North District, Whangarei District, Kaipara District, Auckland, Rotorua District, Kawerau District, Whakatane District, Ōpōtiki District, Gisborne District, Wairoa District, Taupō District, Ruapehu District, Rangitikei District, Whanganui District.

**ORANGE:** The rest of the North Island.



**ORANGE:** The whole of the South Island and Chatham Islands.



## Taking care of each other at Red, Orange and Green

Services for basic needs like supermarkets, pharmacies and public transport are open across every setting with or without *My Vaccine Pass*.

### Red

#### Life at Red

- Wear a face covering on flights, public transport, taxis, shops, education (Year 4 and up including tertiary) and public venues (mandatory)
- You can visit public places like libraries and museums (with limits based on the size of the venue)
- Go to workplaces. Where appropriate staff may work from home
- Go to education places like schools and ECE (with health measures and controls in place).

#### My Vaccine Pass allows you to go to the following:\*

- Cafes, restaurants and bars
- Gatherings like weddings and funerals, and gatherings at home
- Indoor and outdoor events
- Close-proximity businesses like your hairdresser
- The gym or other member-based businesses like dance or martial art studios.

You can also attend tertiary education in person (capacity limits will apply based on venue sizes).

\*Up to 100 people based on the size of the venue. For gatherings at home, you can have up to 100 regardless of the size of the house.

#### Without My Vaccine Pass there are restrictions that apply:

- Only allowed contactless pickups at cafes, restaurants and bars
- Only attend small gatherings of up to 25 people. If held at home, maximum of 25 people regardless of the size of the house
- Cannot attend indoor or outdoor events, like concerts
- Up to 25 people can attend outdoor community gatherings with uncontrolled access
- Only distance learning for tertiary education.

### Orange

#### Life at Orange

- Wear a face covering on flights, public transport, taxis, shops and public venues (mandatory)
- You can visit public places like libraries and shops (with limits based on the size of venue)
- Go to workplaces
- Go to education places (with health measures in place).

#### My Vaccine Pass allows you to go to the following with no limits:

- Cafes, restaurants and bars
- Gatherings like weddings and funerals, and gatherings at home
- Close-proximity businesses like your hairdresser
- The gym or other member-based businesses like dance or martial art studios.

#### Without My Vaccine Pass there are restrictions that apply:

- Only allowed contactless pickups at cafes, restaurants and bars
- Small gatherings can be up to 50 people, based on the size of the venue. If held at home, maximum 50 regardless of the size of the house
- Cannot attend indoor or outdoor events
- Outdoor community gatherings with uncontrolled access have a maximum of 50 people
- Cannot go to the gym or other member-based businesses like dance or martial art studios
- Cannot visit close-proximity businesses like hairdressers.

### Green

#### Life at Green

- Wear a face covering on flights (mandatory)
- Visit public places like libraries and shops
- Go to workplaces
- Go to education places.

#### My Vaccine Pass allows you to go to the following with no limits:

- Cafes, restaurants and bars
- Gatherings like weddings and funerals, and gatherings at home
- Indoor and outdoor events
- Close-proximity businesses like your hairdresser
- The gym or other member-based businesses like dance or martial art studios.

#### Without My Vaccine Pass you can go to the following (with limits):\*

- Gatherings like weddings and funerals
- Close-proximity businesses like your hairdresser (with masks and scanning in)
- The gym or other member-based businesses like dance or martial art studios.

\*Up to 100 people based on the size of the venue.



## Support for if you get COVID-19

Most fully-vaccinated people with COVID-19 are likely to have a mild to moderate illness and will fully recover in their own home, or in suitable alternative accommodation.

Care in the community is where people are supported by local care providers to ensure their health, welfare and wellbeing needs are met while they are recovering from COVID-19.

## Why isolation?

Everyone who tests positive for COVID-19 and everyone who lives with them will need to isolate to help stop the spread of the virus.

There are two ways to self-isolate – at home or in suitable alternative accommodation, or in a managed isolation facility. Managed isolation facilities are in hotels in different locations across New Zealand where you can isolate for free, with your household for at least 10 days.

If there is another property that you have access to, or are provided, that is more suitable for self-isolation than your usual place of residence, you can self-isolate there instead.

Note: if you are seriously unwell you will receive hospital care.

## Isolating at home

When you test positive for COVID-19 you will need to isolate in your home or in suitable accommodation for **at least 10 days** while you recover from COVID-19.

Everyone else in your home must isolate for **at least 10 days** while the COVID-19 positive person is recovering, and will be advised if further isolation is required beyond that.

## While isolating

### Do not:

- X leave the place where you are isolating
- X go to work, school or public places
- X go on public transport or use taxis
- X go out to get kai and medicine
- X have visitors in your home except for health or community workers who are providing essential care to you or someone in your household
- X go to a vaccination appointment. If you have a vaccination appointment scheduled either ring the booking line or go online to change your appointment
- X go out in a public place to exercise – only exercise at home.

Where possible, ask whānau or friends to shop for you, but do not bring them into the house. If this is not possible, order supplies online. Make sure any deliveries are left outside your home for you to collect.

## Tips for keeping your whānau safe

### To help reduce the spread of COVID-19, you should:

- Stay away from others in your home as much as possible. If you can avoid sharing rooms or beds or preparing food for others this will help reduce the chances of spread of COVID-19.
- As much as possible, open windows and doors to allow air to flow through your house.
- Wipe down surfaces used by others like bathroom taps and kitchen benches with soap, water and a cloth.
- Do not share dishes and cutlery, towels and pillows. Please do your own laundry if possible.
- Wash your hands often and cough or sneeze into an elbow or a tissue.

### Medicines

If you need medication, contact your GP or your local community pharmacy who will make arrangements for your medication to be safely delivered to your home.

## Health support while isolating

It is normal to feel anxious or stressed about isolating with COVID-19.

You will be provided a health contact person, who will contact you often to make sure that you and your whānau are safe and supported, and given a telephone number for 24 hour health support.

Key points of contacts for health support may differ across the country. Your point of contact may be an individual or a team that could include your general practice, primary care provider or a local community care provider.

## Extra support

Many people will be able to manage with help from friends and whānau, but there is information and help available if you need it.

When you're told you need to isolate, you'll be asked if you need any support or help. Most people will be able to look after themselves. However, some people may need things like food and groceries.

Ministry of Social Development (MSD) is coordinating support, and connecting people with the right service to help them.

If you need help, MSD will connect you with someone. They may be from a local community organisation a government agency or marae-based services or support that iwi have established.

They will call you to talk about how they can help - so you and your whānau get the support you need to isolate.

If you are isolating and need support, you can call the COVID Welfare Phone Line on 0800 512 337. It's open seven days a week.

## If you can't work from home

It's important you stay home until your test results come back. If you can't work while you are isolating, your employer may be able to apply for the **Short-term Absence Payment** to help them pay you.

If you test positive or need to isolate because you are a close contact, your employer may be able to apply for the **Leave Support Scheme**. It's to help them keep paying you if you can't work while isolating.

If you're self-employed and can't work while isolating, you can also apply for these payments.

More information can be found at [workandincome.govt.nz/employer-covid-support](https://workandincome.govt.nz/employer-covid-support)

Please make sure you answer your phone, even if it's a private number.

For health support, call your health contact. **Call 111** if you need urgent help.

Go to [Covid19.govt.nz](https://Covid19.govt.nz) for more information. It's data free - you don't need data on your phone or device.

## Health, welfare and wellbeing checks

### Day 1:

Someone will be in touch to let you know you have tested positive, and to provide support and information. Your immediate health, welfare and wellbeing needs will be discussed. This could be your GP, a social and wellbeing provider, a kaupapa Māori or Pacific provider, or the public health unit.

### Within 48 hours:

If you can safely stay in your home, you will receive a care pack containing advice on self-care and how to get better. It may include a pulse oximeter if you need one.

### Days 3–10:

If you are at low risk of experiencing severe COVID infection and have only mild symptoms, you will receive a virtual health check (probably a phone call) every second day.

If you have moderate symptoms or are considered more at risk, you will receive a daily virtual health check from your health provider.

If you need urgent medical help or can't breathe properly, call 111 immediately. Tell them you have COVID-19 when you ring.

Everyone in your home will need to be tested regularly to check whether they have COVID-19 infection. You will be advised when, how and where this needs to be done.

### Days 10-14:

You will have a health assessment by a medical practitioner at 10 to 14 days (the timing depends on if you are vaccinated).

You will need to be free of COVID-19 symptoms for the 72 hours prior to your release date and continue to have no symptoms. If approved, you will be able to leave your house the next day.

You do not need to be tested. If you did, the result would likely show as positive but that doesn't mean you are infectious.

### Beyond 10-14 days:

Anyone you live with will need to stay home for the entire time you (and anyone else in your household who tests positive) are isolating. Once the last case has been released from isolation, the remaining members of the household will have a further period of 10 days in isolation. This means they will need to isolate for longer than you.

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz)

**Te Kāwanatanga o Aotearoa**  
New Zealand Government

**Unite  
against  
COVID-19**

## What to expect when self-isolating

### Health, welfare and wellbeing checks

If you're feeling nervous or unsure about what the next few weeks will look like, kei te pai (all good). Everyone who starts home isolation feels this way – it's totally normal. While you are isolating at home, you'll have a designated contact person who will check up on you regularly to make sure that you and your whānau are safe.

#### Within the first 24 hours of getting your test result

- Your health, welfare and wellbeing needs are discussed, with immediate supports and information provided. This could be with your GP, a social and wellbeing provider, a kaupapa Māori or Pacific provider, or the public health unit.

If you are isolating and need support, you can call the COVID Welfare Phone Line on **0800 512 337**. It's open seven days a week.

Remember if at any time you need urgent medical help or are having difficulties breathing, call **111** immediately. Tell them you have COVID-19 when you ring.

#### Within the first 48 hours of getting your test result

- If you can safely stay in your home, you will receive a care pack containing advice on self-care and path to recovery. It may include a pulse oximeter if you need one.

#### From 48 hours onwards

- Ongoing assessments of your welfare and wellbeing needs
- Frequency of health checks will vary, depending on your symptoms and recovery:
  - If you are at low risk of experiencing severe COVID-19 infection and have mild symptoms, you are likely to be monitored every other day via telehealth.
  - If you have moderate symptoms or are considered more at risk, you will receive a daily virtual health check from your health provider.
- Others in your household will need to be tested regularly to check whether they have COVID-19. You will be advised when, how and where this needs to be done.

#### Days 10-14

- You will have a health assessment by a medical practitioner at 10 to 14 days (the timing depends on if you are vaccinated).
- You will need to be free of COVID-19 symptoms for the 72 hours prior to your release date and continue to have no symptoms. If approved, you will be able to leave your house the next day.
- You do not need to be tested, if you did, the result would likely show as positive but that doesn't mean you are infectious.

#### Beyond 10-14 days

- Anyone you live with will need to stay home for the entire time you (and anyone else in your household who tests positive) are isolating.
- Once the last case has been released from isolation, the remaining members of the household will have a further period of 10 days in isolation. This means they will need to isolate for longer than you.

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz)

To Kōwhiriwhiri o Aotearoa  
New Zealand Government

Unite  
against  
COVID-19



# Family Violence Support

## WOMEN'S REFUGE

We work with women, children and families/whānau experiencing the effects of family violence by providing advice, support and advocacy, risk assessments and safety planning. We also provide safehouse accommodation for women and children at high risk of further harm and support women, children and families/whānau in the community.

Email: [advocatesrefugewhanganui.org.nz](mailto:advocatesrefugewhanganui.org.nz)



Kaupapa whānau – thriving children, flourishing families

Our team journey alongside whānau and families to be safe, confident and proud in their relationships and parenting their children. We support whānau and families resisting violence, healing trauma, building safety, strengthening family relationships, enjoying parenting, and getting support you need from other services. Our services include social work support, parenting programmes, and family harm prevention programmes. We also provide information and advice to whānau and families who are not sure where or how to get help.

Website: [jigsawwhanganui.org.nz/](http://jigsawwhanganui.org.nz/) / Email: [jigsawwhanganui.org.nz](mailto:jigsawwhanganui.org.nz)



Provides free individual or group programmes for women and children affected by family violence; an eight-week parenting programme - a Boundaries course for women and general counselling for individual adults, couples, children, adolescents and families. There is a fee for general counselling but funding is available that may assist with this.

Email: [familyworks-whanganui@pec.org.nz](mailto:familyworks-whanganui@pec.org.nz)

Caring...enabling...supporting



Te Oranganui's Whānau & Community Services support whānau experiencing family violence. They support whānau to build resiliency and live nurturing and cohesive lives. Te Oranganui's other services also have a zero tolerance to family violence: Mental Health & Addiction, Disability Support Services, and GPs.

## ORANGA TAMARIKI

Ministry for Children



Statutory Child Protection Service. Investigates concerns about serious abuse of children (physical, sexual, emotional and neglect), and provides youth justice services.



A free and confidential Elder Abuse Response Service for people experiencing, or at risk of, elder abuse and/or neglect.

PH: 06 344 2204  
PH: 0800 733 843  
North Island Option 4  
24/7 crisis and support line



Suite 10, 236 Victoria Ave  
PH: 06 345 1636

179 Wicksteed Street  
PH: 06 345 6681

57 Campbell Street  
PH: 06 349 0007

Korowaitia te puna waiora  
hei oranga motuhake mo te iwi  
Empowering whānau into their futures.

Ingestre Chambers  
74 Ingestre Street Whanganui  
PH: 0508 (FAMILY) 326 459  
24 hours a day,  
seven days a week

164 St Hill Street  
PH: 06 345 1799

PH: 0800 EA NOT OK  
(0800 32 668 65)

IT IS **OK** TO ASK FOR HELP

HELP



NEW ZEALAND  
**POLICE**  
Ngā Pirihimana o Aotearoa

SHINE (Domestic Violence Helpline):  
9am - 11pm  
PH: 0508 744 633

SHAKTI (for Migrant Women):  
24 hours a day / 7 days a week  
PH: 0800 742 584

Safe to Talk (Sexual Abuse):  
24 hours a day / 7 days a week  
PH: 0800 044 334 or  
TXT: 4334

Hey Bro - He Waka Tapu  
(for men who want to stop being violent)  
24 hours a day / 7 days a week  
PH: 0800 439 276

Bell Street  
PH: 111  
24 hours a day,  
7 days a week

In an emergency call 111 and ask for POLICE. Family harm is a high priority for Police. Police take every opportunity to prevent harm and reduce offending and victimisation. Police is committed to a prompt, effective and nationally consistent approach to family harm episodes in collaboration with other agencies/iwi and with community partners. When Police attend a Family Harm Investigation they do so with "eyes wide open", which means working to understand the wider dynamics of family harm, the patterns of harm and the adverse circumstances in which they occur. It is not a private matter, it is a crime. Preventing and effectively responding to family violence is one of the greatest opportunities to improve the wellbeing and safety of our communities, and we all have a collaborative approach where Police partner with iwi, Community agencies and providers to meet the needs of our community and tailor responses based on what our community needs and wants. FLOW visits Whānau after the initial Police attendance. FLOW act as navigators, enabling Whānau to access the most relevant service that will assist them to be safe from harm.



Tupoho-Iwi  
& Community  
Social Services Trust

Tupoho House  
249 Victoria Avenue  
PH: 06 345 2042

Services include social work support and intervention to reduce whānau/family harm, advocacy and negotiation with statutory and other support agencies, and financial mentoring and education services.

Whakapūmautia te mana o nga tangata i roto i ngā tūngata Nurturing . Sustenance . Empowering

## Whanganui Safe and Free

healing and preventing sexual abuse in our community

Specialist therapy and counselling for children, adolescents, whānau and families, and individuals affected by the trauma of sexual abuse and rape. Whanganui Safe and Free also offer Kaiwhina/Family Support for those directly and indirectly affected, and preventative education programmes for children and their parents/caregivers, for families and for students.

Email: [administration@whanganuisafe.org.nz](mailto:administration@whanganuisafe.org.nz)

Suite 4, 236 Victoria Ave  
PH: 06 343 3416



COMMUNITY LEGAL  
ADVICE WHANGANUI

Suite 2, 236 Victoria Ave  
PH: 06 348 8286

Community Legal Advice Whanganui can provide those living with family violence information and advice on dealing with the police, protection orders, occupation or tenancy orders, relationship property, the process to end a marriage, civil union or de facto relationship, and seeking the services of a family lawyer.

Email: [claw@claw.co.nz](mailto:claw@claw.co.nz)



Whanganui  
Family  
Violence  
Intervention  
Network

IT IS  
**FAMILY  
VIOLENCE  
IT'S NOT OK**

IT IS  
**OK** TO ASK FOR HELP

# Thank you to our Funders

Community House Whanganui gratefully acknowledge and thank the following Funding Sources for their assistance.



**WHANGANUI  
DISTRICT COUNCIL**  
Te Kaunihera a Rohe o Whanganui



**Lottery Grants Board**  
Te Puna Tahua  
LOTTO FUNDS FOR YOUR COMMUNITY



**MINISTRY OF SOCIAL  
DEVELOPMENT**  
TE MANATŪ WHAKAHIATO ORA



**Whanganui  
Community  
Foundation**

Here for your community



**grassroots<sup>®</sup>**  
trust