



Kia Ora

Hope everyone had a lovely Christmas and had a chance for some down time over the break before we've all had to get back into the full swing of it to get prepared for Omicron. There is up to date information and some really useful resources available on the Unite against Covid-19 website (covid19.govt.nz). Download your covid-19 checklist at www.covid19.govt.nz/be-prepared.

The Health Navigator NZ website (healthnavigator.org.nz) also has great information about anything to do with health including Covid-19 symptoms to look out for, how to manage symptoms, when and where to get help, and mental health support. It has really useful videos and links to provide more information where required.

From this Friday, everyone aged 18 or older can receive a Pfizer booster 3 months after getting their second vaccine, or third vaccine for immune compromised people. Current evidence shows protection against infection after the primary vaccination course decreases over time. Getting a 'top up' vaccine after your two doses helps boost your immunity and lower your chances of getting very sick and ending up in hospital.

In these ever changing times please continue to check (close to the time of attending) that groups and events advertised in this issue are still happening.

Take care and stay safe Shelley

Funding

COGS—funding round opens 20 April and closes 18 May for 2022. www.communitymatters.govt.nz.

Community Contracts—funding round for 2022 yet to be advised. www.whanganui.govt.nz.

Whanganui Community Foundation—opens 28 February 2022 for Quick Response and 26 April 2022 for Community Support Grants. www.whanganuicommunityfoundation.org.nz.

Pub Charity Ltd—check area eligibility prior to applying. www.pubcharitylimited.co.nz.

TG Macarthy Trust—annual applications open 1 May 2022 and close 30 June 2022. www.publictrust.co.nz.

Four Regions Trust—next round closes 28 February 2022. <http://www.fourregionstrust.org.nz>.

Manawatu / Whanganui Lottery Community Committee— funding rounds for 2022 yet to be advised. www.communitymatters.govt.nz.

NZCT—always open, allow up to 8 weeks for outcomes. www.nzct.org.nz.

The Lion Foundation—always open, allow up to 8 weeks for outcomes. www.lionfoundation.org.nz.

Grassroots Trust Central—check area eligibility prior to applying. 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

02 Feb 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

No Meeting Waiouru (2nd Monday of each month)
Contact: Carolyn Hyland (06) 387 5531

21 Feb 12:30pm Southern Rangitikei (3rd Monday of each month) To be advised

What's on — mark your diaries!

WHANGANUI PRIDE WEEK

26TH FEB - 5TH MARCH 2022

REVISED SCHEDULE

SAT 26TH FEB TO SAT 5TH MARCH

Pride Hub & Art Exhibition

Community House Foyer - 60 Ridgway St | 10am - 4pm | Free Entry

Local and National Artists showcase their work by letting us know what Pride means to them. Check out the art, have a chat with our crew, grab some resources and merch!

FRIDAY 4TH MARCH

Wear the Rainbow | Everywhere | All day

Wear your rainbow ribbons and badges or go full rainbow from head to toe! This event is a visual representation of support for the LGBTQIA+ community. Schools, workplaces, organisations everyone can get involved!

Pride Quiz Night

Facebook Live | 6pm | Kahoot App

The Quiz to end all Quizzes! Whanganui's first ever Pride Week Quiz - hosted by Craig Hanford-Cable! Take part from the comfort of your own home. Download the Kahoot Quiz App then join us via Facebook Live on our Pride page, to play!

SATURDAY 5TH MARCH

Pride Walk

Anywhere and Everywhere | 10am

Dress loud, dress proud! Don your Rainbow attire and head for a stroll in your neighbourhood, or your fave walking spot. Join us on our Facebook Live feed for a welcome then put on your Pride playlist and stride it out!



[pridewhanganui.co.nz](https://www.pridewhanganui.co.nz) | [book at eventfinda.co.nz](https://www.eventfinda.co.nz)

What's on — mark your diaries!



**Have you heard
this saying?**



The **Positive Lifestyle Programme** offers you the choice to look at your 'lemons' (negative life experiences) through a positive lens!

It's about making something 'good' out of your 'not so good' experiences!

This is what The **Positive Lifestyle Programme** invites you to do. In weekly 1-hour sessions participants are encouraged to consider aspects of their lives in a non-invasive, non-judgmental way.

We consider the 'lemons' of **stress, grief** and **loss** through a positive lens and have the opportunity to 'make lemonade' by developing your **self-awareness, self esteem** and **resilience, communication and conflict resolution skills** and **set goals** for the future.



Interested? Want to find out more?

Txt or call me on **021 955 293** to ask questions or register your interest.

Gayle Roberts

What's on — mark your diaries!

Free events for Senior Drivers

for more confidence & safety on the road



**** Staying Safe ****

***Refresher Driving Course for Seniors
with booklet & luncheon***

Is your driving as safe as it could be?

Increase your knowledge about driving & ageing

Assess & improve your driving safety & skills

Wednesday February 9th 9.30 am - 3 pm

&

**** CarFit ****

Helping Older Drivers Find their Safest Fit

20 minute checks that you have:

- Clear lines of sight***
- A driver's seat that fits comfortably and is safely positioned***
- Properly adjusted head restraint and seatbelt***

Wednesday March 2nd (morning)

&

**** Hanging Up the Car Keys ****

The Medical Conversation & Planning for Life beyond Driving

Friday March 11th 2-4pm

**Vaccine Pass & booking essential: call Age Concern Whanganui
06 345 1799 to book your place & for venue**

What's on — mark your diaries!



2022 DANCE COMPETITION

27TH APRIL – 1ST MAY



TAP – BALLET – MODERN – TROUPES – PACANZ – PERFORMABLE

THE ROYAL WHANGANUI OPERA HOUSE

69 ST HILL STREET

WHANGANUI

FOR FULL DETAILS HEAD TO OUR WEBSITE

WWW.WANGANUICOMPETITIONS.WEEBLY.COM

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-defense 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



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

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

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 0800 865 865**

What's on — mark your diaries!



2022 AGM & SUMMER CONCERT

FEATURING LOCAL YOUTH SINGERS & MUSICIANS

The Lounge – Dempsey & Forrest
208 Guyton Street, Whanganui
Wednesday 16th 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 19th of January 2022. WCS 2022 Committee nominations welcome.

WCS Email: wanganuicompetitions@outlook.co.nz

WCS is proudly powered by



THE LION
FOUNDATION



What's on — mark your diaries!



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

What's on — mark your diaries!

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

Contact Di Daniels MNZM

Programme Director Digital Wings

0274 133 677

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

What's on — mark your diaries!



Ways to Connect



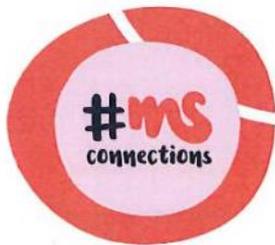
Activities

Organise an event, fundraiser, 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



What's on — mark your diaries!



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

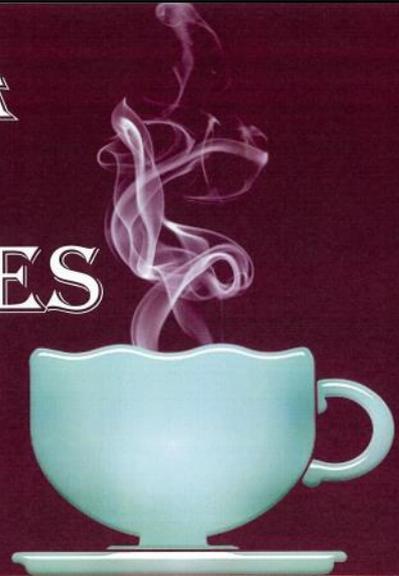


COME OVER TO THE GONVILLE LIBRARY TO ENJOY A CUP OF TEA WHILE OUR SPEAKER OF THE MONTH PRESENTS ON THEIR TOPIC AND TO FIND OUT MORE ABOUT WHAT IS HAPPENING IN THE WIDER WHANGANUI AREA

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

whanganuilibrary.com

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



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



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: 1st Tuesday in each month

Register now

For information and/or registration please contact

G. Garwood:- 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 for Work & Income clients

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

Start anytime

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

training for you REALISED NZ

Learn hospitality skills, and get support to gain employment!

Get the skills you need, for the future you want.

0800 GET T4U 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



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

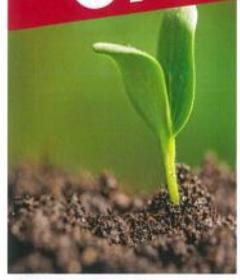
Level Up
Literacy & Numeracy programme

Whanganui Campus

Moe-Wed, 9am-2.30pm. Free Transport. Zero fees.

0800 GET T4U www.trainingforyou.co.nz 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

USE 105 FOR POLICE NON-EMERGENCIES

A NEW WAY OF MOVING YOURSELF WITH THE FELDENKRAIS METHOD

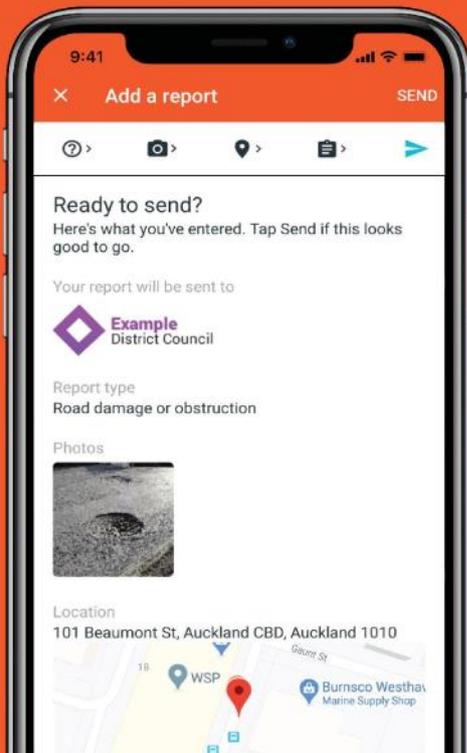


Community House would like to introduce you to **Awareness Through Movement** classes. An intriguing way of learning how to turn harmful habits into easy, functional everyday movement.

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

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
PHONE: 06 345 2336

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

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

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

Email: pacifika.drivingschool@gmail.com

CALL: 027 599 6409



MH101®

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



Learning outcomes

After attending MH101® participants will be able to:

- recognise signs of positive mental health and of mental health challenges
- use Te Whare Tapa Wha to support mental wellbeing
- relate to what people with mental health challenges are experiencing
- respond supportively to mental distress.

Topics covered in MH101® 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



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 training 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.



“The facilitators were walking and talking their workshop - I was more open to the workshop because the facilitators had first-hand experience in the field, and it added a realistic component to their kōrero”

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.

“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® 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® 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 1100 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.



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

Phone: 04 473 9009

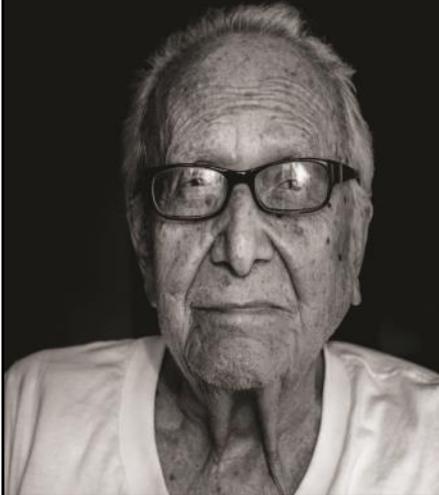
Website: www.blueprint.co.nz

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



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



Castlecliff Sunday Market

Every Fine Sunday 11am to 3pm

As from March 1st, on the Corner of Rangiora St and Seafrost 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 On Facebook at 'Castlecliff Sunday Market.'
Email to admin@marketdays.nz Mobile 027-2644-399.

What's on — mark your diaries!

LIVE STRONGER FOR LONGER
PREVENT FALLS & FRACTURES

STRENGTH

BALANCE

AND A GOOD YARN

Join an approved class near you:

Carla's Group Fitness
Carla Longwood 021 265 8961 E: carla@lsgf.co.nz
Wed 7:00 – 7:30pm St Pauls Presbyterian Church 126 Gouyon St
Thurs 10:00 – 11:00am St Andrews Hall 2 Hill St. \$5 per session

Feldenkrais Movement Classes
Katharine Schreier 06 342 7892
E: kash@feldenkrais.org Web: www.feldenkrais.org.nz
Mon 7:00 – 8:00pm Wed 12:30 – 1:30pm Community House
Ridgeway St. \$14 Per session. Concessions available

Tai Chi
Muri Dublin 027 238 2127 E: mjdublin@ira.co.nz
Wed 12:30 – 1:30pm 27 Taupo Quay \$10 per session

Tai Chi for Health
Miriam Williams 06 345 1395 E: levin.miriam@gmail.com
Tues 8:30 – 9:30pm Thurs 9:00 – 10:00pm
\$7 Perish (one \$3 per session)

Counter Punch For Parkinson's
Sally Tenna 029 662 7626 E: sanna@sharlin.org.nz
Wed 11:30am 300 Devon Road (Wanganui Rugby Club)
\$5 per session (partners free of charge)

Steady As You Go – SAGG multiple classes available
Sueve Lewis 06 345 2769 E: sueve@wanganui.org.nz
Over 25 classes around Wanganui, Rangitikei and Urewere
\$7 per session

YOGA
Marie Takarangi 021 975 8802 E: marie@yogawhanganui.com
Wed 7:30pm Casserbin Park Community Hall
\$10 per session

Pulmonary Rehabilitation Exercise Group
additional need for through year 12
Class location & time will be provided upon acceptance
to the programme. *Free – only available to those with
a diagnosed pulmonary condition

To Roopu Oranga (Taihape)
Ngawini Martin 022 012 8667
E: ngawini.martin@rohkaia.co.nz

PPF **Health Services & Quality** **MINISTRY OF HEALTH**

WWW.LIVESTRONGER.ORG.NZ

MEDITATION

Drop In classes in Whanganui
Every Thursday 6-7.30pm

Birgit Saunders
Resident Teacher (RT)
Amitabha Buddhist Centre

Whanganui Community Arts Centre
19 Taupo Quay (riverside entry)
www.meditateinpalmerstonnorth.org
06 355 3524

Linda Codlin
Health & Well-being
Motivation
Mindset
& Life Mastery

Feeling overwhelmed, anxious, or unmotivated?

Do you feel like you're *stuck in a rut* and aren't moving anywhere?

That it doesn't matter what you do, you *feel like you're treading water*?

That your energy has left, and you *feel deflated and uninspired*?

I can re-ignite the fire and passion in your life,

I can help you to get out of the rut and stop treading water.

Call me, I can get you moving again.

Phone/Text **0274032523**

Book your FREEDOM now

Transformational LIFE COACH

Authentic Living
with LINDA CODLIN
Life Coach
Phone 027 403 2523
authenticlivingwithlinda@gmail.com
www.authenticlivingwithlinda.com

Buddhist Mindfulness Group

Open to all

We support each other in our mindfulness practice and you are welcome to join us

stopping | calming | resting | healing

To find out more call Clare on 021 0622 120
www.plumvillage.org

Unichem

After Hours Pharmacy
Unichem Whanganui Pharmacy
36 Fitzherbert Ave, Wanganui
Weekdays 5:30 – 8:30pm
Weekends and Public Holidays: 12:30 – 8:30pm

Exploring calm

Join us at Balance every Monday morning to explore the art of relaxation.

Discovering new techniques such as Qi gong, Breath work, Guided meditation, mindfulness, visualisation, and movement.

Group facilitated by Rana.

Open to all members and new comers.... No fees
10am room 120, Community House Ridgeway st

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 over 35 years. There is no criteria for walking in the door, simply come in because you can. Or, if you're experiencing some of life's bumps, we can have a chat and see what plans we can put in place to enable you to move through this and achieve your goals.

La Fiesta 2022: We are super proud to bring you NZ's best women's fest each year, La Fiesta! Festival number thirteen is set to run from 11 February to 13 March. It is our second biggest festival ever with around 95 events, and 60 festival partners. There's something for everyone: music, art exhibitions, workshops, social and recreational activities, informative lectures, and a heap of good old-fashioned fun. Festival guides and posters are out now. Holler us to get yours, or you can download one at our festival website: <https://lafiestanz.com>

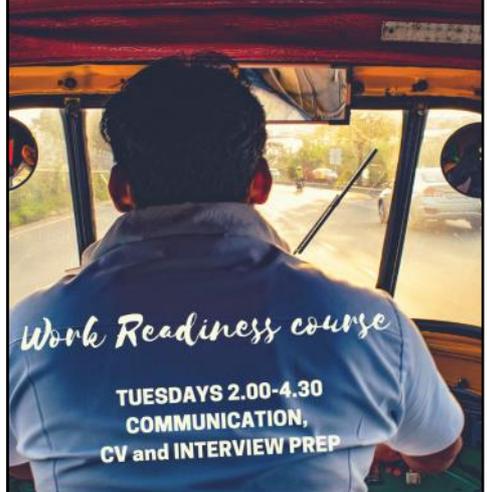
Terrific Tuesdays: Tribal Bellydance classes are fun! This style of dance is earthy and grounding, with walks and steps that fit your body. This rich, empowering, vibrant and dynamic world brings echoes of ancient dance to the modern woman. Join in the fun on Tuesdays from 11am-12pm for all levels of 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!

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.

Yoga: Emma from Embark Yoga is delivering an exciting range of all age yoga activities from our space. To check out her timetable or find out more about the classes on offer, email Emma: embarkyoga@gmail.com or visit her Embark Yoga Facebook page for regular updates. She's also running some awesome classes during La Fiesta!

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 Check us out on Facebook 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! You can find us on Instagram too.

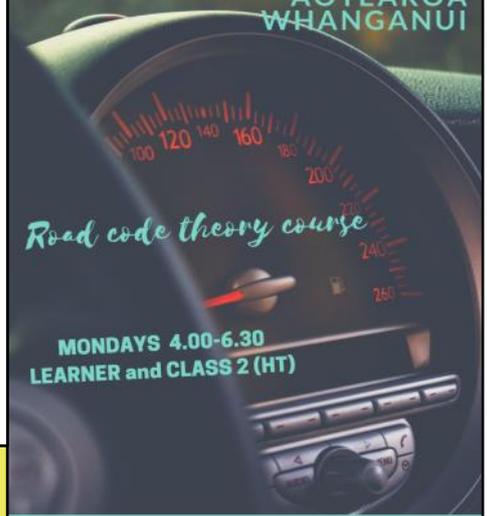
LITERACY AOTEAROA WHANGANUI



Work Readiness course
TUESDAYS 2.00-4.30
COMMUNICATION,
CV and INTERVIEW PREP

022 573 6692 crudolph.219@literacy.org.nz

LITERACY AOTEAROA WHANGANUI



Road code theory course
MONDAYS 4.00-6.30
LEARNER and CLASS 2 (HT)

022 573 6692 crudolph.219@literacy.org.nz

THINGS to DO & see in WHANGANUI

Community Arts Centre MAJESTIC SQUARE Gordons Bush
KOWHAI PARK
DEER PARK
SPLASH CENTRE
VIRGINIA LAKE
FISHING MOSQUITO POINT
EMBASSY 3 CINEMA
COOKS GARDENS GLEN LOGIE ROSE
CASTLECLIFF BEACH mountain biking GARDEN
RIVERCITY TRADERS MARKET SOUTH MOLE
River Boardwalk Windermere gardens
Motor Vessel WAIRUA
Lake Whiritoa WINTER GARDENS Westmere Lake Bird Aviary
Bastia Hill Water Tower Whanganui Environment Base
MUSEUM SKATE PARKS OLD CEMETERY
Opera House
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
CBD Wall Art

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
027 699 9875
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

February

Hui-tanguru

Women of Value

A directed retreat.

"As women, we wear many hats. Often our identity is in one or more of the hats we wear - wife, mother, daughter, career, carer, Aunty, grandmother, sibling, single or married - titles of 'doing'. We are not often in a space of 'being' - just me.

Today is a time for being in that space, an opportunity to focus on being loved by God and responding to that love."

Session 1: Introduction

Session 2: **V** - "valuable"

Session 3: **A** - "accepted"

Session 4: **L** - "loved"

Session 5: **U** - "understood"

Session 6: **E** - "encouraged"

Saturday 12 February 9.30am - 2pm \$20
Grace Shaw

Community Liturgy - Gifting Waters

Sunday 13 February 4 - 5pm

Tui Motu Group

Wednesday 16 February 4 - 5.15pm

Liz Hickey rsj

6 Day Guided, Silent Retreat - Journey through the Book of Ruth - A Wisdom Story

At the moment this retreat, from last year, is fully booked. Feel free to enquire if spaces have become available.

Sun 20 Feb 5.30pm - Sat 26 Feb after lunch
\$575 Live in / \$425 Live out

Christina Neunzerling rsj



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

What's on — mark your diaries!



65 HAKEKE ST
WHANGANUI EAST

FOR ALL ENQUIRIES

CELL: 022 689 2459

HAKEKESTCOMMCENTRE@GMAIL.COM

CELL: 022 096 5673

HAKEKESTCOORDINATOR@GMAIL.COM

MONDAY

KIDS STORY TIME

Every Mon from 10am

BOOK EXPLORERS CLUB

Last Monday of every month
11am with Margaret
027 2277 957

TUESDAY

SENIOR NET TALKS

Every 2nd Tues 10 - 12pm
Bookings essential
Kelly : 022 096 5673

STEADY AS YOU GO

Every Tues 1 - 2pm
facilitated by Erica
022 3938 791

WEDNESDAY

EASTSIDE CRAFT
GROUP

9.30am - 1pm
facilitated by Erica
022 3938 791

HOME SCHOOL HUB

Wed 10.00 - 12.30pm
facilitated by Te Kura

FACEBOOK

[facebook.com/hakekestlibrary](https://www.facebook.com/hakekestlibrary)

THURSDAY

CREATIVE WRITING
GROUP

Thurs 10.00 - 11.30am
Call 022 096 5673
for more info

CHAIR YOGA COMBO

Thurs 1 - 2pm
facilitated by Marian
021 073 1802

FRIDAY

HOME SCHOOL HUB

Fri 10.30 - 12.30pm
facilitated by Te Kura

What's on — mark your diaries!



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

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

What's on — mark your diaries!

SURVIVING GRIEF



- 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

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, outpatient 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. 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

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 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

WEB : 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, 1st Floor, Community House, 60 Ridgway Street, Whanganui

office@communityhouse.org.nz

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

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 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: - officestpaulschurch@inspire.net.nz



Halls / Rooms for Hire



Raise your glass

**RAPANUI/MOWHANAU
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.

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

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



DID YOU KNOW

WE CAN TAKE YOUR MINUTES?

Call Shelley @ Community House Whanganui to discuss
06 347 1084

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

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

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



diabetes nz wanganui branch

Got some time to spare :-)

The Wanganui Branch of Diabetes New Zealand is looking for people to support their office.

Hours are flexible, normally 10-noon / noon-2pm Mon-Fri. We also have some tasks which can be carried out "at home".

Assistance at market stalls eg Wanganui Riverside Market or similar.

You do not need to be Diabetic, but must have a willingness to learn about the condition to help others.

Ongoing Training and Support is available.

For more information / register your interest please contact Carolyn Bates:

Email: wanganuidnz@gmail.com,
call (06) 281-3195 or text 021-342-524.

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

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

sustainablewhanganui@gmail.com

Whanganui, 4500

www.sustainablewhanganui.org.nz

Phone (06) 345 6000

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

Volunteers Wanted



Friends of the Opera House

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 – 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
mātauranga mātauranga
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



Support Services



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

COVID-19

Last updated: 23 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.

See MSD guidance for providers of social services and more [COVID-19 and MSD - Ministry of Social Development](#)

Our service centres are open and following public health guidelines.

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

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.

Employer support

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

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

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 - Ministry of Social Development \(msd.govt.nz\)](#)

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.

[Supporting providers through COVID-19 - Ministry of Social Development \(msd.govt.nz\)](#)

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.

[COVID-19 - Where to go for services and support - Ministry of Social Development \(msd.govt.nz\)](#)

Support Services



Community Updates February 2022

| | |
|--|--|
| <p>Working for Families Tax Credits</p> | <p>Working for Families Tax Credits are payments for families with dependent children aged 18 and under. The payments are to help you raise your family. Entitlements are based on your yearly family income and family circumstances. If you receive your entitlement from Inland Revenue weekly or fortnightly, we will send you a notice of entitlement at the end of February. Please review the Family and income details on the notice for the entitlement starting 1 April. Ensure this information is correct and let us know if there are any changes required.</p> |
| <p>Child Support 1 April 2022 to 31 March 2023 Notices</p> | <p>At the end of February each year Inland Revenue will issue, notices of what you will be liable to pay or what you be entitled to receive for the next financial year starting 1 April. Please ensure all the family and income details are correct and let us know if there are any changes to be updated. This can be done through your myIR secure online account or ring us on 0800 221 221.</p> |
| <p>MyIR Secure Online Services Account</p> | <p>Once you are registered, you can:</p> <ul style="list-style-type: none"> • manage all your accounts, including Working for Families and child support • update contact details for you or your organisation • add or change your bank account details • make payments, including direct debit • track refunds • file tax returns • check payments and return information • receive correspondence and notifications from us • send and receive secure web messages • upload and send documents • check, update and print confirmation of your income |
| <p>Don't Forget to pay your tax for the year ending 31 March 2021</p> | <p>Any income tax and Working for Families bills for the previous end of year accounts are due by the 7 February 2022, unless your Tax Agent has an extension of time to file your income tax returns.</p> |
| <p>If you are struggling to file and pay your tax obligations: we can work with you to come up with a solution.</p> | <p>There may be times when you need to set up instalment payments to manage your tax or payments for child support and Working for Families. Making regular agreed payments towards the amount you owe will reduce the amount you pay in the long run because you will pay less penalties. You can apply for an instalment arrangement in your myIR secure online account or contact us on 0800 775 247.</p> |
| <p>How to contact Inland Revenue:</p> | <p>If you need to ring Inland Revenue our 0800 Contact phone numbers are:</p> |

Support Services

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

- 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.

HEALTH & SAFETY
It's everyone's responsibility...

1 **SEE IT!**

2 **SORT IT!**

3 **REPORT IT!**

we are all responsible for health and safety, let's ensure we keep each other safe!

Whanganui Regional Health Network

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
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
Office: 09 2780408 | Mob 027 234 552
www.suicidefirstaid.nz www.a-ok.nz

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.



Learning And Support For Parents

Term 1 2022

MAPPS

Mothers Addressing Past Pain

A therapeutic group for mothers.

Beginning Wednesday Morning
10.00am - 12.30pm
23 February - 4 May

For all mothers experiencing anger.
At Suite 9, Jigsaw Whanganui.

Building Awesome

Whānau

***Tiaki tamariki mai - to care for
our children here.***

Beginning Wednesday Morning
10.00am - 12.30pm
23 February - 6 April

For parents/carers of children
9 years and up.
At Marton (venue to be confirmed)

Incredible Years

Valuing children by growing the behaviours we want to see.

Starting Tuesday morning,
9.30am - 12.00pm
22 February - 28 June
For parents/carers of children
3-8 years.

At Community House, 60 Ridgeway St, Whanganui.

***A meeting with the facilitator is required prior to the
programme beginning.***

Support Services



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



**Thursday 28th October
7.00pm - 8.00pm**

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



**Barnardos office
22 Purnell street
Whanganui**



bel.org.nz

fb.com/BarnardosEarlyLearning



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

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

For more info visit www.strokecentral.org.nz



LOW COST BINS

Proud supporters of Community
House Whanganui

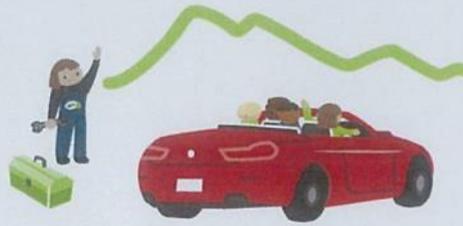
Support Services

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



EASY TO USE

Each person has supports that are simple to use and flexible

MAINSTREAM FIRST

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



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.

Support Services



MINISTRY OF SOCIAL
DEVELOPMENT
TE MANATŪ WHAKAHIATO ORA



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

New Zealand Government

For more information
www.workandincome.govt.nz/housing

SH-A320W - JUL 2020

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

W: 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.



Support Services



Whanganui

Budget

Advisory

Service Inc.

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

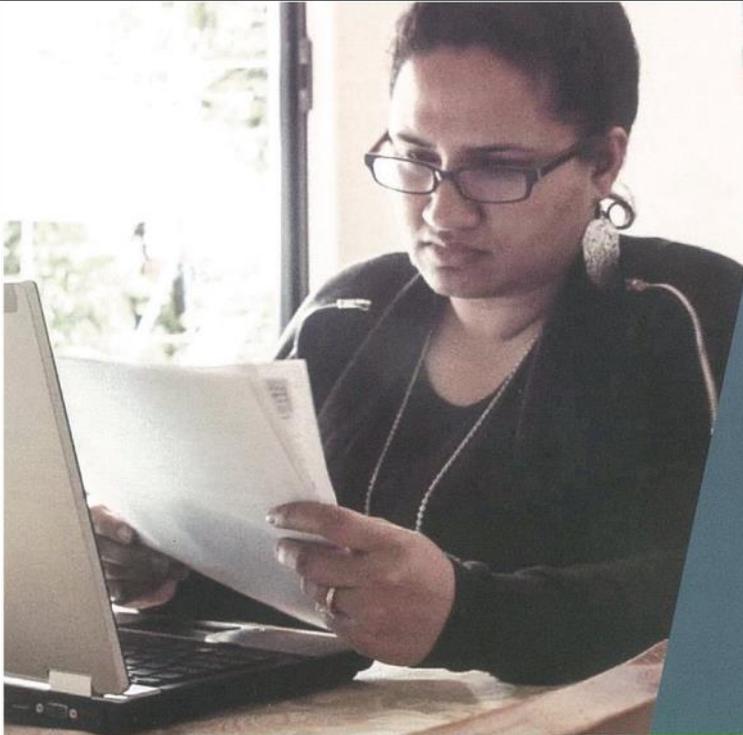
We have seen an increase in the number of people struggling to manage their finances. Reduction in hours of work, increased prices of the 'basics', years of easy credit, etc, mean incomes are less than expenses. Financial burdens impact on every part of our lives, health, relationships, education, etc. 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.

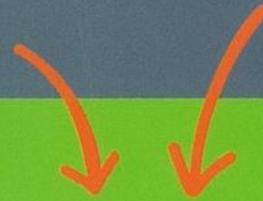
If you would like some budgeting advice, please contact our office on 06 345 3746 or 027 2433 362 or email wbas@wbas.org.nz (office hours Mon- Fri 9am – 2 pm)

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

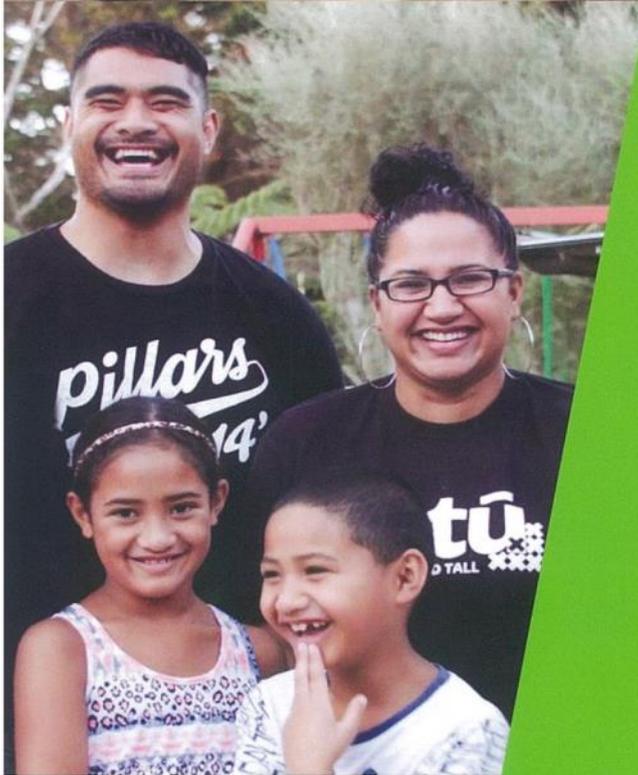
Support Services



**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

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) 345-6681, Email: 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!

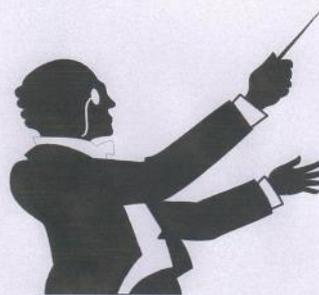
Come along and enjoy the singing and camaraderie that has continued since the Choir was first formed in 1898



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



EMAIL US...

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

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

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

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



Support Services & Interest Groups



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

wanganuidnz@gmail.com

www.facebook.com/groups/wanganuidnz

Marton Diabetes Support Group

Normally meet 1st Saturday of the month from 2pm
Friendship Hall, 7 Morris Street, Marton
(06) 327-7281 / 021-342-524
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



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

FB Women's Refuge Whanganui

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.ORG.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

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

FIND THEM ON OUR COMMUNITY
ORGANISATIONS DATABASE
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

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)



FOUNDED 1898
PO Box 4100, Wanganui

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 Wanganui 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

Website: www.citymissionwhanganui.org.nz



CITYMISSION
WHANGANUI

Friendship Meals

Friendship meals are **cooked midday meals** served at
different churches throughout Wanganui 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



CITYMISSION
WHANGANUI

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/>

Wanganui Highland Pipe Band Inc

Wanganui 4541
New Zealand



Established 1918

St Andrew's Hall
11 Bell Street, Wanganui

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

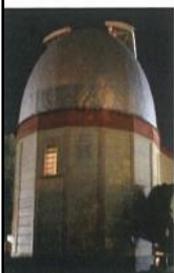
Join U3A to keep your brain ticking.

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



Wanganui
LIFELONG LEARNING

Contact Rosemary Higgie (06) 347 6817 hrhig@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

Support Services & Interest Groups

**Parkinson's Whanganui
Community Educator Service**



wanganuiparkinsons@yahoo.com

PO Box 102
Whanganui

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:

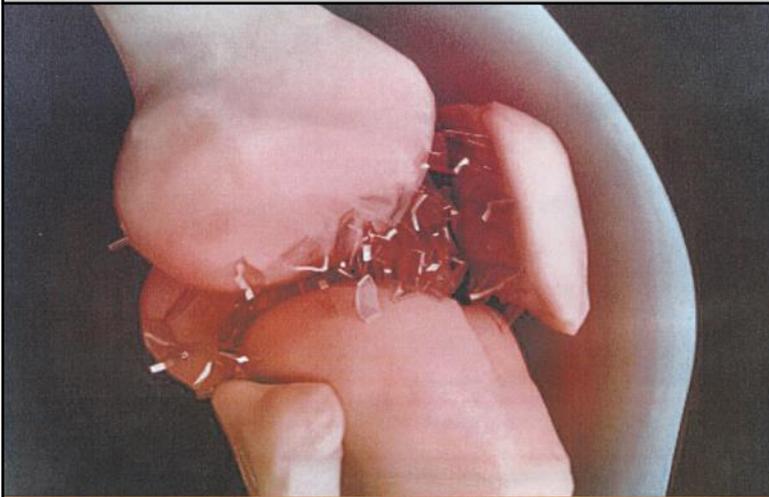
- Education/training courses
- Planning your future
- Connecting you to other services

For further information please see our website www.youthservice.govt.nz

Or email us on 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



**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 Wanganui Association

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

Eastside
10 Matarawa St
Tue-Wed-Thur
9am - 12pm
3447119

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 9 am - 12.30pm
06 3426604

3 FREE visits

www.Playcentre.org.nz
Whānau tupu ngāhahi - 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.

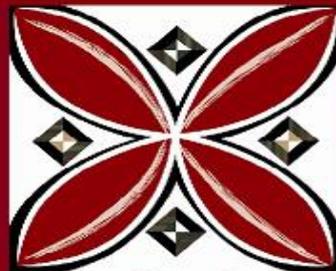
Please call 0508 858 858 for more information on how we can help.



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

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

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

Room 110, 1st Floor, Community House
60 Ridgway Street
PO Box 102, Wanganui

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 Torohanga, 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

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

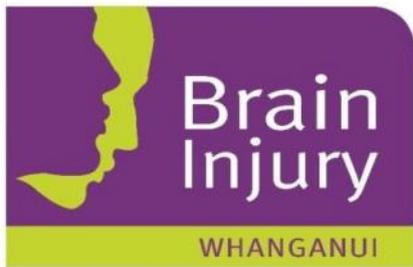
Te Pou Whakawhirinaki o Whanganui

120 Guyton Street – (06) 345 0844

Email: whanganui@cab.org.nz

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



Diabetes Support Group

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
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

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 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



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

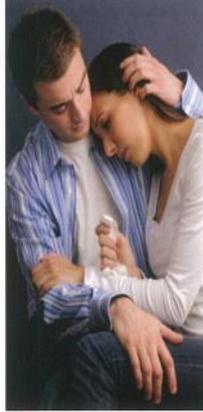
The Compassionate Friends Parents Grief Support

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
NEW ZEALAND

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

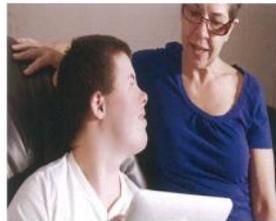
...just pop on in ☺



Monthly Learning / Intellectual Disability Carer Support Network

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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/>



Counselling 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

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

www.nicolahartfield.com

Workplace Supervisor / Family Mediator



COUNSELLING CABOODLE

PROFESSIONAL SUPERVISION SERVICES

Debbie Biggar Phone: 02102689486 or 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

Fliiss Newton

MNZAC; Dip GINZ; TTC;
Cert Social Work

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

(06) 347 6377

fliiss@inspire.net.nz



Barrie Marsh

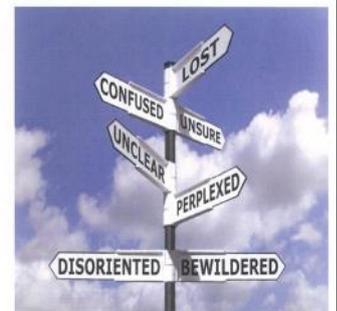
Diploma of Social Work

General Counsellor

*Strict Confidentiality and
Privacy Assured*

Ph (06) 344 3345

Email 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



New 3 month gap for getting your booster

Te Kāwanatanga o Aotearoa
New Zealand Government

Unite against
COVID-19

COVID-19

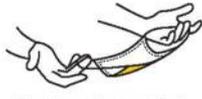
How to wear a face covering safely

Putting on a face covering:



Clean your hands.

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



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](https://www.govt.nz)

Unite
against
COVID-19

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:



Unite
against
COVID-19



My Covid Record

Get your COVID-19 Vaccination Records

Visit mycovidrecord.nz

Te Kāwanatanga o Aotearoa
New Zealand Government

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Kia ora – vaccine pass required for entry

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

Te Kāwanatanga o Aotearoa
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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 TAWHITI

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

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

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

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

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

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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>In an emergency</p> | <p>Call 111 for Fire and Emergency, Police, or Ambulance.</p> | <p>111 (Emergency Line)</p> |
| <p>For health advice</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 Healthline for free health advice and information provided by trained professionals.</p> | <p>0800 358 5453 (Healthline - COVID-19 health advice)</p> <p>0800 611 116 (Healthline - General health advice)</p> <p>www.healthpoint.co.nz</p> |
| <p>For health advice about babies or children</p> | <p>Call Plunket 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>0800 933 922 (PlunketLine)</p> |
| <p>For mental health or addiction support</p> <p>However you feel, there's someone to talk to if you need it.</p> | <p>Call or text 1737 to talk to someone trained to help.</p> <p>For specific help, you can contact the Depression Helpline or Alcohol Drug Helpline.</p> | <p>1737 (1737 Helpline) 1737.org.nz</p> <p>0800 111 757 (Depression Helpline) 0800 787 797 (Alcohol Drug Helpline)</p> |
| <p>For support with family violence or sexual violence</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 111 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 Family Services 211 helpline.</p> <p>Call Women's Refuge for advice, support and safe accommodation when you're dealing with violence in your life.</p> <p>The Elder Abuse Helpline is a free service that older people can contact if they or someone they know are experiencing elder abuse.</p> | <p>111 (Emergency Line) 0800 211 211 (Family Services 211 Helpline) www.familyservices.govt.nz/directory/</p> <p>0800 733 843 (Women's Refuge) 0800 32 668 65 (Elder Abuse Hotline)</p> |
| <p>For concerns about the wellbeing or safety of a child</p> | <p>Call Oranga Tamariki if a child or young person is unsafe, not being cared for, or separated from their parents or caregivers.</p> | <p>0508 326 459 (Oranga Tamariki) www.orangatamariki.govt.nz</p> |
| <p>For support for young people</p> | <p>Youthline supports all young people, including those who are struggling. Youthline offers a free 24/7 Helpline service.</p> | <p>Youthline Free call 0800 376 633 Free text 234 Webchat: https://www.youthline.co.nz/</p> |
| <p>For rural and farming support</p> | <p>Contact your local Rural Support Trust. They can point you in the right direction for the support you need.</p> | <p>0800 787 254 (Rural Support Trust)</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/
(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/

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

<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/

For renting and tenancy advice

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

0800 836 262 (Tenancy Services)

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

0800 20 90 20

(Employment New Zealand)
www.employment.govt.nz

0800 030 040 (Worksafe)

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

0800 367 222 (Citizens Advice Bureau)

Information taken from the COVID-19 website, Covid19.govt.nz, which is updated regularly. Current as of August 2021.



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

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 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 Kaitiaki Take Kōwhiri 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: advocate@refugewhanganui.org.nz

PH: 06 344 2204
PH: 0800 733 843
North Island Option 4
24/7 crisis and support line



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/ Email: jigsawwhanganui.org.nz

Suite 10, 236 Victoria Ave
PH: 06 345 1636



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@pc.org.nz

Caring...enabling...supporting

179 Wicksteed Street
PH: 06 345 6681



Te Oranganui's Whanau & 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.

Korowaitia te puna waiora
hei oranga motuhake mo te iwi
Empowering whānau into their futures.

57 Campbell Street
PH: 06 349 0007

ORANGA TAMARIKI

Ministry for Children



Ingestre Chambers
74 Ingestre Street Whanganui
PH: 0508 (FAMILY) 326 459
24 hours a day,
seven days a week

Statutory Child Protection Service. Investigates concerns about serious abuse of children (physical, sexual, emotional and neglect), and provides youth justice services.



Serving the needs of older people

A free and confidential Elder Abuse Response Service for people experiencing, or at risk of, elder abuse and/or neglect.

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 Whanau after the initial Police attendance. FLOW act as navigators, enabling Whanau 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 tāngata Nurturing . Sustenance . Empowering

Whanganui Safe and Free

healing and preventing sexual abuse in our community

Specialist therapy and counselling for children, adolescents, whanau 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

Suite 4, 236 Victoria Ave
PH: 06 343 3416



COMMUNITY LEGAL
ADVICE WHANGANUI

Suite 2, 236 Victoria Ave
PH: 06 348 8288

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



Whanganui
Family
Violence
Intervention
Network

**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[®]
trust