



## Kia Ora

Hope everyone is well and adjusting to the uncertainty that Delta has brought to our lives. Just to recap on the announcements made yesterday;

- Raglan, Te Kauwhata, Huntly, Ngāruawāhia, and Hamilton City are at Alert Level 3.
- Auckland remains at Alert Level 3, with updates to the Alert Level settings. Restrictions will ease in steps, starting with step 1.
- The rest of New Zealand remains at Alert Level 2 with the 100 limit cap on hospitality and event venues removed. The requirement for customers to be seated and separated with 1m physical distancing remains in place.
- Cabinet will review each step weekly to ensure it's safe to move before confirming the next step.
- The wage subsidy will continue to be available.
- Anyone aged 12 and over can book their vaccine appointment at [BookMyVaccine.nz](http://BookMyVaccine.nz).

Since it's AGM season, we just wanted to remind organisations on our database that if you have any changes (such as a change in office holder or contact person, or a change in contact email address or phone number etc) to please let us know.

Finally, given all the uncertainty around alert levels and events, please do check with the event organiser that any advertised events are still going ahead closer to the time.

Take care and stay safe  
Shelley

## Rural Networking Meetings

- |                   |  |
|-------------------|--|
| 06 Oct<br>12:30pm | <b>Taihape</b> (1st Wednesday of each month)<br>Taihape Town Hall Council Chambers<br>Zoom attendance available<br>Contact: Michelle Fannin 021 152 6412 |
| No Meeting        | <b>Waiouru</b> (2nd Monday of each month)<br>Contact: Carolyn Hyland (06) 387 5531   |
| 18 Oct<br>12:30pm | <b>Southern Rangitikei</b> (3rd Monday of each month) To be advised  |

## Funding

- COGS—funding round closed for 2021.**  
[www.communitymatters.govt.nz](http://www.communitymatters.govt.nz)
- Community Contracts—funding round closed for 2021.**  
[www.whanganui.govt.nz](http://www.whanganui.govt.nz)
- Whanganui Community Foundation—closes 26 October 2021 for Community Support Grants and 26 October 2021 for Quick Response Grants.** [www.whanganuicommunityfoundation.org.nz](http://www.whanganuicommunityfoundation.org.nz)
- Pub Charity Ltd—check area eligibility prior to applying.**  
[www.pubcharitylimited.co.nz](http://www.pubcharitylimited.co.nz)
- TG Macarthy Trust—annual applications closed 30 June 2021.**  
[www.publictrust.co.nz](http://www.publictrust.co.nz)
- Four Regions Trust—next round closes 31 October 2021.**  
<http://www.fourregionstrust.org.nz>
- Manawatu / Whanganui Lottery Community Committee— opens 03 November 2021 and closes 01 December 2021 (round 2).**  
[www.communitymatters.govt.nz](http://www.communitymatters.govt.nz)
- NZCT—always open, allow up to 8 weeks for outcomes.**  
[www.nzct.org.nz](http://www.nzct.org.nz)
- The Lion Foundation—always open, allow up to 8 weeks for outcomes.** [www.lionfoundation.org.nz](http://www.lionfoundation.org.nz)
- Grassroots Trust Central—check area eligibility prior to applying.**  
[www.grassrootstrust.co.nz](http://www.grassrootstrust.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*



Stroke Central New Zealand Inc.



Friday 29<sup>th</sup> October 2021  
For World Stroke Day



Organise a brunch with your friends and colleagues to raise awareness for stroke in your community; bring a gold coin donation to raise much needed funds for our ongoing stroke support.

Don't forget to wear blue!

Registration/Information  
Call: 0800 298 858  
Email: [anne@strokecentral.org.nz](mailto:anne@strokecentral.org.nz)  
[www.strokecentral.org.nz](http://www.strokecentral.org.nz)

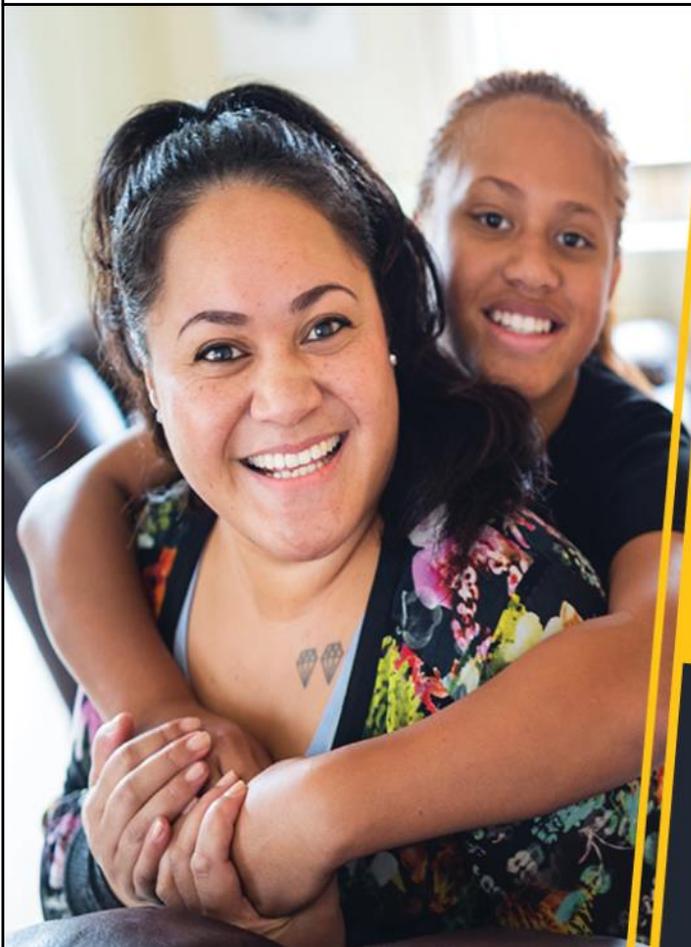
# What's on — mark your diaries!



## Whanganui literary festival

READERS WRITERS BOOKLOVERS

29th Sept - 10th Oct  
2021



## Learn basic everyday digital skills

0800 526 672 | [www.kanorau.nz](http://www.kanorau.nz)



Powered by

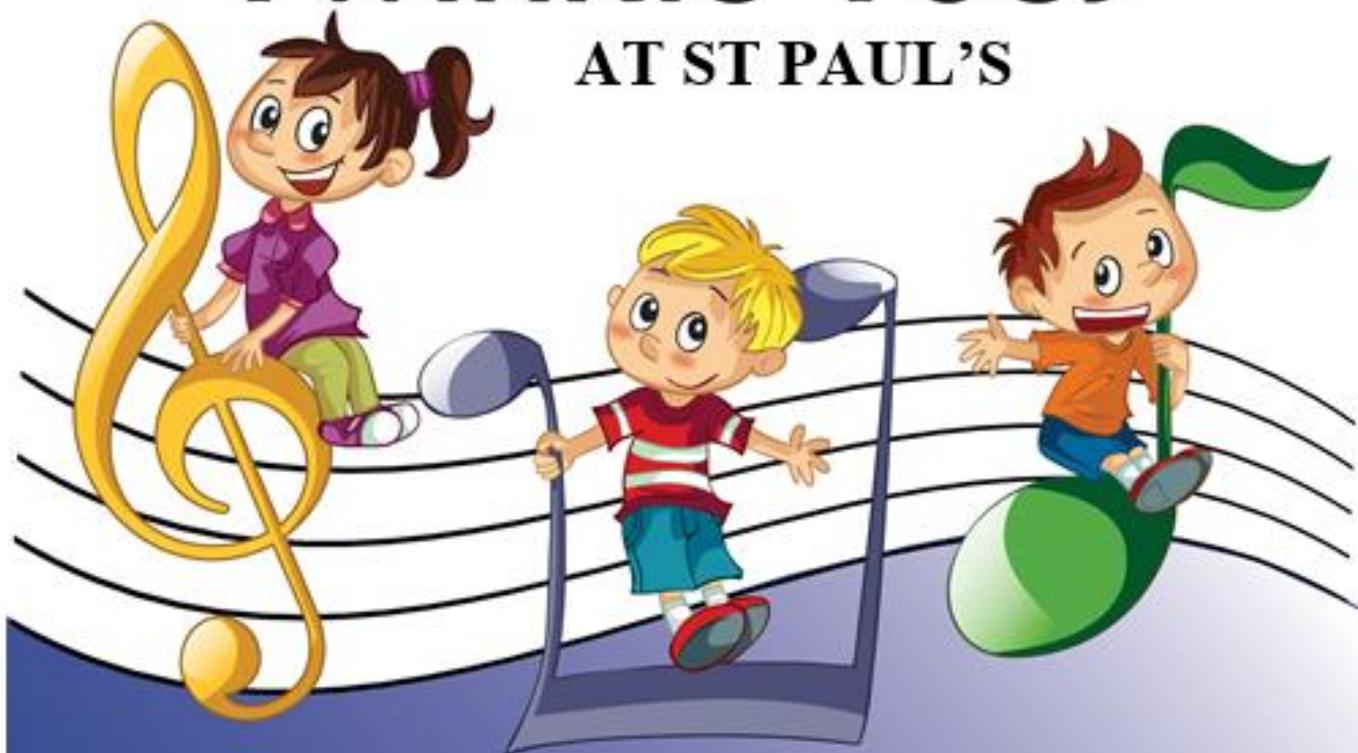
Te Wānanga  
o Aotearoa



What's on — mark your diaries!

# Twinkle Toes

AT ST PAUL'S



**During School Term  
Friday Mornings  
10am – 11.15am Friday**

**Worship Centre  
120 Guyton Street**

*A fun music time  
for preschoolers*

**Gold coin donation**



# 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](http://www.digitalwings.nz)**

**Contact Di Daniels MNZM**

**Programme Director Digital Wings**

**0274 133 677**

**[di.daniels@digitalwings.nz](mailto:di.daniels@digitalwings.nz)**

**PO Box 12-033 Thorndon Wellington 6144**

**What's on — mark your diaries!**



**Alzheimers** *Whanganui*

**Alzheimers Whanganui  
would love to invite**

You, your family and/or friends join us for a

**Pot Luck Dinner**

**Thursday 28th October 2021**

**5.30 p.m.**

at

Duncan Pavilion

Castlecliff Beach

R.S.V.P. by 20th October

Alzheimers Whanganui Phone: 345 8833

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

What's on — mark your diaries!



# DANCE FESTIVAL

13<sup>th</sup> – 17<sup>th</sup> October 2021

Royal Whanganui Opera House



Wednesday 13<sup>th</sup>

TAP



Thursday 14<sup>th</sup>

BALLET



Friday 15<sup>th</sup>

TROUPES

Saturday 16<sup>th</sup>

MODERN



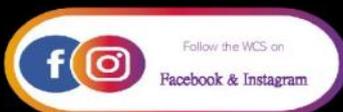
Sunday 17<sup>th</sup>

MODERN

Dancers from throughout New Zealand will be attending the WCS Dance Festival & Competing across 5 days

Tickets available from the Royal Whanganui Opera House

WCS Proudly Powered by



# What's on — mark your diaries!



## Ways to Connect



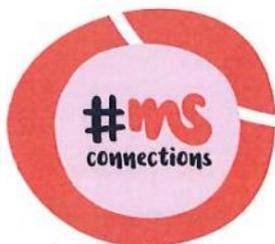
### Activities

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



### Advocate for change

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



### Social Media

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

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



### Hand-in-hand connections

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



I connect, we connect



# 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](http://whanganuilibrary.com)

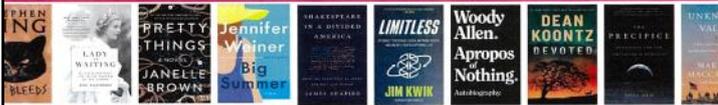
## TEA & TALES



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

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

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



## Join us for Book Chat



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

3rd Thursday of the Month  
Davis Library 11:00

## Everyone Welcome

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



*New to Whanganui?*

*Like to meet new like-minded people?*

*Always wanted to join a bookclub?*

*— well now is your chance*

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

### THEMES

**Venue:** Castlecliff Library

**Time:** 1.30pm until 3pm

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

### Register now

For information and/or registration please contact

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

# What's on — mark your diaries!

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

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

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

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

**Need a new skill set?**

**Hospo Skills** SHORT COURSE 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!

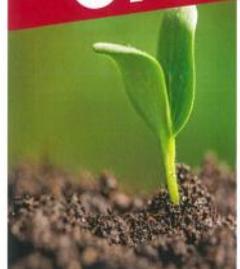
**Level Up**  
Literacy & Numeracy programme

Whanganui Campus

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

0800 GET T4U    www.trainingforyou.co.nz    training for you

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

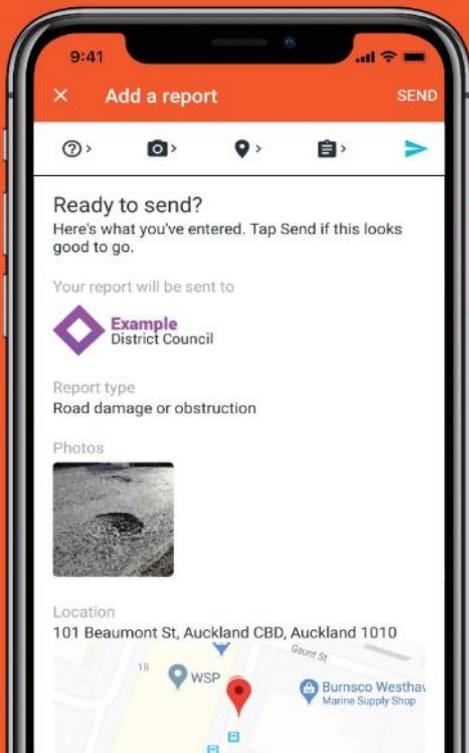


Community House would like to introduce you to **Awareness Through Movement** classes. An intriguing way of learning how to turn harmful habits into easy, functional everyday movement.

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

# ms.

Multiple Sclerosis  
Wanganui



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

## ONE OF THE MANY FACES OF MS

*Support your local MS community today*



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

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

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

# What's on — mark your diaries!

coaching education online presents :

## BUILD A CV THAT GETS NOTICED!

BUILD YOUR CV ONLINE COURSE \$34.99

Contact Carol at

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

Find us on Facebook :

Coaching, Mentoring and Education NZ

Learn How to Drive Safely and Obtain a NZ Driving Licence

# PACIFIKA

# DRIVING SCHOOL

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

Reasonable Pricing = \$65 Theory + Practical

Qualified & Certified Instructors. Overseas Conversion Lessons

Email: [pacifika.drivingschool@gmail.com](mailto:pacifika.drivingschool@gmail.com)

**CALL: 027 599 6409**



### MH101®

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



#### About the workshops

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

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

Blueprint for Learning 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.

#### 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



“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.

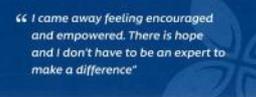
Blueprint for Learning can run workshops for a specific industry or workplace. We will work with you to understand your industry and the people who will be attending.

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](mailto:info@blueprint.co.nz)  
Phone: 04 473 9009  
Website: [www.blueprint.co.nz](http://www.blueprint.co.nz)

Te Pou o te Whakaaro Nui



What's on — mark your diaries!

Σ Τ Δ !! STAND UP!!

A SHORT EMPOWERING COURSE FOR PEOPLE BETWEEN 18 AND 25 CURRENTLY RECEIVING ASSISTANCE FROM A BENEFIT

FEEL GOOD ABOUT WHO YOU ARE

UNLOCK YOUR POTENTIAL & GAIN SELF CONFIDENCE

CALL 06 345 4488 OR 021 025 21613



Balance Aotearoa | Community House  
60 Ridgway St | Whanganui

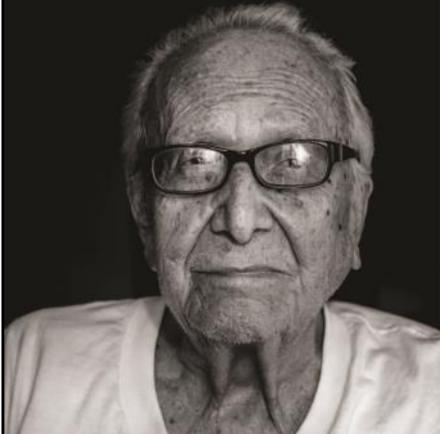
info@balance.org.nz | www.balancewhanganui.org.nz



MINISTRY OF SOCIAL DEVELOPMENT  
TE MANATŪ WHAKAHIATO ORA

# 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

RIVER EXCHANGE & BARTER SYSTEM (REBS)

## FARMERS MARKET

EVERY TUESDAY 2.30-5.30pm |

ALL SAINTS CHURCH HALL | MOANA ST | WHANGANUI EAST

SPRAY FREE FRUIT & VEG | FREE RANGE EGGS | PLANTS



CONTACT MICHAEL (06) 344 5032 | 021 211 8169

## Get the JOB DONE

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



Education & Employment  
Lives Transformed



DEPARTMENT OF CORRECTIONS  
ARA POUTAMA AOTEAROA

## Castlecliff Sunday Market

Every Fine Sunday 11am to 3pm

As from March 1st, on the Corner of Rangiora St and Seafront 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!

## THE WOMEN'S NETWORK

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

**La Fiesta 2021:** We are super proud to bring you NZ's best women's fest each year. Expressions of interest to get involved with La Fiesta 2022 are open until 20 November. Festival number thirteen is set to run from 12 February to 12 March. So, if you have a snazzy idea for an event, want to run one, or know someone awesome who could, reach out and drop us a line.

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

**Other Activities:** We host a monthly feminist discussion group called 'Fempower', contact us if you'd like to join the mailing list for this. As a result of our recent Winter Wonderfest we had also started hosting weekly Zumba classes on Thursday evenings. However, with Covid restrictions these are on hold for now until we move out of alert level 2.

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

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

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

LITERACY AOTEAROA WHANGANUI

Work Readiness course

TUESDAYS 2.00-4.30  
COMMUNICATION,  
CV and INTERVIEW PREP

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

**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](http://nappygodmother.co.nz)

# What's on — mark your diaries!

Te Punanga o Hōhepa



Josephite Retreat Centre

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

October

Whiringa-ā-nuku

## DVD Evening - Mia and The White Lion



This is a family adventure film. Young Mia and her family move from London to manage a lion farm in South Africa. She finds happiness with a newborn lion named Charlie but when she uncovers a secret that puts Charlie in danger, she sets out on an incredible journey across the wild plains to find a sanctuary for her beloved friend.

Wednesday 6 October 6.30pm  
Supper provided Koha

## A Heart Open to the Whole World

"Hearts open to the world" is the call of the gospel; why did we ever feel we had to turn away "from the world"?

Thursday 14 October 7 - 9pm Koha  
Emeritus Bishop Peter Cullinane

## Community Liturgy - Present Moment

Sunday 17 October 4 - 5pm

## Tui Motu Group

Wednesday 20 October 4.30 - 5.45pm  
Liz Hickey rsj



## DVD Evening - Ride Like a Girl

As a little girl Michelle Payne dreams of the impossible: winning the Melbourne Cup – horse-racing's toughest two-mile race. Together with the love of her father and her brother Stevie, Michelle

overcomes impossible odds for a shot at her dream. The rest is history.

Wednesday 27 October 6.30pm  
Supper provided Koha



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](mailto:hello@outsourcedpersonnel.co.nz)  
[www.outsourcedpersonnel.co.nz](http://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](mailto:sweetwhanganui@gmail.com) | [www.sweetwhanganui.org.nz](http://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**

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

## MONDAY

**KIDS STORYTIME  
EVERY  
MONDAY FROM  
10AM**

**BOOK EXPLORERS  
CLUB**

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

## TUESDAY

**MAHJONG AND  
CRIBBAGE CLUB  
EVERY  
TUESDAY FROM  
9:30AM**

**FACILITATED BY  
ERICA: 0223938791**

## WEDNESDAY

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

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

## THURSDAY

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

## FRIDAY

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

What's on — mark your diaries!

# Term 3 Options



Whanganui Learning Centre



## Passport to Work

Wanting to get into the workforce?  
We help with CVs, interview skills, and more.  
Tuesdays and Thursdays 12.30 - 3pm



## Women's Confidence

We can support you make positive change in your life to expand your choices.  
Mondays and Wednesdays 9.30 - 12pm



## Office Support Workers

Let us help you in that office admin role.  
Mondays and Fridays 9.30 - 12pm



## Learner Licence

Learn to be a safe and confident driver.  
Tuesdays & Thursdays  
9.30 - 12pm

**232 Wicksteed**  
Whanganui Learning Centre

Phone: (06)348 4950

Text: (021) 293 6879

wlearningc@gmail.com



**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](mailto: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**

# Funding



**Te Tari Taiwhenua  
Internal Affairs**



**Lottery Grants Board**  
FUNDS FOR YOUR  
COMMUNITY

## *Community Clinics*

Come and talk to Maggie Regan, Community Advisor from Department of Internal Affairs, about the advisory services provided and the different funding options.

*Lottery Community Committee - Round 2 opens 3 Nov & closes 1 Dec 2021*

**Venue: Whanganui Community House 60 Guyton St**

**Room 127**

**Wednesday 27 October – 9am until 11.30am**

**or**

**Wednesday 10 November – 9am until 11.30am**

**or**

**Monday 22 November - 9am – 11.30am**

To book a one-on-one ½ hour session please contact Maggie on

Email: [maggie.regan@dia.govt.nz](mailto:maggie.regan@dia.govt.nz)

Phone: 027 371 9068





## Lottery Grants Board



FUNDS FOR YOUR  
COMMUNITY

### **Lottery Community – Manawatu / Whanganui**

Lottery Community Committee

Opens 3 November

Closes 1 December 2021

Allocation meeting scheduled for late March 2022

#### **Priorities 21/22**

The Manawatu-Whanganui Committee will prioritise requests with outcomes which can demonstrate a contribution towards:

- Communities, hapū, and iwi being connected and thriving; and
- People within communities working together to achieve shared community aspirations

A request will be considered lower priority if:

- There is limited evidence of collaboration in the request.
- There is limited evidence of community need in the request.
- The request is to subsidise the delivery of a service or initiative that is currently funded by a Government contract.

<https://www.communitymatters.govt.nz/lottery-community/>

**Lottery closes Wednesday 14 July 2021**

# Arts Funding Open

Are you a creative looking for an opportunity to kick-start your next art project?

## Public Art Fund

Public Art Fund provides support to artists to create innovative public artworks which celebrate the distinctiveness of Whanganui's environment, history and cultural identity.

**Open: Monday, 16 August**  
**Close: 12 noon Friday, 29 October**

## Creative Communities Scheme

Creative Communities Scheme supports individuals or groups to create opportunities for their community to access and participate in the arts.

**Open: Wednesday, 1 September 2021**  
**Close: 12 noon Monday, 8 November 2021**

## For more information

Contact the Community Arts Coordinator, Anique Jayasinghe on [anique.jayasinghe@whanganui.govt.nz](mailto:anique.jayasinghe@whanganui.govt.nz)



**WHANGANUI  
DISTRICT COUNCIL**  
Te Kaunihera a Rohe o Whanganui

# Business & Community News

Want to let everyone know about your event?

AWA  
EVENT  
GUIDE  
WHANGANUI

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

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

We also Facebook and tweet.



The sexual health clinic is conveniently located within the Whanganui Hospital, 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](http://www.communityhouse.org.nz). There are over 950 local, regional and national community, charitable, sporting and non-profit organisations listed on the database.

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

60 Ridgway Street, PO Box 102,

Whanganui 4540

Phone 06 347 1084

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

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





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



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

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

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

Our hearing therapists are qualified assessors for this specialised equipment.

There is some funding available where specific criteria are met.



## Michaela O'Brien Graphic Designer

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



CALL for a chat on 021 084 13999

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

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

## Insulation & Heating Solutions



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

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

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

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

## This simple test could save your life



FREE PHONE **0800 924 432**

## FREE BOWEL CANCER SCREENING now in Whanganui!

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

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



# Halls / Rooms for Hire

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

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

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

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

## Enquire Today

(06) 347 1084

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

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

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



## Peat Street Studio

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

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

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

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

## Christ Church Community Centre

Wicksteed Street (opposite 232 Wicksteed Street)

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

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

New heat pumps recently installed in both rooms.

For bookings phone (06) 345 7723

(between the hours of 9am and 3pm Tuesday-Friday).

## Interview / Counselling Room

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

- White Board
- Desk
- Couch
- Table and Chairs

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



## ALEXANDER RESEARCH & HERITAGE LIBRARY

Te Rerenga Mai o Te Kāuru  
QUEENS PARK, WHANGANUI

## AVAILABLE FOR HIRE

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

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



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

### Rooms for Hire

Three different size rooms- (seat theatre style)

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

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

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

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

For more information and bookings

Contact Rachel

112-120 Guyton Street, Whanganui

Office 06 345 9318

Email: - [officestpaulschurch@inspire.net.nz](mailto: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](mailto:office@communityhouse.org.nz).

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

Do you need a room?

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

Call Shelley on 06 347 1084

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

## Whanganui Camera Club

Room for Hire – 2 Handley Street

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

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

About 60+ chairs and two or three tables.

Outside - oodles of parking in Handley Street, plus access to the club grounds for additional parking. Large outside area (former bowling club grounds) and lockable garage space.

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



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



DID YOU KNOW

**WE CAN TAKE YOUR  
MINUTES?**

Call Shelley @ Community House Whanganui to discuss  
06 347 1084

Do you need a room?

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

Call Shelley on 06 347 1084

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

# Volunteers / Help Wanted



**Foster Parents Needed**



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

Find out more about foster care with Open Home Foundation

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

## Wool wanted



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

Call Donna Wallace on 0220 830901

## TUTORS WANTED

Do you have a qualification in teaching adults literacy?

Are you interested in helping others upskill?



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

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

## LAUNDRY POWDER SCOOPS NEEDED FOR THE FOODBANK



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

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

CONTACT US ON 06 347 1084



SUSTAINABLE WHANGANUI  
Creating resilience within our community

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

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

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

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

# Volunteers Wanted



## *Friends of the Opera House*

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### **VOLUNTEERS NEEDED!**

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

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

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

### **SEEKING NEW MEMBERS**

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

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

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

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

**Margaret Johnson  
President**

# Volunteers Wanted



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



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

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

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

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

**Phone:** 0800 266 547

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

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

## Singing For Your Brain

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

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

Enquiries to:- Dorothy Trail

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

## FIVE WAYS TO WELLBEING

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



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



REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY



TALK & LISTEN. BE THERE, FEEL CONNECTED



YOUR TIME. YOUR WORDS. YOUR PRESENCE



EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF

Mental Health Foundation  
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

**BARNARDOS Whanganui**

**22 Purnell Street**

**Whanganui**

**06 348 2091**



To let you know a little about the services we offer at Barnardos, Whanganui .

## **LEAP Social Work**

Deidre is our social worker in Whanganui and can support and advocate for families in the wider Whanganui region. Clients can self-refer, or we accept referrals from other agencies for targeted and intensive pieces of social work that involve setting up plans, wider supports and advocacy for children and their families.

To contact Deidre

Phone: 06 965 0502

Mobile: 027 212 0367

Email: [deidre.boyd@barnardos.org.nz](mailto:deidre.boyd@barnardos.org.nz)

## **Supervised Contact Service**

By referral from Oranga Tamariki or Court, we provide safe, positive supervised access visits for a non custodial parent or family member.

### **VACANCY**

Are you a caring Individual, who has great life experience, patience and an ability to communicate well with both children and adults.

Our team of supervisors ensure that the visits children have at our supervised access service, are safe and positive for the children . We are looking to expand our dedicated casual team and we would love to hear from you. Give Cris a ring on 027 476 7944 or 06 965 0501.

## **ROOMS TO RENT**

The Barnardos house has potentially two room's that could be rented and used by a community provider. The rooms would suit a counsellor, or small sole business set up.

If you are interested give Mary a ring on 027 208 9935.

# Support Services



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

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

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

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

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



# Support Services

**WORK AND INCOME**  
TE HIRANGA TANGATA

COVID-19 support | Employers | Providers | [MyMSD login](#)

[Benefits and payments](#) ~ [Work](#) ~ [On a benefit](#) ~ [Housing](#) ~

## Kia ora, welcome to Work and Income

We're here to help you financially if you're on a low income or not working, support you into work, and help you with housing.

### Our online services

[COVID-19 support](#) [Check what you might get](#) [Find work](#)  
[Apply online](#) [MyMSD](#) [Follow us on Facebook](#)



## I want to find out about

<h3>COVID-19 support</h3> <p>Find out what support is available for individuals, self-employed people and businesses, while New Zealand is at Alert Level 1.</p>	<h3>Leave Support Scheme</h3> <p>The COVID-19 Leave Support Scheme is available for employers, including self-employed people, to help pay staff who need to self-isolate and can't work from home.</p>	<h3>Short-Term Absence Payment</h3> <p>For employers, including self-employed people, to help pay staff who cannot work from home while they wait for a COVID-19 test result.</p>
<h3>Flexi-wage subsidy</h3> <p>If you need support to get work, are out of work and want to start your own business, or are hiring and need in-work support, training or a wage contribution for staff, we may be able to help.</p>	<h3>Online Recruitment Tool</h3> <p>Search for jobs that employers have listed on our recruitment website and connect with them directly to apply.</p>	<h3>Employer services</h3> <p>We provide recruitment services, funding and support for your employees.</p>
<h3>Childcare</h3> <p>Information about childcare support payments and other support.</p>	<h3>Housing help</h3> <p>Get help with accommodation costs, advice about public housing, moving house or any housing issues.</p>	<h3>Support for seniors</h3> <p>Find out about New Zealand Superannuation, payment dates and rates and more.</p>

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

# Support Services



## Community Updates October 2021

<p><b>Resurgence Support Payment (RSP)</b> – To support viable businesses or organisations which have experienced a decline in revenue due to COVID-19</p> <p><a href="https://ird.govt.nz">COVID-19 Resurgence Support Payment (RSP) (ird.govt.nz)</a></p>	<p>Each time the COVID-19 alert level is increased from level 1 The Government may decide to activate the RSP. It will generally be activated when the period of increased alert level is 7 days or longer, but this is not guaranteed. Once the RSP has been activated, it will be available nationally, even if the alert level isn't increased across the whole country.</p>
<p><b>Applications for the second payment of RSP opened on 17 September 2021</b></p> <p>To qualify your business or organisation must have experienced a drop of at least 30% in revenue over a 7-day period due to the increased COVID-19 alert level.</p>	<p>The business or Organisation:</p> <ul style="list-style-type: none"> <li>• Must have been in business for at least 1 month prior to the 17 August 2021</li> <li>• Experienced a decline of at least 30% in revenue over a typical 7-day revenue period.</li> <li>• The business must be viable and ongoing.</li> <li>• Charities and Not-for-Profits may be entitled provided they meet the same eligibility requirements.</li> <li>• Passive income is excluded from the measurement of revenue.</li> <li>• Your business must be physically present in New Zealand.</li> <li>• Applicants must be 18 years or older.</li> </ul>
<p><b>myIR</b></p> <p><a href="https://ird.govt.nz">Navigating the new version of myIR for businesses and individuals (ird.govt.nz)</a></p>	<p>We are continuing to make improvements to the look and feel of your secure online services account. myIR will have a new layout which will make it easier for customers to see the most important information across all of your accounts (Including Child Support)</p>
<p><b>Child Support changes in October and November 2021</b></p>	<p>New legislation comes into effect including:</p> <ul style="list-style-type: none"> <li>• Compulsory child support deductions from salary and wages for newly liable and returning customers.</li> <li>• Offsetting amounts owed – when two parents owe each other.</li> <li>• New grounds for exemptions</li> <li>• Changes to key age-related definitions</li> </ul>

# Support Services

	<ul style="list-style-type: none"> <li>• A four-year time bar on child support reassessments and applying for administrative reviews</li> <li>• Further changes to penalties</li> </ul>
<b>More Child Support improvements</b>	<ul style="list-style-type: none"> <li>• We will be able to pay Child Support payments to receiving carers by the 23<sup>rd</sup> of the same month – if the liable parent has paid on-time.</li> <li>• There will be new payment options for manual payers</li> <li>• Upgrading Child Support in myIR to make it easier for parents manage their child support obligations.</li> </ul>
<b>For more information on the upcoming changes visit the Inland Revenue website.</b>	<ul style="list-style-type: none"> <li>• What's changing in 2021: <a href="https://www.ird.govt.nz/about-us/business-transformation/2021-changes">https://www.ird.govt.nz/about-us/business-transformation/2021-changes</a></li> <li>• Watch our webinars: <a href="https://www.ird.govt.nz/about-us/business-transformation/2021-changes/changes-for-individuals-and-whanau">https://www.ird.govt.nz/about-us/business-transformation/2021-changes/changes-for-individuals-and-whanau</a></li> </ul>
<b>How to contact Inland Revenue:</b> Part of our commitment is to provide the best service to our customers.	If you need to ring Inland Revenue our 0800 Contact phone numbers are: <ul style="list-style-type: none"> <li>• Personal income tax 0800 775 247</li> <li>• Business income tax 0800 377 774</li> <li>• Working for Families 0800 227 773</li> <li>• Child Support 0800 221 221</li> <li>• Student Loans (NZ Based) 0800 377 778</li> </ul> Or send us a secure email through your myIR secure online service account.



## LOW COST BINS

Proud supporters of Community House Whanganui

# Support Services



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

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

Contact our Head Office to connect with your local Field Officer

Ph: 0800 298 858

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

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



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

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

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

**NATIONWIDE  
BOOK ONLINE**

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

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



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

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

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

Office: 09 2780408 | Mob 027 234 552

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

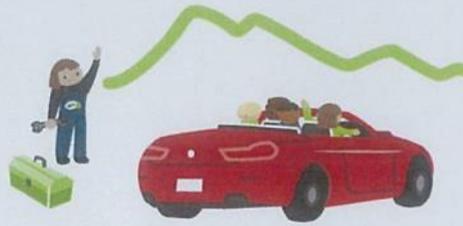
# Support Services

## Enabling Good Lives Principles



### SELF DETERMINATION

Each person is in control of their own life



### ORDINARY LIFE OUTCOMES

Each person has aspirations and goals like others at similar stages of life



### RELATIONSHIP BUILDING

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



### PERSON CENTRED

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



### MANA ENHANCING

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



### MAINSTREAM FIRST

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



### EASY TO USE

Each person has supports that are simple to use and flexible

### BEGINNING EARLY

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



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

New Zealand Government

For more information  
[www.workandincome.govt.nz/housing](http://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](mailto:support@teoranganui.co.nz)**

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

**Follow us on Facebook & Instagram**

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



## 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.

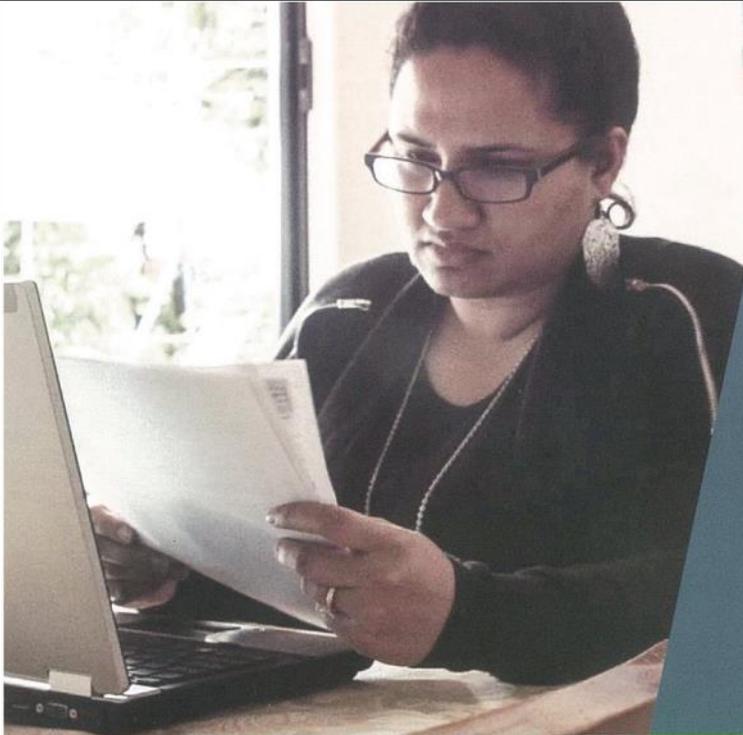
We have seen an increase in the number of people struggling to manage their finances. Reduction in hours of work, increased prices of the 'basics', years of easy credit, etc, mean incomes are less than expenses. Financial burdens impact on every part of our lives, health, relationships, education, etc.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

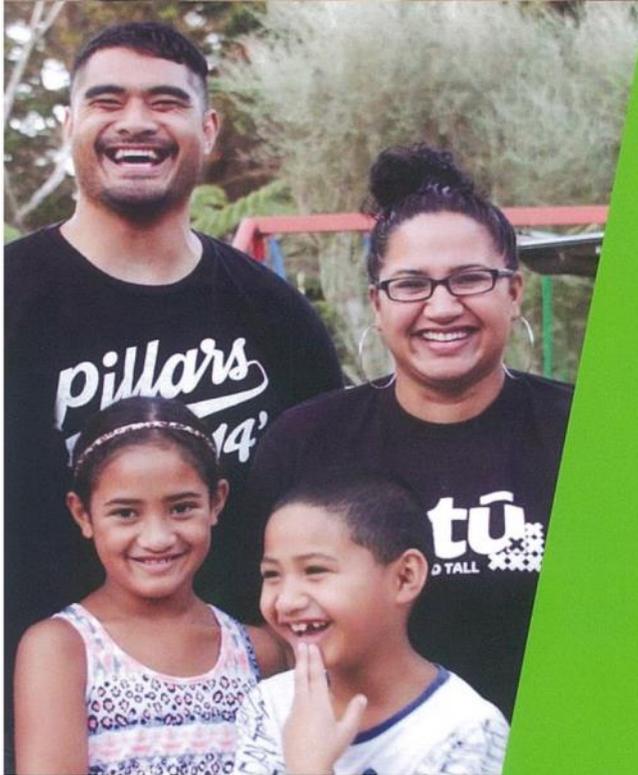
If you would like some budgeting advice, please contact our office on 06 345 3746 or 027 2433 362 or email [wbas@wbas.org.nz](mailto:wbas@wbas.org.nz) (office hours Mon- Fri 9am – 2 pm)

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

# Support Services



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



**GET FREE HELP IN  
WHANGANUI**

**Struggling to hold it  
all together?**

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

christians  
against  
poverty

**CAP**

**capnz.org**

WHANGANUI



**birthright**

nurtured ~ resilient ~ inspired  
children & families

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

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

**244 Victoria Ave**

**P.O. Box 7252**

**Whanganui 4541**

**Phone: 06 34 71770**

**Cell Phone: 0212658713**

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

# Support Services



## Family Works

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



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

The Free To Be Me programme provides an opportunity to:

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

Topics for the programme are:

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



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

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

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

Sessions cover such topics as:

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



### KIDS’ CARERS PROGRAMME.

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



### Growing Together Parenting Programme

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

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



### Boundaries For Women Programme

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

Topics include:

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

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

179 Wicksteed Street, (06) 345-6681, Email: [Familyworks-wanganui@psc.org.nz](mailto:Familyworks-wanganui@psc.org.nz)

**PROGRAMMES ARE FREE!!**

# Support Services & Interest Groups



**VOLUNTEER  
Whanganui**



## BECOME A VOLUNTEER!

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



### FIND US...

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



### CALL US...

Sandra or Elizabeth 06 347 9430



### SEARCH US...

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



### EMAIL US...

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

### NEED VOLUNTEERS FOR YOUR COMMUNITY ORGANISATION

Come and visit us. We are happy to help.

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

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

**WE ARE  
OPEN**

Monday to Thursday  
9:00 – 4:00 pm

# Need help finding a job?

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

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

We assist with:

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

**Come talk to us today!**

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

**choicesnz**

# Support Services & Interest Groups



## Wanganui Amateur Dance Association Incorporated

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

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

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

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

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

**Membership:** \$10 annually

*For further information please call*

**Graeme** on 027 434 1823

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

## River Rockers Whanganui



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

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

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

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

Great Company  
Great Exercise

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

## Whanganui Community Living Trust

Room 203 Level 2  
Community House  
Ridgeway Street Whanganui 4541  
06 348 0089

### **Philosophy:**

We believe:

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

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

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

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

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

For further information or information on upcoming events please email

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



# Support Services & Interest Groups



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

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

## Marton Diabetes Support Group

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

## Diabetes Wanganui Youth Parents Support Group



Support Group Meets Regularly  
Tea, Coffee & Soft Drinks Provided

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

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



## Women's Refuge Wanganui

*Te Piringa Puna Wahine*

*Walking alongside women who experience intimate partner violence*

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

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

MUSIC & MOVEMENT PROGRAMME

## Little Rockers

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



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

EMAIL: [WHANGANUICITY.CORPS@SALVATIONARMY.ORG.NZ](mailto:WHANGANUICITY.CORPS@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](mailto:a.butlin@gmx.com)

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

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

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

## Free Face Painting there

*or as a fundraiser,*

*please contact me Kirsty on 021 212 3819 or*

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

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

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



# Support Services & Interest Groups

Wanganui Male Choir (Inc)



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

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



St Andrew's Hall  
11 Bell Street, Wanganui

Established 1918

### WANTED

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

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

Just come along  
or phone Graeme 06 347 7309

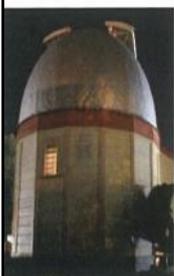
## Join U3A to keep your brain ticking.

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



Wanganui  
LIFELONG LEARNING

Contact Rosemary Higgie (06) 347 6817 [hrhig@xtra.co.nz](mailto: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](http://www.facebook.com/WanganuiAstronomicalSociety)

# Support Services & Interest Groups

**Parkinson's Whanganui  
Community Educator Service**



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

PO Box 102  
Whanganui

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

## 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.

**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"**



## realising the dreams and aspirations of youth

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

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

who we can help:

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

How we can help:

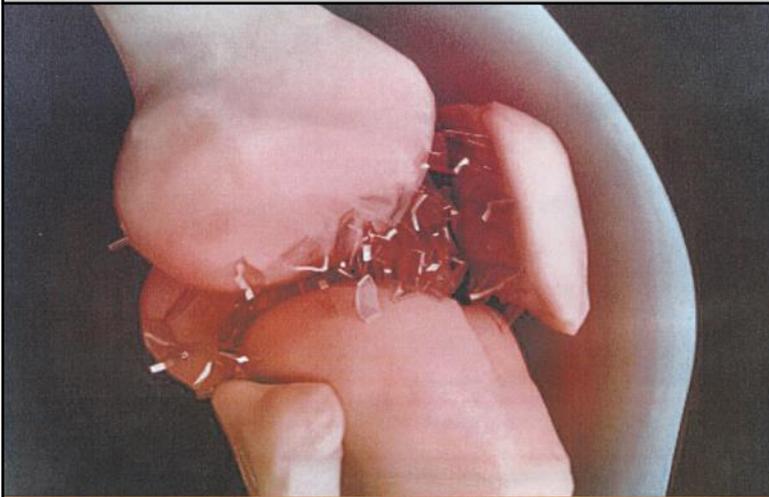
- Education/training courses
- Planning your future
- Connecting you to other services

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

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



# Support Services & Interest Groups



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

It's incurable, very painful and affects over 670,000 New Zealanders Babies, children, sports people, mums - *anyone, anytime.*

We can't cure them, but we can help. [www.arthritis.org.nz](http://www.arthritis.org.nz)



**ARTHRITIS  
NEW ZEALAND**

KAIPONAPONA AOTEAROA



**ARTHRITIS  
NEW ZEALAND**

KAIPONAPONA AOTEAROA

## ARTHRITIS NEW ZEALAND

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

### Whanganui District Library Home Service



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

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



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

#### WANDERSEARCH

Not everyone with dementia walks away from their home or the place they're supposed to be. However, wandering may occur and when this does happen, it can be very distressing and a real concern. Balancing the need to keep a person with dementia safe and still encourage them to maintain their independence can be difficult. A person who has lost their short term memory can become disorientated and easily get lost.

We have a **WanderSearch Tracking System** now operating in Whanganui, Rangitikei and Waimarino. It is used by Land Search and Rescue and NZ Police (Colin Wright, NZ Police and OC of Whanganui Search and Rescue) to search for people living with dementia or autism who have become lost from their place of residence. It can be used for people who walk, run or cycle and have the potential of becoming disorientated or lost.

#### How does it work?

A pendant is worn by the person. The pendant emits a pulse using a specific frequency which is detected using a Radio tracking Unit and a directional Finding Aerial. The pulse strengthens as the tracking unit approaches the pendant.

#### How much does it cost?

Our acknowledgement and huge thank you to **MAZDA Foundation** who funded the initial pendants and the tracking equipment and **LandSar** for further funding for additional pendants. This enables us to supply the alarms at a very reasonable cost - just \$60 every 6 months when the batteries are replaced. This is a not-for-profit service involving Alzheimer's staff and volunteers. We also ask that users become members of Alzheimers Whanganui.

#### What are the benefits?

The benefits of the WanderSearch system include giving peace of mind to the family/whanau and enables the person with dementia/autism to be active and safe within their community

#### For further information and inquiries:

Please contact Alzheimers Whanganui

Phone: (06) 345 8833 or email: [community@alzheimerswhanganui.org.nz](mailto:community@alzheimerswhanganui.org.nz)



## 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](http://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.

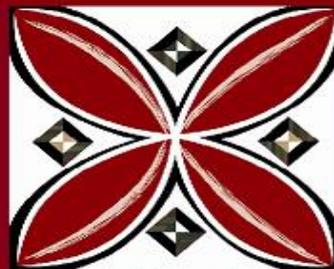
Please call 0508 858 858 for more information on how we can help.



## 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](mailto:wangaflock@outlook.co.nz)

and be in the loop for monthly itinerary and newsletter.

Lesbians visiting Wanganui are welcome to join in.

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

**Free  
wheelchair  
quilts!**



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

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

## Men's Grief Individual Support

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

*We offer on to one sessions in the strictest confidence*

**WE FACE GRIEF TOGETHER**

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



**ms.**  
Wanganui

- Information
- Support
- Advocacy



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

Phone: (06) 345 2336 / 021 744 195

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

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

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



**LIGHT  
YOUTH  
WHANGANUI**

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

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

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



@Lightyouthwhanganui

# Support Services & Interest Groups



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

## 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



06 3488 288



claw@claw.co.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.

## 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.

## 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

NEED TO TALK?

**1737**

free call or text  
any time

Aunty  
Dee



## Citizens Advice Bureau Whanganui

Te Pou Whakawhirinaki o Whanganui

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

Citizens Advice Bureau Whanganui

Te Pou Whakawhirinaki o Whanganui

120 Guyton Street – (06) 345 0844

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

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

# Support Services & Interest Groups



You are invited to

## "Barnardos Playgroup"

Come along and enjoy a morning of play and learning with indoor and outdoor activities for children under 5 years.



**FREE on the last Wednesday** of each month during term  
9.30am - 11.30am



Barnardos  
22 Purnell street  
Whanganui

For further information please contact:

Debbie Rogan - Community Coordinator  
PH: 027 707 8243  
Debbie.rogan@barnardos.org.nz



bel.org.nz  
fb.com/BarnardosEarlyLearning

Kia ake ai te hunga tātamaki  
ki ngā rangi ōhāhā



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](mailto:Gravesidecarewgi@gmail.com)  
[www.gravesidecarenz.weebly.com](http://www.gravesidecarenz.weebly.com)



## Wanganui Toy Library

142 London Street, Wanganui

Open every Thursday 9:30am – 11:30am

And every Saturday 10am-12noon

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

027 746 6153

Facebook: Wanganui Toy Library



## Youth Services Trust Whanganui

39-41 Drews Ave

youth services trust

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

Services currently provided are:

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

Other services provided on site are:

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

Phone (06) 348 9935 0226855912

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

## Waverley Old-Time Country Music Acoustic Group

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

Waverley Baptist Church, SH 3, Waverley

All profits are returned to the community

\$2 Door Donation

All Welcome



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

## Wanganui Blind and Partially Blind Craft Group

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

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

They are looking for volunteers



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

Contact Bev (06) 348 4407

## Male Singers / Lyric Singers

Non-Audition Choir

All Welcome

Contact Joanna Love (06) 345 9073

Practices Thursday Evenings



## Plunket Playgroups

## Plunket Coffee Groups

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

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

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



## Adult Literacy Rural Trust

Adult Literacy Services for Rural/Isolated Adults

FREE reading and writing lessons  
for rural/isolated adults

**0800 891 339**

By phone or by skype or at a local class

## Support Services & Interest Groups

ALCOHOL & SUBSTANCE ABUSE

# RELAPSE PREVENTION GROUP

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

**1ST FLOOR  
60 RIDGWAY ST  
WHANGANUI**

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

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

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



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

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

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

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

# Support Services & Interest Groups

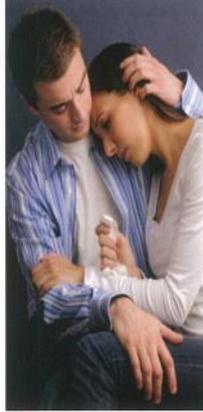
## The Compassionate Friends Parents Grief Support

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

We offer one to one confidential support sessions.

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

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



Alcoholics Anonymous  
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

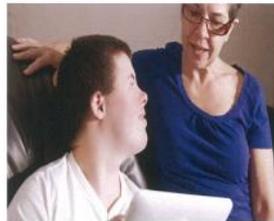
*...just pop on in ☺*



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

located at 18 High Street, Marton

Phone (06) 327 5245

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

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

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

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

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

### Nicola Hartfield

Fellow Arbitrators' and Mediators' Institute NZ

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

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

Workplace Supervisor / Family Mediator



## COUNSELLING CABOODLE

PROFESSIONAL SUPERVISION SERVICES

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

Whanganui, Bulls, Marton, Palmerston North or via Skype

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

ACC Sensitive Claim and ACC Physical Injury.

Individuals Couples Groups Workshops Education sessions

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

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

Full member of NZAC, Registered DAPAANZ and DAPAANZ approved supervisor

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

## 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](mailto:fliiss@inspire.net.nz)



## Barrie Marsh

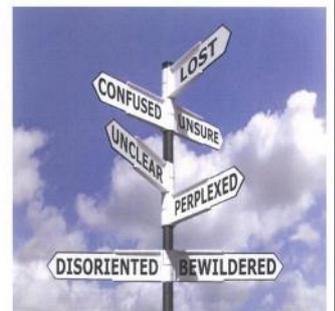
Diploma of Social Work

General Counsellor

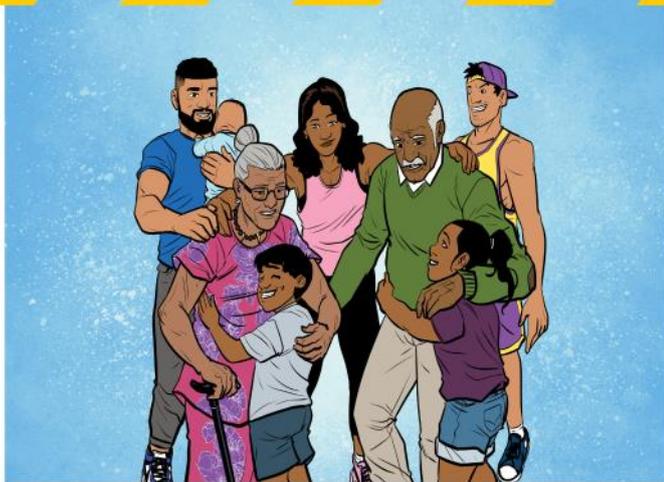
*Strict Confidentiality and  
Privacy Assured*

Ph (06) 344 3345

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



# COVID-19



## Do it for your family

BookMyVaccine.nz

New Zealand Government

Unite  
against  
COVID-19



## 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 Wicksteed 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.whanganui@gmail.com

## 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

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



# Booking a COVID-19 Vaccination



Our immunity against COVID-19 is incredibly important and getting vaccinated is the best way to protect you, your whānau and your community.

The vaccine is free and there's enough vaccine for everyone. To make the vaccination process flow smoothly, we're rolling out in age bands.

## When it's your time to get vaccinated

### Step 1: Receiving an invitation

When you're eligible, you'll receive a letter inviting you to book at [BookMyVaccine.nz](https://bookmyvaccine.nz)



### Step 2: Make your booking

Go to [BookMyVaccine.nz](https://bookmyvaccine.nz) or call the COVID Vaccination Healthline on 0800 28 29 26 to book appointments for both doses.



### Step 3: Get your vaccination



Have your first vaccination dose. Three to six weeks later, have your second dose.

It's very important to get two doses of the vaccine – this will give you the best protection.

*The stronger our immunity, the greater our possibilities.*

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



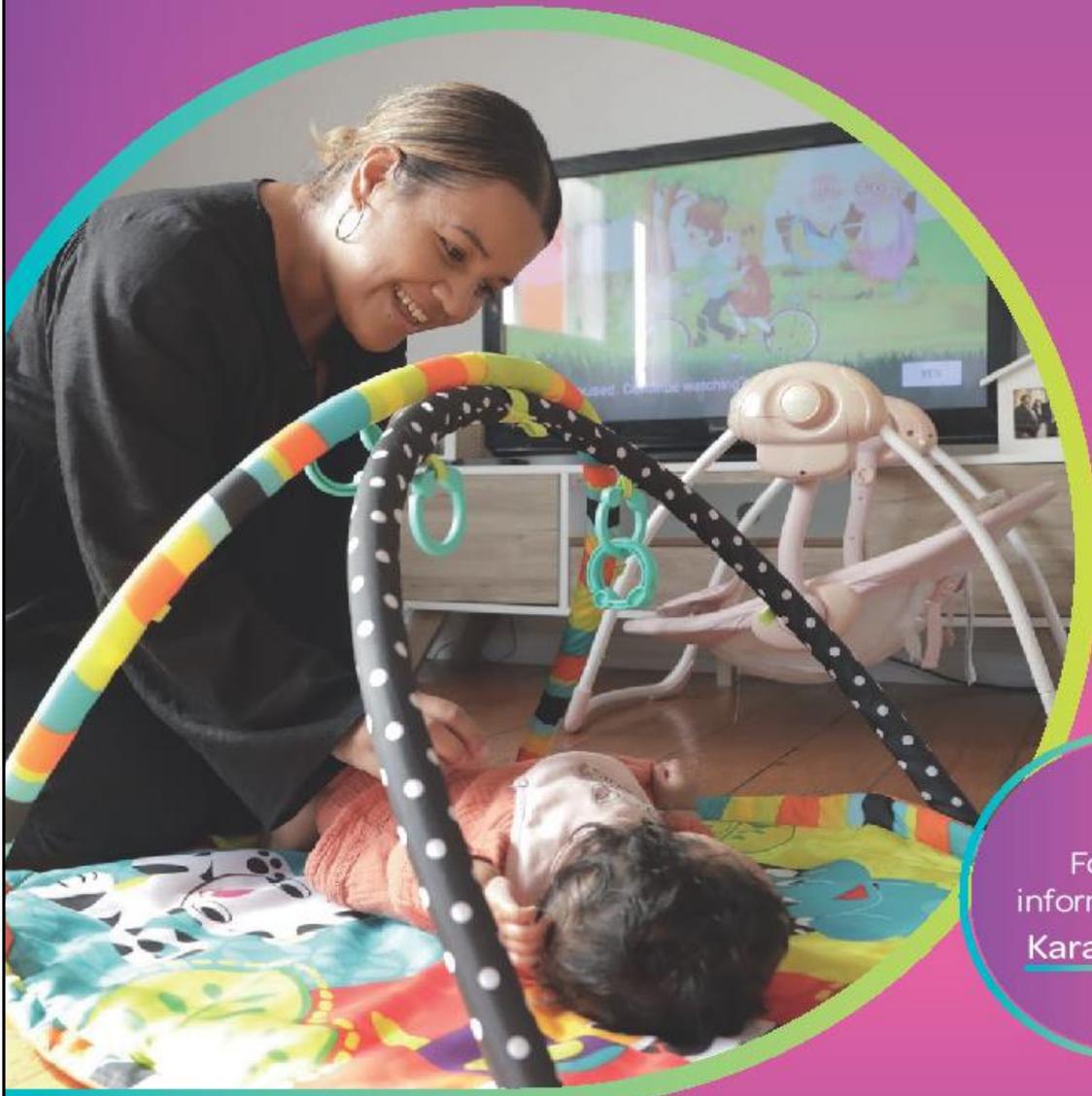
**Te Kāwanatanga o Aotearoa**  
New Zealand Government

**Unite  
against  
COVID-19**

# Protecting whānau is what we do

## Ko te tiaki i te whānau koia tā tātou mahi

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



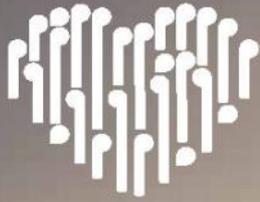
  
For more  
information visit  
[Karawhiua.nz](https://www.karawhiua.nz)

Mā tātau  
katoa e  
ārii atu te  
**COVID-19**

 **te hirianga hauora**  
HEALTH PROMOTION AGENCY

 **Te Puni Kōkiri**  
MINISTRY OF MĀHĀI DEVELOPMENT

Be a DOER!  
**KARAWHIUA** 



Be a DOER!  
**KARAWHIUA**



## Protecting whānau is what we do

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

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

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

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

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

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

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

### Choosing to be vaccinated

It's your choice to get vaccinated.

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

### What to expect when you get the vaccine

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

## Are there side effects from the vaccine?

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

Common side effects can include:

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

These are signs that the vaccine is working.

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

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

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

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

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

## Protection for our hapū māmā or while breastfeeding

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

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

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

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

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

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

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

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

## Protecting whānau is what we do.

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



**Te Puni Kōkiri**  
MINISTRY OF MĀORI DEVELOPMENT



## COVID-19

## Looking after your mental wellbeing

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

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

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

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

# GETTING THROUGH TOGETHER

WHĀIA E TĀTOU TE PĀE 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](http://www.allright.org.nz/campaigns/getting-through-together)

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

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

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

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

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

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

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

## Need to talk?

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

## Services and support

**Unite  
against  
COVID-19**

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



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

# Health Matters

## For access to food or essential items

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

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

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

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

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

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

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

## For financial support

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

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

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

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

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

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

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

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

**0800 88 99 00** (Students)

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

## For renting and tenancy advice

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

**0800 836 262 (Tenancy Services)**

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

## For animal welfare matters

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

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

**0800 00 83 33 (MPI)**

<https://www.spcan.z/report-animal-cruelty>

## For employment advice and support

Know your rights as an employee and keep yourself safe.

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

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

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

**0800 779 009**

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

**0800 20 90 20**

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

**0800 030 040 (Worksafe)**

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

## For further information on other support

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

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

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

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

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

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



# Stronger immunity Greater possibilities

[Covid19.govt.nz](https://www.covid19.govt.nz)

New Zealand Government

Unite  
against  
COVID-19

# Family Violence Support



**Whanganui  
Family  
Violence  
Intervention  
Network**

**FAMILY  
VIOLENCE  
IT'S NOT OK**

**IT IS  
OK  
TO ASK  
FOR  
HELP**

August 2019

## NATIONAL HELPLINES



**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**



**In an emergency call 111 and ask for Police.** We will attend, investigate and resolve Family Harm episodes as they happen, and where necessary hold offenders accountable for their actions. Through our Family Harm Team named FLOW we aim to ensure the ongoing safety of victims and children exposed to Family Harm. FLOW members include Police, Iwi and community-based partners working in collaboration.

In addition to helping victims and children, Police work with perpetrators to reduce the incidence and effects of Family Harm within our community. For advice or non-urgent matters call **105** or **06 349 0600** or visit us between 7am and 7pm on Bell Street, Whanganui.

Works with **women, children and families/whānau experiencing the traumatic effects of domestic violence.** Advice, support and advocacy, risk assessments and safety planning.

Safe housing for women and children at high risk of further harm as well as supporting women, children and families in the community.

Email: [advocate@refugewhanganui.org.nz](mailto:advocate@refugewhanganui.org.nz)

PH: **06 344 2204**

PH: **0800 733 843 North Island Option 4**

**24 hour crisis and support line**



**WOMEN'S  
REFUGE**

Rise Stopping Violence Trust provides programmes for **men, women and young people who would like to change their abusive behaviour.**



**Rise**  
STOPPING VIOLENCE SERVICES

Provides a Men's Programme, Tikanga Programme, Women's Programme, Anxiety Management Programme and Youth Programme (ages 11-17 years).

Anyone can access these free programmes by visiting the office or go to [www.rise.org.nz](http://www.rise.org.nz) or [admin@rise.org.nz](mailto:admin@rise.org.nz)

**Helping families and whānau to live violence free**

**284 St Hill Street  
PH: 06 347 7992**

Family Works offers a range of programmes that include, parenting, boundaries for women and safety programmes for **women and children who have experienced family harm.** Social work support is available to all families as is counselling for men, women, couples, children, adolescents and families. All programmes are provided at no cost to whānau. A fee applies for counselling however funding is available to assist with this if requested. Family Works Resolution Services are available with a qualified family mediator. Part of this service includes the option to have each child and young person be heard in this process.

**Caring ... Enabling ... Supporting**



**179 Wicksteed Street  
PH: 06 345 6681**

**Family  
Works**  
A PRESBYTERIAN SUPPORT  
SERVICE

**Suite 10, 236 Victoria Ave  
PH: 06 345 1636**



Our team journey alongside whānau and families to be confident and proud in parenting their children. Resisting violence, healing trauma, safety planning, strengthening family relationships, accessing what your family need from services such as health, education, legal, income support. We provide intensive home-based social work support, a range of programmes for parents, Social Workers in Schools (SWIS), information and advice telephone support to whānau.

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

Te Oranganui's Whānau & Community Services support **whānau experiencing family violence.** They support whānau to build resiliency and live nurturing and cohesive lives.

Te Oranganui's other services also have a **zero tolerance** to family violence: Mental Health & Addiction, Disability Support Services, and GPs.

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



**TE ORANGANUI**

**57 Campbell Street  
PH: 06 349 0007**



**TUPOHO - IWI & COMMUNITY  
SOCIAL SERVICES TRUST**

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**

**Tupoho House  
249 Victoria Avenue  
PH: 06 345 2042**



**153 St Hill St Whanganui  
PH: 0508 (FAMILY) 326 459**  
**24 hours a day, seven days a week**

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

**Children's Team**  
Works together with whānau and agencies to provide joined-up support for at-risk children, their families and whānau.

To refer to the Whanganui Children's Team visit [www.viki.govt.nz](http://www.viki.govt.nz) or call **0800 367687**



**Whanganui Safe and Free**

*healing and preventing sexual abuse in our community*

**Specialist therapy and counselling** for children, adolescents, whānau and families, and individuals **affected by the trauma of sexual abuse and rape.**

Whanganui Safe and Free also offer **Kaiawhina/Family Support** for those directly and indirectly affected, and **preventative education programmes** for children and their parents/caregivers, for families and for students.

Email: [administration@whanganuisafe.org.nz](mailto:administration@whanganuisafe.org.nz)

**Suite 4, 236 Victoria Ave  
PH: 06 343 3416**



**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)**



**COMMUNITY LEGAL  
ADVICE WHANGANUI**  
*He Torohanga, He Whakamānātoranga*

**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](mailto:claw@claw.co.nz)

# Thank you to our Funders

Community House Whanganui gratefully acknowledge and thank the following Funding Sources for their assistance.



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