



com.chat

A Newsletter distributed to Community Groups in Whanganui and surrounding Districts

Issue 233— August 2022

Kia Ora

Hope everyone is keeping warm and well.

This month we finally got to hold our Christmas lunch here at Community House—only 7 months late, but still better than never, and more proof that we don't give up and Covid will not get the better of us!

We also celebrated Sir Robert Martin's 65th birthday with a morning tea yesterday (early as he is off to Geneva next week). Happy Birthday and safe travels Sir Robert.



Please note, the Mauri Ora Clinic (below) is available to people who do not have a regular GP or where general practice teams are not able to provide appointments on the day for cold, flu and Covid concerns, or if people have been referred to the clinic by their practice. It's available to those who; have colds or flu and aren't getting any better, have cold or flu symptoms that have worsened, have tested positive for Covid, are unwell and need an assessment and treatment, or are unwell and require support during the weekend or afterhours.

Take care and stay safe Shelley

Funding

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

Community Contracts—funding round for 2022/23 closed 31 July 2022. www.whanganui.govt.nz.

Whanganui Community Foundation—closes 29 August 2022 for Quick Response and 25 October 2022 for Community Support Grants.

www.whanganuicommunityfoundation.org.nz.

Pub Charity Ltd—check area eligibility prior to applying.

www.pubcharitylimited.co.nz.

TG Macarthy Trust—annual applications closed 30 June 2022.

www.publictrust.co.nz.

Four Regions Trust—next round closes 31 October 2022.

<http://www.fourregionstrust.org.nz>.

Manawatu / Whanganui Lottery Community Committee—funding round two opens 2 November 2022 and closes 30 November 2022.

www.communitymatters.govt.nz.

NZCT—always open, allow up to 8 weeks for outcomes.

www.nzct.org.nz.

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

Grassroots Trust Central—check area eligibility prior to applying.

www.grassrootstrustcentral.co.nz.

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



MAURI ORA CLINIC
A free clinic for whānau who need support to manage colds, flu and Covid-19



Colds & Flu



Managing COVID-19



Feeling worse later in the day or after hours?

This drive-thru clinic is a quick and effective way for our team to assess and treat your health needs

OPENING HOURS

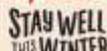
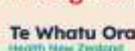
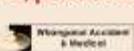
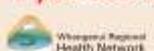
Monday- Friday: 10:30am to 6:30pm
Saturday and Sunday: 8am to 4pm

LOCATION

Located in the big white tent next to the main car park at Whanganui Hospital.

Follow the yellow signs from the Main Entrance to the Mauri Ora Clinic.

If you need immediate care, please call 111 or go directly to ED



Located on Whanganui Hospital Grounds

ORANGE

All of New Zealand remains at Orange

Te Kāwanatanga o Aotearoa
New Zealand Government

Unite against COVID-19

What's on — mark your diaries!

PARENTS | GUARDIANS | WHĀNAU



FREE CAR SEAT CHECKS

Saturday 6 August 2022

10am-2pm

Horizons Regional Council

181 Guyton Street,

Whanganui

Come along for friendly, non-judgemental car seat help and advice. Car seat checks are free plus accessories to make your tamariki safe in their car seat.

Be in to win a free car seat!

**www.horizons.govt.nz
0508 800 800**



What's on — mark your diaries!



MULTICULTURAL
Feast & Festival

SATURDAY 27 AUGUST
4.30pm till 9.30pm

TE MATAPIHI - BULLS COMMUNITY CENTRE
4 Criterion Street, Bulls

FEAST FOOD AVAILABLE FROM 4.30PM
ENTERTAINMENT STARTS 5.30PM
-- featuring **SHIVAM DANCE ACADEMY** --

GOLD COIN ENTRY



WHANGANUI
MULTICULTURAL
HELPING NEWCOMERS FEEL AT HOME



What's on — mark your diaries!

Kick the Sugar Habit

Come & hear Gary Hayman's story



**Saturday
August 20th**

**2:00 pm
OR
7:30 pm**

**Riverside
Christian Church
cnr Ingestre St &
Somme Pde**

All welcome

Koha donation



What's on — mark your diaries!

WHANGANUI
Winter
WONDERfest

30 JULY to
13 AUGUST 2022
Whanganui

**CELEBRATING WOMEN
+ connect
+ empower
+ inspire**

BROUGHT TO YOU BY THE
WOMEN'S NETWORK
+ SPACE STUDIO &
GALLERY + FRIENDS



LIVEN UP YOUR WINTER

Email: womnet.whanganui@gmail.com

Look out for full festival details online in the first week of July

Visit: Winter Wonderfest Whanganui on Facebook for updates

What's on — mark your diaries!



Whanganui Regional
Health Network

Whanganui Community Fridge Now Open

A community fridge is a place where people and businesses can donate their surplus food and those in need can help themselves to this free food. Whanganui Regional Health Network (WRHN) have coordinated the Whanganui Community Fridge setup and with the project now complete, the Kai Hub will manage it going forward. Together we aim to strengthen and empower the community, and combat wastage through food rescue and redistribution.

This project has been in the planning since 2018, but gained momentum in the last 18 months, with a site identified and funding grants obtained. There have been many challenges along the way, including finding the right location, resource costs and access, and COVID impacts, but with determination and community support it has made it across the line.

The funding obtained from Ministry of Social Development, Lottery Grants Board, Grumpy Old Men Enterprises (G.O.M.E), Rotary Club of Whanganui, Rotary Club of Wanganui North and Whanganui Community Charitable Trust has been pivotal towards the progression of this project. Fisher & Paykel has also been onboard since the conception and have generously donated four large fridge/freezers to the Community Fridge and Kai Hub.

WRHN Project Lead, Karen Veldhoen commends the wide range of contribution towards the fridge. "I am so grateful for the support received from the funders. They already do so much for the community and I truly appreciate them getting behind this worthwhile initiative," says Ms Veldhoen. "There are also those who have contributed in other ways – the District Council property team in the initial search for a location, Whanganui City College Principle and Vice Principle being so receptive to the fridge being on their grounds, Wells & Wadesworth helping with the siting of the container, and of course the Kai Hub for supporting the ongoing management."

The container was to initially be located at the back of the Whanganui City College (WCC) grounds, to sit near the student's community garden; but with the Kai Hub securing the WCC hostel building lease, it made more sense to work collaboratively and site the Community Fridge on that property. The proximity to the garden is actually closer now and the students will still be part of this initiative, making contributions from the crops that they harvest.

While the Kai Hub are obtaining food from supermarkets, anyone can contribute to the fridge. "People that have excess fruit and veges from their gardens are welcome to donate to the fridge," says Ms Veldhoen. The rescued food also gets distributed to groups working in this space, like Te Ora Hou, Pasifika community, Koha Shed and City Mission.

The Community Fridge is situated at the back of the Whanganui City College hostel property in St Hill Street and is now open to the public. The Community Fridge will initially operate Monday, Wednesday and Friday, from 12-4pm. These times will be reviewed by the Kai Hub and adapted as required. People wanting further information can email whanganuikaihub@gmail.com or go to the Kai Hub Facebook page.



What's on — mark your diaries!

Your Bowel Screening kit:
**The same,
but different**

The Bowel Screening kit branding has changed but the kit is still the same. Whichever one you receive in the post, complete as per the instructions and post on the same or next day. Delays could spoil your sample.



**Don't wait,
just do it.**
Do it for your whānau.

TO FIND OUT MORE GO TO
www.timetoscreen.nz

FREE PHONE **0800 924 432**
or talk to your doctor

**Time to
screen** National
Bowel
Screening
Programme

Te Kāwanatanga o Aotearoa
New Zealand Government

What's on — mark your diaries!



Whanganui Welfare Guardian Trust

Enquiries:
Marion Sanson
(06) 345 6438

WHO ARE WE?

The Whanganui Welfare Guardian Trust is a charitable trust whose membership:

- recruits
- approves
- trains
- supports and
- allocates vulnerable persons to community volunteers known as Welfare Guardians.

Community volunteers become Welfare Guardians through the Family Court to act on behalf of people who lack the capacity to make or communicate decisions for themselves. All Board members and Welfare Guardians act within the Protection of Personal and Property Rights Act.

WHO IS ON THE TRUST?

The Trust consists of Board people who bring various fields of expertise and experience to ensure the Trust's aims are met.

Board members typically have a background in:

- health
- social work
- aged-care representation
- family court work
- education
- law.

WHO NEEDS A VOLUNTEER WELFARE GUARDIAN?

- Those people who are incapacitated and have no living relatives

- Those people who have no local relatives
- Those people who have relatives but who are deemed unsuitable by the Court for a variety of reasons.

WHO DECIDES THAT A PERSON IS INCAPACITATED AND A WELFARE GUARDIAN IS NEEDED?

A judge from the Family Court may appoint a Welfare Guardian by referring to:

- the application forms and affidavits,
- a recent medical report, and a
- Court-appointed lawyer's report.

WHO CAN BE A WELFARE GUARDIAN?

The person the Court appoints must:

- be 20 or older and capable of carrying out a Welfare Guardian's duties satisfactorily
- be someone who will act in the incapacitated person's best interests
- not have any conflict of interest with the incapacitated person.

WHAT DOES A WELFARE GUARDIAN DO?

A) Unless a Court Order has limited their role a Welfare Guardian can make decisions and consent to actioning the following for the incapacitated person:

- non-urgent medical procedures
- accommodation and care issues
- any day-to-day matters that affect the care and welfare of the incapacitated person.

B) The Welfare Guardian must, by law

- act to promote and protect the incapacitated person's welfare and best interests

ANDREW TRIPE
FOR OUR MAYOR

QUESTIONS ABOUT THE FUTURE OF OUR DISTRICT?

The local body election results will be known on 8 October. It is then important that we take time to discuss our future. People are saying that Whanganui needs a leader who is results driven, future-focused and responsive. To make it happen, a significant number of elected members and community leaders approached Andrew to provide new energy to lead Whanganui's future at a re-invigorated Council table. With the support of his wife, Carolyn, and children, he is ready to serve and champion Whanganui's diverse community.

MEET WHANGANUI DISTRICT MAYORAL CANDIDATE

ANDREW TRIPE

at

COOPERS CAFE & BAR

SATURDAY, 27 AUGUST

2-4 pm

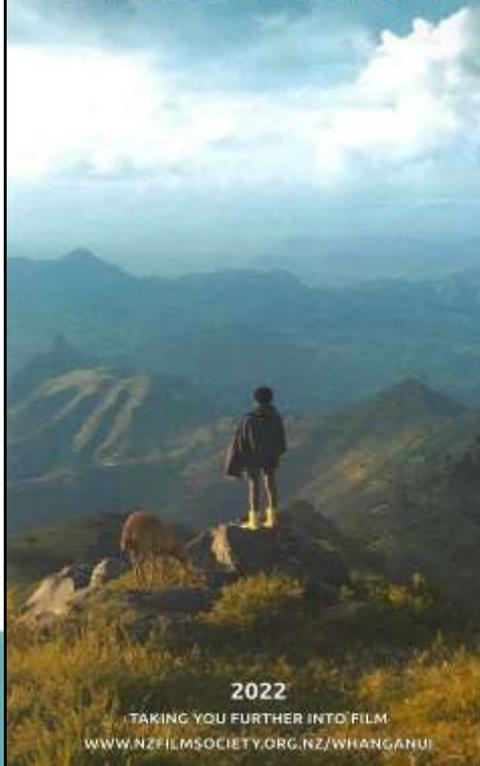
FREE PUBLIC EVENT

Food & refreshments available at own cost

The change
we need.



WHANGANUI
FILM SOCIETY



2022

TAKING YOU FURTHER INTO FILM

WWW.NZFILMSOCIETY.ORG.NZ/WHANGANUI

Michaela O'Brien
Graphic Designer

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Branding | Business cards | poster | promotional materials |



CALL for a chat on 021 084 13999

EMAIL : hello@michaela-designs.com

WEB : michaela-designs.com



Proud supporters of
Community House
Whanganui

What's on — mark your diaries!



**dance & arts
therapy nz**
moving creatively together.

Whanganui District
creative nz
COMMUNITIES

DANCE 4 US WHANGANUI

*Come
join
us!*

Dance Movement Therapy group for teens & adults with intellectual and/or physical disabilities. This includes Autism Spectrum Disorder, Cerebral Palsy, Down Syndrome, Global Developmental Delays, brain trauma & wheelchair users.



**Weekly on Wednesdays,
from 1-2pm**

Term 1: 9 February - 6 April

Term 2: 4 May - 29 June

Term 3: 27 July - 21 Sept

Term 4: 19 October - 14 December

**Harrison Street Church
98 Harrison Street, Whanganui 4500**

Gold coin koha recommended



www.dancetherapy.co.nz

info@dancetherapy.co.nz

(09) 636 3029



Addiction 101

Understanding addiction and recovery

About the workshop

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:

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

Participants will receive a workbook with Addiction 101 notes, additional reading, a directory for support and assistance, and access to a post-workshop e-learning module to assist them to apply what they have learnt.

This workshop is fully funded by the Ministry of Health; there is no cost to participants.

“ I have found the workshop excellent and I have a more informed awareness of addiction”

Learning outcomes

After attending Addiction 101 participants will be able to:

- use Te Whare Tapa Whā to understand addiction and recovery
- recognise signs of addiction
- relate brain and body responses to addiction
- respond supportively to people experiencing addiction.



What's on — mark your diaries!



“ I have learnt strategies to engage with people about addiction issues and ways in which I can maintain my own wellbeing while doing so”

The impact is worth it

Addiction 101 is designed to increase awareness and reduce stigma associated with addiction - both at work and in everyday life. It also provides valuable skills on how to look after your own health and wellbeing.

Delivered face to face or by webinar, Addiction 101 workshops positively impact on the lives and futures of individuals and organisations, as well as our communities.

Highest quality learning

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

Our team has delivered more than 1300 workshops to over 30,000 participants since 2008.

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



Across the year, across the country

Addiction 101 can be delivered anywhere in New Zealand, at your place or ours.

We can accommodate up to 24 participants in each face-to-face workshop (9.00am to 4.30pm) or webinar series (over three sessions). Individuals can register to attend a community workshop in your region or for a webinar series through our website.

Blueprint for Learning can run Addiction 101 for a specific industry or workplace as either a face-to-face workshop or webinar series. We will work with you to understand your industry and the people who will be attending to ensure examples are relevant to your workplace.

Co-facilitation

The workshop is co-facilitated by someone who has lived experience of problematic substance use and other behaviour, and someone who has clinical experience working in addiction services. This is a powerful way to explore stigma and discrimination which demonstrates that recovery is possible.



Ready to book?

Request a dedicated workshop for your organisation or register for a public workshop by contacting us.

Email: info@blueprint.co.nz

Phone: 04 473 9009

Website: www.blueprint.co.nz

What's on — mark your diaries!

Rural Networking Meetings

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

DRIVE

Start the licence journey

drive.govt.nz

OUT OF SCHOOL HOURS MUSIC CLASSES

For primary and intermediate school aged students only.

Lessons are available for; Ukulele, Guitar, Drum Kit, Keyboard Violin, Trumpet, Trombone, Recorder and Singing.

Lessons only cost a one off administration fee of \$20 for the whole year's learning.

These lessons are Ministry of Education funded.

Enrolments for 2022

Information and enrolment packs are available by email.

Please email:

bruce.jellyman@gmail.com

Or enquires phone

0275 404 159

Or pick up information from

Gatshack Music

71 Ridgway Street

Teaching your teen to drive made easy

Learning to drive can be a stressful and nerve-wracking experience, not just for the learner but also for the parent or coach. Waka Kotahi and ACC have developed [Drive](#), an online hub with all the tools learners and coaches need to get through the learning process together.

Drive is primarily designed to help young people become confident, capable drivers, and provides clear guidance throughout their journey from before they get their learner's licence through to getting their full license. However, parents and coaches can also take advantage of lots of hints and tips to take all the stress out of teaching someone to drive.

Drivers between the ages of 16 and 24 are most at risk of being in road crashes; they make up 13% of licence holders but represent 30% of serious injuries on our roads, and more than 25% of fatalities. Drive has been developed specifically for this age group and is a free, learn-to-drive programme that helps young people get their licence and develop the right habits for a lifetime of safe driving.

For more information you can also have a look at [Teaching your teen to drive made easy \(acc.co.nz\)](#)



What's on — mark your diaries!

RED BOAT KUNG FU 心發 WING CHUN

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



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

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



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

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

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

Dyane Hood: 0225108215
Email: RBKF.wanganui@gmail.com



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.wanganui@gmail.com

RED BOAT KUNG FU 心發 WING CHUN

Self Defence Classes Available Now

We are located
Red Boat Kung Fu Wanganui
159 Wicksteed Street

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

Please contact us and register

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

Contact the team on
0225108215
rbfk.wanganui@gmail.com

Off you GO safely on your travels!

GO mobile medical alarm works anywhere there is cellphone coverage



SECURELY[®]
Emergency alarm for the road



• Get 24/7 emergency help quickly using alarm

• Get found with GPS

• Optional Fall Detection at no extra cost
\$85 per month incl GST

(GO is not eligible for MSD funding)

www.securely.nz 0800 865 865



**Have you heard
this saying?**



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

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

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

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



Interested? Want to find out more?

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

Gayle Roberts

What's on — mark your diaries!

ECE Participation Programme



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

We will help your families and whānau to:

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

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

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

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

WHĀNAU MANAAKI

What's on — mark your diaries!

TEA AND TOPICS



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

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

whanganuilibrary.com

TEA & TALES



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

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

whanganuilibrary.com



Join us for Book Chat



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

3rd Thursday of the Month
Davis Library 11:00

Everyone Welcome

whanganuilibrary.com



New to Whanganui?

Like to meet new like-minded people?

Always wanted to join a bookclub?

— well now is your chance

A book club with a difference has started up in Castlecliff

THEMES

Venue: Castlecliff Library

Time: 1.30pm until 3pm

Day: 1st Tuesday in each month

Register now

For information and/or registration please contact

G. Garwood:- glennl.g33@gmail.com

What's on — mark your diaries!

Training For You has a course for you! ✓



FREE
courses in
Whanganui



Whanganui campus:

- Retail, Level 2
- Hospitality, Level 2
- Healthcare, Level 2
- Literacy & Numeracy

plus Workplace Literacy & Numeracy delivered nationwide

Online:

- NZCALNE, Level 5
- Teacher Aide, Level 4
- Early Childhood Education, Level 3

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

Literacy & Numeracy
spaces available now.

Join a class
today!



Criteria apply

148 Ingestre Street, Whanganui
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info@trainingforyou.co.nz
trainingforyou.co.nz

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- 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

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!

coaching education online presents :

BUILD A CV THAT GETS NOTICED!

BUILD YOUR CV ONLINE COURSE \$34.99

Contact Carol at

www.coachingeducationonline.page

Find us on Facebook :

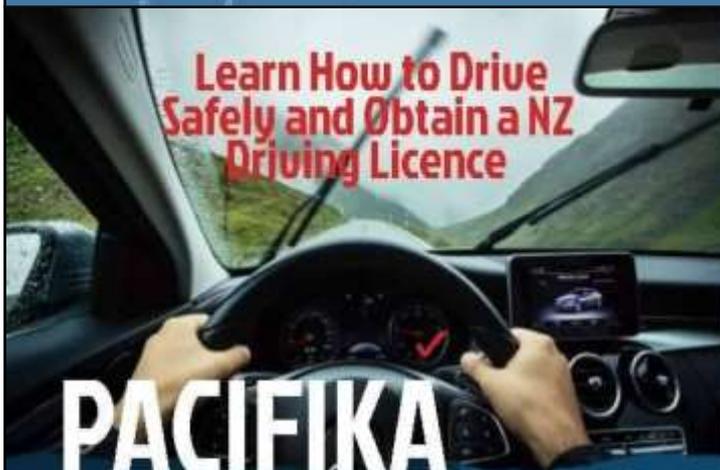
Coaching, Mentoring and Education NZ



June 15 | July 13 | August 17 | Sept 14
3-4pm at Community House
60 Ridgway Street, Whanganui.

If you're 60+ and are lesbian, gay, bisexual, transgender, intersex - or any other part of the Rainbow Community, then join us for a social catch up - afternoon tea provided!

CUPPA + CATCH UP AGE CONCERN + PRIDE WHANGANUI



Learn How to Drive
Safely and Obtain a NZ
Driving Licence

PACIFIKA DRIVING SCHOOL

- ✓ Learn to Drive with our Professional & Certified Instructors
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 - ✓ Flexible Lesson Times & Days
- Reasonal Pricing = \$65
Theory + Practical

Qualified &
Certified
Instructors.
Overseas
Conversion
Lessons

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CALL: 027 599 6409



NO ALCOHOL, NO RISK

Fetal Alcohol Spectrum Disorder (FASD) is 100% preventable

- FASD Support Group for families/whānau living with FASD.
- Meet every 1st and 3rd Tuesday of the month at 48 Alma Road, from 10am – 12pm.

Everyone is most welcome
Give us a call: 021 0224 3078



What's on — mark your diaries!



GO FOR GOLD

\$200 REGO CASHBACK WITH RIDE FOREVER GOLD

RIDE FOREVER
AN ACC INITIATIVE
Funded by the Motorcycle Safety Levy

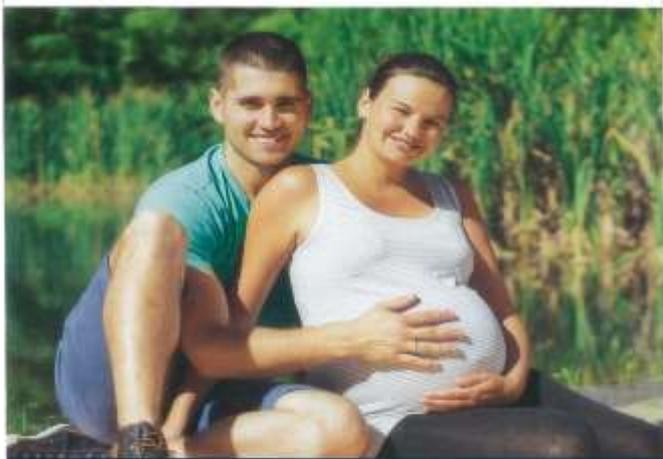


Register now
Call 06 345 4488
021 025 21613

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.

Balance Aotearoa | Community House | 60 Ridgway St | Whanganui



NO ALCOHOL, NO RISK
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Everyone is most welcome
Give us a call: 021 0224 3078



Protect yourself and your whānau this winter

You can now get your flu jab



Talk to your doctor or pharmacist today

Te Kāwanatanga o Aotearoa
New Zealand Government

FLU 2022



Get the JOB DONE

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



Education & Employment
Lives Transformed



What's on — mark your diaries!

LIVE STRONGER FOR LONGER
PREVENT FALLS & FRACTURES

STRENGTH

BALANCE

AND A GOOD YARN

Join an approved class near you:

Callie & Meggi Fitness
Callie & Meggi Fitness, 23 Fitzherbert Ave, Wanganui, 4811
Mon 7:00 – 7:30pm, 21 Hour Retirement Club, 137 Wallace St, Wanganui, 4811
Tue 10:00 – 11:00am, 14 Avenue Road, 21 April St, 4811 per session

Dee Dee Dee Health
Dee Dee Dee Health, 26-28/131 St, Wanganui, 4811
Tue 2:30 – 4:00pm, 76/81 St, 4811
21 April St, 4811 per session

PPFK
Maui & Catherine, 121/123/125 St, Wanganui, 4811
Wed 7:00pm, 14 Avenue Road, 21 April St, 4811 per session

Palmerston North Classes
Palmerston North, 4811
14 Avenue Road, 21 April St, 4811
14 Avenue Road, 21 April St, 4811
14 Avenue Road, 21 April St, 4811

For more
Phone: 021 238 2321 | Email: info@livestronger.org.nz
Web: 021 238 2321 | 21 April St, 4811

PPF **PPFK** **PPH**

WWW.LIVESTRONGER.ORG.NZ

Buddhist Mindfulness Group

Open to all

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

stopping | calming | resting | healing

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

Unichem

After Hours Pharmacy

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

MEDITATION

Drop In classes in Whanganui

Every Thursday 6-7.30pm

Birgit Saunders
Resident Teacher (RT)
Amitabha Buddhist Centre

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

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

Feeling overwhelmed, anxious, or unmotivated?

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

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

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

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

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

Call me, I can get you moving again.

Phone/Text **0274032523**

Book your **FREEDOM** now

Transformational LIFE COACH

Authentic Living
with Linda Codlin
Life Coach
Phone 027 403 2523
authenticlivingwithlinda@gmail.com
www.authenticlivingwithlinda.com

Exploring calm

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

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

Group facilitated by Rana.

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

What's on — mark your diaries!

THE WOMEN'S NETWORK

The Women's Network has been enriching the lives of women and their whanau in Whanganui for 35 years. There is no criteria for walking in the door, simply come in because you can. Or, if you're experiencing some of life's bumps, we can have a chat and see what plans we can put in place to enable you to move through this and achieve your goals. All welcome.

Winter Wonderfest: Our seventh annual Winter Wonderfest is coming up from 30 July to 13 August. With around 55 events happening over two weeks it's our biggest festival ever. Many thanks to our almost 50 festival partners for helping to make it all come together. You can download a festival guide at our host websites: <https://lafiestanz.com/> or <https://spacestudiogallery.co.nz/> and you can follow regular updates at our Winter Wonderfest Whanganui page on Facebook, as well as our other social media pages via Women's Network Whanganui on Facebook and Instagram. Otherwise, drop us an email and we can send you through your very own copy of the festival guide.

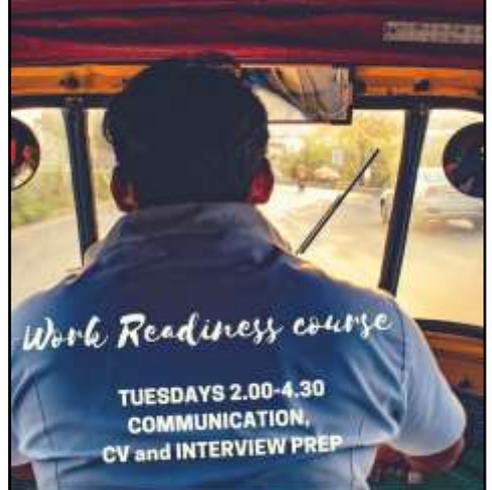
Terrific Tuesdays: Tribal Bellydance classes are fun! This style of dance is earthy and grounding, with walks and steps that fit your body. This rich, empowering, vibrant and dynamic world brings echoes of ancient dance to the modern woman. Join in the fun on Tuesdays from 11am-12pm for all levels of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

Yoga: Emma from Embark Yoga is delivering an exciting range of all age yoga activities from our space. To check out her timetable or find out more about the classes on offer, email Emma: embarkyoga@gmail.com or visit her Embark Yoga Facebook page for regular updates.

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 in your personal, work or family life. We continue to provide free pregnancy testing and sexual health information/referrals, and we're a good place to "drop in" for general community info and advice.

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

LITERACY AOTEAROA WHANGANUI



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

LITERACY AOTEAROA WHANGANUI



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

THINGS to DO & see in WHANGANUI

[COURTNEY AVE CENTRE](#) [MALDEN SQUARE](#) [GARDNER BUSH](#) [KOWHAI PARK](#) [DEER PARK](#) [SPLASH CENTRE](#) [CBD Wall Art](#) [VIRGINIA LAKE](#) [FISHING MOSQUITTO POINT](#) [EMBASSY 3 CINEMA](#) [COOKS GARDENS](#) [MOUNTAIN RIDING](#) [GARDEN](#) [CASTLECLIFF BEACH](#) [RIVERCITY TRADERS MARKET](#) [SOUTH MOLE](#) [River Boardwalk](#) [WINDERMERE GARDENS](#) [Motor Vessel WAIRUA](#) [Lake Whiritoa](#) [WINTER GARDENS](#) [Westmere Lake](#) [Bird Aviary](#) [MUSEUM](#) [SKATE PARKS](#) [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

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

August

Here-turi-kōkā

Tui Motu Group

Wednesday 17 August 4 - 5.15pm

Liz Hickey rsj



DVD Evening - Second-Hand Wedding

Thursday 18 August 6.30pm Koha

Community Liturgy - Deep Waters

Sunday 21 August 4 - 5pm

Activate Healing You

Holds a warm welcoming space at Community House,
Room 127, in Whanganui

Offering a modality known as RMT (reflex memory
technique)

RMT can support and help in relieving pain, allergies,
emotional and physical stress, and increase energy levels

Using touch, pressure, joint mobilisation and massage to
release YOUR body's natural healing ability and potential

Is all done through clothing

By Appointment Only

Appointment Time: range from 15 - 40 mins

Monday: 9am - 12.30pm

Wednesday: 9am - 3pm

Thursday: 1.30pm - 4.30pm

Cost: \$50

Aaron Tasker
027 733 4717



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

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

NATIONWIDE BOOK ONLINE

www.a-ok.nz/sfa

www.suicidefirstaid.nz



ACTS OF KINDNESS that
Find HOPE and build RESILIENCE
A-OK is a collective of workshops
Delivered by Passionate and Caring People
Email: phia@suicidefirstaid.nz
Office: 09 2780408 | Mob 027 234 552
www.suicidefirstaid.nz www.a-ok.nz



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



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

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

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

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

Work Ready Passport graduates will :

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

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

What's on — mark your diaries!



65 HAKEKE ST
WHANGANUI EAST

FOR ALL ENQUIRIES

CELL: 022 689 2459

HAKEKESTCOMMCENTRE@GMAIL.COM

CELL: 022 096 5673

HAKEKESTCOORDINATOR@GMAIL.COM

MONDAY

KIDS STORY TIME

Every Mon from 10am

BOOK EXPLORERS CLUB

Last Monday of every month
10.30am with Margaret
027 2277 957

TUESDAY

EASTSIDE CARD GROUP

Tues 10am - 1pm

Call Erica

022 3938 791

ART GROUP

Tues 10 - 12pm

Every Tues

facilitated by Guy

021 282 9886

SENIOR NET

Tues 10 - 12pm

Every Second Tues

facilitated by Age Concern

021 282 9886

STEADY AS YOU GO

Every Tues 1 - 2pm

facilitated by Erica

\$3 per class

022 3938 791

WEDNESDAY

EASTSIDE CRAFT
GROUP

9.30am - 1pm

facilitated by Erica

022 3938 791

THURSDAY

CREATIVE WRITING
GROUP

Thurs 10.00 - 11.30am

Call 022 096 5673

facilitated by Raewyn

SIGN LANGUAGE

Thurs 11.30 - 12.30pm

every 2nd Thurs

Call 022 096 5673

facilitated by Tracey

CHAIR YOGA COMBO

Thurs 1 - 2pm

facilitated by Marian

021 073 1802

FRIDAY

TE KURA

Fri 10.30 - 12.30pm

facilitated by Te Kura

FACEBOOK

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

HSCC HOURS

Mon - Fri 9am - 1pm



Citizens Advice Bureau Whanganui

Te Pou Whakawhirinaki o Whanganui

INTRODUCTION OF LANGUAGE TRANSLATION SERVICE

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

Maori – French - Hindi – Filipino – Polish

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

Citizens Advice Bureau Whanganui

Te Pou Whakawhirinaki o Whanganui

120 Guyton Street – (06) 345 0844

Email: whanganui@cab.org.nz

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

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

Creative Communities Arts Funding Open

The Whanganui Creative Communities Scheme is...

Funding delivered by Creative New Zealand and administered by Whanganui District Council for our local communities to have greater access to the arts.

To be eligible, a project must either...

- Support diverse artistic cultural traditions
- Enable young people to participate in the arts
- Or create opportunities for locals to engage with and participate in local arts activities

To learn more and apply

Contact the creative communities advisor on
anique.jayasinghe@whanganui.govt.nz

Applications close 12pm Friday September 2



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

creative
COMMUNITIES *nz*

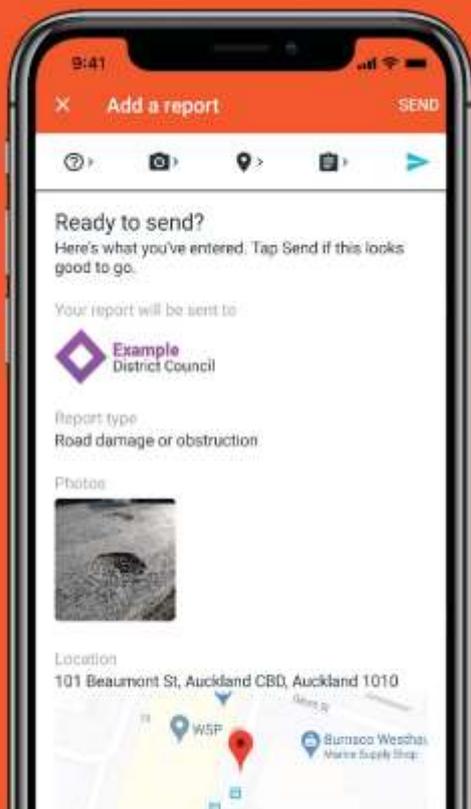
ST. LAURENCE'S SOCIAL SERVICE TRUST

St. Laurence's Social Service Trust

The Trust has limited funds available by way of grant for organisations which provide assistance to disadvantaged residents in the Whanganui community who are in need of support due to age, sickness, disability, or financial hardship.

Application forms and further eligibility details may be obtained by email from stuart.goodin@xtra.co.nz

Applications close on Friday 26 August 2022.



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

Funding Opportunities



Te Tari Taiwhenua Internal Affairs

Our Community Operations Hāpai Hapori team have a new home at 17 Victoria Avenue, Palmerston North.

This office is a co-location with Te Tari Taaki/Inland Revenue.

This office remains as appointments only and it is essential that bookings are made.

We want to assure you that while our office has changed, our mahi and services remain the same.

Hāpai Hapori leads the Te Tari Taiwhenua Department of Internal Affairs' direct interface with New Zealand communities, primarily by providing information, resources and advice to communities as well as the administration of grant funding.

Our services support communities, hapū and iwi, organisations and networks to identify their priorities and aspirations to develop strategies to achieve them.

If you have any queries or need more information, give us a call on 0800 824 824 or email Lowernorth&nelson@dia.govt.nz.

Follow us on our official [Facebook](#) page for updates as we will notify the community when the office will be available to the public.

You can access all our services and information at www.communitymatters.govt.nz.

EARN MONEY GETTING FIT

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

Contact Ron on 022 303 5898

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

Kia ora Whanganui Let's make a difference together

Last year Whanganui district councillors voted to bring in kerbside recycling from mid-2023 and kerbside food waste collection from mid-2024. We've now got more details on the services and we'd like your feedback before we amend our long-term plan to include the services and put funding in place for them.



From
1st JULY 2023

Kerbside recycling?

It's easier. We can all join in to make sure Whanganui's doing its bit for the environment.



estimated at
\$2.58
weekly

Collecting plastics 1, 2 and 5, glass jars and bottles, aluminum and steel cans and paper and card.



From
1st JULY 2024

Kerbside food waste?

It's climate action. Food scraps chucked in the rubbish bin rot at the dump and put out greenhouse gases. Let's turn it into compost instead.



estimated at
\$1.17
weekly

Collecting food scraps, cooked food, meat, dairy, fish and some compostable packaging.

Which households?

Only households in the collection areas would pay - that's the Whanganui urban area, Fordell, Marybank and Mowhanau villages.

Have your say

Tēnā, tukua mai ō whakaaro We'd like to hear from you

- Find out more & submit online: www.whanganui.govt.nz/annual-plan-2022
- Pick up a hard copy from the Davis Central Library, Gonville Library, or council customer services at 101 Guyton Street
- Email policysubmissions@whanganui.govt.nz
- Call 06 349 0001



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



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

1 **SEE IT!**

2 **SORT IT!**

3 **REPORT IT!**

We are all responsible for health and safety. Let's ensure we keep each other safe!

Whanganui Regional Health Network



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 **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)

New to Whanganui?

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

Want to get more involved in our community?

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

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

60 Ridgway Street, PO Box 102,

Whanganui 4540

Phone 06 347 1084

office@communityhouse.org.nz

www.facebook.com/communityhousewanganui





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



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

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

If not please email Life Unlimited Hearing Therapy or phone **0800 008 011** for a free assessment.

Our hearing therapists are qualified assessors for this specialised equipment.

There is some funding available where specific criteria are met.



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/>

Halls / Rooms for Hire

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

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

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

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

Enquire Today

(06) 347 1084

Room 102, 1st Floor, Community House, 60 Ridgway Street, Whanganui

office@communityhouse.org.nz

www.communityhouse.org.nz



Peat Street Studio

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

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

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

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

Christ Church Community Centre

Wicksteed Street (opposite 232 Wicksteed Street)

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

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

New heat pumps recently installed in both rooms.

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

Interview / Counselling Room

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

- White Board
- Desk
- Couch
- Table and Chairs

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



ALEXANDER RESEARCH & HERITAGE LIBRARY

Te Rerenga Mai o Te Kāuru
QUEENS PARK, WHANGANUI

AVAILABLE FOR HIRE

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

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



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

Rooms for Hire

Three different size rooms- (seat theatre style)

The Hall - can seat 130-150 People

Brechin Lounge - can seat about 60 People

Small Lounge - can seat about 30 People

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

For more information and bookings

Contact Rachel

112-120 Guyton Street, Whanganui

Office 06 345 9318

Email: - office@stpaulschurch.com



Halls / Rooms for Hire



Raise your glass

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

Weddings | Meetings | School Events |

Call Jeanette for details 06 342 9644

Gonville-Castlecliff Bowling Club

Venue for Hire

Available for Hire Week Nights & Weekends during the Winter

Ph (06) 345 2384

**Please like us on
Facebook.**



Community House Whanganui

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

If you have information you'd like us to share on our page please email us at office@communityhouse.org.nz.

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

HOMELESS LOCKERS

ARE THERE ANY ORGANISATIONS WHO WOULD BE PREPARED TO HAVE LOCKABLE LOCKERS PLACED ON THEIR PREMISES (EXTERNALLY)? THESE WOULD BE AVAILABLE TO ANYONE TO STORE THEIR BELONGINGS IN. IDEALLY THE LOCKERS WOULD BE PLACED SO THEY ARE ACCESSABLE 24/7. IF YOUR ORGANISATION IS INTERESTED, OR IF YOU WOULD LIKE FURTHER INFORMATION, PLEASE CONTACT COMMUNITY HOUSE OFFICE ON (06) 347 1084 OR EMAIL office@communityhouse.org.nz



DID YOU KNOW

WE CAN TAKE YOUR MINUTES?

Call Shelley @ Community House Whanganui to discuss
06 347 1084

Do you need a room?

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

Call Shelley on 06 347 1084
Email : manager@communityhouse.org.nz

Do you need a room?

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

Call Shelley on 06 347 1084
Email : manager@communityhouse.org.nz

Volunteers / Help Wanted



diabetes nz wanganui branch

Got some time to spare :-)

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

Hours are flexible, normally 10-noon / noon-2pm Mon-Fri.

We also have some tasks which can be carried out "at home".

Assistance at market stalls eg Wanganui Riverside Market or similar.

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

Ongoing Training and Support is available.

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

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



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

USE 105 FOR POLICE NON-EMERGENCIES

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

TUTORS WANTED

Do you have a qualification in teaching adults literacy?

Are you interested in helping others upskill?



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

Email your CV to kelvin.280@literacy.org.nz

Volunteers Wanted



Friends of the Opera House

VOLUNTEERS NEEDED!

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

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

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

SEEKING NEW MEMBERS

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

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

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

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

**Margaret Johnson
President**

Volunteers Wanted



Are you ready to make a difference?



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

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

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

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

Phone: 0800 266 547

Email: healthshuttle.wmw@stjohn.org.nz

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

Singing For Your Brain

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

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

Enquiries to:- Dorothy Trail

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

FIVE WAYS TO WELLBEING

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

CONNECT

TALK & LISTEN.
BE THERE, FEEL CONNECTED

BE ACTIVE

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

Give

YOUR TIME, YOUR WORDS, YOUR PRESENCE

TAKE NOTICE

REMEMBER THE SIMPLE THINGS
THAT GIVE YOU JOY

KEEP LEARNING

EMBRACE NEW EXPERIENCES.
SEE OPPORTUNITIES, SURPRISE YOURSELF

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

Free online therapy courses



Free

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



Convenient

Online therapy courses at your convenience. Anywhere, anytime.



Private

Improve your mental health in complete privacy.



Effective

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

Try a FREE course today.

justathought.co.nz



your mind, your way

Volunteers / Help Wanted



SUSTAINABLE WHANGANUI
Creating resilience within our community

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

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

For more information contact: **Sustainable Whanganui Trust**

83 Maria Place

sustainablewhanganui@gmail.com

Whanganui, 4500

www.sustainablewhanganui.org.nz

Phone (06) 345 6000

Courtesy on our Shared Pathways

LET'S GO



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.

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



Serving the needs of older people

Support Services



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

COVID-19

Along with the rest of New Zealand, the Ministry is now operating under the COVID-19 Protection Framework (CPF) or 'traffic light' system.

Our service centres are open at all traffic light settings and following public health guidelines. Social services can operate at all traffic light settings but some requirements change in different settings.

Your health

We provide a range of support to individuals, communities, social service providers, and employers.

The [Ministry of Health is the Government agency](#) leading the response to COVID-19 and should be your first port of call for health and status information.

Supporting providers

We've produced guidance for working under different levels of the CPF for social service providers. Social services can operate at all traffic light settings but some requirements change in different settings.

[Read MSD guidance for providers of social services](#)

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

Supporting employers

You can find information about what support MSD can offer for businesses on the [Work and Income website](#).

COVID-19 wage subsidies - Employer Search

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

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

Support for individuals and communities

We may be able to provide [financial support if you are struggling to meet your costs](#). We have a range of help available for individuals and employers. Every situation is different so please contact us to talk about your situation.

[Find out what types of help are available from MSD and other agencies, who you can get it from and how you can contact them.](#)

[Find out about support available through community providers](#)

Support Services



Community Updates August 2022

Struggling to file and pay your tax? [I'm struggling to file and pay my tax \(ird.govt.nz\)](https://www.ird.govt.nz)

If you're having trouble filing and paying your tax, we can work with you to come up with a solution.

We still need you to file your returns. The information is used to make correct payments to people, and to help the Government continue to respond to what is happening in the economy. If you are having difficulty paying your tax, we have some options for making payments to us.

- Setting up an instalment arrangement
- Applying for financial relief

Cost of Living Payment: [Cost of Living Payment \(ird.govt.nz\)](https://www.ird.govt.nz)

The Cost-of-Living Payment is a payment to help with the rising costs of inflation. It is for people who meet the eligibility criteria. We'll pay you the Cost-of-Living Payment automatically if you're eligible. You do not need to apply.

Make sure we have your correct bank account number for your Income tax account in case you are eligible. You can check this in myIR. If you do not have a myIR account, you can register for one. If you cannot register for myIR, call our self-service line (0800 257 777) to update your bank account.

The total Cost of Living Payment is \$350 which will be split into 3 monthly payments starting 1 August. The 3 main payment dates are:

- 1 August 2022 - \$116.67
- 1 September 2022 - \$116.67
- 3 October (the first business day of the month) - \$116.66.

Cost of Living Payment: Continued –

We'll check who is eligible for the Cost-of-Living Payment before each monthly payment is made. You'll get the payment if, on the day we check for eligibility.

To get the payment, you:

- have assessed net income of \$70,000 or less in the period 1 April 2021 to 31 March 2022
- are not entitled to receive the Winter Energy Payment because you get NZ Super or a qualifying benefit from Ministry of Social Development (MSD)
- are aged 18 or older
- are both a New Zealand tax resident and present here
- are not in prison.

The payment is not intended to go to people who have died. We'll confirm your eligibility for the payment based on your income for the 2022 tax year.

If your income assessment is completed after any of the 3 main Cost of Living Payments have been paid and you are eligible for it, you'll get either:

- any payments that have not been made yet and a lump sum of any payments you were eligible for but missed
- a lump sum based on the number of payments you are entitled to if all payment dates have passed.

Support Services

<p>Do you have a Residential rental property? Property interest limitation rules Property interest limitation rules (ird.govt.nz)</p>	<ul style="list-style-type: none"> • From 1 October 2021, interest cannot be claimed for residential property acquired on or after 27 March 2021. • For properties acquired before 27 March 2021, the ability to deduct interest is being phased out between 1 October 2021 and 31 March 2025. • Interest deductions for any new loans drawn down on or after 27 March 2021 won't be allowed from 1 October 2021 onwards. • If your rental property is financed by a loan in foreign currency, any interest is non-deductible from 1 October 2021 unless it is refinanced with a New Zealand dollar loan.
<p>MyIR Secure Online Services – Once you are registered, you can:</p>	<ul style="list-style-type: none"> • Manage all your accounts, including Working for Families and child support, • Update your contact details • Add or change your bank account details • Track your refunds • Send and receive secure emails – and much more.
<p>Community Compliance Officers: Smaller organisations - visits/seminars/advice (ird.govt.nz)</p> <p>You can request a visit from a Kaitakawaenga Māori by using our business advisory visit service below.</p> <p>Requesting a business advisory or social policy visit</p>	<p>Our Community Compliance Officers offer tax education and advice to our new businesses and small organisations, as well as seminars regarding personal tax and entitlements. They work from most Inland Revenue offices and travel regularly to other areas.</p> <p>You can arrange a visit from a Community Compliance Officer by Requesting a business advisory or social policy visit.</p> <p>What our service offers</p> <p>You can use our advisory service to find out about:</p> <ul style="list-style-type: none"> • the taxes you need to know about • what records you need to keep • how to complete GST and employer returns • your Kiwisaver obligations • when you should file returns and make payments.



Learning And Support For Parents

Term 2 2022

MAPPS

For mothers experiencing intense emotions

A therapeutic group for mothers.

Beginning Tuesday Evening
5.30pm - 8.00pm
10 May - 19 July

For all mothers experiencing anger
Suite 9, Jigsaw Whanganui

Building Awesome Whānau

Tiaki tamariki mai - to care for our children here.

Beginning Monday Morning
Time TBC
16 May - 27 June

For parents/Carers of children
Ohakune (Venue TBC)

White Water Years

Keeping relationships alive with your teens and pre-teens.

Beginning Thursday Evening
5.30pm - 8.00pm
12 May - 7 July

For parents/carers of children
9 years and up.
Suite 9, Jigsaw Whanganui

Incredible Years continued

Valuing children by growing the behaviours we want to see.

Continuing Tuesday Morning
9.30am - 12.00pm
22 February - 28 June

For parents/Carers of children 3-8 years.
Community house, 60 Ridgeway St
Enrolments for Term 3 open in July

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

Support Services



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

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

Contact our Head Office to connect with your local Field Officer

Ph: 0800 298 858

Email: stroke@strokecentral.org.nz

For more info visit www.strokecentral.org.nz



LOW COST BINS

Proud supporters of Community House Whanganui

Support Services

Enabling Good Lives Principles



SELF DETERMINATION
Each person is in control of their own life



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

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



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



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



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

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



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

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



Rent Arrears Assistance

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

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

Who can get Rent Arrears Assistance?

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

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

For example:

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

You also need to be:

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

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

It also depends on your income and assets.

What you can get

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

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

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

How to apply

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

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

Find out more

www.workandincome.govt.nz/rentarrears

Support Services



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

Services include

Te Taihāhā: Specialising in Disability Support

Toiora Whānau: Offering Whanau advocacy & community support

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

Te Waipuna Health: Our Medical and Healthcare specialists

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

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

P: 06 349 0007

E: support@teoranganui.co.nz

W: teoranganui.co.nz

Follow us on Facebook & Instagram

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





Whanganui

Budget

Advisory

Service Inc.

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

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

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

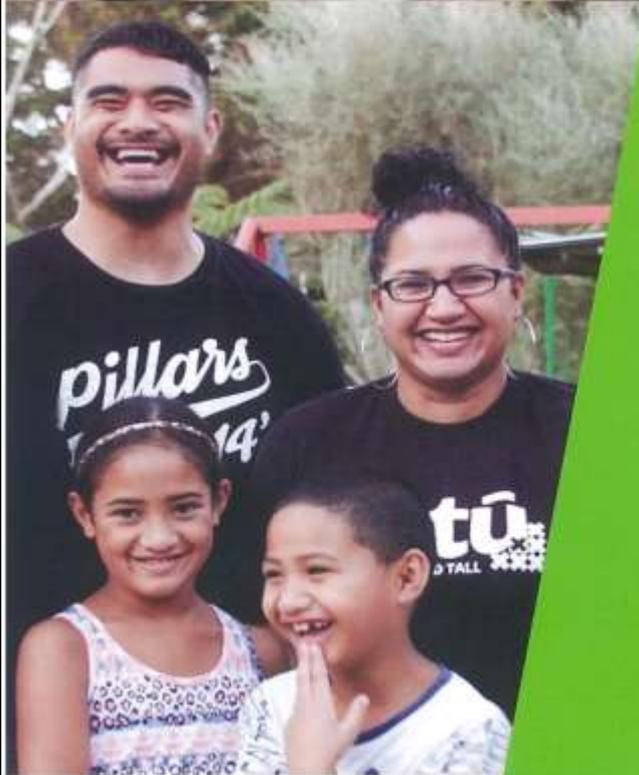
If you would like some budgeting advice, please contact our office on 06 345 3746 or 027 2433 362 or email wbas@wbas.org.nz (office hours Mon- Fri 9am – 2 pm)

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

Support Services



Working to support families led by a single person

Advocacy & Support
Essential Supplies
School & Sports Uniforms
After School Activities
Parenting Skills
Peer Support

To strengthen and enrich the lives of children and families

birthright
Whanganui
nurtured - resilient - inspired children & families

244 Victoria Ave, Whanganui 4541
PO Box 7252
Open Mon-Thur
9:am-3:00pm
06-3471770
admin@birthrightwg.co.nz

Drop into our office for a coffee and chat, let us know how we can support you to create a healthy, happy home for your whanau.

Our Facilitated Support Groups:

<p><i>Connect and Learn</i></p> <p>Wednesdays 9:30 – 11:30am</p> <p>Connect with other parents/caregivers Craft, Cook, Share & Learn</p>	<p><i>Home School Support</i></p> <p>Thursday Fortnights 10:00am – 12:00pm</p> <p>Connecting parents and caregivers who want support with home school lessons and ideas.</p>
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Please phone the office for referrals and further information on these and any new groups.

Support Services



Family Works

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



"FREE TO BE ME" DOMESTIC VIOLENCE PROGRAMME.

The Free To Be Me programme provides an opportunity to:

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

Topics for the programme are:

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



"FREE TO BE ME" CHILDREN'S PROGRAMME

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

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

Sessions cover such topics as:

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



KIDS' CARERS PROGRAMME.

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



Growing Together Parenting Programme

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

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



Boundaries For Women Programme

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

Topics include:

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

Call Us Or Come And See Us Now!!!

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

PROGRAMMES ARE FREE!!

Support Services



PERS+

The Personal Emergency Response System (PERS) consists of a pendant (neck or wrist) and a main alarm unit.

You can activate the alarm by pressing the pendant or the big red button on the unit.

PERS+ is connected to SECURELY®'s 24/7 Monitoring Centre via the cellular network so it doesn't need a landline to work. The main unit plugs into the wall power outlet, but it also has a battery in case of a power outage. Both the wrist and neck pendant run off batteries.

This system is designed to be added on, this is where the + comes in. We can add on to the main unit with other devices, such as Fall Detector Pendant, extra pendants, even smoke and flood detectors.



Family System

You can't always be there to watch your loved ones, but we can.

Our FAMILY system uses sensors to monitor daily activity with "rules" that send an alert if unusual activity is detected.

FAMILY can alert caregivers and family if a door has been left open for a long period, or at an unusual time. It can alert you if the fridge door hasn't been opened after a specified time, which may mean your loved one isn't eating or drinking.

Perhaps best of all, FAMILY sends you a text every morning to let you know your loved one is "awake and active".

Family members and/or nominated caregivers can discreetly monitor a loved one's activity and raise the alarm if something unusual happens.

Any alarm activation via the pendant or main unit goes directly to SECURELY®'s 24/7 Monitoring Centre.

Medical alarms that leave the others behind



SECURELY®

Enabling you to live with confidence and independence



Fall Detector Pendant

The Fall Detector Pendant automatically detects a fall and sends an alert to SECURELY®'s 24/7 Monitoring Centre.

It detects a change in acceleration brought about by a fall. Some epileptic seizures have a jerking motion that can also activate the Fall Detector Pendant.

The Fall Detector Pendant also has a push button alarm which you activate if you are able to.

The battery life of a Fall Detector Pendant is up to 2 years. If your battery runs low an alert is sent to our Monitoring Centre. We will at no charge send a replacement pendant out to you.

Like all of our pendants the Fall Detector Pendant is waterproof and we recommend that you never take it off, not even when you shower, as bathrooms are high-risk areas for falls.

GO

Our mobile medical alarm

We've got you covered inside your home, but what about when you leave your house to go shopping or on vacation? GO is our mobile medical alarm that you can take with you.

It works wherever there is reliable cellphone coverage and it uses GPS to help locate you in an emergency. It has 2-way communication so we can talk to you when you activate the alarm and find out how we can help you.

Once you activate your pendant, it works like any other of our alarms.

You will be connected to our 24/7 Monitoring Centre who will ask whether you need help. The monthly fee includes 24/7 Monitoring (365 days per year) and unlimited ambulances (if called for an emergency and you are transported to hospital).

At no extra cost, you can have the Fall Detection option (when worn as a pendant around your neck only) and you can choose to wear your pendant around your neck or attach it to your car keys.

GO is water-resistant and can be used in the shower or worn at the beach.

Contactless delivery

When you order GO, we'll call you to get everything sorted. GO will be couriered to your home (or work address), and we will help you get GO set up over the phone.



Call **0800 865 865** for a free no obligation quote and product demonstration.

SECURELY® is MSD accredited which means you may receive funding for a medical alarm if you are eligible.

www.securely.nz

Support Services

Thank you for trusting SECURELY[®] to provide you with peace of mind and enabling you to live with confidence and independence.

What we offer:

24/7 monitoring 7 days a week including Christmas.

Two-way voice calling through your Medical Alarm Base Unit.

If you activate your pendant and we can't hear you, we will respond with help immediately.

Regular pendant testing so we all know everything is working just fine.

We are MSD accredited, so you can rest assured knowing we have met rigorous standards in supplying and servicing medical alarms in NZ.

SECURELY[®] is owned by Electra, a Trust based in Levin, Horowhenua.

Accredited in NZ by



MINISTRY OF SOCIAL
DEVELOPMENT
TE Kaitiaki Whakaiti ORA

Keep in touch

Call **0800 865 865**
if you need us

Email: info@securely.nz
or visit our website
www.securely.nz
if you need more
information or have a
general enquiry.

Our website is packed full of information about our full range of medical alarms along with Frequently Asked Questions (FAQ's), an online shop and Contact Us page.

Follow us on Facebook and LinkedIn.

Tell us your story and how we've helped you to be more confident and independent by emailing info@securely.nz

Our 24/7 Monitoring Call Centre is based in Levin along with our Head Office. We also have an office in Lower Hutt, and Tauranga, where our Customer Care Team is based.

Medical alarms for true independence



SECURELY[®]

Enabling you to live with
confidence and independence

What happens when you activate your medical alarm?

How you activate your pendant and communicate to us is outlined in detail in the User Manual that came with your alarm.

Here's a summary of what happens when you press your pendant, or your Fall Detector Pendant is activated.

- Once your pendant is activated you will hear your Base Unit sound an alarm. This alarm goes through to our 24/7 Monitoring Call Centre in Levin where we have operators waiting to assist you.
- We will answer your call by asking if you have a medical emergency and need help.
- If we don't hear from you, we will send an ambulance to your home which we pay for if you are transported.
- If you can talk to us, tell us what is wrong so we can either send an ambulance or notify your emergency contact. If we can't notify your emergency contact (which we listed when we first talked to you) we will send an ambulance which we pay for if you are transported.

Cancelling your alarm

If you pressed your pendant by mistake or your Fall Detector Pendant activated by mistake press the CANCEL or RESET button on your Medical Alarm Base Unit. We have more than one type of medical alarm so check your User Manual on how to do this.

If you don't manage to cancel it quick enough and it activates your Base Unit,

don't worry, let us know when we talk to you that it's a mistake. We will use it as an opportunity to test your alarm strength and check your contact details are up to date.

Paying an ambulance bill

If you are transported to hospital in an ambulance for an emergency, we will pay for it. There is no limit to how many ambulances we pay for (unless you live in a Retirement Village which could have a different agreement with us).

When you receive your ambulance bill post it to us at:

SECURELY
FREEPOST SECURELY
PO BOX 947
TAURANGA, 3140

Or you can email us a copy of the invoice to info@securely.nz or you can visit our website and attach a photograph or scanned copy of your invoice on our Contact Us page.

Pendant Testing

We recommend you test your pendant every month. This gets you familiar with using your pendant and talking to us via your Base Unit. The pendant test allows us to make sure your pendant is working correctly and to check your contact details are all up to date.

When testing your pendant, press and hold the activation button. When your Medical Alarm Base Unit receives the signal it will make a sound to let you know. When you then hear one of our operators ask if you need assistance, simply tell them you are testing your alarm.



When you go away

If you are away for more than a few days let us know by pressing your pendant. When we contact you through the Base Unit tell our operator you are going away and when you expect to be back. That way, if we can't get hold of you, we won't send an ambulance.

What happens if you need a new battery or something isn't working as you think it should?

Call us on 0800 865 865.

If you need a new battery for your pendant, we will arrange for a replacement at no cost to you.

What happens if you lose your medical pendant?

Call us on 0800 865 865 to arrange a replacement.

Support Services & Interest Groups



NEW ART IN FOCUS

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

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

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



Learn basic everyday digital skills

0800 526 672 | www.kanorau.nz



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

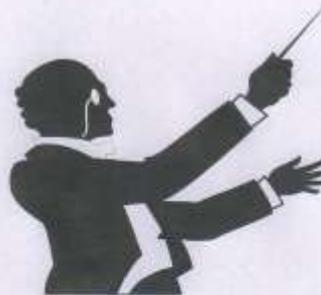
Come along and enjoy the singing and camaraderie that has continued since the Choir was first formed in 1898



The ability to read music is not essential

Having a professionally trained voice is not a requirement

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



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

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



Whanganui-Rangitikei-Waimarino

Cancer Society

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

Our free service includes:

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

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

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

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

Open hours: Monday– Friday 8.30am – 3.00pm

Support Services & Interest Groups



**VOLUNTEER
Whanganui**



BECOME A VOLUNTEER!

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



FIND US...

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



CALL US...

Sandra or Elizabeth 06 347 9430



SEARCH US...

www.whanganuivolunteer.org.nz



EMAIL US...

whanganuivolunteercentre@xtra.co.nz

NEED VOLUNTEERS FOR YOUR COMMUNITY ORGANISATION

Come and visit us. We are happy to help.

DOES YOUR COMMUNITY ORGANISATION NEED HELP WITH FUNDRAISING?

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

**WE ARE
OPEN**

Monday to Thursday
9:00 – 4:00 pm

Need help finding a job?

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

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

We assist with:

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

Come talk to us today!

Visit our website: Choicesnz.org.nz

choicesnz

Support Services & Interest Groups



Wanganui Amateur Dance Association Incorporated

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

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

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

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

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

Membership: \$10 annually

For further information please call

Graeme on 027 434 1823

dancesportwanganui@gmail.com

River Rockers Whanganui



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

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

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

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

Great Company
Great Exercise

riverrockerswhanganui@gmail.com

Whanganui Community Living Trust

A Charitable Trust Since 1992

396A Victoria Avenue, Whanganui

PH: 06 348 0089

We provide Mental Health Services to the Whanganui & Rangitikei Areas.

Supporting people to thrive and work towards independence within their community with the support from our Team.

"Your Support, Your Way"

Contact us directly for referral advice and process today

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

For further information or information on upcoming events please email

info@wanganuimulticultural.co.nz



Support Services & Interest Groups



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

wanganuidnz@gmail.com
www.facebook.com/groups/wanganuidnz

Marton Diabetes Support Group

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

Diabetes Wanganui Youth Parents Support Group



Support Group Meets Regularly
Tea, Coffee & Soft Drinks Provided

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

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



Women's Refuge Whanganui

Te Piringa Puna Wahine

Walking alongside women who experience intimate partner violence

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

Crisis line: 0800 REFUGE
40 Ingestre Street
06 344 2204
advocate@refugewhanganui.org.nz
FB Women's Refuge Whanganui
www.womensrefuge.org.nz

MUSIC & MOVEMENT PROGRAMME

Little Rockers

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



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

EMAIL: WHANGANUICITYCORPS@SALVATIONARMY.CO.NZ

Tramway Wanganui Trust

Tram Rides

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



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



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

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

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

Call Andrea 0220 103577 | a.butlin@gmx.com

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

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

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

Free Face Painting there

or as a fundraiser,

please contact me Kirsty on 021 212 3819 or

email lovelifelivefacepainting@gmail.com

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

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



Support Services & Interest Groups

Friendship Meals

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

Tuesday: Christ Church, Wicksteed Street, Central City

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

ALL MEALS START PROMPTLY AT 12 noon

Meals include Main Course, Dessert, & Tea / Coffee



The City Mission

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

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

Phone: (06) 345 2139

Email: admin@citymissionwhanganui.org.nz

Website: www.citymissionwhanganui.org.nz



Join U3A to keep your brain ticking.

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



Whanganui
LIFELONG LEARNING

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

Whanganui Highland Pipe Band Inc



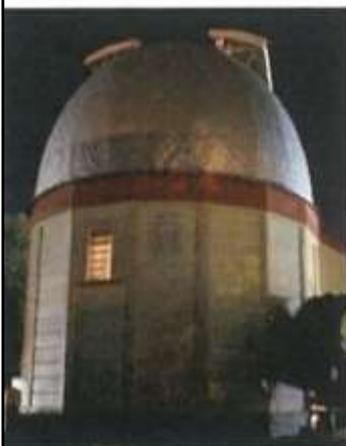
Established 1918

WANTED

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

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

Just come along
or phone Graeme 06 347 7309



The Ward Observatory

Wanganui Astronomical Society

for more information visit

www.facebook.com/WanganuiAstronomicalSociety

Support Services & Interest Groups

out personnel sourced

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

- * Permanent Recruitment
- * Contract Roles
- * Temporary Placements

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



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

If you're 65+, or 55 and over and Māori or Pacific, it's time to get your **FREE** flu jab



Talk to your doctor or pharmacist today

Te Kāwanatanga o Aotearoa
New Zealand Government

FLU 2022



USE 105 FOR POLICE NON-EMERGENCIES

Maternal Health Services

All classes are held at the Whanganui Regional Health Network
Entrance 3, 100 Heads Road, Whanganui

Pregnancy & Parenting

6-week evening classes | 6.30pm - 8.30pm

8th March - 12th April 2022
26th April - 31st May 2022
14th June - 19th July 2022
1st August - 6th September 2022
13th September - 18th October 2022
1st November - 6th December 2022

Pregnancy & Parenting

Sunday classes | 9am - 3.30pm

20th & 27th February 2022
13th & 20th March 2022

2022 Hapū Māmā classes | 9am - 3pm

16th February | 16th March | 13th April
11th May | 15th June | 13th July | 17th August
14th September | 12th October | 16th November

2022 Wahakura Wānanga dates are yet to be confirmed

To learn more, contact Angela Weekly 029 771 1677 or Jenny Firman on 027 252 0420.



Whanganui Regional
Health Network

Support Services & Interest Groups



PO Box 11067
Manner Street
Wellington 6142
www.parkinsons.org.nz
info@parkinsons.org.nz
Freephone 0800 473 4636

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.

The Wanganui Foster Care Association

"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 Noeline 027 4594349 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

Or email us on youth_service_Whanganui@msd.govt.nz



Support Services & Interest Groups



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

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



**ARTHRITIS
NEW ZEALAND**
KAIPONAPONA AOTEAROA



**ARTHRITIS
NEW ZEALAND**

KAIPONAPONA AOTEAROA

ARTHRITIS NEW ZEALAND

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

Whanganui District Library Home Service



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

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



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

River City Artists

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

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

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

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

Playcentre

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
Burnall St
(Churton School)
Tue-Thurs-Fri
9.15am - 12pm
343 1829

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

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

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

Turakina
Turakina School
State Highway 3
Tues 9am - 12.30pm
06 3426604

3 FREE visits

www.Playcentre.org.nz
Whānau tupu ngātahi - families growing together

Support Services & Interest Groups



GRUMPY OLD MEN ENTERPRISES

We Recycle All Household Goods for Local Charity

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

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

WE ACCEPT

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

Scrap from your Shed

UNFORTUNATELY WE DO NOT ACCEPT

Fridges	Freezers
Printers	Scanners
Landline Phones	

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

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

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

More "Grumpy Old Men" are welcomed

You don't have to be GRUMPY but it helps

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



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

For Jobseekers:

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

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

For Employers:

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

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

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



River City Rebus Club

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

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

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

What's on at WLCT



Literacy and Numeracy Support

We can help fill the gaps in your reading and maths skills. Mondays and Wednesdays 1 - 3pm



Passport to Work

Wanting to get into the workforce? We help with CVs, interview skills, and more. Tuesdays and Thursdays 1 - 3pm



Complete Confidence

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



Computing and Admin Support

Let us help you with your computer and admin skills. Mondays and Fridays 9.30 - 12pm



Learner Licence

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

232 Wicksteed Whanganui Learning Centre

Phone: (06) 348 4950
Text: (021) 293 6879
wlearningc@gmail.com



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.

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



Wool Wanted

The Gonville Knitting Group meet every Wednesday morning to knit and crochet together for various charities around Whanganui. Any leftover balls or scraps of wool gratefully accepted. Donations can be dropped to the Gonville Cafe Library.

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: communityadvisor@mswanganui.org.nz

Room 110, 1st Floor, Community House
60 Ridgway Street
PO Box 102, Wanganui
www.mswanganui.org.nz



LIGHT YOUTH WHANGANUI

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

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

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



@Lightyouthwhanganui

Support Services & Interest Groups



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

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

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

- Advice
- Assistance
- Advocacy

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



Find us at Suite 2, 236 Victoria Avenue

Masks to be worn at appointments

Call : 06 348 8288 or email claw@claw.co.nz

SeniorNet Wanganui

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

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

Wanganui



SeniorNet
Learning technology together.

NEED TO TALK?

1737

**free call or text
any time**



**Citizens
Advice
Bureau**



Citizens Advice Bureau Whanganui
Te Pou Whakawhirinaki o Whanganui

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

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

Support Services & Interest Groups



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

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

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

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



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

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

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



The Koha Shed Whanganui

88 Duncan Street



FOOD BANK

Hours
Monday to Friday
9am to 2pm

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



EPILEPSY NEW ZEALAND®
THE NATIONAL EPILEPSY ASSOCIATION OF NEW ZEALAND

kia titiro ki te tangata - see the person

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

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

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

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

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



Whanganui Regional Health Network

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



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

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

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



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

CALL Shelley @ Community House Whanganui

06 347 1084



Support Services & Interest Groups

GRAVESIDE CARE WHANGANUI

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

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



Wendy Allwright & Tracey Eades
Call us on 021212 4212, or
email to Gravesidecarewgi@gmail.com
www.gravesidecarenz.weebly.com



Wanganui Toy Library

142 London Street, Wanganui

Open every Thursday 9:30am – 11:30am

And every Saturday 10am-12noon

wanganuitoylibrary@gmail.com

027 746 6153

Facebook: Wanganui Toy Library



Youth Services Trust Whanganui

39-41 Drews Ave

youth services trust

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

Services currently provided are:

Nurse Clinics
Doctor Clinics
Counsellors
Social Work
Youth Advocacy

Other services provided on site are:

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

Phone (06) 348 9935 0226855912

Email: admin@yst.org.nz find us on Facebook

Waverley Old-Time Country Music Acoustic Group

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

Waverley Baptist Church, SH 3, Waverley

All profits are returned to the community

\$2 Door Donation

All Welcome



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

Wanganui Blind and Partially Blind Craft Group

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

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

They are looking for volunteers



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

Contact Bev (06) 348 4407

Male Singers / Lyric Singers

Non-Audition Choir

All Welcome

Contact Joanna Love (06) 345 9073

Practices Thursday Evenings



Plunket Playgroups

Plunket Coffee Groups

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

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

Contact Heidi Wright, Community Support Coordinator on 021 529 600 or email heidi.wright@plunket.org.nz



Adult Literacy Rural Trust

Adult Literacy Services for Rural/Isolated Adults

FREE reading and writing lessons
for rural/isolated adults

0800 891 339

By phone or by skype or at a local class

Support Services & Interest Groups

ALCOHOL & SUBSTANCE ABUSE

RELAPSE PREVENTION GROUP

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

**1ST FLOOR
60 RIDGWAY ST
WHANGANUI**

Monthly Learning / Intellectual Disability Carer Support Network

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

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



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

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

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

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

Support Services & Interest Groups

The Compassionate Friends Parents Grief Support

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

We offer one to one confidential support sessions.

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

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



Alcoholics Anonymous

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

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 one to one sessions in the strictest confidence

WE FACE GRIEF TOGETHER

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



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 ☺



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/>



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



Rivercity Knitters Group

THE RIVERCITY KNITTERS GROUP MEET MONTHLY ON THE 1ST WEDNESDAY OF EACH MONTH AT 9.30AM. THEY ARE A GROUP OF MACHINE KNITTERS WHO GET TOGETHER TO SHARE WHAT THEY ARE KNITTING AND TO LEARN NEW TECHNIQUES ON THE MACHINE. CONTACT RUTH - 027 497 1702 - OR EMAIL ICYSTICK@INSPIRE.NET.NZ

Counseling Services



Paul Jacobson Counselling

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

The Counselling Centre (Marton)

www.counsellingcentre.org.nz

located at 18 High Street, Marton

Phone (06) 327 5245

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

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

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

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

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

Nicola Hartfield

Fellow Arbitrators' and Mediators' Institute NZ

nicola@nicolahartfield.com

www.nicolahartfield.com

Workplace Supervisor / Family Mediator



COUNSELLING CABOODLE

PROFESSIONAL SUPERVISION SERVICES

Debbie Biggar Phone: 02102689486 or info@counsellingcaboodle.co.nz

Whanganui, Bulls, Marton, Palmerston North or via Skype

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

ACC Sensitive Claim and ACC Physical Injury.

Individuals Couples Groups Workshops Education sessions

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

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

Full member of NZAC, Registered DAPAANZ and DAPAANZ approved supervisor

www.counsellingcaboodle.co.nz

Fliss Newton

MNZAC; Dip GINZ; TTC;
Cert Social Work

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

(06) 347 6377

fliss@inspire.net.nz



Barrie Marsh

Diploma of Social Work

General Counsellor

*Strict Confidentiality and
Privacy Assured*

Ph (06) 344 3345

Email marshkandb@gmail.com





Te Whatu Ora Health New Zealand

About the Health Reforms

New Zealand has a high-quality publicly funded health system and a highly skilled, dedicated and professional health workforce. But we know there are opportunities to make improvements. We need to build a future health system that will perform better for all of us.

Transforming the health system will create a more equitable, accessible, cohesive and people-centred system that will improve the health and wellbeing of all New Zealanders.

Partnerships and Te Tiriti principles will be woven throughout the future system and all it does. There will be strong expectations across our future health system to deliver care that will achieve better health outcomes for Māori and other groups who have not always been well served.

We're transforming the health system to better:

- **meet the complex demands of a growing population**
- **address the persistent inequalities experienced by Māori**
- **ensure greater access, experience and outcomes for those traditionally not well served by the system – Māori, Pasifika and Disabled People**
- **make use of modern technology and develop new and innovative ways of working**
- **focus on keeping people, their whānau and their communities well and out of hospitals – not just caring for them when they get sick.**

For more information visit

www.tewhatauora.govt.nz

Life at Orange



Take your mask wherever you go. Face masks are still required for many indoor settings



Face masks are not required but are strongly encouraged at schools



Face masks must be worn on school buses and public transport by children 12 and over



There are no indoor or outdoor capacity limits



If you have cold or flu symptoms, stay home and take a RAT



You must isolate for at least 7 days if you, or someone you live with gets COVID-19

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New Zealand Government

Unite
against
COVID-19



When do Household Contacts need to isolate again?



Someone new tests positive in your house



Has it been more than 10 days since your last isolation period ended?



Yes

You need to isolate again for 7 days as a Household Contact and test on days 3 and 7.

No



You do not need to isolate again as a Household Contact. Monitor for symptoms and test if any develop.

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COVID-19

COVID-19

KEEP IT UP



Wearing a face mask, washing your hands, scanning, social distancing and staying away from high risk locations reduces your chances of contracting COVID-19

NEEDING HELP?



If you are not Covid-19 positive or a household contact but you still need help ask your friends and family first, connect with your usual social support networks, or you can ring the Ministry of Social Development, you don't have to be a client - contact them on 0800 559 009 and if you need food call the Foodbank 06 345 2139..

TAKE TIME OUT



Take time out to slow down, take breaks from social networks that cause anxiety or , create a calming space for yourself and remember to lead with love and kindness. If you want to talk with someone free call or text 1737 or contact your health provider to access a Health Improvement Practitioner or a Health Coach

www.covid19.org.nz
www.areiyouallgoods.com/
www.mentalhealth.org.nz
www.healthnavigator.org.nz

Whanganui district/rohe

Vaccination and testing clinic locations are available at

www.healthpoint.co.nz

www.wdwb.org.nz

Whanganui rohe

Worried about the doctor's bill?

COVID-19 related care is free

COVID-19 Phase 3: www.wdwb.org.nz



Live in Whanganui?

Positive RAT test and don't know what to do next?

Need help while isolating?

Give Us a call ,
Monday - Friday
Between 8am and 5pm
(Not open public Holidays)

0800 002 751

Our **Community Connectors** can help you understand and get support while you and your whanau are in isolation.



Manaaki Te Whānau Drop-In Immunisation Clinic

Entrance 3, 100 Heads Road, Whanganui

Our clinic welcomes whānau who:

- Need to get up to date with children, teens and adults immunisation
- New to town or unable to book with a GP for immunisations
- Pregnant people for antenatal vaccines
- Has questions about immunisation or vaccines

Every Tuesday from 9am - 5pm

No appointments needed but if you would like to book, call 0800 775 001

Transport is available - call us!



Whanganui Regional Health Network

STAY WELL THIS WINTER



My Covid Record

Get your COVID-19 Vaccination Records

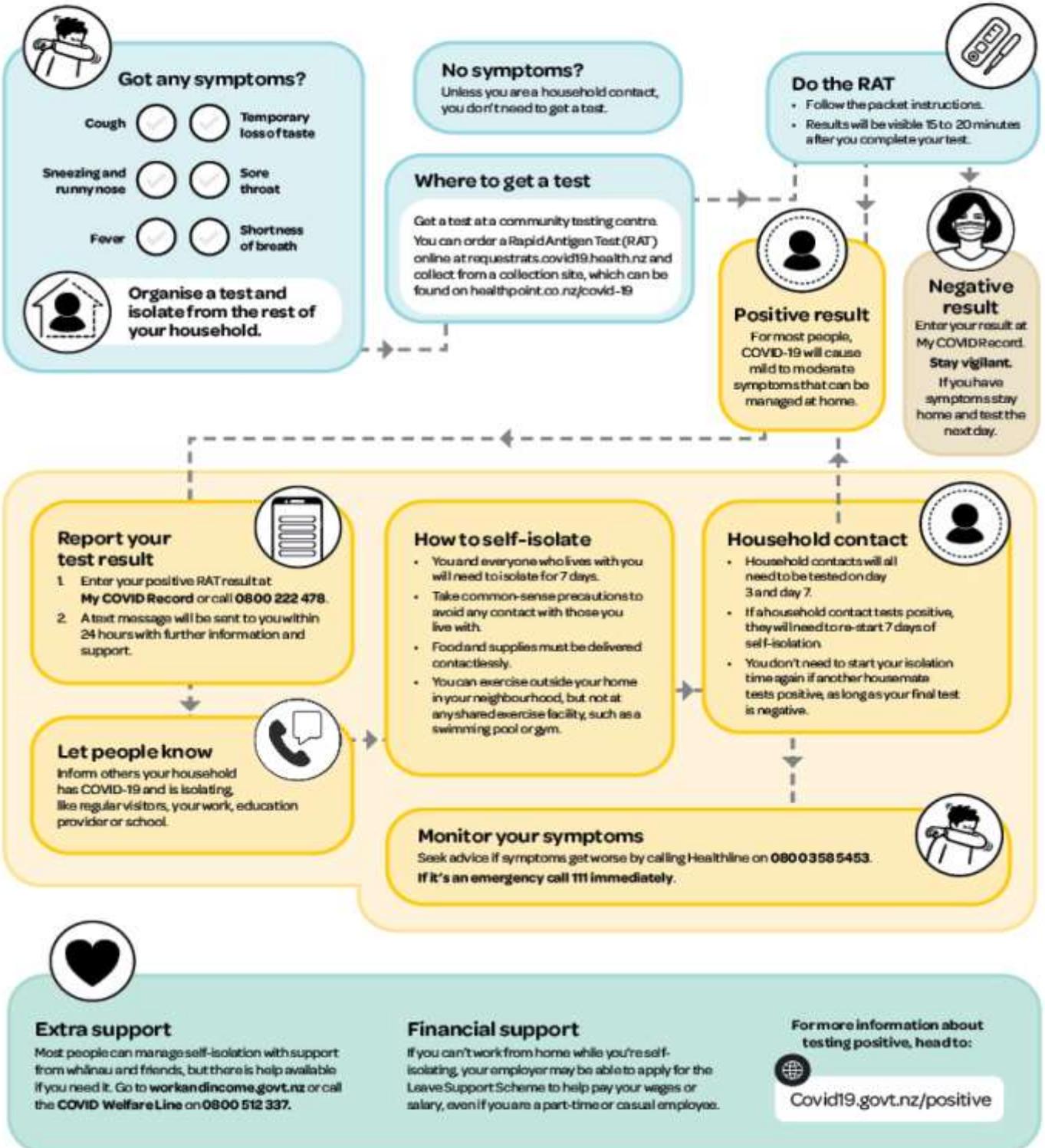
Visit mycovidrecord.nz

To Ekeāwhanga a Rehehe
New Zealand Government

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What to do when you have COVID-19 symptoms



What type of contact are you?



Te Kāwanatanga o Aotearoa
New Zealand Government

Updated 21 March 2022

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Got any symptoms?

Covid19.govt.nz/positive

Check for symptoms:

- Cough
- Temporary loss of taste
- Sneezing and runny nose
- Sore throat
- Fever
- Shortness of breath

Where to get a test

Get a test at a community testing centre. You can order a Rapid Antigen Test (RAT) online at requestrats.covid19.health.nz and collect from a collection site, which can be found on healthpoint.co.nz/covid-19

Do the RAT

- Follow the packet instructions.
- Results will be visible 15 to 20 minutes after you complete your test.

No symptoms? Unless you are a household contact, there is no need to get a test.

Organise a test and isolate from the rest of your household.

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How to self-isolate

Covid19.govt.nz/positive

Household contact

While isolating, your household contacts will need to be tested.

- If a household contact tests positive, they will need to self-isolate starting from the day of their symptoms or positive test result.
- The rest of your household contacts can end their self-isolation at the same time as you.

Monitor your symptoms

Seek advice if symptoms get worse by calling Healthline on 0800 358 5453. If it's an emergency call 111 immediately.

- You and everyone who lives with you will need to isolate.
- Take common-sense precautions to avoid any contact with those you live with.
- Food and supplies must be delivered contactlessly.
- You can exercise outside your home in your neighbourhood, but not at any shared exercise facility, such as a swimming pool or gym.

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How to wear a face covering safely

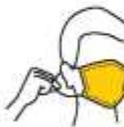
Putting on a face covering:



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. Restore 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

New Zealand Government

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How to work out your 7 days of self-isolation



START OVER if you test positive

Find out what you need to do if:	you are positive for COVID-19	you are a Household Contact (living with a positive case)*
Day 0	The day you test positive or start experiencing symptoms, whichever is earliest.	Your Day 0 is the same Day 0 as the first positive case in your household.
Day 3	-	Take a Day 3 test today, or sooner if symptoms develop. If it's positive, start a new 7 days of self-isolation.
Day 7	-	Take a Day 7 test today, or sooner if symptoms develop. If it's positive, start a new 7 days of self-isolation.
After	After 7 days, as long as you are free of COVID-19 symptoms, you will be free to leave self-isolation.	After 7 days, as long as you have a negative Day 7 test result and no COVID-19 symptoms, you will be free to leave self-isolation.

* Some people who are Household Contacts and critical workers may be able to still go to work through the Close Contact Exemption Scheme. See our website for more information.

Te Kāwanatanga o Aotearoa
New Zealand Government

Updated 19 March 2022

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Health Matters

Testing positive at different times



Te Kāwanatanga o Aotearoa
New Zealand Government

+ when you test positive or when you first develop symptoms, whichever comes first, is your Day 0.

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Do you need a test to leave self-isolation?



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How to report your RAT result



There are two ways to report your rapid antigen test (RAT) result:

- 1 You can do it online at MyCovidRecord.nz**
 - set up a My Health Account if you don't already have one and you're over 12 - you will need your own email address and a valid form of ID
 - if you already have a My Health Account, log in
 - scroll to "Self-report a Rapid Antigen Test (RAT) result,"
 - click "Report test result" and follow the instructions
- 2 You can do it over the phone by calling 0800 222 478**
 - select option 3
 - call any time between 8am and 8pm, 7 days a week
 - use this to report RAT results for those under 12

You can find detailed step-by-step instructions about reporting your results online here: [Covid19.govt.nz/RATresults](https://covid19.govt.nz/RATresults)

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Getting COVID-19 vaccines after testing positive



For first and second doses

For booster doses

For child vaccination doses

wait 3 months
after you test positive for COVID-19

Please speak to your GP or healthcare provider for advice specific to your medical circumstances

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Second boosters for at-risk groups

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Struggle got real?

tahi
whitu
toru
whitu
1737

COVID-19

Looking after your mental wellbeing

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

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

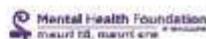
If you or those around you are concerned about your mental wellbeing, there are tools and information available to help.

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

GETTING THROUGH TOGETHER

WHĀIA E TĀTOU TE PĀE TĀWHITI

ALL RIGHT?



Sparklers

At Home



Whakatau Mai
The Wellbeing Sessions

Mental health and wellbeing resources

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

www.allright.org.nz/campaigns/getting-through-together

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

www.sparklers.org.nz/parenting

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

www.wellbeingsessions.nz

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

www.health.govt.nz/covid-19-mental-wellbeing

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

Need to talk?

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

Services and support

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

Health Matters

For access to food or essential items

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

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

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

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

www.familyservices.govt.nz/directory/
(Foodbanks)

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

www.civildefence.govt.nz/find-your-civil-defence-group/

For financial support

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

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

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

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

www.workandincome.govt.nz

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

0800 559 009 (MSD General Line)

0800 552 002 (Seniors 65+)

0800 88 99 00 (Students)

www.Covid19.govt.nz/business-and-money/financial-support/covid-19-financial-support-tool/

For renting and tenancy advice

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

0800 836 262 (Tenancy Services)

www.tenancy.govt.nz

For animal welfare matters

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

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

0800 00 83 33 (MPI)

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

For employment advice and support

Know your rights as an employee and keep yourself safe.

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

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

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

0800 779 009

(Work and Income's Job Search line)
www.workandincome.govt.nz

0800 20 90 20

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

0800 030 040 (Worksafe)

www.worksafe.govt.nz

For further information on other support

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

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

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

www.Covid19.govt.nz

0800 367 222 (Citizens Advice Bureau)

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



Support for if you get COVID-19

Most fully-vaccinated people with COVID-19 are likely to have a mild to moderate illness and will fully recover in their own home, or in suitable alternative accommodation.

Care in the community is where people are supported by local care providers to ensure their health, welfare and wellbeing needs are met while they are recovering from COVID-19.

Why isolation?

Everyone who tests positive for COVID-19 and everyone who lives with them will need to isolate to help stop the spread of the virus.

There are two ways to self-isolate – at home or in suitable alternative accommodation, or in a managed isolation facility. Managed isolation facilities are in hotels in different locations across New Zealand where you can isolate for free, with your household for at least 10 days.

If there is another property that you have access to, or are provided, that is more suitable for self-isolation than your usual place of residence, you can self-isolate there instead.

Note: if you are seriously unwell you will receive hospital care.

Isolating at home

When you test positive for COVID-19 you will need to isolate in your home or in suitable accommodation for **at least 10 days** while you recover from COVID-19.

Everyone else in your home must isolate for **at least 10 days** while the COVID-19 positive person is recovering, and will be advised if further isolation is required beyond that.

While isolating

Do not:

- X leave the place where you are isolating
- X go to work, school or public places
- X go on public transport or use taxis
- X go out to get kai and medicine
- X have visitors in your home except for health or community workers who are providing essential care to you or someone in your household
- X go to a vaccination appointment. If you have a vaccination appointment scheduled either ring the booking line or go online to change your appointment
- X go out in a public place to exercise – only exercise at home.

Where possible, ask whānau or friends to shop for you, but do not bring them into the house. If this is not possible, order supplies online. Make sure any deliveries are left outside your home for you to collect.

Tips for keeping your whānau safe

To help reduce the spread of COVID-19, you should:

- Stay away from others in your home as much as possible. If you can avoid sharing rooms or beds or preparing food for others this will help reduce the chances of spread of COVID-19.
- As much as possible, open windows and doors to allow air to flow through your house.
- Wipe down surfaces used by others like bathroom taps and kitchen benches with soap, water and a cloth.
- Do not share dishes and cutlery, towels and pillows. Please do your own laundry if possible.
- Wash your hands often and cough or sneeze into an elbow or a tissue.

Medicines

If you need medication, contact your GP or your local community pharmacy who will make arrangements for your medication to be safely delivered to your home.

Health support while isolating

It is normal to feel anxious or stressed about isolating with COVID-19.

You will be provided a health contact person, who will contact you often to make sure that you and your whānau are safe and supported, and given a telephone number for 24 hour health support.

Key points of contacts for health support may differ across the country. Your point of contact may be an individual or a team that could include your general practice, primary care provider or a local community care provider.

Extra support

Many people will be able to manage with help from friends and whānau, but there is information and help available if you need it.

When you're told you need to isolate, you'll be asked if you need any support or help. Most people will be able to look after themselves. However, some people may need things like food and groceries.

Ministry of Social Development (MSD) is coordinating support, and connecting people with the right service to help them.

If you need help, MSD will connect you with someone. They may be from a local community organisation a government agency or marae-based services or support that iwi have established.

They will call you to talk about how they can help - so you and your whānau get the support you need to isolate.

If you are isolating and need support, you can call the COVID Welfare Phone Line on 0800 512 337. It's open seven days a week.

If you can't work from home

It's important you stay home until your test results come back. If you can't work while you are isolating, your employer may be able to apply for the **Short-term Absence Payment** to help them pay you.

If you test positive or need to isolate because you are a close contact, your employer may be able to apply for the **Leave Support Scheme**. It's to help them keep paying you if you can't work while isolating.

If you're self-employed and can't work while isolating, you can also apply for these payments.

More information can be found at workandincome.govt.nz/employer-covid-support

Please make sure you answer your phone, even if it's a private number.

For health support, call your health contact. **Call 111** if you need urgent help.

Go to Covid19.govt.nz for more information. It's data free - you don't need data on your phone or device.

Family Violence Support

WOMEN'S REFUGE

We work with women, children and families/whānau experiencing the effects of family violence by providing advice, support and advocacy, risk assessments and safety planning. We also provide safehouse accommodation for women and children at high risk of further harm and support women, children and families/whānau in the community.

Email: advocatesrefugewhanganui.org.nz

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



Kaupapa whānau – thriving children, flourishing families

Our team journey alongside whānau and families to be safe, confident and proud in their relationships and parenting their children. We support whānau and families resisting violence, healing trauma, building safety, strengthening family relationships, enjoying parenting, and getting support you need from other services. Our services include social work support, parenting programmes, and family harm prevention programmes. We also provide information and advice to whānau and families who are not sure where or how to get help.

Website: jigsawwhanganui.org.nz/ / Email: jigsawwhanganui.org.nz

Suite 10, 236 Victoria Ave
PH: 06 345 1636



Provides free individual or group programmes for women and children affected by family violence; an eight-week parenting programme - a Boundaries course for women and general counselling for individual adults, couples, children, adolescents and families. There is a fee for general counselling but funding is available that may assist with this.

Email: familyworks-whanganui@pec.org.nz

Caring...enabling...supporting

179 Wicksteed Street
PH: 06 345 6681



Te Oranganui's Whanau & Community Services support whānau experiencing family violence. They support whānau to build resiliency and live nurturing and cohesive lives. Te Oranganui's other services also have a zero tolerance to family violence: Mental Health & Addiction, Disability Support Services, and GPs.

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

57 Campbell Street
PH: 06 349 0007

ORANGA TAMARIKI

Ministry for Children



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

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



Serving the needs of older people

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

164 St Hill Street
PH: 06 345 1799

PH: 0800 EA NOT OK
(0800 32 668 65)

IT IS **OK** TO ASK FOR HELP

HELP



NEW ZEALAND
POLICE
Ngā Pirihimana o Aotearoa

SHINE (Domestic Violence Helpline):
9am - 11pm
PH: 0508 744 633

SHAKTI (for Migrant Women):
24 hours a day / 7 days a week
PH: 0800 742 584

Safe to Talk (Sexual Abuse):
24 hours a day / 7 days a week
PH: 0800 044 334 or
TXT: 4334

Hey Bro - He Waka Tapu
(for men who want to stop being violent)
24 hours a day / 7 days a week
PH: 0800 439 276

Bell Street

PH: 111

24 hours a day,
7 days a week



Tupoho-Iwi
& Community
Social Services Trust

Tupoho House
249 Victoria Avenue
PH: 06 345 2042

Services include social work support and intervention to reduce whānau/family harm, advocacy and negotiation with statutory and other support agencies, and financial mentoring and education services.

Whakapūmautia te mana o nga tangata i roto i ngā tūngata Nurturing . Sustenance . Empowering

Whanganui Safe and Free

healing and preventing sexual abuse in our community

Specialist therapy and counselling for children, adolescents, whānau and families, and individuals affected by the trauma of sexual abuse and rape. Whanganui Safe and Free also offer Kaiwhina/Family Support for those directly and indirectly affected, and preventative education programmes for children and their parents/caregivers, for families and for students.

Email: administration@whanganuisafe.org.nz

Suite 4, 236 Victoria Ave
PH: 06 343 3416



COMMUNITY LEGAL
ADVICE WHANGANUI

Suite 2, 236 Victoria Ave
PH: 06 348 8286

Community Legal Advice Whanganui can provide those living with family violence information and advice on dealing with the police, protection orders, occupation or tenancy orders, relationship property, the process to end a marriage, civil union or de facto relationship, and seeking the services of a family lawyer.

Email: claw@claw.co.nz



Whanganui
Family
Violence
Intervention
Network

**FAMILY
VIOLENCE
IT'S NOT OK**

IT IS **OK** TO ASK FOR HELP

Thank you to our Funders

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



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



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY



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



**Whanganui
Community
Foundation**

Here for your community



grassroots[®]
trust