



Kia Ora

Finally it's Spring!! I don't think I'm the only one who's had enough of Winter this year and is looking forward to sunnier weather and longer, happier and healthier days ahead. Don't forget this year Daylight Saving starts at 2am on Sunday 26 September 2022 when clocks go forward 1 hour.



September is also Motorcycle Awareness Month. Find out more at <https://www.rideforever.co.nz/riding-in-new-zealand/motorcycle-awareness-month/motorcycle-awareness-month>.



Unfortunately Community House has been advised by our bank that we are longer able to offer Eftpos to community groups due to their money laundering policy. If you wish you use Eftpos moving forward we recommend that you plan in advance as it's quite a process. You will need your own merchant number (obtained from your bank) and each time you use a terminal it would need to be reprogrammed with that number and security keys activated (which can only be done by an authorised reseller such as Cohens).

Take care and stay safe Shelley

## Funding

**COGS—funding round opened 20 April and closed 18 May for 2022.** [www.communitymatters.govt.nz](http://www.communitymatters.govt.nz).

**Community Contracts—funding round for 2022/23 closed 31 July 2022.** [www.whanganui.govt.nz](http://www.whanganui.govt.nz).

**Whanganui Community Foundation—closes 3 October 2022 for Quick Response and 25 October 2022 for Community Support Grants.** [www.whanganuicommunityfoundation.org.nz](http://www.whanganuicommunityfoundation.org.nz).

**Pub Charity Ltd—check area eligibility prior to applying.** [www.pubcharitylimited.co.nz](http://www.pubcharitylimited.co.nz).

**TG Macarthy Trust—annual applications closed 30 June 2022.** [www.publictrust.co.nz](http://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](http://www.communitymatters.govt.nz).

**NZCT—always open, allow up to 8 weeks for outcomes.** [www.nzct.org.nz](http://www.nzct.org.nz).

**The Lion Foundation—always open, allow up to 8 weeks for outcomes.** [www.lionfoundation.org.nz](http://www.lionfoundation.org.nz).

**Grassroots Trust Central—check area eligibility prior to applying.**

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

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



What's on — mark your diaries!

# The Big Blue Brunch

## October 2022

Organise a Big Blue Brunch with your friends and colleagues in the lead up to World Stroke Day (29th Oct) to raise awareness for stroke in your community. Bring a gold coin donation or donate directly to our GoFundraise page to raise much needed funds for our ongoing stroke support services. Don't forget to wear blue!



PARTNERS IN RECOVERY  
NGA HOA KI TE WHAKAOHANGA

Registration/Information

Call: 0800 298 858

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

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

[www.gofundraise.co.nz/beneficiary/strokecentral](http://www.gofundraise.co.nz/beneficiary/strokecentral)

(If you register your BBB with us you'll receive a Stroke Quiz to play with your attendees)



## EXPRESSIONS OF INTEREST ARE NOW OPEN FOR LA FIESTA 2023

Get involved with  
Aotearoa NZ's Best  
Women's Fest in Whanganui  
10 February – 10 March



Got a cool idea for an event or activity celebrating women, or know someone who does? WE'D LOVE TO HEAR FROM YOU!

FOR AN EXPRESSION OF INTEREST FORM EMAIL:  
[womnet.whanganui@gmail.com](mailto:womnet.whanganui@gmail.com)

Find out more about La Fiesta at our festival website:  
[lafiestanz.com](http://lafiestanz.com)

 Facebook pages: La Fiesta NZ Women's Network Whanganui

LAST DATE FOR SUBMISSIONS IS  
11 NOVEMBER 2022

Proudly brought to you by the Women's Network Whanganui

# What's on — mark your diaries!

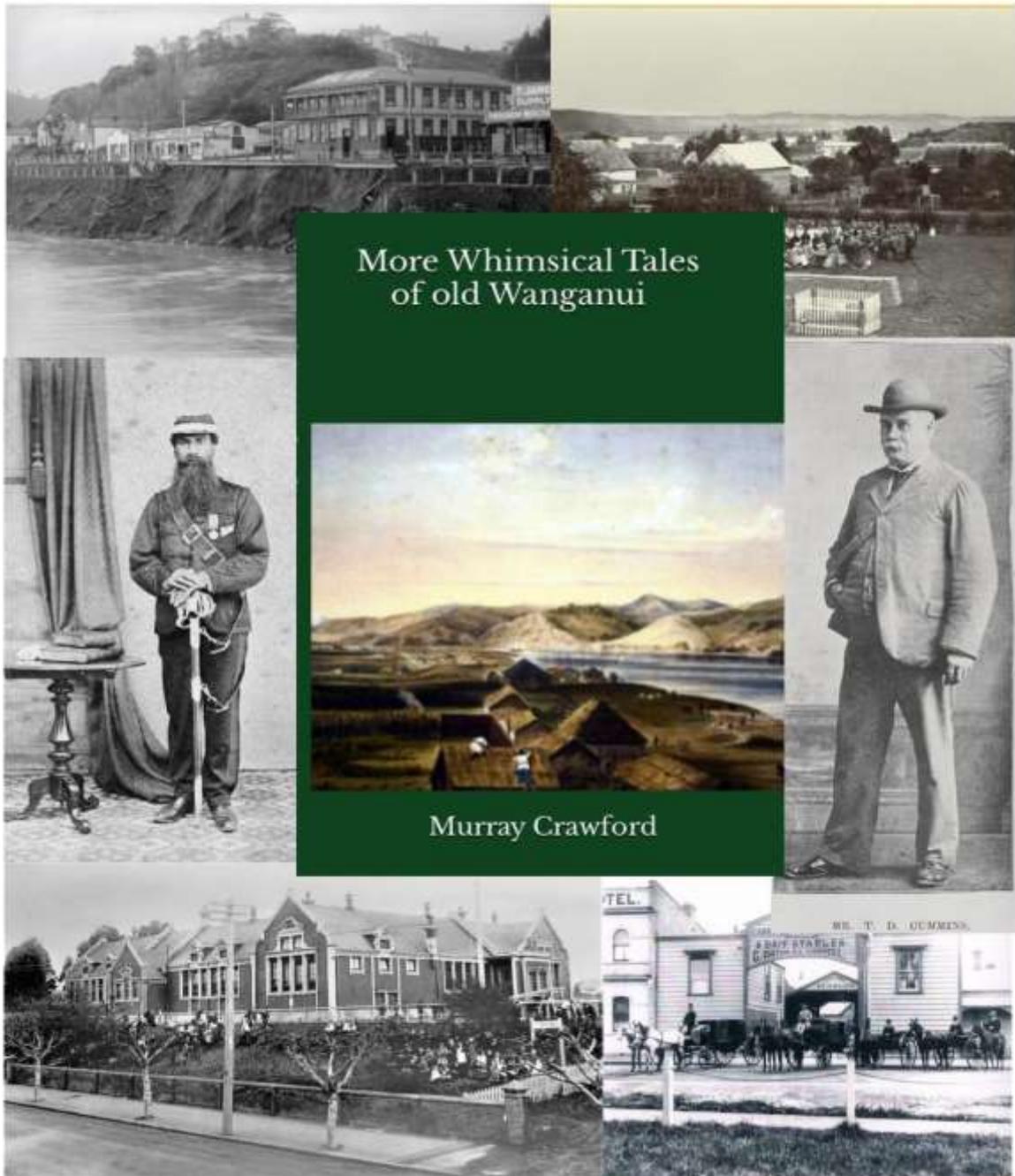
Special thanks to Murray Crawford for producing  
**More Whimsical Tales of old Wanganui**

**\$40.00 per book**

**(all proceeds to Alzheimers Whanganui)**



**If you are interested in purchasing a book, please contact  
Alzheimers Whanganui Phone (06) 345 8833  
Email: [admin@alzheimerswhanganui.org.nz](mailto:admin@alzheimerswhanganui.org.nz)**



What's on — mark your diaries!



# WPA 110<sup>TH</sup> ANNIVERSARY CONCERT



**Whanganui & National Performers**

Ballet – Tap – HipHop – Singing – Musical Theatre

**15<sup>th</sup> October 2022**

**Royal Whanganui Opera House**



## Wanted!! Musicians



Retired or semi retired  
people to join a small fun  
loving country and variety  
music Group in  
Whanganui



If this sounds like you  
please contact Mary on  
0272455451  
For further information.



What's on — mark your diaries!



## Staying Safe refresher course for older drivers



Attend this FREE course for older drivers to gain more confidence and learn more about safety on the road.

Come by yourself or bring a friend, enjoy lunch, and take home a great workbook. Pick a date to suit you:

- Tuesday October 25<sup>th</sup> 9.30 am to 3 pm **OR**
- Tuesday November 15<sup>th</sup> 9.30 am to 3 pm



## CarFit *20 minutes guidance for comfort & safety*

Thursday November 3<sup>rd</sup> **OR** December 1<sup>st</sup> – morning appointments



We have limited places, so booking is essential

Call Age Concern Whanganui on 06 345 1799 to book your free places today!

# 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](mailto: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](http://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

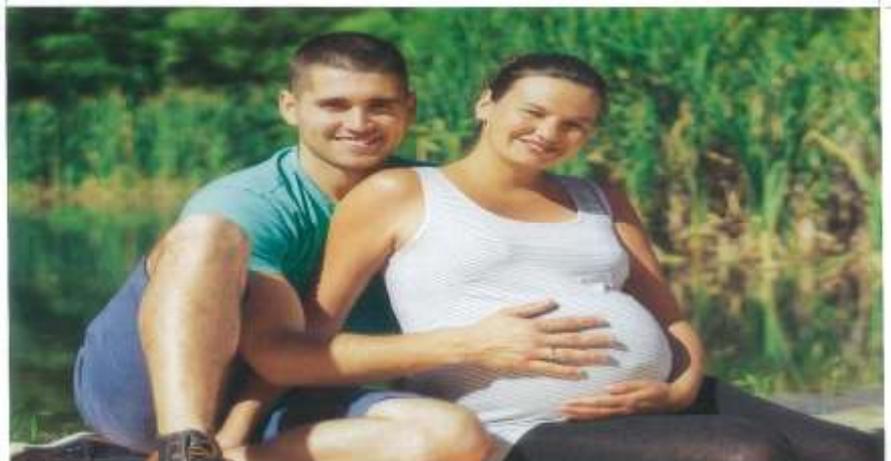
- act to promote and protect the incapacitated person's welfare and best interests

## WHANGANUI FILM SOCIETY

2022

TAKING YOU FURTHER INTO FILM

WWW.NZFILMSOCIETY.ORG.NZ/WHANGANUI



## 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

Red Shoes Rock  
**TOGETHER**  
We're Unstoppable

What's on — mark your diaries!

# DANCE 4 US

# WHANGANUI



Dance Movement Therapy group for youth and adults with mixed abilities, including: Autism, Cerebral Palsy, Down Syndrome, brain trauma and cognitive delays. Just bring your dancing shoes and a gold coin koha and we'll see you there!



## **TERM 4**

27 July - 2 September  
20 October - 15 December  
Wednesdays from 1 - 2pm

## **LOCATION**

Harrison Street Church  
98 Harrison Street  
Whanganui



## 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](mailto:info@blueprint.co.nz)

**Phone:** 04 473 9009

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

# What's on — mark your diaries!

## Rural Networking Meetings

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

# DRIVE

## Start the licence journey

[drive.govt.nz](http://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](mailto: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-defense classes are also available on request.

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

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

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



## MASKS FOR GOOD

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

## BUT WE NEED YOUR HELP

### DONATE

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

- Whanganui Environment Base (Maria Place, Resource Recovery Centre)
- Whanganui Learning Centre (232 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](mailto:masksforgood.wanganui@gmail.com)

## RED BOAT KUNG FU 心發 WING CHUN

### Self Defence Classes Available Now

We are located  
Red Boat Kung Fu Wanganui  
159 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](mailto:rbfk.wanganui@gmail.com)

## Off you GO safely on your travels!

GO mobile medical alarm works anywhere there is cellphone coverage



SECURELY™  
Protecting you on the go with  
GO mobile medical alarm



• Get 24/7 emergency help quickly using alarm

• Get found with GPS

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

(GO is not eligible for MSD funding)

[www.securely.nz](http://www.securely.nz) 0800 865 865



**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***

# 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](http://whanganuilibrary.com)

## TEA & TALES



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

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

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



## Join us for Book Chat



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

3rd Thursday of the Month  
Davis Library 11:00

Everyone Welcome

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



*New to Whanganui?*

*Like to meet new like-minded people?*

*Always wanted to join a bookclub?*

*— well now is your chance*

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

### **THEMES**

**Venue:** Castlecliff Library

**Time:** 1.30pm until 3pm

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

### **Register now**

For information and/or registration please contact

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

# What's on — mark your diaries!

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  
0800 GET T4U

info@trainingforyou.co.nz  
trainingforyou.co.nz

## WANT BETTER JOB OPPORTUNITIES?



### - WHANGANUI -

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

LAND BASED TRAINING

Get in touch to find out how!

**FREEPHONE: 0508 872 466**

**www.landbasedtraining.co.nz**

## 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](http://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**

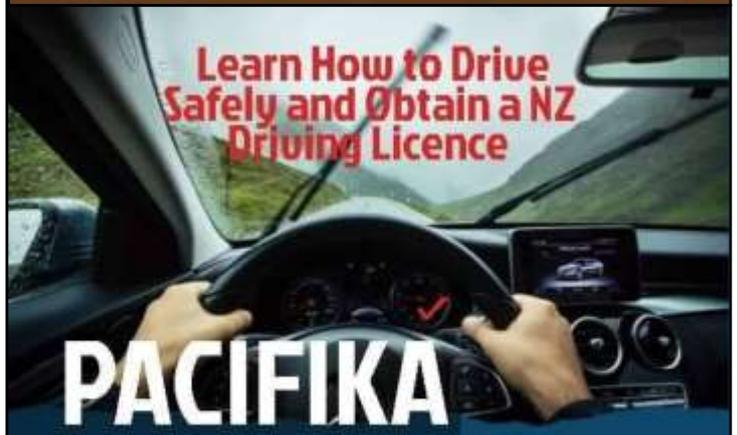


## **NO ALCOHOL, NO RISK**

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



Learn How to Drive  
Safely and Obtain a NZ  
Driving Licence

## **PACIFIKA DRIVING SCHOOL**

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

Reasonable Pricing = \$65  
Theory + Practical

Qualified &  
Certified  
Instructors .  
Overseas  
Conversion  
Lessons

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

**CALL: 027 599 6409**



# What's on — mark your diaries!

## 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

# TU

# STAND UP

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

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

Register now  
Call 06 345 4488  
021 025 21613



Balance Aotearoa | Community House | 60 Ridgway St | Whanganui

## Get the JOB DONE

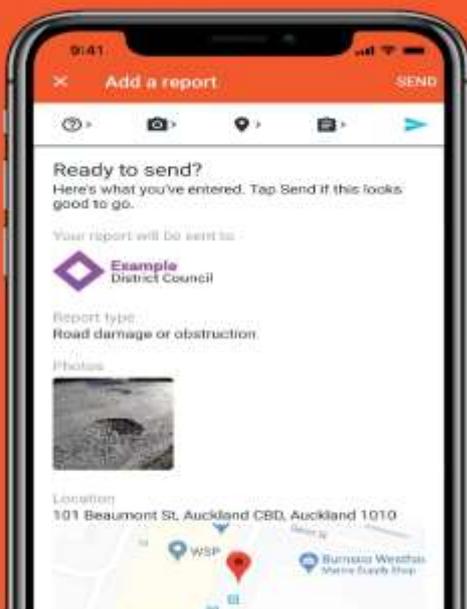
- Work Ready
- Reliable Staff
- Trained
- Supported in Work



Education &  
Employment  
Users Transformed



DEPARTMENT OF  
CORRECTIONS



## 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.



WHANGANUI  
DISTRICT COUNCIL  
Te Raukura o Te Aho o Whanganui



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



# 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 was a blast! Thanks to everyone who supported it in some way – partners, presenters, participants, sponsors and supporters – y'all are tops. We hope you enjoyed it as much as we did.

**La Fiesta 2023:** Expressions of interest are now open for the 14<sup>th</sup> annual celebration of women, with NZ's Best Women's Fest right here in our awesome Whanganui town. La Fiesta is set to run from 10 February to 10 March next year. So, if you have a cool idea for an activity or event in the festival, or know someone who does, head to our festival website to download an expression of interest form: [lafiestanz.com](http://lafiestanz.com) or drop us an email [details below].

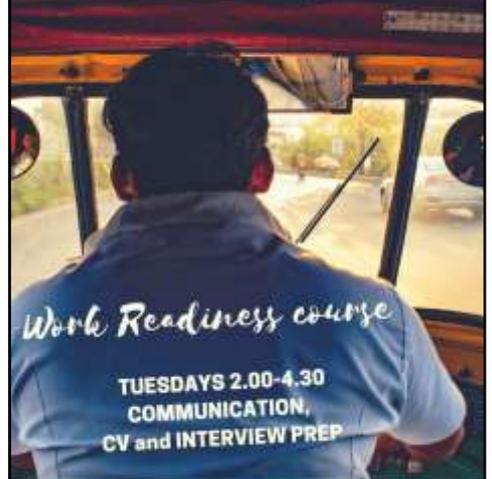
**Terrific Tuesdays:** Tribal Bellydance classes are fun! This style of dance is earthy and grounding, with walks and steps that fit your body. This rich, empowering, vibrant and dynamic world brings echoes of ancient dance to the modern woman. Join in the fun on Tuesdays from 11am-12pm for all levels 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](mailto: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 Wanganui Opera House] at 75 St Hill Street from 10am-2pm weekdays, apart from Tuesday when we open from 10am-noon; and Monday by appointment only. Appointments are available between 9am-4pm weekdays so feel free to call us on 345 6833 or email: [womnet.whanganui@gmail.com](mailto:womnet.whanganui@gmail.com) Check us out on Facebook 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



Work Readiness course

TUESDAYS 2.00-4.30  
COMMUNICATION,  
CV and INTERVIEW PREP

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

## LITERACY AOTEAROA WHANGANUI



Road code theory course

MONDAYS 4.00-6.30  
LEARNER and CLASS 2 (HT)

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

## THINGS to DO & see in WHANGANUI

Community Arts Centre  
MAJESTIC SQUARE  
Gardens Bush

KOWHAI PARK  
DEER PARK

CBD Wall Art

SPLASH CENTRE

VIRGINIA LAKE  
FISHING MOSQUITO POINT

EMBASSY 3 CINEMA  
COOKS GARDENS - GLEN LINDA ROSE  
mountain building garden

CASTLECLIFF BEACH

RIVERCITY TRADERS MARKET SOUTH MOLE  
Wintermere gardens

River Boardwalk  
Wintermere gardens

Motor Vessel WAIRUA  
Bird Aviary

Lake Whiritoa  
Bantia Hill Water Tower  
Whanganui Environment Base

MUSEUM  
SKATE PARKS  
Opera House  
Bridges Walk  
AIRPORT

SKATING RINK  
KAI IWI BEACH

LIBRARY

DURIE HILL TUNNEL & ELEVATOR

WARD OBSERVATORY

Bushy Park  
BASON BOTANICAL RESERVE

Sarjeant on the Quay  
GLASSWORKS

## Nappy Godmother

A small business making a big change

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



Taking the dirty work out of cloth nappies

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

# What's on — mark your diaries!



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

## September Mahuru

### Spirituality and Wellbeing

An exploration of a Spirituality of Pastoral Care in the context of an understanding of Shalom – The Reign of the Kin-dom.

Day 1 Wellbeing, Spirituality, Dimensions

Day 2 The Interplay of Gift and Shadow seen through the lens of Micah 6:8

Saturday 3 September – 9am - 3.30pm

Sunday 4 September – 9am - 3.30pm \$20

Christina Neunzerling rsj



### Waiata, Kōrero and Karakia

Join us as we celebrate

### Māori Language Week 2022

Monday 12 September 10am - 12pm

Maramapai Simon and Lynaire Simon

### Community Liturgy - Our Compassionate Hearts

Sunday 18 September 4 - 5pm

### Tui Motu Group

Wednesday 21 September 4 - 5.15pm

Liz Hickey rsj

### Creative Card-Making

Suitable for beginners and regular crafters alike.

Saturday 24 September 10am - 12.30pm \$10

Julia Martin



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

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

## NATIONWIDE BOOK ONLINE

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

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



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



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



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

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

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

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

### Work Ready Passport graduates will :

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

[sweetwhanganui@gmail.com](mailto:sweetwhanganui@gmail.com) | [www.sweetwhanganui.org.nz](http://www.sweetwhanganui.org.nz) | 021 068 3057  
Innovation Quarter 179 Saint Hill St, Whanganui

**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



# 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.**

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**Citizens Advice Bureau Whanganui**

Te Pou Whakawhirinaki o Whanganui

**120 Guyton Street – (06) 345 0844**

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

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

# SURVIVING GRIEF

KEI TE TAHA | ALONGSIDE  
PEOPLE SUPPORTING PEOPLE



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

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

The programme consists of

4 sessions held weekly,  
each lasting 2 hours.

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

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

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

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

For more information contact:

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

**USE 105 FOR POLICE NON-EMERGENCIES**

# Funding Opportunities



Lottery Grants Board



FUNDS FOR YOUR  
COMMUNITY

The next round of Lottery Community Committee opens on  
Wednesday 2 November & closes Wednesday 30 November 2022  
for an allocation meeting mid-March 2023.

## Manawatu / Whanganui Priorities

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

- Connecting all people, communities, groups, hapū and iwi enabling them to thrive.
- People within communities working together to achieve shared community aspirations
- A request will be considered lower priority if:
  - Organisations mahi that appear to not be connected in community.
  - Organisations who do not demonstrate wider community benefit beyond their membership.
  - Organisations that currently receive government funding, but are unable to show community need and benefit over and above their contracts.

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

## **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.**

# Funding Opportunities

## Care in the Community Disability Welfare Fund

MSD has been engaging with the Disability sector over the last month or so on how best to use the \$5m Care in the Community Disability Welfare Fund (the Fund) announced by the Hon Carmel Sepuloni on 5 May 2022.

This fund is to address the welfare needs of the disabled community and the wellbeing of disabled people and whānau impacted by COVID-19.

The Fund is administered by the Ministry of Social Development (MSD), and in line with the 'nothing about us without us' approach, MSD has engaged closely with the disability sector and other government agencies to determine the best options for the use of this funding.

Four key needs were identified through this engagement and meeting one or more of these needs is the basic criteria for the distribution of funds from either of the two new funds developed. These needs are:

- Connecting to social networks, communities, and identities
- Support for the whānau of a disabled person
- Precautions to prevent exposure to COVID-19, and
- Connecting with support networks.

The \$5m fund has been split between two new funds:

1. The **Direct Support fund** - enables disabled people and whānau to access support from providers who have received the funding.
2. The **Provider-led Innovation fund** (community support) - enables providers to deliver a project, product, or initiative to a target community.



Applications that demonstrate a focus on supporting Māori, Pacific, ethnic and migrant communities and enable effective and equitable reach are encouraged.

Applications are open between 29 August and 5pm on 15 September, and are to be made on the official application form found at [Care in the Community Disability Welfare Fund - Ministry of Social Development \(msd.govt.nz\)](https://www.msd.govt.nz/whakamārama/whakamārama-2022/care-in-the-community-disability-welfare-fund).

### Key dates

| Description                                 | Date (2022)       |
|---|-------------------|
| Fund promotion and application process open | 29 August 2022    |
| Applications close                          | 15 September 2022 |
| Evaluation                                  | 23 September 2022 |
| Outcomes communicated                       | 3 October 2022    |
| Contract negotiated and signed              | 26 October 2022   |
| Delivery of funds begins                    | 26 October 2022   |
| Promotion of funds to general public        |                   |

If you have any questions email [cicdisabilityfund@msd.govt.nz](mailto:cicdisabilityfund@msd.govt.nz)

## 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](http://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](mailto: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, out-patient department on the ground floor and is a FREE to all and confidential specialist service.

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

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

The walk-in clinic is open on a **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](http://www.communityhouse.org.nz). There are over 950 local, regional and national community, charitable, sporting and non-profit organisations listed on the database.

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

60 Ridgway Street, PO Box 102,

Whanganui 4540

Phone 06 347 1084

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

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





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



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

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

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

Our hearing therapists are qualified assessors for this specialised equipment.

There is some funding available where specific criteria are met.



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

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

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



## Peat Street Studio

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

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

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

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

## Christ Church Community Centre

Wicksteed Street (opposite 232 Wicksteed Street)

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

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

New heat pumps recently installed in both rooms.

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

## Interview / Counselling Room

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

- White Board
- Desk
- Couch
- Table and Chairs

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



## ALEXANDER RESEARCH & HERITAGE LIBRARY

Te Rerenga Mai o Te Kāuru  
QUEENS PARK, WHANGANUI

### AVAILABLE FOR HIRE

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

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



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

### Rooms for Hire

Three different size rooms- (seat theatre style)

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

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

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

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

For more information and bookings

Contact Rachel

112-120 Guyton Street, Whanganui

Office 06 345 9318

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



# Halls / Rooms for Hire



Raise your glass

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

Weddings | Meetings | School Events |

Call Jeanette for details 06 342 9644

Gonville-Castlecliff Bowling Club

**Venue for Hire**

Available for Hire Week Nights & Weekends during the Winter

Ph (06) 345 2384

**Please like us on  
Facebook.**



Community House Whanganui

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

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

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

## HOMELESS LOCKERS

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



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](mailto: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](mailto: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](mailto: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](http://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](mailto:kelvin.280@literacy.org.nz)

# Volunteers Wanted



## *Friends of the Opera House*

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### **VOLUNTEERS NEEDED!**

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

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

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

### **SEEKING NEW MEMBERS**

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

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

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

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

**Margaret Johnson  
President**

# Volunteers Wanted



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



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

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

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

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

**Phone:** 0800 266 547

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

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

## Singing For Your Brain

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

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

Enquiries to:- Dorothy Trail

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

## FIVE WAYS TO WELLBEING

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



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



REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY



TALK & LISTEN, BE THERE, FEEL CONNECTED



YOUR TIME, YOUR WORDS, YOUR PRESENCE



EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

Mental Health Foundation  
TEARAKI ETL, HUAHUHU ATEA  
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](mailto:sustainablewhanganui@gmail.com)

Whanganui, 4500

[www.sustainablewhanganui.org.nz](http://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](mailto:avs@acwhanganui.org.nz)



# 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

|  |  |
|--|--|
| <p><b>Struggling to file and pay your tax? <a href="https://ird.govt.nz">I'm struggling to file and pay my tax (ird.govt.nz)</a></b></p> <p>If you're having trouble filing and paying your tax, we can work with you to come up with a solution.</p>  | <p>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.</p> <ul style="list-style-type: none"><li>• Setting up an instalment arrangement</li><li>• Applying for financial relief</li></ul>  |
| <p><b>Cost of Living Payment: <a href="https://ird.govt.nz">Cost of Living Payment (ird.govt.nz)</a></b></p> <p>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.</p> | <p>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.</p> <p>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:</p> <ul style="list-style-type: none"><li>• 1 August 2022 - \$116.67</li><li>• 1 September 2022 - \$116.67</li><li>• 3 October (the first business day of the month) - \$116.66.</li></ul>  |
| <p><b>Cost of Living Payment: Continued –</b></p> <p>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.</p>   | <p><b>To get the payment, you:</b></p> <ul style="list-style-type: none"><li>• have <u>assessed</u> net income of \$70,000 or less in the period 1 April 2021 to 31 March 2022</li><li>• are not entitled to receive the Winter Energy Payment because you get NZ Super or a qualifying benefit from Ministry of Social Development (MSD)</li><li>• are aged 18 or older</li><li>• are both a New Zealand tax resident and present here</li><li>• are not in prison.</li></ul> <p>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.</p> <p>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:</p> <ul style="list-style-type: none"><li>• any payments that have not been made yet and a lump sum of any payments you were eligible for but missed</li><li>• a lump sum based on the number of payments you are entitled to if all payment dates have passed.</li></ul> |

# Support Services

|  |  |
|--|--|
| <p><b>Do you have a Residential rental property?</b><br/> <b>Property interest limitation rules</b><br/> <a href="http://ird.govt.nz">Property interest limitation rules (ird.govt.nz)</a></p>   | <ul style="list-style-type: none"> <li>• From 1 October 2021, interest cannot be claimed for residential property acquired on or after 27 March 2021.</li> <li>• For properties acquired before 27 March 2021, the ability to deduct interest is being phased out between 1 October 2021 and 31 March 2025.</li> <li>• Interest deductions for any new loans drawn down on or after 27 March 2021 won't be allowed from 1 October 2021 onwards.</li> <li>• 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.</li> </ul>  |
| <p><b>MyIR Secure Online Services –</b><br/> Once you are registered, you can:</p>   | <ul style="list-style-type: none"> <li>• Manage all your accounts, including Working for Families and child support,</li> <li>• Update your contact details</li> <li>• Add or change your bank account details</li> <li>• Track your refunds</li> <li>• Send and receive secure emails – and much more.</li> </ul>   |
| <p><b>Community Compliance Officers:</b><br/> <a href="http://ird.govt.nz">Smaller organisations - visits/seminars/advice (ird.govt.nz)</a></p> <p>You can request a visit from a Kaitakawaenga Māori by using our business advisory visit service below.</p> <p><a href="#">Requesting a business advisory or social policy visit</a></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><b>What our service offers</b></p> <p>You can use our advisory service to find out about:</p> <ul style="list-style-type: none"> <li>• the taxes you need to know about</li> <li>• what records you need to keep</li> <li>• how to complete GST and employer returns</li> <li>• your Kiwisaver obligations</li> <li>• when you should file returns and make payments.</li> </ul> |

# Support Services



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

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

Contact our Head Office to connect with your local Field Officer

Ph: 0800 298 858

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

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



## LOW COST BINS

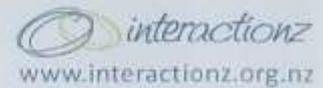
Proud supporters of Community House Whanganui



Proud supporters of  
Community House  
Whanganui

# Support Services

## Enabling Good Lives Principles



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



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

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



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



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



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

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



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

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## Rent Arrears Assistance

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

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

### Who can get Rent Arrears Assistance?

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

- have overdue rent you need to pay
- may be evicted because you haven't paid your rent
- will be able to stay in the house after you pay the overdue rent.  
For example:
  - your tenancy isn't about to expire
  - you can afford to keep paying the rent.
- have signed the tenancy agreement (or you're a tenant by way of a Family Violence Act order).

You also need to be:

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

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

It also depends on your income and assets.

### What you can get

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

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

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

### How to apply

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

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

### Find out more

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

# Support Services



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

## Services include

**Te Taihāhā:** Specialising in Disability Support

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

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

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

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

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

**P: 06 349 0007**

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

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

**Follow us on Facebook & Instagram**

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





## Whanganui

## Budget

## Advisory

## Service Inc.

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

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

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

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

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

## Simple ways to lower energy bills

### Keep your home warm

Heat is expensive, so save money by keeping the cold air out and the warm air in.

- **Draw curtains at dusk** - to keep the day's heat in.
- **Stop draughts** - make sure your windows and doors fit their frames. Use draught stopping tape around windows and doors and draught excluders or door snakes along the bottom of doors.
- **Turn your heaters off when you don't need them** - rather than leaving them on when you're not there, this includes your heat pump.
- **Set your heater thermostat** - aim for 18 to 20°C.
- **Use a heater directly in the room you want to heat** - and keep the door shut (unless you have central heating).



### Keep your home dry

Get rid of moisture and dampness in your home, especially when you're cooking and washing.

- **Clear vents** - check the outside of the house to make sure all underfloor vents are clear of plants or other blockages. This helps to move damp air out from under your house.
- **Cooking, showering and washing** - all introduce moisture to your home. The best way to get rid of this moisture is with externally vented extraction fans. If you don't have these, open windows during or after cooking, showering and washing up.
- **Dry clothes outside** or in a clothes dryer that is vented to outside - try not to use indoors airing racks or clothes dryers that vent into your house. The moisture in the clothes will end up in your home.
- **Air your home** - open windows and doors a few times a day to air the house and let moisture escape, even in winter. Don't forget to open wardrobe and cupboard doors.
- **Ventilate your bedroom** - sleeping with your bedroom window open a crack lets out the moisture that naturally builds up over the night.
- **Air your bedding** - especially in winter. Duvets, pillows, and other heavy bedding absorbs moisture over time, so air them outdoors when it's sunny.

# Support Services

- **Avoid unflued gas heaters** - which release toxic fumes and make your house damp. Cheap portable electric heaters are safer and cost less to run.

## Save on lighting

Lighting is one of the easiest places you can save energy around your house.

- **Turn lights off** when you're not using them.
- **Replace incandescent light bulbs** with energy efficient LEDs - and save \$100 or more a year on electricity in your house.

## Save on hot water

Heating water is expensive, so using less hot water has a big impact on your energy bills.

- **Reduce shower time** - a 15 minute shower costs around \$1, a 5 minute shower around 33c. A family of 4 could be saving around \$18 a week just by taking shorter showers. That's \$900 a year.
- **Use cold washes** - unless you have an especially dirty load. Modern washing machines and detergents clean well using cold water. A hot water wash can use 10 times more electricity than a cold wash.
- **If you own a dishwasher - run it when it is full** and on 'eco' mode. Rinse dishes with cold water.

## Save on appliances

Appliances left on standby can cost you more than \$100 a year on your power bills. Major culprits are home entertainment appliances, like TVs, stereos, game consoles and computer equipment.

- **Plug them all into multi-plug boards so they can all be turned off properly at the same time.**
- **Turn off** other appliances like whiteware at the wall too.
- **Heated towel rail** - only use it when needed. You can buy timers for towel rails that come on automatically at certain times of the day.
- If you have a second fridge only to chill a few drinks - Consider turning it off or getting rid of it.
- **Check your fridge door seals** - if the door doesn't seal properly, your fridge will use more energy than it needs to. Depending on the age and condition of the fridge, get new seals fitted or replace the fridge.

## Check your plan

If your circumstances or energy use has changed, check you are still on the best power deal to suit your needs.

## Utilities disputes: free and independent complaints service

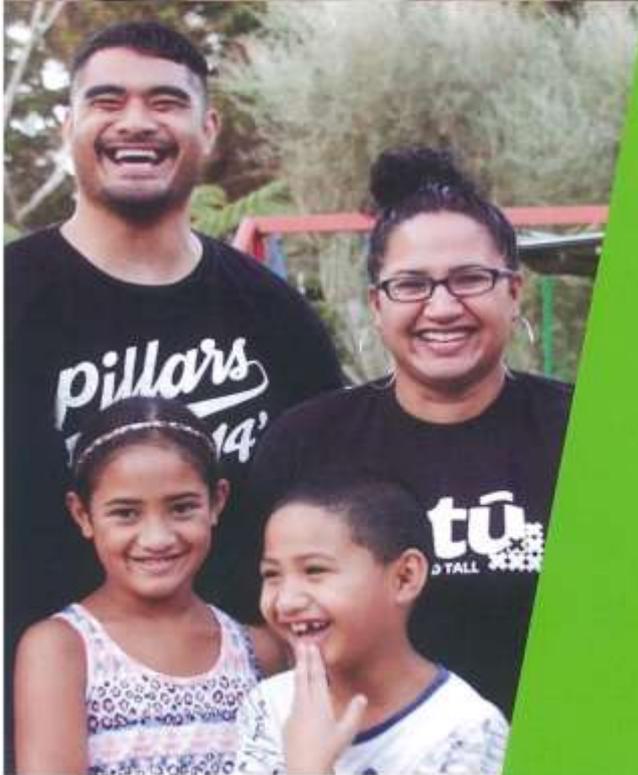
If you have a question or complaint about electricity or gas - for example bills, customer service, supply or meter issues - contact Utilities Disputes. This is a free and independent service. The Utilities Disputes team will listen, ask the right questions, look into your issue, or guide you in the right direction.

Contact them on 0800 22 33 40 or [info@utilitiesdisputes.co.nz](mailto:info@utilitiesdisputes.co.nz)

# 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><b><i>Connect and Learn</i></b></p> <p>Wednesdays<br/>9:30 – 11:30am</p> <p>Connect with other parents/caregivers<br/>Craft, Cook, Share &amp; Learn</p> | <p><b><i>Home School Support</i></b></p> <p>Thursday Fortnights<br/>10:00am – 12:00pm</p> <p>Connecting parents and caregivers who want support with home school lessons and ideas.</p> |
|---|---|

*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](mailto:Familyworks-wanganui@psc.org.nz)

**PROGRAMMES ARE FREE!!**

# Support Services

## VitalCALL Go



Mobile Personal  
Emergency Pendant

0800 10 20 30  
vitalcall.co.nz

**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

**Michaela O'Brien**  
Graphic Designer

Affordable professional design services | Web | logo |  
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**CALL for a chat on 021 084 13999**

**EMAIL : hello@michaela-designs.com**

**WEB : michaela-designs.com**

# 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](http://www.securely.nz)

# Support Services

Thank you for trusting SECURELY<sup>®</sup> 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<sup>®</sup> 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](mailto:info@securely.nz) or visit our website [www.securely.nz](http://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](mailto: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<sup>®</sup>**

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](mailto: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!

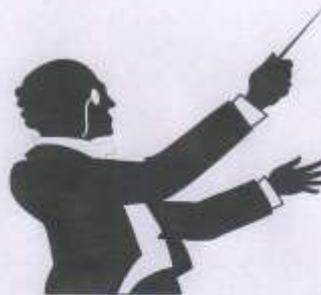
Come along and enjoy the singing and camaraderie that has continued since the Choir was first formed in 1898



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



### EMAIL US...

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

### NEED VOLUNTEERS FOR YOUR COMMUNITY ORGANISATION

Come and visit us. We are happy to help.

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

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

**WE ARE  
OPEN**

Monday to Thursday  
9:00 – 4:00 pm

# Need help finding a job?

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

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

We assist with:

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

Come talk to us today!

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

**choicesnz**

# Support Services & Interest Groups



## Wanganui Amateur Dance Association Incorporated

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

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

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

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

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

**Membership:** \$10 annually

*For further information please call*

**Graeme on 027 434 1823**

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

## River Rockers Whanganui



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

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

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

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

Great Company  
Great Exercise

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



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



# Support Services & Interest Groups



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

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

## Marton Diabetes Support Group

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

## Diabetes Wanganui Youth Parents Support Group



Support Group Meets Regularly  
Tea, Coffee & Soft Drinks Provided

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

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



## Women's Refuge Whanganui

*Te Piringa Puna Wahine*

*Walking alongside women who experience intimate partner violence*

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

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

MUSIC & MOVEMENT PROGRAMME

## Little Rockers

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



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

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

## Tramway Wanganui Trust

### Tram Rides

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



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



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

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

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

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

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

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

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

## Free Face Painting there

*or as a fundraiser,*

*please contact me Kirsty on 021 212 3819 or*

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

*facebook [www.facebook.com/Lovelifelive-  
face-painting-hire](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](mailto:admin@citymissionwhanganui.org.nz)

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

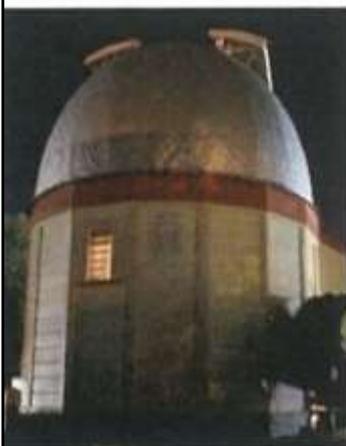


### WANTED

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

# Support Services & Interest Groups

## 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

## 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](http://www.parkinsons.org.nz)  
[info@parkinsons.org.nz](mailto: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](http://www.youthservice.govt.nz)

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



# Support Services & Interest Groups



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

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



**ARTHRITIS  
NEW ZEALAND**  
KAIPONAPONA AOTEAROA



**ARTHRITIS  
NEW ZEALAND**

KAIPONAPONA AOTEAROA

## ARTHRITIS NEW ZEALAND

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

### Whanganui District Library Home Service



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

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



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

# River City Artists

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

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

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

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

# Playcentre

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

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

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

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

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

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

**3 FREE visits**

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

# Support Services & Interest Groups



## GRUMPY OLD MEN ENTERPRISES

We Recycle All Household Goods for Local Charity

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

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

### WE ACCEPT

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

Scrap from your Shed

### UNFORTUNATELY WE DO NOT ACCEPT

|                 |          |
|-----------------|----------|
| Fridges         | Freezers |
| Printers        | Scanners |
| Landline Phones |          |

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

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

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

More "Grumpy Old Men" are welcomed

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

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



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

### For Jobseekers:

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

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

### For Employers:

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

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

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



## River City Rebus Club

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

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

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!

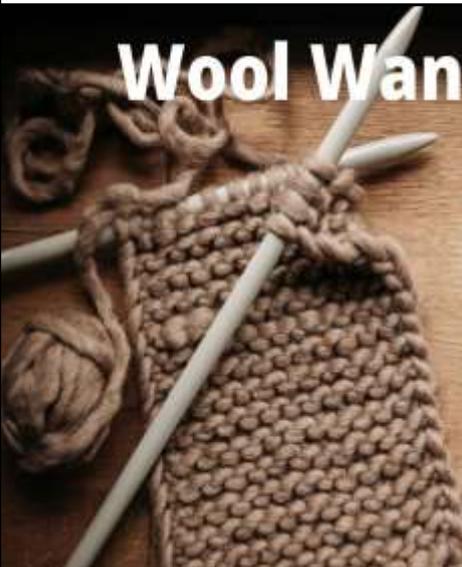
Rivercity Quilters are donating us some wheelchair quilts to give away to anyone who they would be of use to. They will be dropped off to us to hold at the office. If you would like one please call:

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

Room 110, 1<sup>st</sup> Floor, Community House  
60 Ridgway Street  
PO Box 102, Wanganui  
[www.mswanganui.org.nz](http://www.mswanganui.org.nz)



## LIGHT YOUTH WHANGANUI

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

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

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



@Lightyouthwhanganui

# Support Services & Interest Groups



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

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

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

- Advice
- Assistance
- Advocacy

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



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

**Masks to be worn at appointments**

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

## SeniorNet Wanganui

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

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



**Wanganui**  
**SeniorNet**  
Learning technology together.

**Struggle got real?**

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whitu  
1737

**Citizens  
Advice  
Bureau**

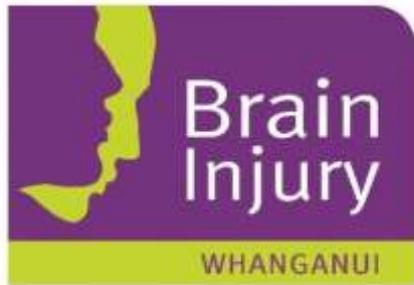


**Citizens Advice Bureau Whanganui**  
Te Pou Whakawhirinaki o Whanganui

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

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

# Support Services & Interest Groups



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

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

Community House, Room 104,  
60 Ridgway Street | PO Box 102,  
Whanganui 4541

P 06 347 9721 | M 027 227 1202

E [liaison.whanganui@brain-injury.org.nz](mailto: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](mailto:taranaki@epilepsy.org.nz)



## Whanganui Regional Health Network

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



## Diabetes Support Group

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

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

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

## JOIN OUR WALKING GROUP!

Our Club G.O.L.D Wanganui Walkers are a fun group of people who get together twice a week for a walk and a cuppa. Would you like to join them? They would love to have you!

Come along to Sport Whanganui on a Tuesday and Thursday at 9am and enjoy a social walk and a good chat afterwards over a hot drink.

The first Tuesday of each month the group leaves from a set location (i.e. Caroline's Boatshed or Virginia Lake).

We look forward to seeing you, and if you have any questions, phone Deb on 06 349 2325.



# Support Services & Interest Groups

## GRAVESIDE CARE WHANGANUI

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

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



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



## Wanganui Toy Library

142 London Street, Wanganui

Open every Thursday 9:30am – 11:30am

And every Saturday 10am-12noon

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

027 746 6153

Facebook: Wanganui Toy Library



## Youth Services Trust Whanganui

39-41 Drews Ave

youth services trust

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

Services currently provided are:

Nurse Clinics  
Doctor Clinics  
Counsellors  
Social Work  
Youth Advocacy

Other services provided on site are:

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

Phone (06) 348 9935 0226855912

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

## Waverley Old-Time Country Music Acoustic Group

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

Waverley Baptist Church, SH 3, Waverley

All profits are returned to the community

\$2 Door Donation

All Welcome



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

## Wanganui Blind and Partially Blind Craft Group

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

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

They are looking for volunteers



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

Contact Bev (06) 348 4407

## Male Singers / Lyric Singers

Non-Audition Choir

All Welcome

Contact Joanna Love (06) 345 9073

Practices Thursday Evenings



## Plunket Playgroups

## Plunket Coffee Groups

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

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

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



## Adult Literacy Rural Trust

Adult Literacy Services for Rural/Isolated Adults

FREE reading and writing lessons  
for rural/isolated adults

**0800 891 339**

By phone or by skype or at a local class

# Support Services & Interest Groups

## The Compassionate Friends Parents Grief Support

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

We offer one to one confidential support sessions.

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

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



Alcoholics Anonymous

## Alcoholics Anonymous

Phone 0800 229 6757

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

AA Wanganui Area Meetings:

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

## AL-ANON FAMILY GROUP

CONFIDENTIAL SUPPORT FOR FAMILY AND FRIENDS  
OF PROBLEM DRINKERS

*Every Tuesday at 7:30pm*

*Quaker Meeting House*

*256 Wicksteed Street, Wanganui*

*Every Friday at 12:30pm*

*Gonville Library Meeting Room*

*44 Abbot Street, Wanganui*

*...just pop on in ☺*



## Men's Grief Individual Support

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

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

**WE FACE GRIEF TOGETHER**

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



## 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/>



ALCOHOL & SUBSTANCE ABUSE

# RELAPSE PREVENTION GROUP

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

**1ST FLOOR**  
**60 RIDGWAY ST**  
**WHANGANUI**

## 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



## **Paul Jacobson Counselling**

Stress, relationships, depression, anxiety, grief and loss.

We can work together to find new possibilities.

You can access 4 to 6 sessions of free counselling through your doctor.

16 years experience.

I am also Work and Income registered, just talk to your case manager. I have a sliding scale on fees depending on what you can afford if you want private work.

My office is located in  
Room 109  
Community House  
60 Ridgway Street  
Whanganui  
Ph: 0275545543

# Counseling Services

## The Counselling Centre (Marton)

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

located at 18 High Street, Marton

Phone (06) 327 5245

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

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

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

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

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

### Nicola Hartfield

Fellow Arbitrators' and Mediators' Institute NZ

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

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

Workplace Supervisor / Family Mediator



## COUNSELLING CABOODLE

PROFESSIONAL SUPERVISION SERVICES

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

Whanganui, Bulls, Marton, Palmerston North or via Skype

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

ACC Sensitive Claim and ACC Physical Injury.

Individuals Couples Groups Workshops Education sessions

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

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

Full member of NZAC, Registered DAPAANZ and DAPAANZ approved supervisor

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

## Fliss Newton

MNZAC; Dip GINZ; TTC;  
Cert Social Work

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

(06) 347 6377

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



## Barrie Marsh

Diploma of Social Work

General Counsellor

*Strict Confidentiality and*

*Privacy Assured*

Ph (06) 344 3345

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



# NEED TO TALK?

# 1737

24/7  
SUPPORT  
FROM A  
TRAINED  
COUNSELLOR

CALL OR TEXT  
FOR FREE



## 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](http://www.tewhatauora.govt.nz)**

# UNWELL OR INJURED?

Where should I be?

**1**  
Home  
(Self Care)

**2**  
General  
Practice (GP)  
& After Hours

**3**  
Emergency (ED)

**Call  
Healthline  
0800 611 116  
for free  
medical  
advice 24  
hours a day**

- Rest
- Regular fluids
- Pain relief, if required.
- Talk to your pharmacist.

**1**  
Home  
(Self Care)

- Contact your general practice team first.
- For urgent or after hours care, contact your general practice in the first instance for advice.
- Or visit the Whanganui Accident & Medical (WAM) service located at Whanganui Hospital. Open every day from 8am-9pm.

**2**  
General  
Practice (GP)  
& After Hours

- Keep ED for emergencies.

**3**  
Emergency (ED)



## GOUT ATTACK

### What to do next

### 1 Home (self care)

Rest; put your feet up; put an ice pack on the sore joint; continue taking all your prescribed medicines; take anti-inflammatory and pain relief as prescribed; talk to your pharmacist; make an appointment to see your GP.

### 2 General Practice (GP) or after hours care

See your GP to talk about the GOUT STOP Programme; get a new script for your gout medication; get a script for anti-inflammatory and/or pain relief; get medical certificate if you can't go to work

If you have been diagnosed with GOUT, you are Māori or Pacific and having difficulty managing your condition, talk to your health provider or pharmacist about the GOUT STOP Programme.

- 3 month programme
- 2 **free** visits to General Practice (if criteria met)
- Prescribed gout medicines (acute attack & prevention)
- GOUT prescription is free while on programme
- Ongoing education and support from pharmacy
- FREE uric acid testing available at pharmacy to check your levels are coming down
- GOUT STOP Kaiawhina available for support
- Opportunity to continue with support at the end of 3 months.

Call 0800 GOUT STOP or text 027 264 9914 for more info - or talk to your GP or pharmacist.



## GOUT ATTACK

Gout is a form of arthritis caused by having too much uric acid in your blood that your body cannot get rid of. It is hereditary and certain foods and drink can trigger an attack. The first attack usually affects the big toe or another part of the foot. An attack can last for seven to ten days if not treated. Prevention medication can **stop** attacks occurring.

### What to do

- Keep taking your prescribed medication every day.
- Rest, put your feet up and ice your sore joint.
- Protect your joint so people won't bump into you.
- Put a chair beside the bed to hold up the sheets and blankets so they don't press on your sore joint.
- Wear shoes or slippers that don't hurt your joint.
- Drink plenty of water.
- Do not exercise during an attack.
- **Watch what you eat and drink**  
Certain foods can trigger an attack, such as; seafood, pork, sugary drinks, alcohol, tomatoes (foods high in purines). This is different for everyone.
- Talk to your pharmacist about preventing attacks.

### When to get help

Call your GP or go to an after-hours clinic if:

- you are interested in the GOUT STOP programme
- you are taking prevention medication and still getting attacks
- gout is preventing you from going to work and doing other activities
- you have run out of your gout medications
- you are off work because of gout and need a medical certificate

**Please note:** Left untreated, gout can cause permanent damage to your joints and harm your kidneys. If your doctor has prescribed gout medication, you need to take it every day and get your uric acid levels tested regularly to make sure you are on the right dose.

For support call the GOUT STOP Kaiawhina on **0800 GOUT STOP** or text **027 264 9914**

For more information call Healthline: **0800 611 116**, Arthritis NZ: **0800 663 463** or visit [healthnavigator.org.nz](http://healthnavigator.org.nz).

## Immunise – their best protection

Free immunisations. See your doctor or nurse.

The infographic displays a timeline of immunisations for children and pregnant women. It includes icons for each stage and lists the specific vaccines administered at each time point.

| Age           | Immunisations   |
|---------------|---|
| Pregnancy     | Tdap (tetanus, diphtheria, acellular pertussis)<br>Hepatitis B (3 doses)  |
| 6 Weeks       | 1 Dose of Rotavirus<br>1 Dose of Hib (Haemophilus influenzae type b)<br>1 Dose of Polio (Poliovirus)<br>1 Dose of Pertussis (Whooping cough)<br>1 Dose of Hib (Haemophilus influenzae type b)<br>1 Dose of Hepatitis B (Hepatitis B)<br>1 Dose of Pneumococcal (Pneumococcal disease) |
| 3 Months      | 1 Dose of Hib (Haemophilus influenzae type b)<br>1 Dose of Polio (Poliovirus)<br>1 Dose of Pertussis (Whooping cough)<br>1 Dose of Hib (Haemophilus influenzae type b)<br>1 Dose of Hepatitis B (Hepatitis B)<br>1 Dose of Pneumococcal (Pneumococcal disease)                        |
| 5 Months      | 1 Dose of Hib (Haemophilus influenzae type b)<br>1 Dose of Polio (Poliovirus)<br>1 Dose of Pertussis (Whooping cough)<br>1 Dose of Hib (Haemophilus influenzae type b)<br>1 Dose of Hepatitis B (Hepatitis B)<br>1 Dose of Pneumococcal (Pneumococcal disease)                        |
| 12 Months     | 1 Dose of Hib (Haemophilus influenzae type b)<br>1 Dose of Polio (Poliovirus)<br>1 Dose of Pertussis (Whooping cough)<br>1 Dose of Hib (Haemophilus influenzae type b)<br>1 Dose of Hepatitis B (Hepatitis B)<br>1 Dose of Pneumococcal (Pneumococcal disease)                        |
| 15 Months     | 1 Dose of Hib (Haemophilus influenzae type b)<br>1 Dose of Polio (Poliovirus)<br>1 Dose of Pertussis (Whooping cough)<br>1 Dose of Hib (Haemophilus influenzae type b)<br>1 Dose of Hepatitis B (Hepatitis B)<br>1 Dose of Pneumococcal (Pneumococcal disease)                        |
| 4 Years       | 1 Dose of Hib (Haemophilus influenzae type b)<br>1 Dose of Polio (Poliovirus)<br>1 Dose of Pertussis (Whooping cough)<br>1 Dose of Hib (Haemophilus influenzae type b)<br>1 Dose of Hepatitis B (Hepatitis B)<br>1 Dose of Pneumococcal (Pneumococcal disease)                        |
| 11 & 12 Years | 1 Dose of Hib (Haemophilus influenzae type b)<br>1 Dose of Polio (Poliovirus)<br>1 Dose of Pertussis (Whooping cough)<br>1 Dose of Hib (Haemophilus influenzae type b)<br>1 Dose of Hepatitis B (Hepatitis B)<br>1 Dose of Pneumococcal (Pneumococcal disease)                        |

It's free. Immunise on time, every time. For more information visit [health.govt.nz/immunisation](http://health.govt.nz/immunisation)

immunise their best protection

## 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

Te Kāwanatanga o Aotearoa  
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.

Te Kāwanatanga o Aotearoa  
New Zealand Government

Unite  
against  
COVID-19

ORANGE

All of New Zealand  
remains at Orange

Te Kāwanatanga o Aotearoa  
New Zealand Government

Unite  
against  
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](http://www.covid19.org.nz)  
[www.areiyouallgoods.com/](http://www.areiyouallgoods.com/)  
[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)  
[www.healthnavigator.org.nz](http://www.healthnavigator.org.nz)

Whanganui district/rohe

Vaccination and testing clinic locations are available at

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

[www.wdwb.org.nz](http://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](http://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

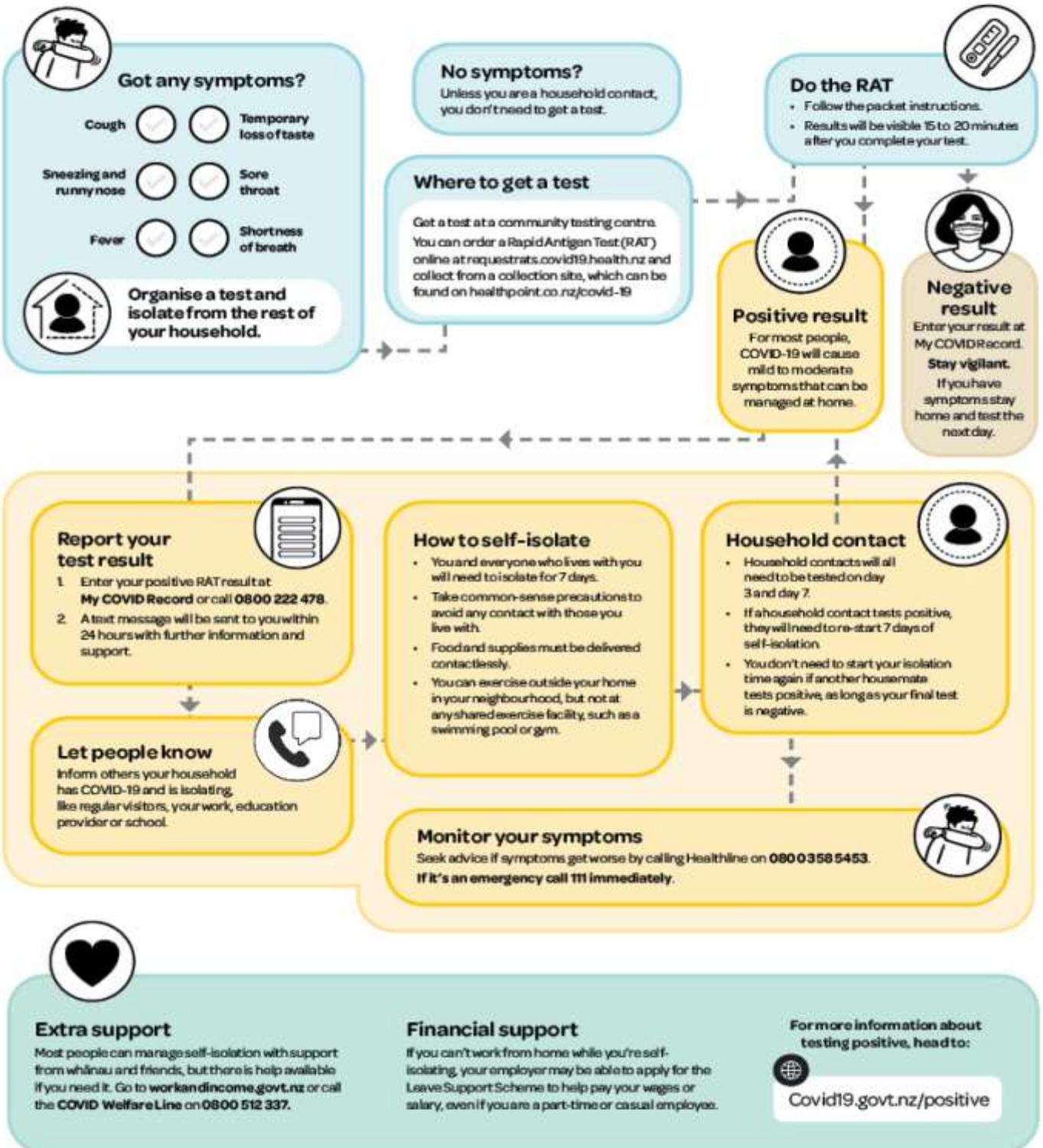
Visit [mycovidrecord.nz](http://mycovidrecord.nz)

To Ekeāwhanga a Rehehe  
New Zealand Government

Unite  
against  
COVID-19



## 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

Unite  
against  
COVID-19

## Got any symptoms?

Covid19.govt.nz/positive

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](https://requestrats.covid19.health.nz) and collect from a collection site, which can be found on [healthpoint.co.nz/covid-19](https://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.

Unite against COVID-19

Te Kāwanatanga o Aotearoa  
New Zealand Government

## 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.

Unite against COVID-19

Te Kāwanatanga o Aotearoa  
New Zealand Government

## 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](https://Covid19.govt.nz)

New Zealand Government

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against  
COVID-19

## 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

Unite  
against  
COVID-19

# 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

Unite against COVID-19

## Do you need a test to leave self-isolation?



Te Kāwanatanga o Aotearoa New Zealand Government

Unite against COVID-19

## How to report your RAT result



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

- 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
- 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://www.covid19.govt.nz/RATresults)

Te Kāwanatanga o Aotearoa New Zealand Government

Unite against COVID-19

## 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

Te Kāwanatanga o Aotearoa New Zealand Government

Unite against COVID-19



## Second boosters for at-risk groups

Te Kāwanatanga o Aotearoa New Zealand Government

Unite against COVID-19

## 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

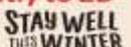
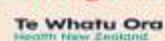
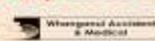
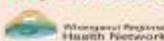
### LOCATION

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

**Located on Whanganui Hospital Grounds**

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



## COVID-19



## Looking after your mental wellbeing

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

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

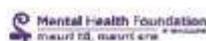
If you or those around you are concerned about your mental wellbeing, there are tools and information available to help.

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

# GETTING THROUGH TOGETHER

WHĀIA E TĀTOU TE PĀE TĀWHITI

ALL RIGHT?



# Sparklers

At Home



Whakatau Mai  
The Wellbeing Sessions

## Mental health and wellbeing resources

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

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

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

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

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

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

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

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

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

## Need to talk?

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

## Services and support

Unite  
against  
COVID-19

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



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

# Health Matters

## For access to food or essential items

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

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

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

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

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

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

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

## For financial support

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

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

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

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

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

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

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

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

**0800 88 99 00** (Students)

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

## For renting and tenancy advice

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

**0800 836 262 (Tenancy Services)**

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

## For animal welfare matters

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

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

**0800 00 83 33 (MPI)**

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

## For employment advice and support

Know your rights as an employee and keep yourself safe.

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

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

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

**0800 779 009**

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

**0800 20 90 20**

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

**0800 030 040 (Worksafe)**

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

## For further information on other support

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

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

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

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

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

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



## Support for if you get COVID-19

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

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

## Why isolation?

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

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

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

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

## Isolating at home

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

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

## While isolating

### Do not:

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

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

## Tips for keeping your whānau safe

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

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

### Medicines

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

## Health support while isolating

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

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

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

## Extra support

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

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

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

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

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

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

## If you can't work from home

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

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

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

More information can be found at [workandincome.govt.nz/employer-covid-support](https://workandincome.govt.nz/employer-covid-support)

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

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

Go to [Covid19.govt.nz](https://Covid19.govt.nz) for more information. It's data free - you don't need data on your phone or device.

# Family Violence Support

## WOMEN'S REFUGE

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

Email: [advocatesrefugewhanganui.org.nz](mailto:advocatesrefugewhanganui.org.nz)

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/](http://jigsawwhanganui.org.nz/) / Email: [jigsawwhanganui.org.nz](mailto: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](mailto: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



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



NEW ZEALAND  
**POLICE**  
Ngā Pirihimana o Aotearoa

Bell Street

PH: 111

24 hours a day,  
7 days a week

In an emergency call 111 and ask for POLICE. Family harm is a high priority for Police. Police take every opportunity to prevent harm and reduce offending and victimisation. Police is committed to a prompt, effective and nationally consistent approach to family harm episodes in collaboration with other agencies/iwi and with community partners. When Police attend a Family Harm Investigation they do so with "eyes wide open", which means working to understand the wider dynamics of family harm, the patterns of harm and the adverse circumstances in which they occur. It is not a private matter, it is a crime. Preventing and effectively responding to family violence is one of the greatest opportunities to improve the wellbeing and safety of our communities, and we all have a collaborative approach where Police partner with iwi, Community agencies and providers to meet the needs of our community and tailor responses based on what our community needs and wants. FLOW visits Whanau after the initial Police attendance. FLOW act as navigators, enabling Whanau to access the most relevant service that will assist them to be safe from harm.



Tupoho-Iwi  
& Community  
Social Services Trust

Tupoho House  
249 Victoria Avenue  
PH: 06 345 2042

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

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

## Whanganui Safe and Free

healing and preventing sexual abuse in our community

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

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

Suite 4, 236 Victoria Ave  
PH: 06 343 3416



COMMUNITY LEGAL  
ADVICE WHANGANUI

Suite 2, 236 Victoria Ave  
PH: 06 348 8286

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

Email: [claw@claw.co.nz](mailto:claw@claw.co.nz)



Whanganui  
Family  
Violence  
Intervention  
Network

**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



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

