

# TRIBUTE TO SIR ROBERT MARTIN

1957 – 2024

Sir Robert Martin achieved many things in his life, most notably overcoming incredible adversity and his internationally recognised disability rights and self-advocacy work. But to those privileged enough to know him he was so much more. Robert was the most interesting, knowledgeable, humble, generous, loyal, and kind friend anyone could ask for. He valued and loved his friends fiercely and he got genuine joy from interacting with everyone lucky enough to be in his orbit. That is the Robert we will celebrate and remember.

Thank you, Robert, for everything you have brought to our lives and our Community House Whanganui whanau, it has been an honour to know you.

Our heartfelt condolences go out to Lady Lynda, Robert's family, and everyone else whose lives Robert touched.



Community House Whanganui will organise a memorial for Robert in the coming weeks. Lady Lynda is very keen to hear from those who have been involved with Robert (in any of his various sports teams/clubs or any local groups or organisations Robert was a member of/served on) to speak, to share memories or stories, or to share photos. Please be in touch via (06) 347 1084 or [manager@communityhouse.org.nz](mailto:manager@communityhouse.org.nz).



Kia Ora,

As we head into May the weather is definitely letting us know winter is coming!! Luckily the Winter Energy Payment started on 1 May 2024 and goes until 1 October 2024. For those who are eligible, the Winter Energy Payment is an extra payment to help with the cost of heating your home over the winter months. You don't need to apply – if you're eligible, you'll get the Winter Energy Payment automatically along with your other regular payments from Work and Income.

This month we celebrate World Smokefree May, World Asthma Day, International Nurses Day, Pink Shirt (stop bullying) Day, Breast Cancer Foundation Pink Breakfast Day, and World Multiple Sclerosis Day.

If your organisation, sports club or interest group is not already on our extensive database please consider registering, the form is on page 16.

Stay safe and well.  
Community House team

## Funding

- COGS—annual funding round - opens 17 April 2024 closes 15 May 2024— decision by the 31st July 2024.**  
[www.communitymatters.govt.nz](http://www.communitymatters.govt.nz)
- Community Contracts—2024 funding round closes 31 July 2024.** [www.whanganui.govt.nz](http://www.whanganui.govt.nz)
- Whanganui Community Foundation—Quick response closes 4 June 2024 Community support closes 22 July 2024.**  
[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 close 30 June 2024.**  
[www.publictrust.co.nz](http://www.publictrust.co.nz)
- Four Regions Trust—next funding round closes 30 June 2024.**  
<http://www.fourregionstrust.org.nz>
- Mainland Foundation—check area eligibility prior to applying.**  
[www.mainlandfoundation.co.nz](http://www.mainlandfoundation.co.nz)
- Manawatu / Whanganui Lottery Community Committee—funding round 1 opens 26 June 2024 and closes 24 July 2024. Decision made by end of October 2024.**  
[www.communitymatters.govt.nz](http://www.communitymatters.govt.nz)
- NZCT—always open, allow up to 8 weeks for outcomes.**  
[www.nzct.org.nz](http://www.nzct.org.nz)
- The Lion Foundation—always open, allow up to 8 weeks for outcomes.**  
[www.lionfoundation.org.nz](http://www.lionfoundation.org.nz)
- Grassroots Trust Central—check area eligibility prior to applying.**  
[www.grassrootstrustcentral.co.nz](http://www.grassrootstrustcentral.co.nz)



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

### Rural Networking Meetings

03 June **Taihape** (1st Wednesday of every second month/ 12:30pm 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

20 May **Southern Rangitikei** (3rd Monday of each month 12:30pm) To be advised



# What's on — mark your diaries!

Kia ora everyone

I wish to make everyone aware of an opportunity for schools and organisations to take part in a youth variety type show to be held at the Whanganui Opera House the weekend of the 1st-3rd November this year. The show is being put on to raise awareness of, and funds for, Community House Whanganui, and is being organised with the help and expertise of Hayley Sellars from Whanganui Performing Art's.

Community House Whanganui provides a wide range of services to the Whanganui community, supporting both individuals and community organisations to ensure a healthy, vibrant, and inclusive community. We believe this is better achieved by working together, sharing resources, and supporting each other.

This kaupapa is what we also envisage for the show. We want to create an opportunity for local kids (including those who might not otherwise get the opportunity) to perform for an audience on the big stage in a supportive and fun environment. This will be a first of its kind opportunity for many youth in our region, and we hope something that might be well supported and prove worthy of becoming a regular event.

In order to achieve that we want to be as inclusive and flexible as possible;

- participation will be free (we will be getting sponsorship to cover costs and will fundraise via ticket sales)
- open to kids/youth/young adults of all ages and abilities (we want the show to be perfectly imperfect rather than perfect, and we welcome out of the box performances and diversity)
- open to solo, small or large group acts (you might choose to showcase an individual's talent, put together a group performance, or put together a combination of both)
- acts can be anything loosely performing arts relevant (dance, music/singing, drama, cultural, sports or interest group demonstrations etc)
- smaller schools and organisations are welcome to join with other schools and organisations to put together an act if you wish – but you are also welcome to do your own
- larger schools and organisations are just as welcome to put together several different acts (it might be that your drama, music, cultural, interest etc groups all wish to partake separately)
- the number of performances/shows, time limits for acts etc is flexible and will be dependent on response. We have the Opera House booked the entire weekend and the ability to put on one show, one show over several days, or two or more different shows over several days.
- we are aiming to create opportunities for those kids interested in hosting (MC, ushers etc) and the technical side of things (sound, lighting, design etc) to get involved also
- there will be awards up for grabs (competitive and fun)
- we welcome ideas, feedback, volunteers, and anything else helpful to ensuring it's a fun, inclusive opportunity for everyone

I am interested in hearing from any school or organisation who would like to be involved and any thoughts, feedback or questions you may have. I am also interested in hearing from anyone wishing to volunteer, and any businesses who wish to be involved by way of sponsorship. Please feel free to contact me at the details below.

Ngā mihi

Shelley Loader  
Manager  
Community House Whanganui  
60 Ridgway Street, Whanganui 4500  
P O Box 102, Whanganui 4541

Phone: 06 347 1084

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

Facebook: [www.facebook.com/CommunityHouseWanganui](https://www.facebook.com/CommunityHouseWanganui)

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



SUPPORTING OUR COMMUNITY TOGETHER

**What's on — mark your diaries!**



# **Learning And Support For Parents**

**Term 2 2024**

## **Building Awesome Whānau**

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

**Beginning Tuesday Morning  
10.30am - 1pm  
14 May - 18 June**

**For parents/carers of children  
Venue : Castlecliff School**

## **White Water Years**

***Keeping relationships alive with  
your teens and pre-teens.***

**Beginning Friday Morning  
10am – 12.30pm  
3 May - 28 June**

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

## **Incredible Years continued**

***Valuing children by growing the  
behaviours we want to see.***

**Continuing Thursday Morning  
22 February - 27 June**

**For parents/carers of children 3-8  
years.  
Suite 9, Jigsaw Whanganui**

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

Phone: **06-345 1636** | Suite 10, 236 Victoria Ave, PO Box 4295, Whanganui  
e: [admin@jigsawwhanganui.org.nz](mailto:admin@jigsawwhanganui.org.nz) [jigsawwhanganui.org.nz](http://jigsawwhanganui.org.nz)

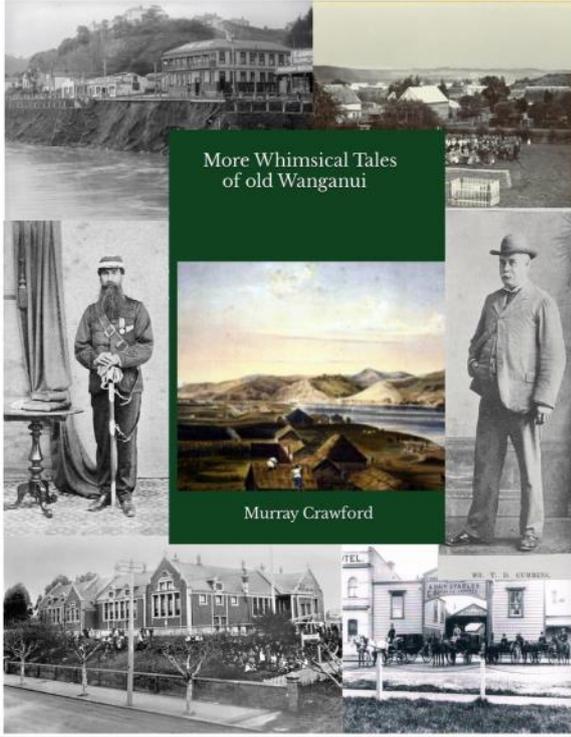
# What's on — mark your diaries!

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)



ALZHEIMERS WHANGANUI INC.

MOTHER'S DAY

HIGH TEA

SUNDAY 12 MAY 2024

@

WHANGANUI GOLF CLUB

14 CLARKSON AVENUE

WHANGANUI

DOORS OPEN AT 2:15PM

TICKETS: \$35

(includes a glass of bubbly punch or non-alcoholic drink)

Spot Prizes and Raffle on the day

AVAILABLE FROM ALZHEIMERS

WHANGANUI

4/236 VICTORIA AVENUE

TELEPHONE 06-345-8833

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

**NUMBERS ARE LIMITED**

**BOOKINGS ESSENTIAL BY 10 MAY**

confident do dream  
strength give  
goals strong strive give  
can the positive be  
extra never believe  
awesome try go believe  
practice achieve up  
could be

What's on — mark your diaries!



BE THERE!

PROUDLY  
SUPPORTED BY  
**INFERNO**  
DESIGN & DIGITAL

# WHANGANUI TOY FAIR

SEE YOU  
SUNDAY  
19<sup>TH</sup> MAY  
2024

SPRINGVALE STADIUM  
WHANGANUI

11AM-2PM

ENTRY

**\$5**

DONATED TO  
CHARITY



BOOM!



**CONTACT STEVE** [whanganuitoyfair@gmail.com](mailto:whanganuitoyfair@gmail.com)

What's on — mark your diaries!



# House of Travel \$7,000\* Fiji Holiday Package

Buy  
tickets  
here!



RAFFLE  
\$10 Per  
Ticket

[events.humanitix.com/hotrflaffle](https://events.humanitix.com/hotrflaffle)

\*Terms and Conditions apply

HOUSE OF TRAVEL



What's on — mark your diaries!



# We make connections, not commitments. Stay safe, stay informed.

We're keeping Whanganui informed with timely updates about safety and security in your area.

Sign up today by scanning the QR code or by visiting [nsgwhanganui.org.nz/sign-up](https://nsgwhanganui.org.nz/sign-up)



© 2024 by Whanganui Area Neighbourhood Support Groups Incorporated. Registered Charity: CC22543.

WHANGANUI



Supporting single carers to create secure, loving, healthy homes for the children in their care.

## We're on the move!

In June Birthright Whanganui are joining **Community House**  
Room 125 - Birthright Whanganui Office  
Room 111 - Whanau Meeting Room

Contact Details remain the same:  
Joleen (Manager): 022 1737186  
Jayne (Co-ordinator): 022 0375081  
Robyn (Social Worker): 022 3452880



# What's on — mark your diaries!

## THE WOMEN'S NETWORK

The Women's Network continues to enrich the lives of women and their whānau in Whanganui, as we have done for over 35 years. There is no criteria for walking in the door, simply come in because you can. 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.

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**Winter Wonderfest 2024:** Our ninth annual winter festival of wonder is heading your way from 3–17 August. Expressions of interest are now open! So, if you have a cool story to tell – or know someone who does – some skills to share, or a rad idea to bring to life, get in touch by 31 May and we can email you an expression of interest form to complete. The Winter Wonderfest aims to provide activities and opportunities that enable women to connect, empower and inspire.

**TERRIFIC TUESDAY** 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. Classes happen on Tuesdays from 11am–12pm for all levels of experience. Cost \$40 for 6 sessions or \$10 per class. Ph/txt Jill 021 141 4257. Wiggle and giggle to a dance with a difference! On the third Tuesday each month we host our Women Who Lead Inspo series in partnership with Sport Whanganui and The Barracks. Join us from 5:30pm where we will showcase an incredible woman each month as our special guest for a truly amazing couch conversation.

**WOMEN ON WEDNESDAY** Connecting women who live alone. If you're a woman looking to meet other women who live alone, join us on the first Wednesday each month for a social meet up. There are two groups: 1:30pm at The Barracks or 5:30pm at the Women's Network. Feel free to email us if you'd like to join our mailing list for updates.

**YOGA** Emma from Embark Yoga delivers an exciting range of all age yoga activities with us. If you are just beginning your yoga journey, or simply need some time for yourself, our team recommends the 'Gentle Stretch & Relax' session here every Wednesday from 12:30pm. Give yourself an hour or power to restore body and mind. Check out the full timetable or find out more about the classes on offer, by emailing 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, through the rough and the smooth. 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. Not to mention we have a brilliant pre-loved clothing 'shop' that you're welcome to browse during our drop in times.

**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, 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.

# What's on — mark your diaries!

Te Punanga o Hōhepa



Josephite Retreat Centre

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

May \* Haratua

## A Day with C S Lewis

**Date** Saturday 4: 10am - 2pm  
**Facilitator** David Scoullar  
**Cost** \$20

Best known as the author of the Narnia Chronicles, Clive Staples Lewis was a British writer, literary scholar, and Anglican lay theologian - a man who went from being an atheist to a Christian. More than 60 years after his death his philosophical writings are still widely cited by Christian scholars from many denominations. We will explore some of the ideas covered by Lewis in the more than 30 books he wrote which have been translated into more than 30 languages and have sold millions of copies and influenced many people.

## Creative Card Making

**Date** Saturday 11: 10am-12.30pm; or  
1.30pm - 4pm  
**Facilitator** Julia Martin  
**Cost** \$10 each session

Fullness of life for the Earth and its Peoples

**Rotary**   
Rotary Club of Whanganui

## MONTHLY "DROP-IN" BOOK SALES

3rd Saturday of every month

11.00 am to 3.00 pm

Church Hall, All Saints Church, Whanganui East

Fiction, Literature and Large Print

ALL BOOKS \$2

## Quiet Day for the Creative Soul

**Date** Monday 13: 10am - 2.30pm  
**Facilitator** Tracey Young and Friends  
**Cost** Koha

## Tui Motu Group

**Date** Wednesday 15: 4pm - 5.15pm  
**Facilitator** Liz Hickey rsj

## Caring for Those Caring for Others

**Date** Saturday 18: 10am - 2.30pm  
**Facilitator** Merita Holder  
**Cost** \$20

## Community Liturgy - Peace and Understanding

**Date** Sunday 19: 4pm - 5pm

## THINGS to DO & see in WHANGANUI

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

What's on — mark your diaries!



**ROTARY CLUB OF  
WHANGANUI**



# **MONSTER BOOK FAIR**

**Whanganui  
War Memorial Hall**

**31 May – 3 June  
9 am to 4:30 pm**



Proceeds will be shared between  
**Life Flight**  
and programmes helping local youth  
and community

# 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

WWW.HAKEKEST.ORG.NZ

## MONDAY

### KIDS STORYTIME

Every Mon  
from 10am

### BOOK EXPLORERS CLUB

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

### Quilt Group

Every Mon  
10am - 3pm  
Community Room

### Bubs Group

Monday  
12.30pm - 2.30pm  
Facilitated by Birthright  
In the Library

## TUESDAY

### EASTSIDE CARD GROUP

Tues 10am - 1pm

### ART GROUP

Tues 10am - 12pm  
Call Kelly  
022 096 5673

### STEADY AS YOU GO

Every Tues 1-2pm  
\$3 per class

## WEDNESDAY

### LETS GET CRAFTY

10am - 12.30pm  
Call 022 096 5673

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

Open: Mon - Fri  
9am - 1pm

Updated Feb 2024

## THURSDAY

### CREATIVE WRITING GROUP

Every Thurs  
10am - 11.30am  
call 022 096 5673

### SIGN LANGUAGE

Every 2nd Thurs  
11.30am - 12.30pm  
facilitated by Tracey  
see our facebook page for dates

### Aphasia Group

10am - 12pm  
facilitated by Jennifer  
Call 021 063 9934  
Fortnightly  
Community Room

## FRIDAY

### TE KURA

Every Fri  
10.30-12.30pm

### Over 65's Hub

First Fri  
of every month  
10am - 12pm  
with MSD, Woven  
Whanau and Age  
Concern

# 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.

## COLD - DAMP HOME?



Free consultations for a warmer, more comfortable, healthier home.

“The advice is invaluable. It is specific and detailed.” – J.W.

“I was really thrilled with the advice. I came away with several clear steps to implement immediately and a couple longer-term goals as money allows.” – J.R.

Contact: [housedrnz@gmail.com](mailto:housedrnz@gmail.com)

027 HOUSEDR

027 4687337

**232 Wicksteed**  
Whanganui Learning Centre



## 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

## 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.**

## 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/>

## 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)



# Community House Information

## COMMUNITY HOUSE WHANGANUI

Community House has an extensive database with contact information for organisations, sports, and interest clubs. This is a great resource for organisations/clients and the public to access when looking for contact details, information, etc.

Community House would like to expand the database. If any organisations/clubs are not listed on our database but are interested in being included, please fill out the registration form below. You may know of other groups; you may be a member of, that are not listed. Please pass the registration form to their board/committee so they can be included if they choose.

## COMMUNITY ORGANISATION DATABASE REGISTRATION

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

Name of Organisation

Postal Address (including Post Code)

Contact Person

Position of contact person

Contact Phone Number

e-mail address

Website

Venue (where meetings are held etc)

Day and times of meetings (if applicable)

A Brief (30 words or less) description of your Organisation:

Would you like to receive our monthly newsletter, Com.Chat by e-mail? Yes/No

## 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)



**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.*



**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

# Community House 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)



## Interview and Counselling Room

**Available for Hire**  
**Community House Whanganui**  
**60 Ridgway Street, Whanganui**  
[office@communityhouse.org.nz](mailto:office@communityhouse.org.nz)

**[06] 347 1084**



## Boardroom

with Conferencing System

**Available for Hire**  
**Community House Whanganui**  
**60 Ridgway Street, Whanganui**  
[office@communityhouse.org.nz](mailto:office@communityhouse.org.nz)

**[06] 347 1084**



# 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

## 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).

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

### Rooms for Hire

Three different size rooms- (seat theatre style)

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

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

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

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

For more information and bookings

Contact Rachel

112-120 Guyton Street, Whanganui

Office 06 345 9318

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





## HELP US TO HELP YOU

### WE URGENTLY REQUIRE NEW MEMBERS

Do you want to work alongside **Wanganui Police**  
to help build safer communities?

**If so, then you can help Wanganui Community  
Patrol make a real difference.**

Community Patrols are made up of ordinary people who want to give something back to the community. These volunteers work alongside local police as “eyes and ears” carrying out both daytime and night-time patrols.

#### Requirements:

- Have a clean Police record
- Be in good health
- Be able to attend Basic and Ongoing training
- Be able to participate in a monthly roster

First Contact Details: **E-mail: [officewgcp@gmail.com](mailto:officewgcp@gmail.com)**  
**Office: Ph: 022 638 7626**

**“Help us to build safer communities”**

# Volunteers / Help Wanted

## FIRST CONTACT APPLICATION FORM

To be filled in and signed by the person wishing to join Community Patrol Wanganui.

Surname..... First Names .....

Date of Birth ..... Drivers Licence No.....

Residential Address .....

Landline ..... Mobile .....

Email .....

I accept that the information filled in here will be used solely for following up and recruiting new members for Wanganui Community Patrol.

Signed..... Date.....

Your intended contribution in helping the New Zealand Police to keep our communities safer will be greatly appreciated by all.

**THANK YOU**

### **What does a Community Patrol volunteer do?**

The role is to help assist Police.

#### **We do this by**

- Acting as the eyes and ears for the Police
- Undertaking surveillance and observation
- Taking notes, recording and gathering information
- Assisting when asked at accident scenes
- Watching out for stolen cars
- Patrolling the streets in vehicles
- Patrolling residential, business and industrial areas
- Reporting signs of suspicious activity

# Volunteers / Help Wanted



## Friends of the Opera House

### VOLUNTEERS NEEDED!

At the Royal Whanganui Opera House we are in need of volunteers for the following roles – doormen, upstairs ushers, sweetstall, 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 where you can 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 0274-509-456 or by email to bejae9@gmail.com – or alternatively call into the Box Office and complete the volunteer application form.

### SEEKING NEW MEMBERS

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

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

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

Please call at the Box Office 10am – 1.30pm Monday to Friday to register your membership.

Margaret Johnson  
President



## 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: Heather Hogue  
Heather.Hogue@ohf.org.nz or 06 345 7043

[www.ohf.org.nz](http://www.ohf.org.nz) or check us out on Facebook

# Volunteers / Help Wanted



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



**St John**  
Here for Life

**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](mailto:healthshuttle.wmw@stjohn.org.nz)

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

# 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 regularly?  
*Training will be given.*

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

23 Drews Ave  
Whanganui, 4500  
Phone (06) 345 6000

Open hours: Wednesday 10 am – 5.30 pm  
Thursday & Friday 10 am – 4 pm  
Saturday 9 am – 2 pm

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

## **COMMUNITY HOUSE WHANGANUI**

We are looking for a friendly, helpful voluntary handyman (or woman) to do odd jobs around the building. You would be call on when needed.

It would be helpful if you have your own tools.

If you would like to help the organisations within Community House, and be part of the team, please give Shelley or Anne at the Community House office a call on 06 347 1084 or come in for a chat.

Community House Whanganui  
60 Ridgway Street  
Whanganui  
First Floor— Room 102



# Volunteers



**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.

## NEED VOLUNTEERS?

If your community organisation are in need of volunteers, come and visit us. We can also help with street appeals, one-off events, and fundraising. **COME VISIT US! We are happy to help.**

## WAYS TO GET IN TOUCH

### LOCATION

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

### TELEPHONE

Sandra or Elizabeth T 06 347 9430

### EMAIL

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

## OFFICE HOURS

**MONDAY TO THURSDAY**

**9:00 A.M. – 4:00 P.M.**

## VOLUNTEER OF THE MONTH

*If anyone would like to nominate one of your volunteers for "Volunteer of the Month" please contact Sandra Rickey. It's a great way to recognise the work that they do.*

# Accommodation Options

**You must be linked to Work & Income or MSD to be placed on the Emergency (Transitional) and Social House register. You do not need to be on a benefit to qualify.**

## REAL ESTATE AGENCIES

Ross Watson Real Estate	06 344 2539
Landlord'S Link	06 347 2602
The Rent Centre	06 345 0803
Ray White Real Estate	06 347 7777
Harcourts	06 349 0883
Property Brokers (note their rental office hours are 11am to 3pm)	06 345 7548
The Property Place	0800 757 573
Property Rentals	027 915 1774
Inspire Property Rentals	021 197 4176
myRent.co.nz	

**OTHER LONGER-TERM OPTIONS TO TRY** (these are NOT Emergency Housing, nor are they recommendations – they are options you may choose to take if you've exhausted all other avenues)

Just Cabins (moving a cabin onto a property if able to)	0800 587 822
Purnell House	06 347 8333
Sunshine Units and Apartments (through Ross Watson Real Estate)	027 441 3045
Waverley Hotel (accommodation only, no longer operating as a pub)	021 233 0244
The Commercial Hotel (single, quiet males only)	022 185 9136

**SHORT-TERM** (these are NOT for emergency or transitional housing, but are reasonably priced)

Braemar House (Women and/or women with children)	06 348 2301
Anndion Lodge	0800 343 056
Tamara Lodge (caters for mature women only)	(06) 347 6300
College House – Matt	021 852 100

## SHORT-TERM HOUSING - MEN

Wanganui Housing Trust (must be referred by Work & Income)

## LONG-TERM HOUSING - SENIORS

Pensioner Flats Wanganui District Council over 65+ years	06 349 0001
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# Free Food / Meals

*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



## MORNING TEA

EVERY MONDAY,  
WEDNESDAY, FRIDAY  
**11:00AM-11:45AM**

- Join us for kai, coffee & conversation!
- Bring a dish to share if you're able to.

**EVERYONE IS WELCOME**

📍 267 ST. HILL STREET, WHANGANUI

## 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)



## 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

# Free Food / Meals

## Where to find free meals and kai in Whanganui

**City Mission Foodbank** – 7 Park Place (Central)

Monday-Friday 9am-1pm

**Fair Share Kai** – Saint Luke's, 34 Manuka Street (Castlecliff)

Pantry: Thursday 12.30pm-1.30pm

**Just Hope Community Free Meal** – 150 Puriri Street (Castlecliff)

Dinner: Tuesday 5:30pm

**Koha Shed** – 88 Duncan St (East)

Community Fridge: Monday-Friday 10am-2pm

**Majestic Square** – 98 Victoria Ave (Central)

Free warm kai: Wednesday 5.30pm-7pm

**Saint Andrews Presbyterian Church** – 42 Glasgow Street (Central/Aramoho)

Free Meal: Friday @ 12pm

**Seventh Day Adventist Church** – 62 Dublin Street (Central)

Free Breakfast: Saturday from 8am

**Stone Soup, Te Ora Hou** – 32 Totara Street

Pantry: Tuesday 1pm-2pm

**Unity Food** – Christ Church, 243 Wicksteed Street (Central)

Pantry – Friday 3pm-4pm in the main hall

### WHANGANUI PĀTAKA KAI

**Whanganui Kai Hub** - will stock our pātaka and those around the community as/when kai is available - keep an eye on their facebook page for when and where.

267 St.Hill Street, Central Whanganui – Whanganui Kai Hub

232 Wicksteed Street, Central Whanganui

144 Somme Parade, Aramoho Shopping Centre

58b Portal St, Durie Hill

9a Totara St, Tawhero

47 Akatea St, Gonville

28 Koromiko Rd, Gonville

# THE KOHA SHED WHANGANUI

88 Duncan Street, Whanganui 4500, Ph 0274 040 240



Founded in 2012, to support families in need - those working or not working, homeless, new immigrants, **EVERYONE!**

Providing people access to an outdoor shower, and a shuttle service to the shed for those with no transport

Collecting unwanted **donated items**, so those in need can access furniture, whiteware, clothing, household items and kai for free



Community garden at the shed producing vege crops used in **kai packs**, and sourcing rescued food or buying as needed for emergency parcels

Putting Unity Back In Community



Relying on the dedication of **volunteers** - managing and stocking the shop, fundraising, maintenance, gardening, governance, emergency response, event management, transport

Providing a weekly **community lunch** for about 30 people at St Andrews Church hall, with support from parishioners

Community and fundraising **events** - supporting local organisations and holding markets, children's days, Easter and Christmas functions

## Interest Groups

# KOHA KNITTERS

## 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 donations of wool or jumpers. We also take orders for knitting for babies and children up to five years old.

Call Donna Wallace on 022 083 0901

# 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.

# 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

IF AN EARTHQUAKE IS

**LONG  
OR  
STRONG  
GET GONE**



# Interest Groups



## 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.

## 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)*

## 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

## 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.



## Enjoy Singing?



Since 1898

### The Whanganui Male Choir Needs You!



- Enjoyment of social singing
- Good friends
- Any ability—If you can talk, you can sing!
- Any age
- Learn to read music
- Boost your confidence
- Health benefits
  - Lower stress
  - Improved memory
- Good laughter and fun!



**Anything! Just come and sing!**

**When?** Every Tuesday 7.00 pm    **Where?** Jane Winstone Chapel  
**Contact?** Rod (06) 344 3024; Denis 027252 2246; Dennis 027 240 4598; Calvyn 021 663 587  
[whanganuimalechoir@gmail.com](mailto:whanganuimalechoir@gmail.com) 

# Interest Groups

## 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)



## 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)



## Whanganui Karaoke Club

St John's Club – upstairs function room  
2<sup>nd</sup> and 4<sup>th</sup> Sundays 11:30am-5pm  
18 – 80+ inclusive karaoke club  
Membership is \$15 annually  
Supporters also welcome

**Regional Interclub Competitions**  
**All Genres of Music Welcome**

Contact

[whanganuikaraokeclub1@gmail.com](mailto:whanganuikaraokeclub1@gmail.com)



## GLENARROCH SCOTTISH COUNTRY DANCE CLUB

Meets at Carlton School Hall, Carlton Avenue

Beginners class for 8 weeks from mid February - mid April \$50

Adults dance on Mondays from 8.00 – 9.00 pm through February

and from 8.00 – 10.00 pm from March to November

Children's class for 5 - 13 year olds

is held on Friday evenings from 7.00 – 8.00 pm

Please arrive 10-15 minutes early on the first night. We suggest you wear  
a pair of comfortable soft soled shoes, dress in comfortable skirt, shorts  
or trousers and top/dress and bring bottled water

This is a fun, social way to exercise

Enquiries email: [glendarroch@dancescottish.org.nz](mailto:glendarroch@dancescottish.org.nz)

Telephone: 027 284 1794 (Linda)

## Interest Groups

### Male Singers / Lyric Singers

#### Non-Audition Choir

*All Welcome*

Contact Joanna Love (06) 345 9073

*Practices Thursday Evenings*



### G.O.M.E TRUST

## Grumpy Old Men Enterprises

28 Hinau Street, Castlecliff, Whanganui  
Monday to Friday, 9am - 11.45am

#### WE ARE GRATEFULLY ACCEPTING

- Stereos
- Dishwashers
- DVD players
- Appliances
- Computers
- IT equipment
- Cell phones
- TVs
- Ovens
- Microwaves
- Dryers
- Electrical cords
- Lawnmowers
- Tools
- Washing machines
- Anything metal

#### UNFORTUNATELY NOT ACCEPTING

- Fridges
- Freezers
- Printers
- Photocopiers
- Scanners
- Landline phones
- Keyboards
- Plastic items

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

## Men's Shed

38 Peat Street Whanganui

Open Tuesday & Thursday 9 am—3 pm

Our team come from all walks of life, we have a diverse range of skills and talents. We have a great camaraderie sharing a cuppa and a good 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

# Interest Groups

## PRIME TIME

Fellowship, Fun & Hospitality



LAST THURSDAY OF THE MONTH  
10.30AM

4 Indus Street, Whanganui

Te Ope Whakaora

## Chat & Chill

ALL WELCOME

WEDNESDAY  
10AM



6 Indus St  
Whanganui



Te Ope Whakaora



## INDOOR BOWLS

MONDAY 6PM

\$1 Donation

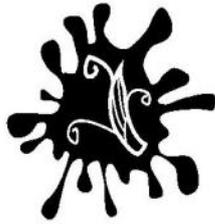
4 Indus Street, Whanganui



Te Ope Whakaora

Often it's the  
deepest pain  
which empowers  
you to grow into  
your highest self.

# Interest Groups



WHANGANUI  
Creative  
SPACE

## Community Art

**Whanganui Creative Space** is a Free Community Art Studio at 61 Dublin Street, Whanganui.

It is open from 10am until 2pm on Mondays and Wednesdays. On Tuesday's appointments can be made to attend quieter sessions between 10am and 2pm.

Whatever your ability you will be given a warm welcome with free tuition and art materials. The Studio is dependent on grants and donations, any contribution however small is much appreciated.

This Charitable Trust is run by a small Board of volunteers who would be pleased to include others who have an interest in the Arts and an interest in furthering access to the Arts by those differently abled.

For further information phone/text Linda 021 230 4095 or the Art Tutor by email [art.whanganuics@gmail.com](mailto:art.whanganuics@gmail.com)

## River City Artists



**Are you interested in painting with a progressive group of painters?**

EVERY THURSDAY 9.30 AM - 4 PM 243 WICKSTEED ST  
FROM BEGINNERS TO ESTABLISHED ARTISTS - ALL MEDIUMS, AIR - CONDITIONED ROOMS AND FREE OFF ROAD PARKING.

**Contact:**

**Val Donkervoort - 06 343 6316 - 027 4599 448**

**or Sue Cleeve 021 0484 035**

**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)**

**Wanganui Blind and  
Partially Blind Craft  
Group**

*we welcome new members to come along  
and join us.*

*we meet 10 am - 4 pm Monday and Tuesday  
Wednesday 10 am - 1 pm*

All goods made are for sale at the  
**Blind Centre**  
102 Peat Street Whanganui

Contact  
**Daveena Neilson**  
Ph 06 348 4407

## Interest Groups



### **Self Defence Classes Available Now**

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

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

*Please contact us and register*

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

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



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)

**USE 105 FOR POLICE NON-EMERGENCIES**

## Interest Groups

**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).

## Tramway Wanganui Trust

### Tram Rides

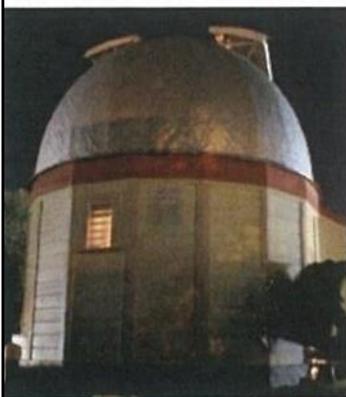
from Tram Barn, 29 Taupo Quay  
every Sunday 1-3pm



Group Bookings Welcome

Phone Kritzo 027 271 8099

[Facebook.com/wanganuitramways](https://www.facebook.com/wanganuitramways)



## The Ward Observatory

### Wanganui Astronomical Society

*for more information visit*

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

## 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.



# Interest Groups and Support Services

## 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)

## Need a bit of help?



## Book A Librarian

- On our website: [www.whanganuilibrary.com](http://www.whanganuilibrary.com)
- By phone: 06 349 1000
- Or speak to one of our friendly library staff

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

## 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*



***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**

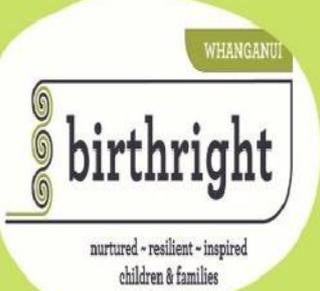
**Day: 1<sup>st</sup> Tuesday in each month**

### **Register now**

For information and/or registration please contact

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

# Support Services for Whanau & Children



**Working to support families led by a single person.**

Victoria Court, 92 Victoria Ave, Whanganui.  
PO Box 7252  
Whanganui 4541

**Open Mon-Thur  
9:00am-3:00pm**

06-3471770 or 022 1737 186  
BirthrightWhanganui.org  
admin@birthrightwg.co.nz



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

**To strengthen and enrich the lives of children and families**

## Our Services:

Here at Birthright Whanganui, we provide practical and emotional support to parents, grandparents, and caregivers, to help them develop their strengths, gain independence, access services and set and achieve realistic goals for themselves and their whanau.

We have staff who are trained in providing you with support and care in a non-judgemental manner. We tailor our supports to each whanau to ensure you are getting what you need. We can visit you in your home or invite you to visit the office. We also provide advocacy support with other agencies, services, schools, and medical appointments to ensure you are being treated in a fair manner.

When funding is available, we assist with the purchase of new school uniforms and help cover fees for extracurricular activities. We believe that all children deserve equal opportunities, and we want to see the children of Whanganui grow and flourish into healthy, secure adults who can contribute in positive ways to their community.

To self-refer or to refer someone else, please send an email to [admin@birthrightwg.co.nz](mailto:admin@birthrightwg.co.nz) with details.

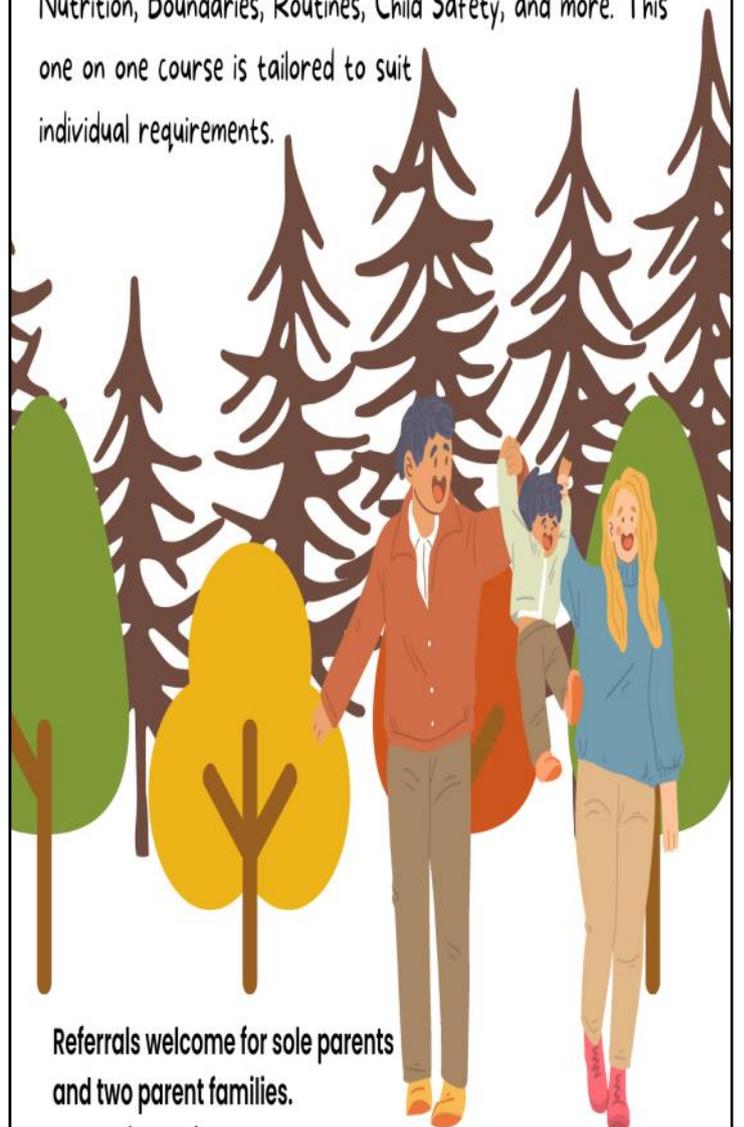
For group details, please check our Facebook page or website.



nurtured - resilient - inspired  
children & families

## PARENTING SKILLS 6 WEEK COURSE

Providing intensive support and classes for new parents and parents who need support. Course includes Parenting Styles, Nutrition, Boundaries, Routines, Child Safety, and more. This one on one course is tailored to suit individual requirements.



**Referrals welcome for sole parents  
and two parent families.**

**More Information :**

**EMAIL: [admin@birthrightwg.co.nz](mailto:admin@birthrightwg.co.nz) or PHONE: 06 3471770**

# Pasifika Mama & Pepe



**Afio Mai to all our Pasifika Mama, Aunties, Grandmothers and Tamaiti, A time to connect, talanoa and enjoy food together**  
**Every Wednesday 8 May-26 June,**  
**9.30am-11.00am @ Cook Island Hall, 71 Puriri St**  
**For more info contact: 027 846 2084**

# Support Services for Whanau & Children

## PARENTING THROUGH SEPARATION

Dates for 2024

21 February

20 March

17th April

15th May

19th June

9.30 am—1.30 pm at

Community House Ridgway Street  
Whanganui

To register please  
phone 06 358 9429



## Barnardos

An Aotearoa where  
every child shines bright



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

Kia eke ai te hunga taitamariki ki ngā rangi tūhāhā



# 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.

Angela Malili-Malo-Lauano  
Community Navigator  
[angela.malili-malo-lauan@wmkindergartens.org.nz](mailto:angela.malili-malo-lauan@wmkindergartens.org.nz)  
0212263901

Caroline Mareko  
Senior Manager: Communities  
[Caroline.Mareko@wmkindergartens.org.nz](mailto:Caroline.Mareko@wmkindergartens.org.nz)  
021 446 843

**WHĀNAU MANAAKI**

# Support Services for Whanau & Children

**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"*



## 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



# Playcentre

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

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

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

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

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

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



**3 FREE visits**

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

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

## Free Face Painting there

*or as a fundraiser,*

*please contact me Kirsty on 021 212 3819 or*

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

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

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



# Support Services for Whanau & Children



Freephone 0508 236 236

 [www.facebook.com/parent2parentnz](http://www.facebook.com/parent2parentnz)

[www.parent2parent.org.nz](http://www.parent2parent.org.nz)

## Struggle got real?

tahi  
whitu  
toru  
whitu  
1737

## Twinkle Toes

Preschooler music fun!



**Friday Mornings**  
**10am - 11.15 am**  
During school term time only

**St Paul's Church Hall**  
**Cooks Street**

**All welcome**  
**Gold coin donation**

Car parking and lift access available on site  
Contact Suzanne on 027 421 0521

## Little Rockers



**Pre-school Music & Movement**  
For Families of 0-5 year olds



MONDAY 10-11.30AM

Donation for morning tea

4 Indus Street, Whanganui

# Support Services for Whanau & Children



## Family Works

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



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

The Free To Be Me programme provides an opportunity to:

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

Topics for the programme are:

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



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

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

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

Sessions cover such topics as:

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



### **KIDS' CARERS PROGRAMME.**

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



### **Growing Together Parenting Programme**

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

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



### **Boundaries For Women Programme**

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

Topics include:

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

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

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

**PROGRAMMES ARE FREE!!**

# Support Services for Whanau & Children

## Maternal Health Services

Our Pregnancy and Parenting team offer free child birth education classes which range from:



- 6-week transition to parenthood classes
- Weekend Sessions (x2 a month)
- Hapū Māmā Day - a Te Ao Maori focus
- One-to-one education sessions



Scan the QR code to learn more about these classes and to enrol, or head to our website - [wrhn.org.nz](http://wrhn.org.nz)

Vaccinations for whooping cough and influenza will be available to pregnant women



## 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



# Manaaki Te Whānau

## Drop-In Immunisation Clinic

Every Tuesday from 9am - 5pm  
Entrance 3, 100 Heads Rd, Whanganui



Our clinic is available to anyone whose:

- Child & Adolescent Immunisations are overdue
- Visiting from out of town or new to town and needs their child's immunisations to be done
- Is eligible for adult immunisations
- In need of further information about immunisations

Call 0800 775 001 to book,  
or just drop in with your family



Whanganui Regional  
Health Network

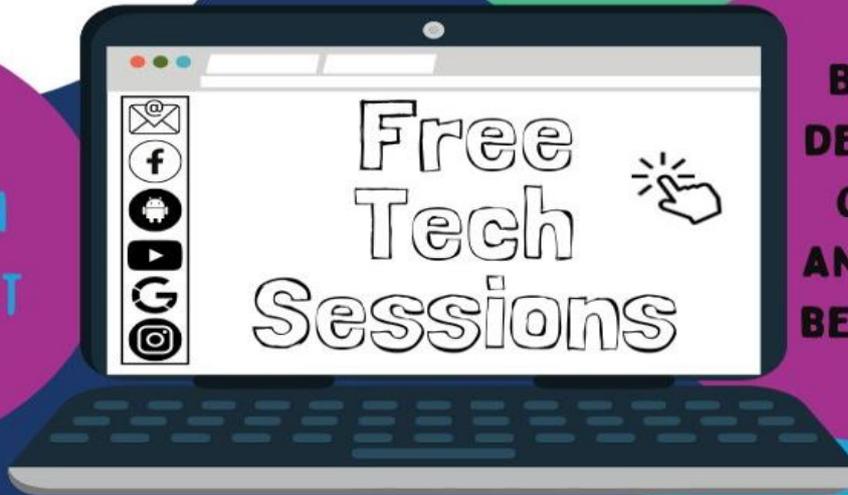
# Support Services for Seniors



**AGE  
CONCERN  
NEW ZEALAND**  
He Manaakitanga  
Kaumātua Aotearoa

**NEEDING ASSISTANCE  
WITH USING YOUR  
PHONE, TABLET OR  
COMPUTER???**

**FREE TECH  
SESSIONS ON  
THURSDAYS AT  
10AM**



**BRING YOUR  
DEVICES, WITH  
QUESTIONS  
AND THEY WILL  
BE ANSWERED!**

**COME AND JOIN  
US, EVERYONE  
WELCOME!**

**CONTACT BECKY AT  
021 0273 2901, 06 345 1799 OR  
SCC@ACWHANGANUI.ORG.NZ  
FOR MORE INFORMATION**



**Appy Seniors**

USING APPS TO IMPROVE EVERYDAY LIFE

**TRY A FREE CLASS**



**Learn how to use your smartphone  
for more than just phone calls.**

For more information,  
phone Rachel Smith, 06 349 1000  
or email [rachel@whanganuilibrary.com](mailto:rachel@whanganuilibrary.com)

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



**Third Wednesday of the month from  
3-4pm at Pride Whanganui - 64 St Hill Street  
(back right of the carpark next to Brickhouse).**

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**



# Support Services for Seniors



**Do you know an older person / kaumātua living alone  
who would like more company?**

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

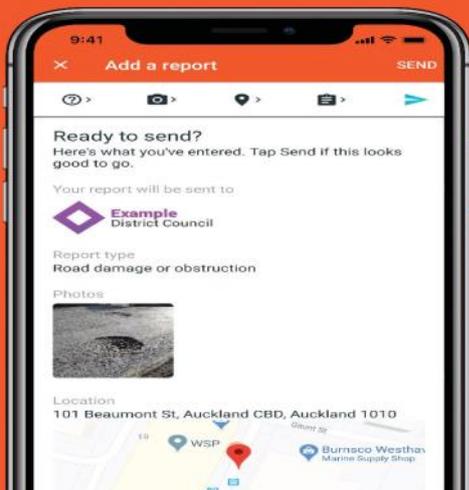
*Tell them about Age Concern's visiting service!*

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

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



**AGE  
CONCERN  
WHANGANUI**  
He Manaakitanga  
Kaumātua Aotearoa



## Be informed and get involved with Antenno!

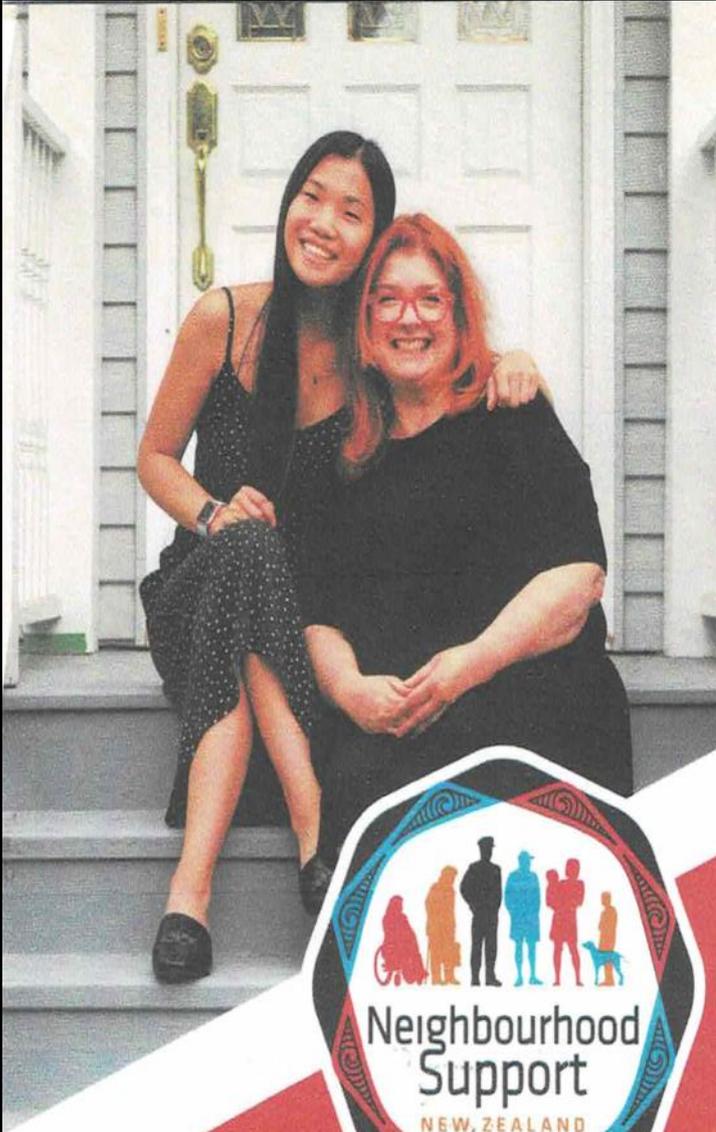
Whanganui District Council has a new mobile app, Antenno, that allows you to receive alerts and notifications about places and topics you care about, such as water shut-offs near your home or closures at your local sports ground. You can also use Antenno to report issues or submit ideas to the council.

Install Antenno now – it's free to download.



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

# Support Services



Creating safe,  
resilient, and  
connected  
communities.

[neighbourhoodsupport.co.nz](http://neighbourhoodsupport.co.nz)



Te Ope Whakaora

## Whanganui Corps

*Caring for People  
Transforming Lives  
Reforming Society  
by God's Power*

### CONTACT US

Worship and Community Centre  
4-6 Indus Street, Whanganui 4500  
06 345 2343

[whanganuicity.corps@salvationarmy.org.nz](mailto:whanganuicity.corps@salvationarmy.org.nz)

Office Hours | 9.30am-12pm Mon-Fri

Facebook 'Salvation Army Whanganui'

### Justice of the Peace

services available at

#### Community House Whanganui

witness signing of documents, taking

declarations, swearing or

affirming affidavits, and

certifying copies of documents.

(please bring photocopies of all documents you want certified  
along with the original documents)

**In the Community House Office Room 102**

**60 Ridgway Street Whanganui**

**By arrangement (preferred) or**

**call in and see if the JP is available.**

**Monday to Thursday 11 am – 4 pm**

**Phone: 06 347 1084**

# Support Services



*Whanganui*

**Enquiries:  
Marion Sanson  
(06) 345 6438**

*Guardian Trust*

*P.O. Box 351  
Whanganui 4541  
New Zealand*

## 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



**Proud supporters of  
Community House  
Whanganui**

# Support Services



## Community Updates May 2024

<p><b>End of Tax Year – what to do:</b></p> <p><a href="https://ird.govt.nz">End of tax year know what to do (ird.govt.nz)</a></p>	<p>The tax year is from 1 April to 31 March. After the end of the tax year, we work out if you've paid the right amount of tax, if you have tax to pay, or if you're due a refund.</p> <p><b>Update your details:</b> Sometimes we need more information from you to work out your assessment, particularly if you get payments for Working for Families. You can avoid delays by checking your details are up to date in myIR. Also:</p> <ul style="list-style-type: none"><li>• Check/update bank account details,</li><li>• Check/update your main address.</li></ul> <p><b>If you receive Working for Families payments:</b> We send out most assessments by 7 June, however if we need more information it may take until 31 July. If the information is right, there's nothing you need to do. You'll need to contact us if the information is wrong. You can do this in myIR, or by ringing our 0800 numbers.</p>
<p><b>If you have untaxed income, you will need to file an IR3 Individual income tax return:</b></p> <p><a href="https://ird.govt.nz">Individual income tax return - IR3 (ird.govt.nz)</a></p>	<p>You'll need to let us know about any income you've earned that has not had tax deducted by filing an IR3.</p> <p>Returns are available to file from 1 April. If you use myIR, we'll email or text when your return is in your myIR and ready for you to file. If you do not use myIR, we'll send you a paper return by early April.</p> <p>Send us your completed IR3 by 7 July unless you have a tax agent or an extension of time to file.</p>
<p><b>Tax Toolbox:</b></p> <p><a href="https://ird.govt.nz">Tax toolbox for tradies (ird.govt.nz)</a></p>	<p>Are you a self-employed tradie or running a construction business? Or maybe you're someone who helps a tradie keep on top of their books? We know you're good on the tools. Take your tax as seriously as your trade by using our Tax Toolbox.</p> <ul style="list-style-type: none"><li>• It is important for you to keep accurate records.</li><li>• Expenses – do you know what you can claim for?</li><li>• Refer to the link to find out about - Income tax, GST and more...</li></ul>

# Support Services

<p><b>Child support payments– receiving carers:</b></p>	<p>If you receive child support, you should get a payment from us by the 21st of each month, unless the 20th falls on a weekend. Your payment will normally show in your bank account by 3pm on the day that we issue it. <a href="https://www.ird.govt.nz/2024-child-support-payments-receiving-carers">2024 Child support payments - receiving carers (ird.govt.nz)</a></p> <p>Please note: Child support payments can only be passed on when the payment has been received.</p>
<p><b>Beware of scams:</b> <a href="https://www.ird.govt.nz/scams">Scams (ird.govt.nz)</a></p>	<p>What scammers may do:</p> <ul style="list-style-type: none"> <li>• They may be threatening and say you will be arrested immediately if you do not respond. – <b>We would not use intimidating language or threaten you with sudden arrest.</b></li> <li>• They may pressure you to decide quickly. – <b>We would not pressure you to act immediately without warning.</b></li> <li>• They might demand money, or to be paid in unusual ways such as gift cards, bitcoins, or money transfer systems. – <b>We will only ask for payment using our official methods.</b></li> <li>• They may ask for passwords to your online accounts. – <b>We will never ask for your password.</b></li> </ul>
<p><b>How to contact Inland Revenue:</b> As part of our commitment to providing the best service to our customers, we record most of the calls made to our contact centers, and some outbound calls we make. This helps us find ways to give you better service.</p>	<p>If you need to ring Inland Revenue, our 0800 Contact phone numbers are:</p> <ul style="list-style-type: none"> <li>• Personal income tax 0800 775 247</li> <li>• Business income tax 0800 377 774</li> <li>• Working for Families 0800 227 773</li> <li>• Child Support 0800 221 221</li> <li>• Student Loans (NZ Based) 0800 377 778</li> </ul> <p><b>For Community Compliance Officers in Palmerston North, email:</b> <a href="mailto:PalmerstonNorthAdvisoryRequest@ird.govt.nz">PalmerstonNorthAdvisoryRequest@ird.govt.nz</a></p>



**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.

# Support Services



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

**WORK AND INCOME**  
TE HIRANGA TANGATA

## **Whanganui Service Centre**

Scheduled improvements are going well in our service centre at 153 St Hill Street and we will soon be fully reopening.

### **Key dates**

- Monday 18 March to Friday 19 April, 12noon - Temporary service centre operating
- Friday 19 April, 12noon - Temporary service centre closes
- Monday 22 April - Site closed to the public all day
- Tuesday 23 April, 8.30am - Site reopens to the public
- Tuesday 23 April to 13 May - Stage 2 underway with no impact to the public

### **You can still get in touch with us**

- Call 0800 559 009 for Work and Income
- Call 0800 552 002 for Senior Services
- Log into [my.msd.govt.nz](https://my.msd.govt.nz)

*Ngā mihi - thanks for your patience and understanding.*

# Support Services



MINISTRY OF SOCIAL  
DEVELOPMENT  
TE MANATŪ WHAKAHIATO ORA

## WHAT'S NEW AT MSD?



### Winter Energy Payment

The Winter Energy Payment is an extra payment to help with the cost of heating your home over the winter months.

You don't need to apply – if you're eligible, you'll get the Winter Energy Payment automatically, along with your other regular payments from us.

The Winter Energy Payment starts on 1 May and ends on 1 October every year.

For more information on the Winter Energy Payment and the eligibility criteria visit our website [workandincome.govt.nz](http://workandincome.govt.nz).

### Kimi Mahi Mai Find a Job

At the Ministry of Social Development we have launched a new website, *Kimi Mahi Mai - Find a Job*. This website can help you find a job that works well for you and your whānau.

If you're ready to take the next (or first) step in your career, *Kimi Mahi Mai - Find a Job* has over 1,000 job listings advertised from all around the country.

*Kimi Mahi Mai - Find a Job* replaces our previous *Find a Job* website. The new website is easier to use, more modern and more accessible.

On the new website you can search for jobs available in your area. When you find a job you like, call us on [0800 779 009](tel:0800779009) from Monday to Friday, 8am to 6pm, to register your interest.



0800 559 009



For more info on MSD services, visit [workandincome.govt.nz](http://workandincome.govt.nz)



Ministry of Social Development Service Centre  
153 St Hill Street, Whanganui 4500

# Support Services



## TE ORANGANUI

*Korowaitia te puna waiora hei oranga motuhake mō te iwi*  
*To empower whānau into their future*

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

**Services include:**

- Tairanga Ora | Health & Wellbeing
- Te Puawai Whānau | Tamariki Wellbeing
- Te Taihāhā | Dissability Support Services
- Te Waipuna | Health Centre
- Toiora Whānau | Whānau & Community
- Waiora Hinengaro | Mental Health & Addictions Service
- Waiora Whānau | Healthy Families

To find out more or to access any of our services, head to our website, call us or pop in and visit us.

- 133 Wicksteed Street, Whanganui
- (06) 349 0007
- support@teoranganui.co.nz
- www.teoranganui.co.nz



### Enabling Good Lives Principles

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

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

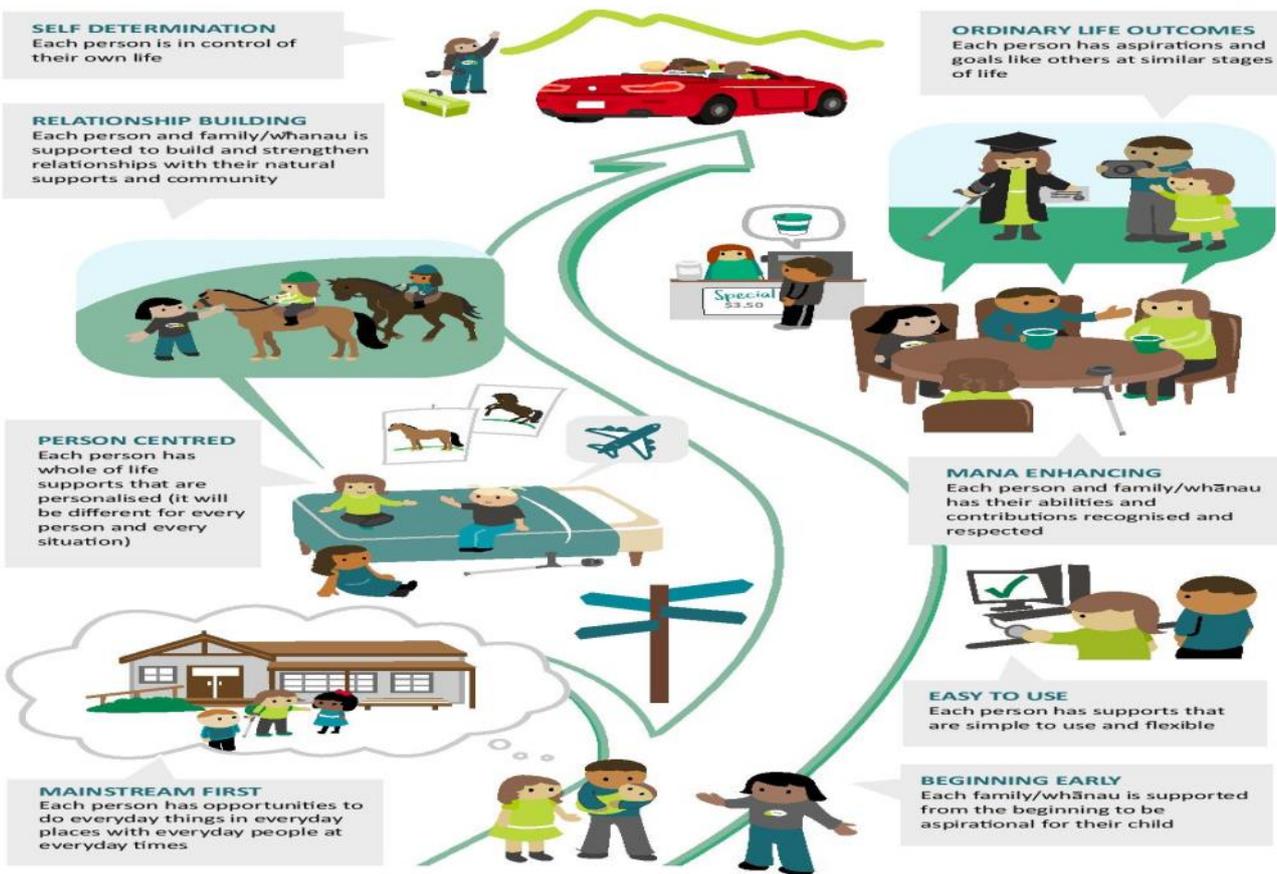
**MAINSTREAM FIRST**  
 Each person has opportunities to do everyday things in everyday places with everyday people at everyday times

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

**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

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



# Support Services



## Whanganui Budget Advisory Service Inc.

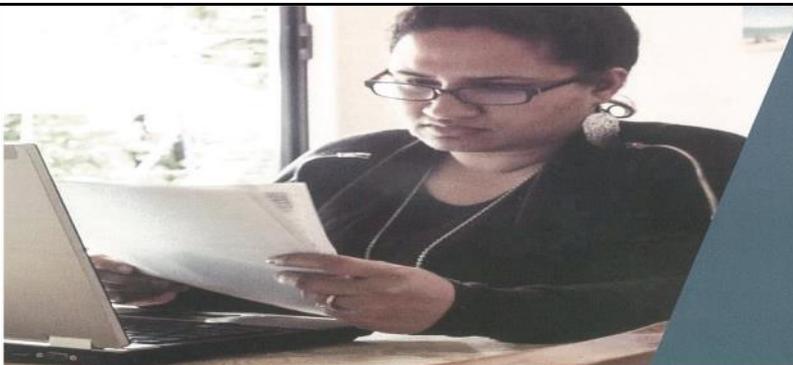
The Whanganui Budget Advisory Service has been providing top quality, free confidential and non-judgmental budget advice to family / whanau and individuals in Whanganui for over 50 years.

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

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

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

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



**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.**



# Support Services



**WCLT**  
WHANGANUI COMMUNITY LIVING TRUST

## Whanganui Community Living Trust

396a Victoria Avenue, Whanganui.

PH: 0800 925 894

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

### Support Services:

- Home help
- Community MH
- Maternal MH
- Medication Oversight-EMS
- Mental Health & Disability

Our services are tailored to the individual/whaiora needs.

We accept self-referrals, GP referrals, NASC referrals, and ACC referrals.

Email: [Admin@wclt.co.nz](mailto:Admin@wclt.co.nz)

# Support Services



M.I.S.T Mental Illness Survivors Team Drop-In Centre is located at.

203 Victoria Avenue  
Central Whanganui.  
(Entrance off Ingestre St).

- Monday to Friday 9:30am to 3:30pm
- Membership Fee is a Koha
- Membership is 18 years and over.

## Services:

- Activities
- Pool and Air hockey
- Computers and WIFI available
- AOD peer support groups
- Kai & cuppa available

'To promote self-empowerment through peer support'.

Email: [mist@xtra.co.nz](mailto:mist@xtra.co.nz) Website: [www.mist.org.nz](http://www.mist.org.nz)



## Aphasia New Zealand Charitable Trust mate ngaronga reo

### What is AphasiaNZ?

Aphasia New Zealand (AphasiaNZ) Charitable Trust is a national organisation and registered charity providing support services, resources, education, and information to anyone in New Zealand living with or affected by aphasia

### What is Aphasia?

Aphasia is a language disorder caused by damage in the area of the brain that controls language expression and comprehension

Aphasia leaves a person unable to communicate effectively with others



### What is happening in Whanganui?

Community Aphasia Advisor (CAA) Jennifer Buckley is working in Whanganui to facilitate support for people with aphasia and their families/whānau and friends.

**If you or someone you know is affected by aphasia, please get in touch!**

**Jennifer Buckley**

**Mob: 021 063 9934**

**Email:**  
[wellington@aphasia.org.nz](mailto:wellington@aphasia.org.nz)

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

# Support Services

## WHANGANUI SUPPORT GROUPS LIST

### MONDAYS

Te Oranganui Peer Support AOD Group

133 Wicksteed St: 6pm – 8pm

Tane Puru – 0212361482, Jamie Thompson – 0274670013, OR Katy Wallis – 0274677011

Mana Men (Men's platform)

Kowhai Street Church: 10am

65 Hakeke Street: 1pm

Te Ao Hou Marae: 7pm

Mahanga Williams – 0272433561

### TUESDAYS

Te Oranganui Addiction Recovery and Support Group

133 Wicksteed St: 10am -11.30am

Phil Smith – 0274677079 OR Katy Wallis - 0274677011

NZ 'P' Pull – Addict & Whanau Walk In Group

57 Hellmore St – Whanganui East: 10am

Shanette Hirst – 0212046102

AA Steps & Traditions (Alcoholics Anonymous)

St John's Lutheran Church Hall: 51 Liverpool St: 12:30pm

Narcotics Anonymous (NA)

St Paul's Church - 128 Guyton St: 7pm – 8pm

### WEDNESDAYS

Ohakune & Raetihi Addiction & Recovery Support Group

Vinnie Jordan – 021487138 OR Jamie Thompson – 0274670013

Community Awareness Walk In

Trafalgar Square – Outside Countdown: 1pm

James Alan – 021449134

Band of Brothers (Men's Group)

133 Wicksteed Street – 5pm to 6:30pm (Fortnightly)

Lamon Paranihi-Haami : 0274677094 OR Ngahina Gardiner – 0274677113

Alcoholics Anonymous

St Luke's Church Hall – 34 Manuka St: 7:30pm

# Support Services

## **THURSDAYS**

Te Oranganui Addiction Recovery and Support Group  
133 Wicksteed St: 10am -11.30am

NZ 'P' Pull – Addict & Whanau Walk In Group  
13 Swiss Ave, Gonville: 1pm - Shanette Hirst – 0212046102

AA (Alcoholics Anonymous) 51 Liverpool Street – 7:30pm

Manchester House AoD Support Group - Fielding: 6 – 8pm

## **FRIDAYS**

The Posse at Balance – Mental Health and Addictions Support Group  
Level 1, 60 Ridgeway Street: 10am – 11:30am  
Eve: 0223818603

Mana Wahine (Women's Platform)  
Community Church Centre – 243 Wicksteed St: 10am – 11am  
Tessa Harrison - 0225654149

NA (Narcotics Anonymous)  
Saint Paul's Church, 128 Guyton St: 7pm – 8pm

## **SATURDAYS**

Face Everything and Rise Community Support Network  
44 Abbot Street Gonville: 10am - James Alan – 021449134

NA (Narcotics Anonymous)  
44 Abbot Street, Gonville: 4:30pm

## **SUNDAYS**

AA (Alcoholics Anonymous)  
51 Liverpool Street: 9am

NA Brothers in Recovery (Men's Group)  
Salvation Army, 4 Indus Street: 6pm, 06 3452343

NA (Narcotics Anonymous)  
Saint Paul's Church, 128 Guyton Street: 7pm – 8pm

# THURSDAY NIGHT PEER SUPPORT GROUPS

## **FIRST THURSDAY**

**IMMERSE IN CULTURE**

**LEARN THE BASICS OF OTHER CULTURES SHARED THROUGH CONVERSATIONS, MUSIC AND FOOD.**



**5.30PM-7.30PM**

## **SECOND THURSDAY**

**POTLUCK AND QUIZ NIGHT**

**5.30PM - 7.30PM**



**TEST YOUR BRAIN WITH A NIGHT OF FUN, INTERESTING QUESTIONS AND A THEMED POTLUCK**

## **THIRD THURSDAY**

**TALENT NIGHT  
5.30-7.30PM**

**CAN YOU PLAY AN INSTRUMENT, SING OR MAYBE WRITE POETRY? JOIN US FOR OUR TALENT NIGHT HELD EVERY 3RD THURSDAY.**



## **FOURTH THURSDAY**

**BINGO WITH FRIENDS  
5.30PM-7.30PM**

**GET COMPETITIVE WITH A GAME OF BINGO AND SMALL PRIZES TO BE WON**



## **TRANSPORT**

**IF YOU ARE LOOKING FOR TRANSPORT TO AND FROM THE GROUPS PLEASE GIVE JOE A CALL.**



## **FIFTH THURSDAY OUTDOOR ADVENTURES**

**JOIN US FOR AN OUTDOOR EXPERIENCE WHETHER ITS A WALK AROUND THE LAKE OR AN OUTDOOR MEDITATION SESSION TO HELP CLEAR THE MIND**

**CONTACT US:** JOE - 022 067 1915  
JASMINE - 022 536 1036

# Support Services

## What's on at Balance 2024



<b>Monday</b>	<p><b>9:30 am – 11:00 am:</b> Exploring Calm Practical application of relaxation techniques.</p> <p><b>1 pm – 3 pm:</b> Cooking @ Kai Hub Connecting people with Kai. Registrations essential</p> <p><b>7 pm-8.30 pm:</b> Moody Mondays: Bipolar and mood disorder peer-to-peer support group. Held in the big room at Balance.</p>
<b>Tuesday</b>	<b>CLOSED – NO GROUPS</b>
<b>Wednesday</b>	<p><b>1 pm – 3 pm:</b> Resilience 101: Learning essential life skills. Held in the big room at Balance.</p>
<b>Thursday</b>	<p><b>9:30 am- 11:30 am:</b> Swim, gym, spa, or sauna. Ask staff at the front desk of the Splash Center for free access or contact Balance for transport.</p> <p><b>1 pm – 3 pm:</b> Artistic expression- Bring your work in progress or create one, seek artistic guidance, or make an artistic friend. All welcome. Held in the Big Room at Balance.</p> <p><b>5:30 pm – 7:30 pm:</b> Evening support group- Social activities.</p>
<b>Friday</b>	<p><b>10:00 am – 11:30 am:</b> Addiction Relapse Prevention. We aim to minimize harm, share our stories in a positive environment, and strategize our way through recovery. Held in the big room at Balance.</p> <p><b>1 pm – 3 pm:</b> Afternoon Social Group. Join us for a laugh, and some good yarns.</p>

E: [info@balance.org.nz](mailto:info@balance.org.nz) LL: 06 345 4488/FP: 0800 10 25 55 level 1, 60 Ridgway Street Whanganui

# Support Services

## What are our programs about?

**Exploring Calm with Aaron or Eve:** A relaxed group where we explore different ways of finding calm. This can involve meditation, mindfulness, mindful movement, breath-work, herbal tea, and anything else that might help us experience calm in our lives and overcome the effects of stress and anxiety.

**Cooking @ the Kai Hub with Aaron & Jo:** A 6-week course that involves cooking, looking at nutrition, budgeting, and how to bulk out meals. Contact Aaron on 022 3818 603 for any upcoming courses.

**Moody Mondays with Mike & Ana:** Peer-to-peer mutual self-help support group for people who experience, Bipolar, mood disorders, high and lows, and manic depression. No formal diagnosis is necessary. Held in the big room at Balance. Please contact Ana at Balance on 021 0844 3852 for more information.

**Resilience 101 with Ana & Lynette:** An open course exploring our values, beliefs, goals, wellness tools, communication skills, resilience, self-confidence, relationships, and much more. New topics are covered each week. Contact Ana on 021 0844 3852 for more information.

**Splash Centre with Ana:** Your chance to have a swim, gym, sauna, spa. Ask at the front desk at the Splash for free access! Contact Balance if you require transportation.

**Artistic Expression with Mereana, Tilly, and Sam Y:** Join our art therapist and our crafty, arty staff and explore expressing yourself through art using various mediums. Start something new, bring your own project, get artistic guidance, or simply make some artistic friends.

**Thursday Evenings with Jasmine & Joe:** The doors open at 5 pm and activities start at 5:30 pm. Throughout the month we have various things happening including movie night, themed potluck, housie, and other social activities. See additional Flier.

**Addiction Support & Relapse Prevention with Patrick & Eve:** A motivating and inspiring recovery group where we support each other in our recovery from addiction. This group is open to any addiction at any level.

**Afternoon Social/Adventure Group with Eve and Ana:** A relaxed tangata whaiora led group where we base our afternoon activities around what you want to do and where you want to explore. Sometimes we go out and adventure in nature or local events, other weeks we watch a movie or play board games. This group is all about connecting with other people and sharing a laugh and good company.

All our groups are open, there are no fees, and everyone is welcome. We are also available for people wanting one-to-one support and advocacy - just get in touch, we are all here to care.

Phone: 0800 10 25 55 or (06) 3454488

Email: [info@balance.org.nz](mailto:info@balance.org.nz)

Or just turn up at Community House 60 Ridgway St, level one.

**E: [info@balance.org.nz](mailto:info@balance.org.nz) LL: 06 345 4488/FP: 0800 10 25 55 level 1, 60 Ridgway Street Whanganui**

# Support Services



## 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"*



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

### 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.

### 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.

### 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.



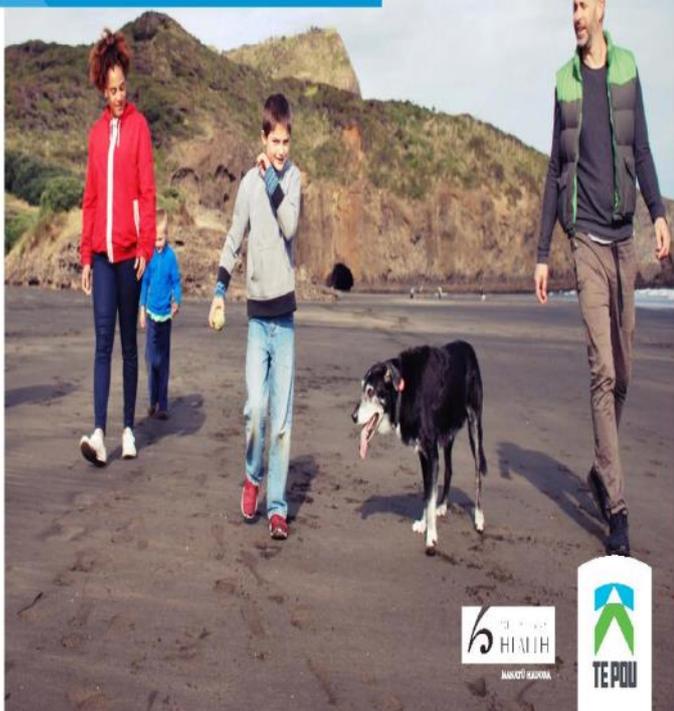
### Ready to book?

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)



# Support Services

## 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 ☺



Alcoholics Anonymous  
NEW ZEALAND

## Alcoholics Anonymous

Phone 0800 229 6757

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

AA Wanganui Area Meetings:

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

## NARCOTICS ANONYMOUS

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

### Meetings

Tuesday 7:00pm 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 7:00pm at St Paul's, cnr Cooks and Guyton St (side entrance Cooks Street)

Sunday 6:00pm **Brothers in Recovery** at Salvation Army, 4 Indus Street

Sunday 7:00pm at St Paul's, cnr Cooks and Guyton Streets (side entrance Cooks Street)

call 0800 628 632, 0800 NATODAY

<https://nzna.org/>



## BROTHERS IN RECOVERY

Men's Meeting to support living  
an addiction free life

Gold coin donation 6 Indus Street, Whanganui, 345-2343

SUNDAYS 6PM



Te Ope Whakaora

ALCOHOL & SUBSTANCE ABUSE

## RELAPSE PREVENTION GROUP

THURSDAY! 10AM TO 12PM  
@BALANCE ROOM 120

1ST FLOOR  
60 RIDGWAY ST  
WHANGANUI

# Support Services

A safe journey to explore and evaluate your experiences and gain new skills.

*For enquiries contact:*

Paul Teal  
Community Ministries  
Navigator – Whanganui

Ph:  
06 345 2343  
Email:  
paul.teal@salvationarmy.org.nz



Te Ope Whakaora

© The Salvation Army New Zealand, Fiji & Tonga  
PLP@salvationarmy.org.nz

## 8 WEEKS TO A MORE CONFIDENT YOU!



Te Ope Whakaora

### POSITIVE LIFESTYLE PROGRAMME for INDIVIDUALS

## SKILLS AND SELF-AWARENESS FOR A BETTER LIFE

- Do you struggle with stress or low self-esteem?
- Do you need help handling feelings of anger, grief and loss?
- Do you want to be a more patient and loving parent and/or partner?
- Do you long for healthier, more supportive friendships?
- Do you need help setting goals for the future?

The Salvation Army's Positive Lifestyle Programme can provide the skills and understanding you need for a more fulfilling, less stressful life.

*'We can't always change what's going on around us, but we can change the way we think about ourselves—and the way we respond to setbacks and challenges. This leads to a happier, healthier and more positive life!'*

### A practical 8-week course

A trained facilitator will take you through weekly sessions on the following topics:

1. Self-awareness
2. Anger
3. Depression and loneliness
4. Stress
5. Grief
6. Assertiveness
7. Self-esteem
8. Future directions

### Objectives and benefits

1. Develop self-worth by gaining a better understanding of yourself and your life.
2. Learn life-improving skills in a safe, friendly and supportive environment.
3. Apply your strengths and skills to present and future situations.
4. Explore your inner-self and become aware of how to use this self-awareness in a positive way.



# Support Services

# FREE

 NZQA Approved Qualifications

## Whanganui Campus

- Hospitality, Level 2
- Healthcare, Level 2
- NCEA For You (NCEA Level 2)
- Level Up  
Work ready, including literacy and numeracy

*Everyone, no matter their past or their age, can learn to learn.*

- ✓ Free Transport
- ✓ Free Breakfast
- ✓ Free Student Events



  
**training for you**  
He Akoranga Māu

www.trainingforyou.co.nz  
0800 GET T4U  
148 Ingestre St, Whanganui

# 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.

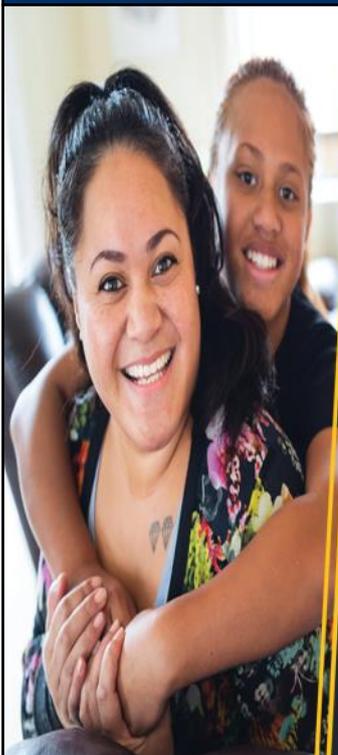
We assist with:

- 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**



## Learn basic everyday digital skills

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

  
KANORAU  
DIGITAL

Powered by  
Te Wānanga  
o Aotearoa 

# DRIVE

## Start the licence journey

[drive.govt.nz](http://drive.govt.nz)

# Support Services



## 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)



youth services trust

## Youth Services Trust Whanganui 39-41 Drews Ave

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

# Support Services

## WANT BETTER JOB OPPORTUNITIES?



### - WHANGANUI -

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

**LAND BASED TRAINING**

Get in touch to find out how!

**FREEPHONE: 0508 872 466**

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

## 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](mailto:wlearningc@gmail.com)



Finding work?

Don't know where to start?

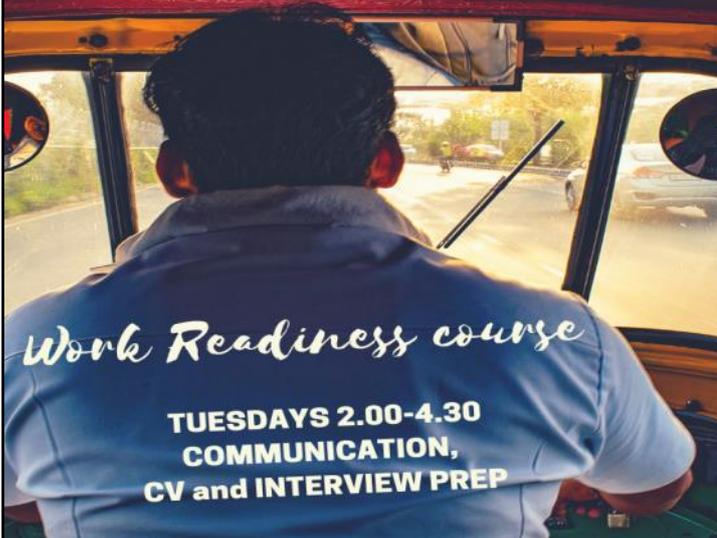
## It starts right here

- Job coaching and encouragement
- Preparation and confidence building
- Employer liaison and in work support

**[workbridge.co.nz](http://workbridge.co.nz)**  
**0508 858 858**

# Support Services

LITERACY  
AOTEAROA  
WHANGANUI

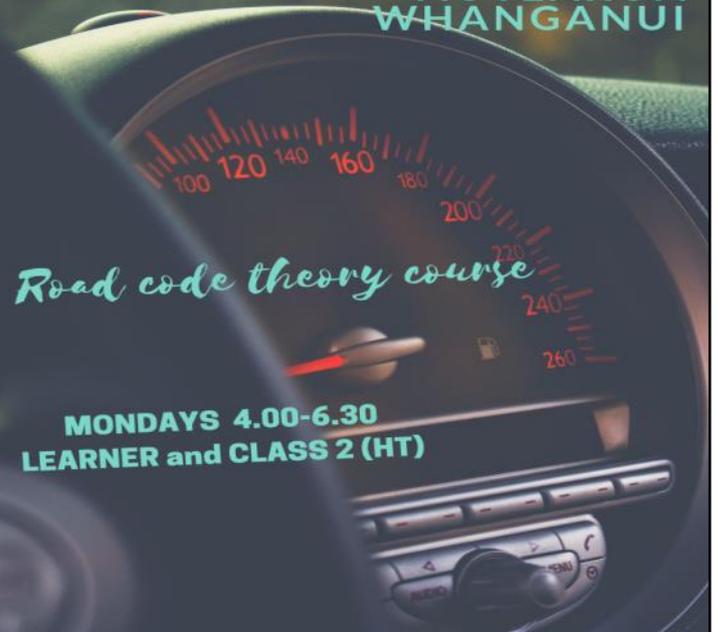


*Work Readiness course*

**TUESDAYS 2.00-4.30**  
**COMMUNICATION,**  
**CV and INTERVIEW PREP**

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

LITERACY  
AOTEAROA  
WHANGANUI



*Road code theory course*

**MONDAYS 4.00-6.30**  
**LEARNER and CLASS 2 (HT)**

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



**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

## 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)

## *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 \(acc.co.nz\)](https://www.acc.co.nz/teaching-your-teen-to-drive-made-easy)



# Support Services



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

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

# Support Services



Te Tāhuhu o  
te Mātauranga  
Ministry of Education

EDOS.KIWI

## INTERNET FOR HOME

A national programme providing free household Internet for whānau with children at school.

CONTACT US TODAY ON  
0800 441 844



Te Tāhuhu o  
te Mātauranga  
Ministry of Education

EDOS.KIWI

## YOUR FREE HOME INTERNET

Having access to the Internet is a critical part of life these days. We know that not everyone can currently access the Internet at home, and the Ministry of Education wants to change that.

If you are a household with a school-aged child and no Internet or know of a household like this, we can arrange everything needed to connect the household to the Internet.

Internet at no cost to you.

## TECH SUPPORT

Our experienced team offers free technical support for your home devices. We are available to answer your questions, give guidance or help you fix any issues.

Get in touch between Monday to Friday 8am - 7pm.

☎ 0800 441 844

✉ SUPPORT@EDOS.KIWI

## HOW IT WORKS

1. The EDOS connection team will speak to you to organise your new Internet connection.

2. You will receive an Internet modem at your house with instructions to get it up and running.

3. The Ministry of Education will pay for your Internet until the end of June 2024.

4. Enjoy your Internet!  
You can contact our tech support team for help connecting your Internet or your devices on 0800 441 844



## Citizens Advice Bureau Whanganui

Te Pou Whakawhirinaki o Whanganui

Free and confidential service, including  
Employment Consumer Tenancy  
Family & Personal

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 Monday-Friday 9.30am-1pm



COMMUNITY LEGAL  
ADVICE WHANGANUI  
He Iwhanga, He Whakamāramanga

## Free Legal Advice

236 Victoria Ave

PLEASE CALL TO MAKE  
APPOINTMENT

06 348 8288

or email [claw@claw.co.nz](mailto:claw@claw.co.nz)



Tenancy | Consumer | Employment | Family | Neighbours | ACC  
Domestic Violence | Care of Children | Māori Land | PPPR/EPOA | MSD

# Support Services



## 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](mailto:kerri.dewson@cancercd.org.nz)

Open hours: Monday– Friday 8.30am – 3.00pm

NEW TO  
WHANGANUI?  
we can help!

## MULTICULTURAL COUNCIL RANGITĪKEI/WHANGANUI



with settling in  
and connecting  
with local people,  
cultural events and  
activities

We seek to  
promote a friendly,  
inclusive, safe space  
for newcomers in our  
community



HELPING NEWCOMERS FEEL AT HOME



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



[wanganuimulticultural.co.nz](http://wanganuimulticultural.co.nz)

## Support Services



# 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*

**USE 105 FOR POLICE NON-EMERGENCIES**

# Support Services



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



**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

**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 home visits, support groups, and practical education sessions
- Access for individual MS Scholarships and Grants

Phone: (06) 345 2336 / 027 381 2555

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)



Educator for Whanganui Region

**Kelsi Ellis**

Contact Kelsi on:

027 301 1700

[kelsi.ellis@parkinsons.org.nz](mailto:kelsi.ellis@parkinsons.org.nz)



Parkinson's New Zealand

04 801 8850 | 0800 473 4636

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

PO Box 11 067, Manners Street, Wellington 6142

L13, Ranchhod Tower, 39 the Terrace, Wellington 6011

To provide support, education and information for people with Parkinson's and Parkinsonism conditions, including their family, carers and health professionals.

# Support Services



## Women's Refuge Whanganui

*Te Piringa Puna Wahine*

*Walking alongside women who experience intimate partner violence*

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

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



**EPILEPSY NEW ZEALAND®**

THE NATIONAL EPILEPSY ASSOCIATION OF NEW ZEALAND

*kia titiro ki te tangata - see the person*

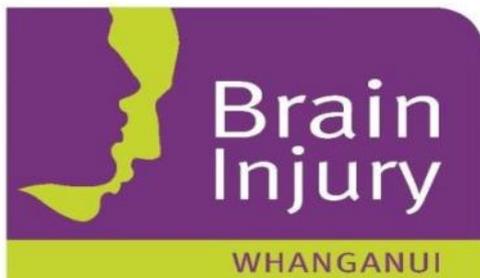
Epilepsy NZ Taranaki/Whanganui Branch Educator Dianne is available for Face-to-Face appointments with people with epilepsy or their Family/Whanau.

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**



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

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

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

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

### 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 MOOD



TALK & LISTEN.  
BE THERE, FEEL CONNECTED



YOUR TIME, YOUR WORDS, YOUR PRESENCE



REMEMBER THE SIMPLE THINGS  
THAT GIVE YOU JOY



EMBRACE NEW EXPERIENCES.  
SEE OPPORTUNITIES, SURPRISE YOURSELF

Mental Health Foundation  
MIRIARE TU, MIRIARE OUA  
www.mentalhealth.org.nz

© MENTAL HEALTH FOUNDATION OF NZ 2018

# Meditation – Mindfulness – Calm

## MEDITATION

Drop In classes in Whanganui

Every Thursday 6-7.30pm

Birgit Saunders  
Resident Teacher (RT)  
Amitabha Buddhist Centre



Whanganui Community Arts Centre  
19 Taupo Quay (riverside entry)  
[www.meditateinpalmerstonnorth.org](http://www.meditateinpalmerstonnorth.org)  
06 355 3524



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



Feeling overwhelmed, anxious, or unmotivated?

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

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

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

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

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

Call me, I can get you moving again.

Phone/Text **0274032523**

Book your FREEDOM now

## Buddhist Mindfulness Practice Group

*Open to all*



*We practise engaged mindfulness & ethics  
in the Thich Nhat Hanh tradition.  
You're welcome to join us.*

*stopping | calming | resting | healing*

**Clare: 021 0622 120**

**[www.plumvillage.org](http://www.plumvillage.org)**

## Exploring calm



Join us at Balance to explore the art of relaxation. Discovering new techniques such as Qi gong, Breath work, EFT, Guided meditation, Mindfulness, Visualisation, and Movement.

Group facilitated by Balance Aotearoa Staff.

Open to all members and new comers.... No fees

**9:30am-11am Monday**

**Room 120, Community House 60 Ridgway St, Whanganui**

**It's not your fault.**



Family Violence  
It's not ok  
Help is available  
Free Helpline 0508 744 633



# Counselling 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



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



## 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

Individuals, couples or groups

Addictions

Relationships

Work place issues

Self discovery

Family dynamics

Medical issues

Anger management

Mental health (depression, anxiety etc)

Sexual Abuse

Grief

Bullying

Managing change

Assertiveness training/communication

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

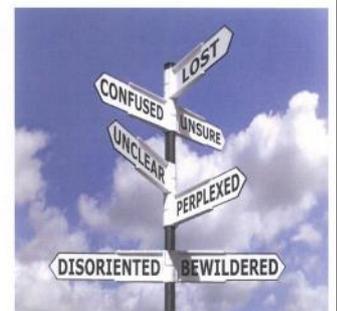
Diploma of Social Work

General Counsellor

*Strict Confidentiality and  
Privacy Assured*

Ph (06) 344 3345

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



# Support Services

## 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



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)

### The Compassionate Friends Parents and Men's Grief Support Group

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 who know your pain.

Contacts: Keren (06) 344 3345  
[www.thecompassionatefriends.org.nz](http://www.thecompassionatefriends.org.nz)



# Support Service

## 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](https://www.justathought.co.nz)



your mind, your way

## A free brief therapeutic service for those bereaved by suicide

Aoake te Rā offers a service for those needing focused support following bereavement by suicide.

### The service is:

- free
- available to all ages and at any stage after bereavement
- a therapeutic brief service with approximately four hours support per person
- available for individuals, couples, whānau groups, or a combination
- delivered via face to face, online, or phone.



Find further information at:  
[aoketera.org.nz](https://www.aoketera.org.nz)



# Support Services

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

#### What we offer:

24/7 monitoring 7 days a week including Christmas.

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

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

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

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

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

Accredited in NZ by



## 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®**  
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.



#### 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 communications 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



## 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**

## Find healthcare services in our region at Healthpoint

A local healthcare services directory is available online at Healthpoint.

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

**Te Whatu Ora**  
Health New Zealand

**Te Kāwanatanga o Aotearoa**  
New Zealand Government

## Off you GO safely on your travels!

GO mobile medical alarm works anywhere there is cellphone coverage



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



VitalCALL GO™ GPS Pendant

## Your Mobile Personal Emergency Pendant

- ✓ MSD & ACC Funded Options
- ✓ HELP BUTTON & Fall Detection
- ✓ Hands Free Speaker Phone
- ✓ 2 Months FREE Monitoring
- ✓ 24/7 Monitoring
- ✓ 4G Cellular Coverage
- ✓ FREE Ambulance Call Outs
- ✓ FREE Demonstration

**VitalCALL Go**

Learn more at [vitalcall.co.nz](http://vitalcall.co.nz)

**0800 10 20 30**

# Health Matters



Waiora

## LIVING WATERS CENTRAL

Care | Communication | Competence

### OUR SERVICE

The blood sampling service will operate from

**Monday 05 February 2024**

from our premises

at

**Living Waters Central**

**163 Wicksteed Street**

**Whanganui 4500**

from

**07:30 am to 12:00 noon**

**Monday to Friday**

Closed over weekends and Public

Holidays

**Blood sample collection by appointment**

The service accepts requests for blood sample collection for routine blood tests.

**Fee for Service: \$15.00**

Please call 06 345 0044 for details.



### ABOUT US

The blood sampling service is operated by Living Waters Medical Solutions Limited, a locally owned medical provider.

This service was established to provide a much-needed second location for blood sample collection in Whanganui.

For information about other services offered by the Living Waters Team please visit us at [www.livingwatersmedical.co.nz](http://www.livingwatersmedical.co.nz)

new  
**BLOOD SAMPLING SERVICE**  
in  
**WHANGANUI**

Just being there  
for someone  
can sometimes  
bring hope  
when all  
seems hopeless.



- Dave G. Lienewegh

in Christchurch

Sometimes a small  
thing you do can mean  
everything in another  
person's life.

# Health Matters

**LIVE STRONGER FOR LONGER**  
PREVENT FALLS & FRACTURES

**STRENGTH**

**BALANCE**

**AND A GOOD YARN**

Join an approved class near you:



**Carla's Group Fitness**

Carla Longmaid 021 365 8964 E: clongmaid@liveshot.co.nz  
Wed 1:00-2:00pm St Pauls Presbyterian Church 120 Gayton St  
Thurs 10:00-11:00am St Andrews Hall 9 Bell St \$5 per session

**Tai Chi for Health**

Miriam Williamson 06 345 1305 E: miriam.williamson@gmail.com  
Tues 9:30-10:30am Thurs 9:30-10:30am  
\$7 Parkville Drive \$3 per session

**YOGA**

Marian Takarangi 021 973 1802 E: marintakarangi@gmail.com  
Wed 3:30pm Cavendish Park Community Hall  
\$10 per session

**Feldenkrais Movement Classes**

Katharina Schaffner 06 342 7892  
E: kschaffner@fkd.com Web: www.feldenkrais.org.nz  
Mon 7:00-8:30pm Wed 12:30-1:30pm Community House  
Aldwyck St \$14 per session Concessions available

**Counter Punch For Parkinson's**

Sala Temo 029 662 2626 E: stemo@wrhn.org.nz  
Wed 11:30am 100 Deven Road (Wairoa Rugby Club)  
\$5 per session (partners free of charge)

**Pulmonary Rehabilitation Exercise Group**

Referral must be through your G.P.  
Class location & time will be provided upon acceptance  
to the programme. Free - Only available to those with  
a diagnosed pulmonary condition

**Tai Chi**

Matti Dutton 027 238 2127 E: mgdutton@ktra.co.nz  
Wed 12:30-1:30pm 17 Toupa Quay \$10 per session

**Steady As You Go - SAKGI multiple classes available**

Janet Lewis 06 345 1793 E: sjago@whanganui.org.nz  
Over 25 classes around Whanganui, Rangitikei and Waimariri  
\$3 per session

**Te Roopu Oranga (Taihape)**

Ngweni Martin 027 012 8867  
E: ngweni.martin@makaipatoaservices.org.nz



[WWW.LIVESTRONGER.ORG.NZ](http://WWW.LIVESTRONGER.ORG.NZ)

ACC 700 Peer-lead Services 2018

**WRHN Services**

As the Primary Health Organisation for the Whanganui region, our team not only supports general practices, we all offer the following services free of charge:

- Gout Support | COPD/Respiratory Support |
- Diabetes Programme | Immunisations |
- B4 School Checks | Parenting and Pregnancy Support
- Health Screening Support | Podiatry Service |
- Wellbeing Support (Health Coaches & Health Improvements Practitioners) | GP Access Support |
- Social Service Connectors | Dietitian Services



For more information about these services, scan the QR code and check out our website or contact our team.

06 348 0109

[wrhn.org.nz](http://wrhn.org.nz)

[info@wrhn.org.nz](mailto:info@wrhn.org.nz)

Entrance 3, 100 Heads Rd  
Whanganui 4510

Find us on Social Media



Professor Peter Sykes from Otago University and Te Whatu Ora Whanganui warmly invite you to attend a public Porritt Lecture on:

## HPV and the prevention of cervical cancer in New Zealand

From September 2023 significant changes in the way we screen for cervical cancer occurred. Professor Sykes will talk about the advantages this has for our community, and exciting developments in this field.

**Te Whatu Ora**  
Health New Zealand

**Whanganui War Memorial**  
16 November 2023 | 5.15pm to 6.30pm

# Health Matters

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

1 **SEE IT!**

2 **SORT IT!**

3 **REPORT IT!**

we are all responsible for health and safety, lets 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)



## 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:office@communityhouse.org.nz) 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.



# Feeling unwell?

Call our team of experienced Nurses and Paramedics. We're here to help with **FREE** health advice, 24 hours a day, 7 days a week.

**Healthline** | **FREE** health advice 24/7  
**0800 611 116**



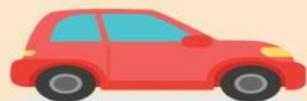
## MARTON OUTREACH CLINIC



Whanganui Regional Health Network

The first Friday of each month from 10am-3pm  
Rangitikei Health Centre - 7 Blackwell St, Marton

**All Immunisations**  
**B4 School Checks**  
**HPV Self-Testing**



Transport is available for whānau who need assistance. Just give our team a call on 0800 775 001 to arrange a time!

**NAU  
MAI  
HAERE  
MAI**

**Come  
Visit Us**



## Ngā Tohu Whakaora e 3 3 Steps for Life

**3 Steps for Life is designed to give all New Zealanders the confidence and awareness to take action when somebody suffers a cardiac arrest by:**

**1. Calling 111**



**2. Starting CPR**



**3. Using an AED**



A 3 Steps for Life Awareness Session is for all members of the community to introduce them to life saving skills for people in a cardiac arrest. The awareness session will cover basic CPR and AED skills. Anyone can participate, and the course is completely free of charge. An awareness session is approximately one hour long.

To register your interest in the Awareness Programme, send your name, location and how many people you would like to attend to [3stepsforlife@stjohn.org.nz](mailto:3stepsforlife@stjohn.org.nz).

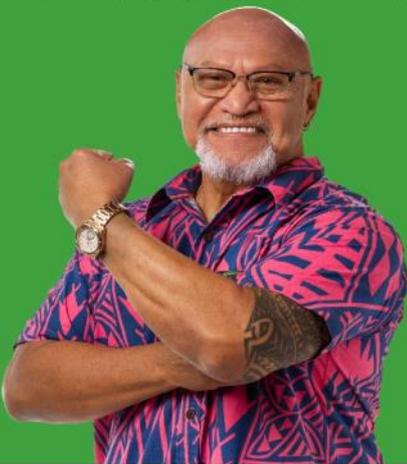
# Health Matters



**Bowel screening is easy**

# You've got this!

**Free - Do it at home**



If you're aged 60 to 74, you can have free bowel screening. A bowel screening test kit will be sent to your home every two years. This simple test can help find bowel cancer early when it can often be successfully treated. **When you get the test, just do it! It could save your life.**

To find out more go to **[timetobowelscreen.nz](http://timetobowelscreen.nz)** or talk to your doctor

**Te Kāwanatanga o Aotearoa**  
New Zealand Government

**Te Whatu Ora**  
Health New Zealand



National  
Bowel  
Screening  
Programme

HE2628 - APRIL 2023

## SELF-MANAGEMENT PROGRAMMES 4YOU

FREE 6-week programmes available to anyone!

### PIKI TE ORA SELF MANAGEMENT

For people who need support living with long term conditions

### LIVING WELL WITH DIABETES

For people who need support to manage their diabetes



Scan to QR Code to learn more about our Self-Management Programmes



To learn more our programmes, contact Mary Hirini on 029 222 5388 or email: [mhirini@wrhn.org.nz](mailto:mhirini@wrhn.org.nz)

## Winter self care



### Look after your mental health this winter

- eat a balanced diet of in season foods
- get enough sleep at night time
- exercise regularly - get outside for fresh air
- spend time with whānau and friends
- do activities or hobbies that you enjoy



**Te Whatu Ora**  
Health New Zealand

## 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.

## COVID-19 disability HELPLINE

A dedicated COVID-19 disability helpline is available 24 hours a day, 7 days a week.

He waea āwhina pūmau ki te hauātanga KOWHEORI-19 e wātea ana i te 24/7, i te whitu rā i te wiki.

**Te Whatu Ora**  
Health New Zealand  
Whanganui



# KEEP WELL THIS WINTER

## When Unwell, Where should I be?

### Home (Self Care)

1

- Stay home and rest. Have regular fluids and pain relief if required.
- Talk to your pharmacist - they're a good source of information.
- Call Healthline 0800 611 116 for free medical advice 24hrs/day.

### General Practice & After Hours

2

- Ring your general practice first thing in the morning if you're not getting better or feel you need to see your doctor. They may be able to triage you and offer a same day appointment.
- The Virtual Winter Respiratory Clinic is available Monday to Sunday from 10am to 5pm on 0800 111 211.
- For urgent or after hours care contact Whanganui Accident and Medical (WAM). Based at Whanganui Hospital

### Emergency

3

- Emergency Department for emergencies.



**Nationwide Health & Disability Advocacy Service**

**Ngā Kaitautoko**

## Promoting Rights & Resolving Complaints

### Health & Disability Advocate

The Nationwide Health and Disability Advocacy Service is a free service that operates independently from all health and disability service providers. If you want to know more about your rights when using health or disability services, get questions answered, or make a complaint, we can help.

**Free, Independent & Confidential.**

**CONTACT FOR THE ADVOCACY SERVICE:**

**Freephone 0800 555 050**

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

**[www.advocacy.org.nz](http://www.advocacy.org.nz)**

# Family Violence Support



**ARE YOU AFRAID?  
DO YOU NEED HELP?  
PLEASE DIAL 111 IN AN EMERGENCY**



## WOMEN'S REFUGE WHANGANUI



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

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

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

## JIGSAW WHANGANUI



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.

Email: [admin@jigsawwhanganui.org.nz](mailto:admin@jigsawwhanganui.org.nz)  
Suite 10, 236 Victoria Ave  
PH: 06 345 1636

## AGE CONCERN

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



Mon- Thurs 8:30am-4:30pm @ 164 St Hill Street  
PH: 06 345 1799 or PH: 0800 32 668 65

## TUPOHO SOCIAL SERVICES

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



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

249 Victoria Avenue  
PH: 06 345 2042

## CLAW

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 or de facto relationship, and seeking the services of a family lawyer.



Email: [claw@claw.co.nz](mailto:claw@claw.co.nz)  
PH: 06 348 8288 Suite 2, 236 Victoria Ave

## NEW ZEALAND POLICE



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 are committed to a prompt, effective and nationally consistent approach to family harm episodes in collaboration with other agencies/iwi. FLOW visits whānau after the initial Police attendance. FLOW act as navigators, enabling whānau to access the most relevant service that will assist them to be safe from harm.

## FAMILY WORKS

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@psc.org.nz](mailto:familyworks-whanganui@psc.org.nz)  
PH: 06 345 6681 179 Wicksteed Street

## TE ORANGANUI

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



Email: [support@teoranganui.co.nz](mailto:support@teoranganui.co.nz)  
Korowaitia te puna waiora  
hei oranga motuhake mo te iwi  
Empowering whānau into their futures  
57 Campbell Street  
PH: 06 349 0007

## WHANGANUI SAFE AND FREE

Specialist therapy and counselling for children, adolescents, whānau and families, and individuals affected by the trauma of sexual abuse and rape. Whanganui Safe and Free also offer Kaiawhina/Family Support for those directly and indirectly affected.



Email: [administration@whanganuisafe.org.nz](mailto:administration@whanganuisafe.org.nz)  
52 Nelson Street  
PH: 06 343 3416

## ORANGA TAMARIKI

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 (24/7)

# Thank you to our Funders

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



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



**Lottery Grants Board**  
Te Puna Tahua  
LOTTO FUNDS FOR YOUR COMMUNITY



**MAINLAND  
FOUNDATION**  
*Supporting Communities*



Here for your community



**grassroots<sup>®</sup>**  
trust