



com.chat

A Newsletter distributed to Community Groups in Whanganui and surrounding Districts
Issue 259—December 2024

Kia Ora,

Here we are in the last month of 2024 and moving closer to the beginning of 2025!

Our Community House Whanganui database provides information about organisations, sports groups, schools, preschools, Health information and interest groups etc. This database is set up for all to access and we work hard at keeping the details up to date but would like you to take the time to ensure that the information we have listed about your organisation is correct, please check your organisations information online at : <http://organisations.communityhouse.org.nz/> and advise us of any changes .

If your organisation is not listed on our database and you would like it to be then please fill out the registration form on page 18 of this issue of Com Chat and email it to us at enquiries@communityhouse.org.nz

The Community House Office will be closing at 1pm on Friday 20th December 2024 and re-opening 9am Monday 13th January 2025. We will be monitoring our phone messages, emails and social media contacts over this time. Our member organisations vary in what they are doing from some stat days only and others closed for longer. This information will be available on our Website and Facebook page along with contact information for each organisation. Our next issue of Com.Chat will be available early February 2025.

Finally, please look out for yourselves as well as each other these holidays.



Community House team

Rural Networking Meetings

4 December **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

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

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

Funding

COGS—annual funding round - opens 17 April 2024 closes 15 May 2024— decision by the 31st July 2024.

www.communitymatters.govt.nz.

Community Contracts—2024 funding round closes 31 July 2024. www.whanganui.govt.nz.

Whanganui Community Foundation—Quick response closes 4th November 2024 Community support closes 29 October 2024.

www.whanganuicommunityfoundation.org.nz.

Pub Charity Ltd—check area eligibility prior to applying.

www.pubcharitylimited.co.nz.

TG Macarthy Trust—annual applications close 30 June 2024.

www.publictrust.co.nz.

Four Regions Trust—next funding round closes 28 February 2025. <http://www.fourregionstrust.org.nz>.

Mainland Foundation—check area eligibility prior to applying.

www.mainlandfoundation.co.nz

Manawatu / Whanganui Lottery Community Committee—funding round 2 opens 23 October 2024 and closes 20 November 2024. Decision made by 19 March 2025

www.communitymatters.govt.nz.

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

www.nzct.org.nz.

The Lion Foundation—always open, allow up to 8 weeks for outcomes.

www.lionfoundation.org.nz.

Grassroots Trust Central—check area eligibility prior to applying.

www.grassrootstrustcentral.co.nz.

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



DEADLINE FOR THE NEXT ISSUE OF COM CHAT:

The next issue - February 2025

The deadline for receiving information - January the 30th 2025

What's on — mark your diaries!



**AGE
CONCERN
WHANGANUI**

He Manaakitanga
Kaumātua Aotearoa

SECRET SANTA GIFTS

For older people in our community, Christmas can be a lonely time, with family not living close by.

Age Concern Whanganui are collecting gifts, which will be delivered by Santa's helpers

Any gift would be greatly appreciated

If you would like to donate, please drop the unwrapped gift into our office at 164 St Hill Street or ring 34 51799 and we can pick up

We are collecting up until Thursday 5th of December



What's on — mark your diaries!

Abuse in Care Survivors Network Meetings

Meeting at M.I.S.T.

203 Victoria Ave

5 December 4 pm-5.30 pm

29 December 4 pm-5.30 pm

(last meet for the year)

First meeting of 2025

9th of January 4 pm-5 pm at M.I.S.T

this will be available to join online as well.

These meetings are held in a non judgmental social setting that offers support and connection to other survivors. We would encourage any survivor that may like to connect with other survivors and feel they will benefit from some support to join. If you are unsure if these meetings are for you please reach out to Renee at M.I.S.T and have a conversation with her. You can contact Renee via Facebook, phoning, texting, or send an email. Contact information listed below.

Via Facebook by joining the Whanganui Survivors page.

Text or call

Renee 022 679 5406

email: mist@xtra.co.nz

What's on — mark your diaries!

WHANGANUI NEWCOMERS END OF YEAR PARTY



New in town? Join us to share kai, meet new people,
and celebrate your move to our wee city!
Food and drink provided

5-7PM THURSDAY 12TH DECEMBER
LADIES REST BUILDING, 75 ST HILL STREET



MULTICULTURAL COUNCIL
RANGITIKEI/WHANGANUI



New Zealand
Newcomers Network
Connecting People

This event is free!
Registrations essential:
whanganui@newcomers.co.nz

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

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

Hours:

Mon - Fri 9am - 4.30pm
Sat 10 - 2pm

HSCC Library 06 - 92 76707

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

Updated June 2024

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 nearly 40 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.

LA FIESTA 8 February to 8 March 2025 NZ's Best Women's Fest turns sweet 16 next year and we are looking forward to celebrating with YOU. Stay tuned for full festival details coming soon! In the meantime stay tuned to our social media or check out the website: <https://lafiesta.co.nz/>

TERRIFIC TUESDAY Tribal Bellydance classes are fun! This style of dance is earthy and grounding, with walks and steps that fit your body. 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. The entry is free and the experience is priceless.

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. Koha is welcome. 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**. Check out the full timetable or find out more about the classes on offer, by emailing Emma: 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 Find us in the iconic Ladies' Rest Building [next to the Royal Wanganui Opera House] at 75 St Hill Street where you can drop in from 10am–2pm weekdays, apart from Tuesday when we open for drop in from 10am–noon; and Monday by appointment only. Appointments are available between 9am–4pm weekdays so feel free to call us on 345 6833 or email: womnet.whanganui@gmail.com

Check us out on Facebook, 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!

Special thanks to Murray Crawford for producing

More Whimsical Tales of old Wanganui

\$40.00 per book

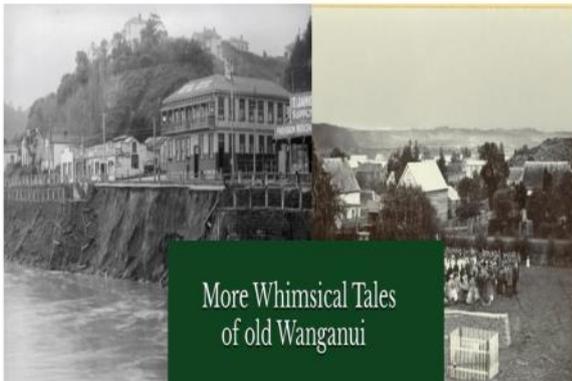
(all proceeds to Alzheimers Whanganui)



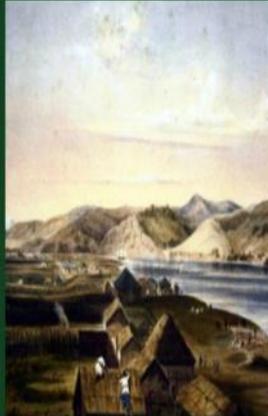
Whanganui

Whanganui

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



More Whimsical Tales
of old Wanganui



Murray Crawford



Te Punanga o Hōhepa



Josephite Retreat Centre

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

December * Hakihea

Tui Motu Group

Date Wednesday 11: 4pm - 5.15pm

Facilitator Liz Hickey rsj

Meri Kirihimete - Christmas Liturgy

(Please bring a non-perishable food item to assist those in need at this time.)

Date Sunday 15: 4pm - 5pm

Fullness of life for the Earth and its Peoples

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.



»» WHANGANUI «« COMMUNITY LED DEVELOPMENT CONFERENCE



SAVE
THE
DATE

FRIDAY AND SATURDAY
28 FEBRUARY - 1 MARCH 2025

HOSTED BY:  Church on Ingestre
Love God, love others, make disciples

 te ora hou
with young people

 WE ARE
STONE SOUP
FOUNDED TO LIVE IN THE
STONE SOUP COMMUNITY

 WOVEN WHĀNAU

 Whanganui
Community
Foundation

 WHANGANUI
DISTRICT COUNCIL
Te Kaunihera a Rohe o Whanganui

 MULTICULTURAL COUNCIL
RANGITIKEI/WHANGANUI

THE DEPARTMENT OF INTERNAL AFFAIRS

 Te Tari Taiwhenua

For more details, please contact Beth at Woven Whānau

Phone/Text: 021 384 255 Email: office@wovenwhanau.org.nz

Whanganui Photography Exhibition



**6 - 14 DECEMBER
EDITH GALLERY
24 TAUPO QUAY
OPEN DAILY FROM
10 TO 3 EXCEPT
SUNDAY**

**WHANGANUI CAMERA CLUB
INVITES YOU TO SEE SELECTED
PRINTS FROM OUR YEAR IN
PHOTOGRAPHY**

Community News



DATES FOR 2025 Harrison St Community Church Hall (opp 64 Liverpool St) 11am to 1pm



LAST SATURDAY
EACH MONTH!

February 22
March 29
April 26
May 31
June 28
July 26
August 30
September 27
October 25
November 29

last repair
at
12.30pm

2 items
max
per person

EXTRA! 5 MARCH
La Fiesta Repair Café
Aunty's Community Café
63 Ridgway St

Please give a
good donation
for the repair
of your items



a project of
Sustainable Whanganui



REPAIR CAFÉ INFORMATION

whanganuirepaircafe@gmail.com

for more info on available repairs – follow & share on



Dear Repair Café Visitor

If you cannot carry your repair item on your own, one of our skilled volunteers will assess it and advise if the repair can be undertaken on the spot. They can also offer advice for lengthier repairs.

The range of repairs possible is growing all the time: general repairs; mending for clothes and soft toys (no zips); costume jewellery; hard plastics; wooden items e.g. toys, stools, dining chairs; ceramics; shoes (patches) and leather goods; knife sharpening; small electrical appliances (odd-numbered months); metal objects, sewing machines (even-numbered months).

Our café will be open. You are welcome to buy a hot drink and something to eat while you wait.

Please contact us if you wish to join our happy team of volunteers –
or know someone who might. Full training is provided!



TO ALL SERVICE PROVIDERS AND COMMUNITY ORGANISATIONS:

Annual closedown dates for Xmas/New Year period 2024-2025

CLAW is closed from 12pm on Friday 20 December 2024

*Monday 06 January 2025 – Friday 10 January 2025
CLAW staff will be available for phone and email enquiries only*

*Monday 13 January 2025
CLAW will be open to the public from 9am*

***During our closedown period - for urgent queries call 027 216 5956
and leave a voice message***

We thank you all for the support you have given CLAW this year
to help make our Community better

Meri Kirihimete



**Have a safe and Happy New Year,
we will see you all in 2025**

Dated 25/11/2024 (CLAW)



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



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

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/>

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

027 HOUSEDR
027 4687337

232 Wicksteed
Whanganui Learning Centre



Collections occurring throughout New Zealand – see our website for drop off points.

We collect all bras, both new and second hand including:

Nursing bras
Crop tops
Sports bras

Also:
New and nearly new underpants

A girl with no underpants does not go to school when menstruating.



Drop off bras

here

Pathways Health
Level 1
7 Park Place
Whanganui
06 3488 198

Many women live without one

RECYCLE YOUR BRA



In many regions of the world, a new bra, if available at all, can cost 10-30 hours wages and *not* having a bra can limit job opportunities.

- Bras provide comfort, dignity and support.
- In humid climates rashes, fungal infections and abscesses can occur between the breast and the chest wall. Bras help by allowing air flow.
- Bras control breast swing when women bend to ground level to garden or cook.
- Women and girls appreciate having a bra for work, school and social situations.
- Bras allow nursing mothers the dignity of a dry shirt.
- Project Uplift has sent thousands of bras to countries across Asia and the Pacific. Many also get distributed to women and girls in need within New Zealand, through schools, health boards and community groups.
- Project Uplift only sends bras when we have requests from women's groups.

The bra she receives from Project Uplift is often the only bra that woman owns.

www.projectuplift.org.nz

Community News

MARTON icthub

Who are we?

We are a charitable trust improving computer access and skills in our community since 2010 with hubs in Marton and Rātana. We support digital inclusion for all and address the four elements of **motivation, access, skills and trust**.

- To be **motivated**, NZers must understand how the internet and digital technology can help them and have a reason to engage.
- NZers need **access** to digital devices, software and content they can afford, including connectivity, affordability and accessibility.
- NZers need **skills** ie. the know-how to use the internet and digital technology in ways that are appropriate and beneficial.
- NZers need to **trust** in the internet and online services. They need digital literacy to manage their information and avoid scams and harmful information.

Who are we for?

Everybody, but especially those who are missing out, ie. rural and isolated, young, old, low income, Māori and Pacifica

Anyone wanting to improve their computer skills or make their phone, tablet or computer work for them.



Improving computer access and digital skills in our communities

MARTON icthub

What can we provide?

- Apple iMac and Microsoft Windows computers for you to use.
- a place to bring your own phones or tablets or computers for us to look at, or help you buy updated equipment.
- help with any pesky problems you are having.
- we can just do things for you, if you don't want to learn – upload, download, print or scan.
- a chance to learn at your pace, a little bit each week, as well as a hot drink and conversation.
- help with Word and Excel and any other programme or app you need for work or play.
- licenses with Ancestry for genealogists and Adobe Creative Cloud for graphic designers that you can use
- a space to book exclusively for your own group to meet for training or other purpose.
- a printer, laminator and 3D printer, tea and coffee facilities, TV and whiteboard.
- our manager can come to you for one-to-one training or business support for reasonable hourly fee.

We rely on donations and trust funding to continue to exist, so if you want us to be here when you have a problem, please use us now and consider making a donation. If you have specialist computer skills, you could donate your expertise or you could donate your time as a volunteer with us.

Angela Coleman

Marton Hub Manager and Trust Secretary
021 1234 727

The Marton & Surrounds ICT Hub Charitable Trust Board
Registered Charity since Feb 2011 CC46184

Westpac Bank 03 0683 0209259 000

Based at Marton Library, 31 High Street, Marton
marton.ict.hub@gmail.com | 06 881 1512
www.icthub.org.nz



TE WHAEA AROHA NOA

The Parish of Our Lady of Grace

Traditional Mass
(Every Third Saturday)
at 5:30pm

10 Daniell Street, Bulls

Ph: 021 201 1203

E:rocc.grace@gmail.com



NEED AN AFFORDABLE BIKE?

WANT TO LEARN HOW TO FIX YOUR BIKE?

HAD A DREAM LAST NIGHT ABOUT A BIKE?

WE CAN HELP!

**Located at behind 23 Drews Ave
Look for the green door.**

**Open:
Tuesdays 1.00-5.00
Wednesday 2.00-5.00**

**FACEBOOK:WHANGANUI GREENBIKES
INSTAGAM: GREENBIKES_WHANGANUI**



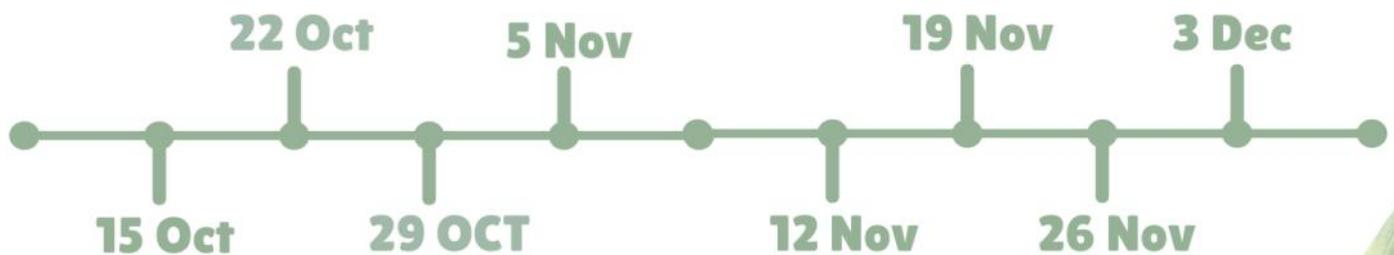
**GREEN BIKES OFFERS STUDENT DISCOUNTS
AND ACCEPTS WINZ QUOTES**

Whakamanahia ē Wāhine ***Empowering Women***



Love Languages
Boundaries *Outing*
Communication
Self-Esteem *Kai*
Grief *Craft*

9:45 am to Midday



If You're Interested, Please Contact
Angela 021 025 90742

Or

food@citymissionwhanganui.org.nz
9 Park Place (Back of the building)



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.

GRAVESIDE CARE WHANGANUI

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

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



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



THINGS to DO & see in WHANGANUI

Community Arts Centre MAJESTIC SQUARE
Gardens Bush
KOWHAI PARK
DEER PARK
SPLASH CENTRE
VIRGINIA LAKE
FISHING MOSQUITO POINT
EMBASSY 3 CINEMA
COOKS GARDENS
GLEN LOGIE ROSE
CASTLECLIFF BEACH
mountain biking GARDEN
RIVERCITY TRADERS MARKET SOUTH MOLE
River Boardwalk
Wintermere gardens
Motor Vessel WAIRUA
Lake Whiroa
WINTER GARDENS
Westmere Lake
Bird Aviary
Bastia Hill Water Tower
Whanganui Environment Base
MUSEUM
SKATE PARKS
Opera House
OLD CEMETERY
Bridges Walk
SKATING RINK
AIRPORT
KAI IWI BEACH
LIBRARY
DURIE HILL TUNNEL & ELEVATOR
WARD OBSERVATORY
Bushy Park
BASON BOTANICAL RESERVE
Sarjeant on the Quay
GLASSWORKS

USE 105 FOR POLICE NON-EMERGENCIES

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

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

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

office@communityhouse.org.nz

www.communityhouse.org.nz



Sir Robert Martin Boardroom with Conferencing System

Available for Hire
Community House Whanganui
60 Ridgway Street, Whanganui
office@communityhouse.org.nz

(06) 347 1084



Interview and Counselling Room

Available for Hire
Community House Whanganui
60 Ridgway Street, Whanganui
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

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

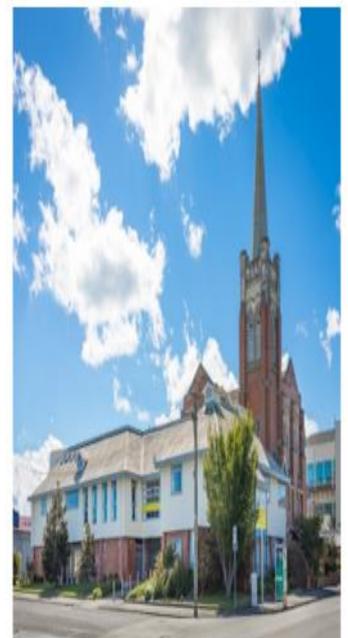
For more information and bookings

Contact Rachel

112-120 Guyton Street, Whanganui

Office 06 345 9318

Email: - officestpaulschurch@inspire.net.nz



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 or check us out on Facebook

Volunteers / Help Wanted



SUSTAINABLE WHANGANUI
Creating resilience within our community

Sustainable Whanganui Trust needs more Volunteer Help at the EnviroHub

*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, Thursday and Friday
10 am – 4 pm
Saturday 9 am – 1 pm

sustainablewhanganui@gmail.com
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 / Help Wanted



VOLUNTEER WITH US!



THE LEARNING ENVIRONMENT

Come join us in the native plant nursery
at Pīwaiwaka Farm
Thursdays 10am - 2pm

For more info, contact Julie
volunteer@learningenvironment.nz
021 121 6965



SCAN ME



Volunteers / Help Wanted



**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

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.



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**
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



**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

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



Laundry/Shower Service

HOPE

FREE Mobile Laundry and Shower Service



**HARRISON STREET
COMMUNITY CHURCH
98 Harrison Street**

**Every Monday
9am to 1pm**

See our Facebook page for further details

**REFORMED CHURCH
OF WHANGANUI
39 Gonville Avenue**

**Fortnightly
Thursday
9am to 1pm**

**Hope – Mobile
Laundry & Shower**



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, Whanganui East, Ph 0274 040 240

THE KOHA SHED

Tuesday to Thursday, 10am to 2pm

COMMUNITY FRIDGE

Monday to Friday, 10am to 12pm

Follow us on Facebook



Putting Unity
Back In Community

TKSA
f THE KOHA SHED AOTEAROA



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

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

The City Mission

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

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

Phone: (06) 345 2139

Email: admin@citymissionwhanganui.org.nz

Website: www.citymissionwhanganui.org.nz



CITYMISSION
WHANGANUI

Where to find free meals and kai in Whanganui

City Mission Foodbank – 9 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!

Free rescued food from the Community Fridge located at the Shed from Monday to Friday, 10am to 12pm

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

TKSA
THE KOHA SHED AOTEAROA

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.

SINGING FOR THE BRAIN



**EVERY
WEDNESDAY**

**ENTRY IS FREE
10:30AM-11:30AM**

Laura Fergusson Trust,
115 Liverpool St
College Estate,
Whanganui

Rivercity Knitters Group

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

Interest Groups

Whanganui Highland Pipe Band Inc



Whanganui 4541
New Zealand



Established 1918



St Andrew's Hall
1E Bell Street, Whanganui

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

Enjoy Singing?
The Whanganui Male Choir Needs You!



We need 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 



**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.



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)

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



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

Male Singers / Lyric Singers

Non-Audition Choir

All Welcome

Contact Anne Marie Gray 022 053 4157

Practices Thursday Evenings



Whanganui Karaoke Club

St John's Club – upstairs function room
2nd and 4th 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



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

Telephone: 027 284 1794 (Linda)

Interest Groups



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

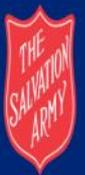
Chat & Chill

ALL WELCOME

WEDNESDAY
10AM



6 Indus St
Whanganui



Te Ope Whakaora



Proud supporters of
Community House
Whanganui

Interest Groups



Community Art

Whanganui Creative Space is a Free Community Art Studio at 76 Guyton Street on the second floor.

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

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

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*



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

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

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.



Tramway Wanganui Trust

Tram Rides

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

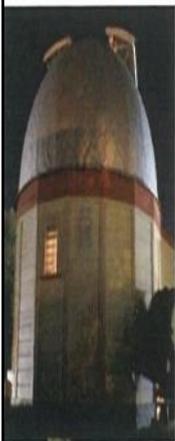


Group Bookings Welcome

Phone **Bruce 022 123 4535(text)**

Email: **whanganuitram12@gmail.com**

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



The Ward Observatory

Wanganui Astronomical Society

for more information visit

www.facebook.com/WanganuiAstronomicalSociety

The Rebus Club of Wanganui

Meetings Held

First Tuesday of the Month 10.00am.
CENTRE FOR THE BLIND, PEAT ST.
Rebus Club No 16056

Join U3A to keep your brain ticking.

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



Whanganui
LIFELONG LEARNING

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

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

Need a bit of help?



Book A Librarian

- On our website: www.whanganuilibrary.com
- By phone: 06 349 1000
- Or speak to one of our friendly library staff

whanganuilibrary.com



***New to Whanganui?
Like to meet new like-minded people?
Always wanted to join a bookclub?
– well now is your chance***

A book club with a difference has started up in Castlecliff

THEMES

Venue: Castlecliff Library

Time: 1.30pm until 3pm

Day: 1st Tuesday in each month

Register now

For information and/or registration please contact

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

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

Need help understanding Care of Children matters?

The Ministry of Justice
has information and
resources that can help.

For more information,
scan the QR code or visit
justice.govt.nz/where-to-start



If you need help understanding your options,
visit justice.govt.nz/where-to-start or talk to
your local Kaiārahi (Family Court Navigator).



0800 224 733

and ask to speak with
your local Kaiārahi



kaiarahi@justice.govt.nz

Support Services for Whanau & Children

PARENTING THROUGH

SEPARATION

Dates for 2024

17 July

21 August

18 September

16 October

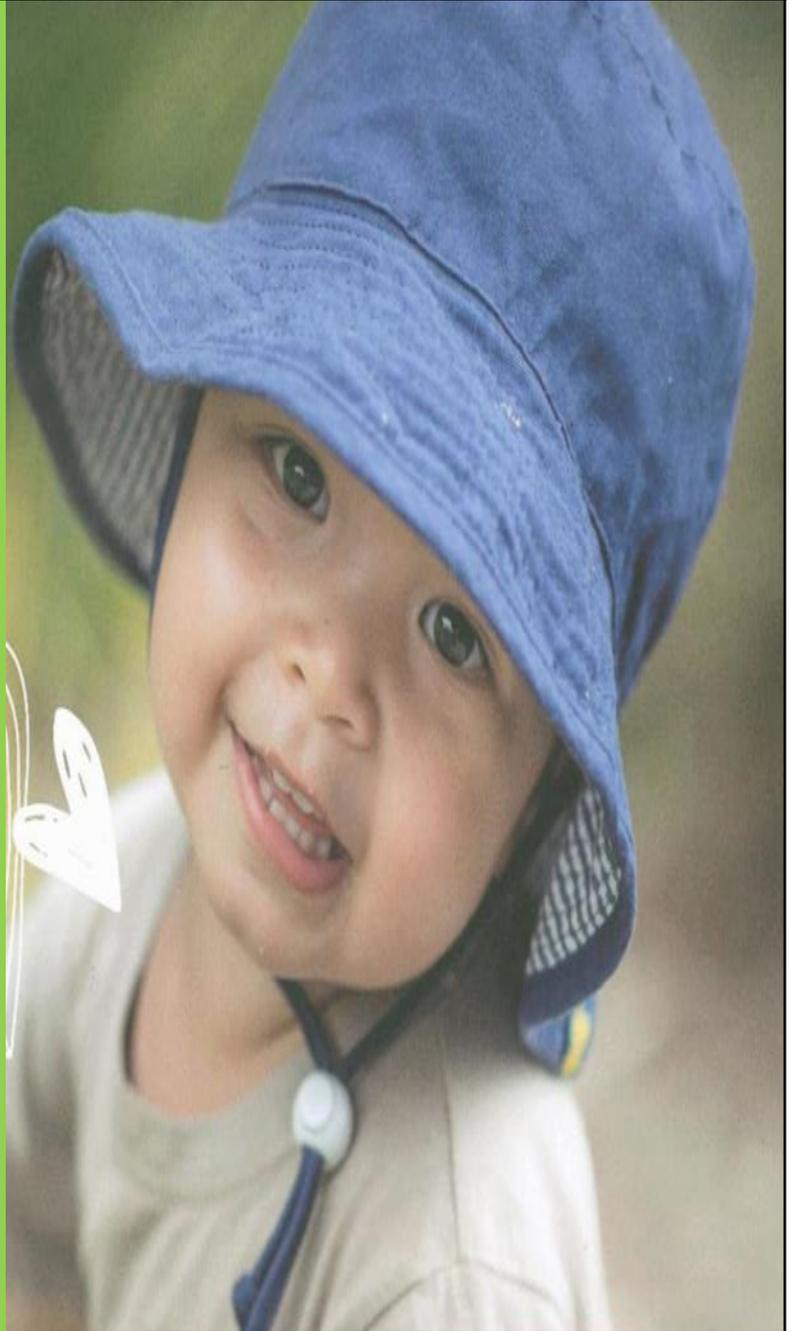
20 November

18 December

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

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
0212263901

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

WHĀNAU MANAAKI

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

Free Face Painting there

or as a fundraiser,

please contact me Kirsty on 021 212 3819 or

email lovelifelivefacepainting@gmail.com

facebook www.facebook.com/Lovelifelive-face-painting-hire

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



Wanganui Toy Library

142 London Street, Wanganui

Open every Thursday 9:30am – 11:30am

And every Saturday 10am-12noon

wanganuitoylibrary@gmail.com

027 746 6153

Facebook: Wanganui Toy Library

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"



Playcentre

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

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

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

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

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

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

3 FREE visits

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

It's not your fault.



Family Violence
It's not ok

Help is available
Free Helpline 0508 744 633



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

Support Services for Whanau & Children



Freephone 0508 236 236

 www.facebook.com/parent2parentnz

www.parent2parent.org.nz

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

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

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

Join us for a cuppa + a catch up!



Third Tuesday of the month, 10am-11.30am
@ Pride Whanganui, 64 St Hill Street

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 - MORNING TEA PROVIDED!

Brought to you by



**AGE
CONCERN
WHANGANUI**
He Manaakitanga
Kaumātua Aotearoa

- & -

Pride
WHANGANUI



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

whanganuilibrary.com

IF AN EARTHQUAKE IS

LONG

OR

STRONG

GET GONE



Support Services for Seniors



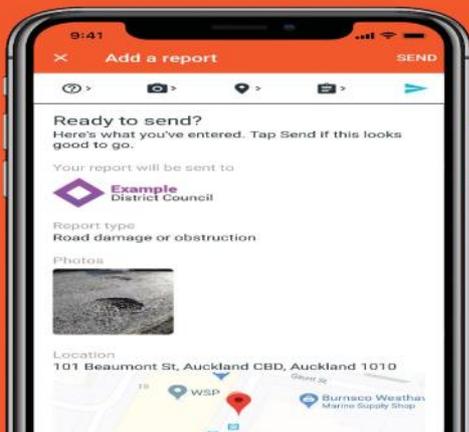
Join us as a volunteer visitor and make a difference!

Our visiting service volunteers come from a wide range of backgrounds.

We're committed to ensuring that our volunteer visitors have a rewarding, safe and enjoyable experience.

Having a regular visit is something to look forward to and makes a real difference to the health and happiness of an older person.

To find out more, check out www.ageconcernwhanganui.org.nz or give Heidi a call on 345 1799.



Be informed and get involved with Antenno!

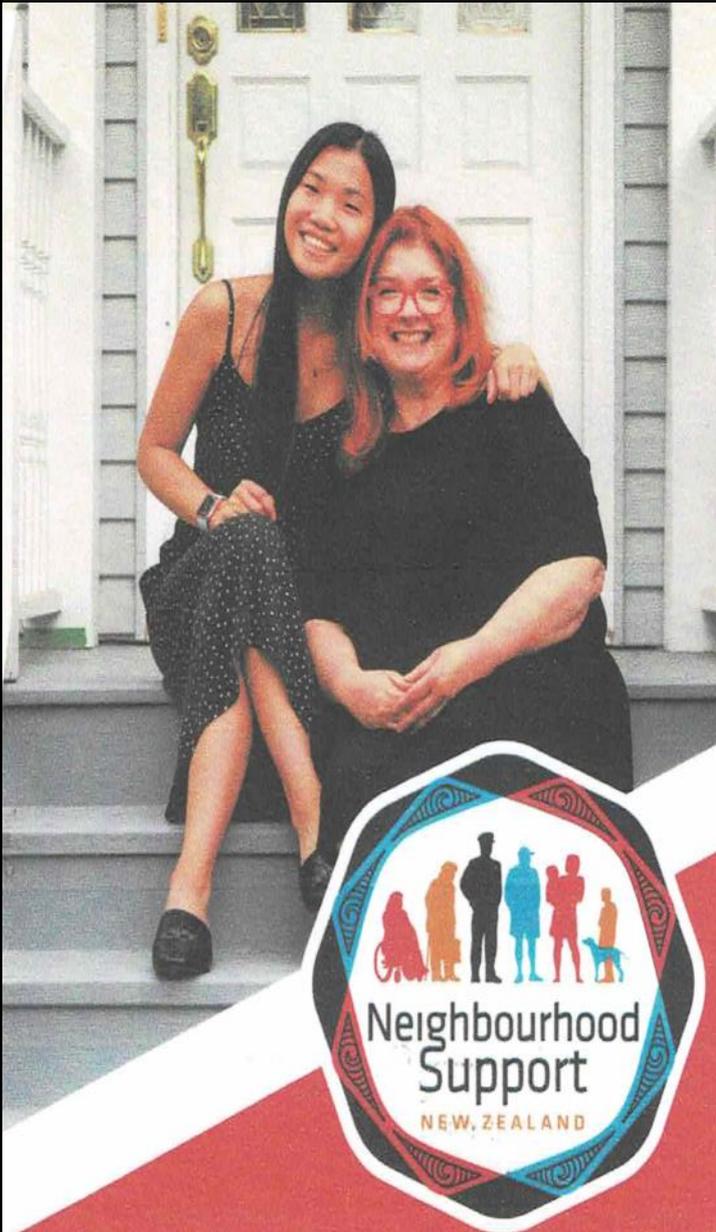
Whanganui District Council has a new mobile app, Antenno, that allows you to receive alerts and notifications about places and topics you care about, such as water shut-offs near your home or closures at your local sports ground. You can also use Antenno to report issues or submit ideas to the council.

Install Antenno now – it's free to download.



www.whanganui.govt.nz/antenno

Support Services



Creating safe,
resilient, and
connected
communities.

neighbourhoodsupport.co.nz



Whanganui Corps

Te Ope Whakaora

*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
Office Hours | 9.30am-12pm Mon-Fri

Facebook 'Salvation Army Whanganui'

Support Services



Enquiries:

Marion Sanson
(06) 345 6438

Welfare 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

Support Services



Inland Revenue Te Tari Taake

Heartlands and Mobile Offices in our region.

To make an appointment call us on 0800 775 247 or email us at

PalmerstonNorthAdvisoryRequest@ird.govt.nz

Do you have any queries or need to see us in your area we have regular days we are in the community:

- Taihape Heartlands Office 98B Hautapu Street Taihape 1st Wednesday monthly.
- Foxton Heartlands Office 9 Lady's Mile Foxton 2nd Wednesday monthly
- Tararua Heartlands Office 11 Mangahao Road Pahiatua 3rd Tuesday monthly
- Whanganui Work and Income Office 153 St Hill Street Whanganui 4th Wednesday monthly

Kaitakawaenga Māori

We can visit you at home or in the workplace (or you can come and see us if you prefer).

Kaitakawaenga Māori can:

- provide one-to-one tax advice and information
- provide tax training and seminars to Māori groups
- provide tax agencies at resource centres or marae
- supply information booklets on a range of different tax obligations.

How to Contact Us:

To contact or request a visit from one of our Community Compliance Officers or our Kaitakawaenga Māori Officers

Email us at:

PalmerstonNorthAdvisoryRequest@ird.govt.nz

How to contact Inland Revenue:

As part of our commitment to providing the best service to our customers, we record most of the calls made to our contact centers.

If you need to ring Inland Revenue, our 0800 Contact phone numbers are:

- Personal income tax 0800 775 247
- Business income tax 0800 377 774
- Working for Families 0800 227 773
- Child Support 0800 221 221
- Student Loans (NZ Based) 0800 377 778

Support Services



WORK AND INCOME
TE HIRANGA TANGATA

Information about traffic lights and social obligations October 2024

The traffic light system was introduced in August to help people stay on track with their obligations while they're getting a benefit.

Most people getting Supported Living Payment (SLP) aren't in the traffic light system. This is because they don't have an obligation to find or prepare for work.

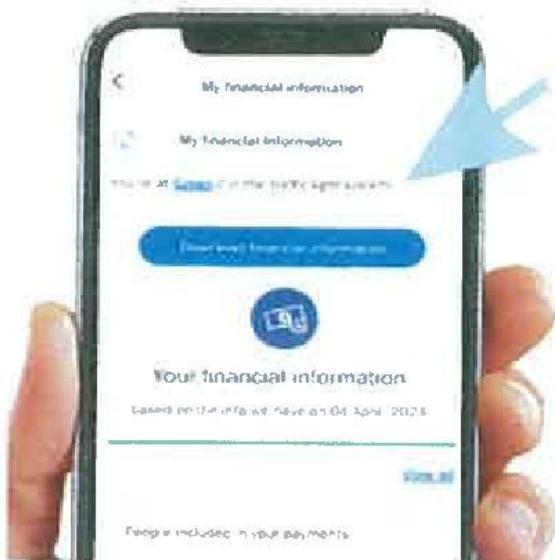
Some people getting Supported Living Payment (SLP) will be in the traffic light system because they are caring for dependent children, and have obligations to take reasonable steps to make sure those children get health checks and education.

People who are in the traffic light system can now see their status in MyMSD

To find this in MyMSD, scroll down to the link 'My financial information' on the home screen. If they're not in the traffic light system, there won't be anything about traffic lights shown.

Clients who are at orange or red will also see an alert when they log on to MyMSD.

We're emailing clients to let them know about this, as well as a range of other updates. For people getting Supported Living Payment (SLP), the email will explain whether they're in the traffic light system or not. If they are in, it will explain why.



Note: The colour is written as a word, and it's blue! This is because it's a link to the traffic lights information on the Work and Income website.

Support Services

More about the traffic light system and Supported Living Payment

Social obligations: Some Supported Living Payment (SLP) clients will be in the traffic light system because they are caring for dependent children. Anybody who is getting a benefit and caring for dependent children has 'social obligations' (taking reasonable steps to make sure children get health checks and education).

Social obligations have been in place since 2013. They're aimed at ensuring children get a good start, and we know most people are already doing these things.

We also understand there may be some situations outside a person's control where they may not be able to meet these right now. For example, if a child is on a waiting list for a GP, or there aren't any available places in a nearby childcare centre. You can find more information here: [Supported Living Payment obligations - Work and Income](#)

Some people may not have been aware they have social obligations, and be worried about what being in the traffic light system means for them. For these people it's important to know that nothing has changed, and they don't need to do anything different.

Work preparation: A very small number of people getting Supported Living Payment (SLP) have work-related obligations, and are in the traffic light system. These people can contact us if this doesn't seem right.

Partners: If people have a partner, they can have different obligations and may be in the traffic light system. Partners can check on MyMSD to see what colour they're at. (Remember - If they're not in the traffic light system there won't be anything about traffic lights there.)

Information about the traffic light system in accessible formats and different languages

You can find more information about the traffic light system here: [Traffic light system - Work and Income](#). It has information specifically for people getting Supported Living Payment (SLP).

This information is also available in EasyRead and NZ Sign Language, as well as 11 other languages. The blindness formats will be added shortly.

PIN change for Work and Income payment cards



Customers now need to set personalised PINs

The last 4 digits on cards won't work as the PIN from 23 September 2024

EFTPOS messages

Signature required

Customer still needs to sign receipt (no change).
Check signature and choose:

- **yes** – if it's a match
- **no** – if it's not a match (decline).

Refer to card issuer

Customer needs to set a PIN.
They can set/reset a PIN:

- online in **MyMSD** or **MyStudyLink**
- by phoning **Work and Income** on **0800 559 009** and saying, 'set my card PIN'.

Incorrect PIN

Customer can try entering PIN up to 5 times or reset PIN:

- online or by phone (see above).

PIN tries exceeded

Card locks when incorrect PIN entered 5 times. Customer can:

- unlock card and reset PIN online or by phone (see above), or
- try again the next day.



More information
workandincome.govt.nz/paymentcard
0800 559 009



Support Services



The Whanganui Budget Advisory Service Inc

We believe that practical face to face advice and community education are fundamental to the promotion of good money management.

We can help people who are

- ★ Wanting to know how to manage their money better.
- ★ Wanting to sort out their debts.
- ★ Want help in setting and attaining financial and family goals.

Free, non-judgmental help.

Assistance is offered without discrimination

Confidentiality is maintained in all matters

Clients' needs and independence are respected

Staff are accountable to the Service and our funders.

Financial Mentors have passed their FMIC training course.

183 Wicksteed Street
(Down behind the Trinity Church)
PO Box 7213
Whanganui

wbas@wbas.org.nz

Phone 06 345 3746

Mobile 027 243 3362

Free 0800 1831 83

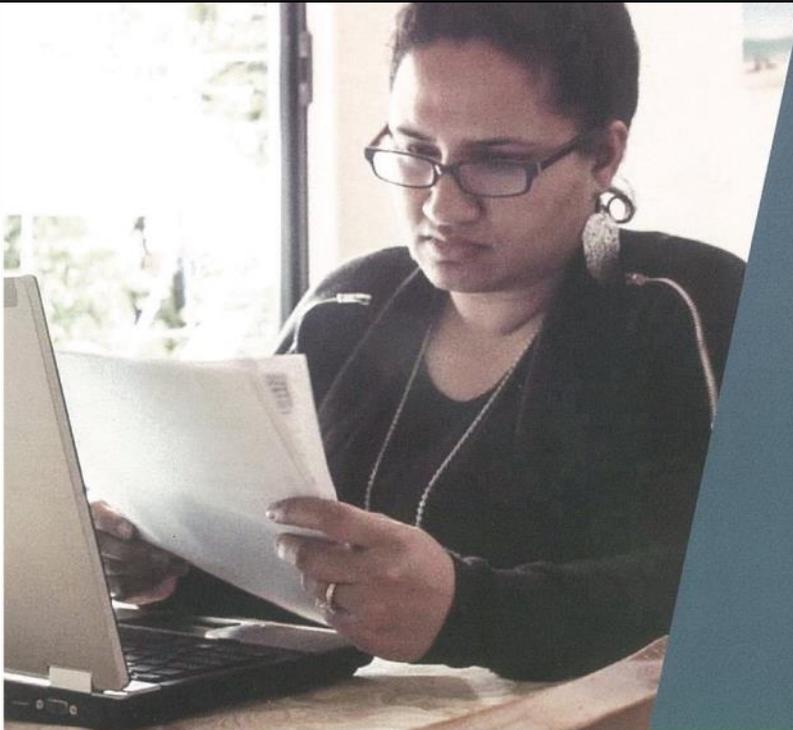
Office hours
Monday to Friday
9.00 am until 2.00 pm

This service does not

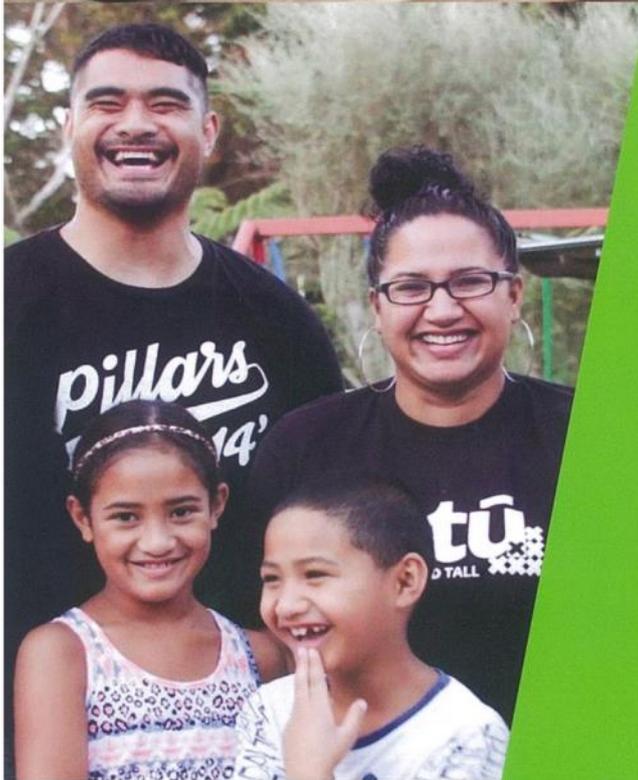
- offer Total Money Management
- hold any money on the premises.
- hold money or cards for clients.
- lend money.



Support Services



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



**GET FREE HELP IN
WHANGANUI**

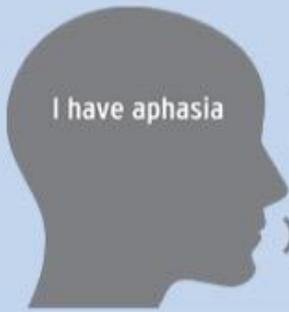
**Struggling to hold it
all together?**

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

christians
against
poverty

CAP

capnz.org



Aphasia New Zealand Charitable Trust mate ngaronga reo

))) \ ahve ahapisa

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

www.aphasia.org.nz

Support Services



Whanganui Community Living
Trust

396a Victoria Avenue, Whanganui.

PH: 0800 925 894

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



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 Website: www.mist.org.nz

USE 105 FOR POLICE NON-EMERGENCIES

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 (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 – 2024



Monday	<p>9:30 am – 11:00 am: Exploring Calm Practical application of relaxation techniques.</p> <p>1 pm – 3 pm: Cooking @ Kai Hub Connecting people with Kai. Registrations essential</p> <p>7 pm-8.30 pm: Moody Mondays: Bipolar and mood disorder peer-to-peer support group. Held in the big room at Balance.</p>
Tuesday	CLOSED – NO GROUPS
Wednesday	<p>1 pm – 3 pm: Resilience 101: Learning essential life skills. Held in the big room at Balance.</p>
Thursday	<p>9:30 am- 11:30 am: 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>1 pm – 3 pm: 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>5:30 pm – 7:30 pm: Evening support group- Social activities.</p>
Friday	<p>10:00 am – 11:30 am: 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>1 pm – 3 pm: Afternoon Social/ Adventure Group. Join us for an adventure, a laugh, and some good yarns.</p>

E: 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 & Lyn: 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 & Lyn: 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 and Tilly,: 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 Aaron & Lyn: 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 Jamie: A relaxed tangata whaiora lead group where we base our afternoon activities around what you want to do and where you want to explore.

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

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

E: 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.



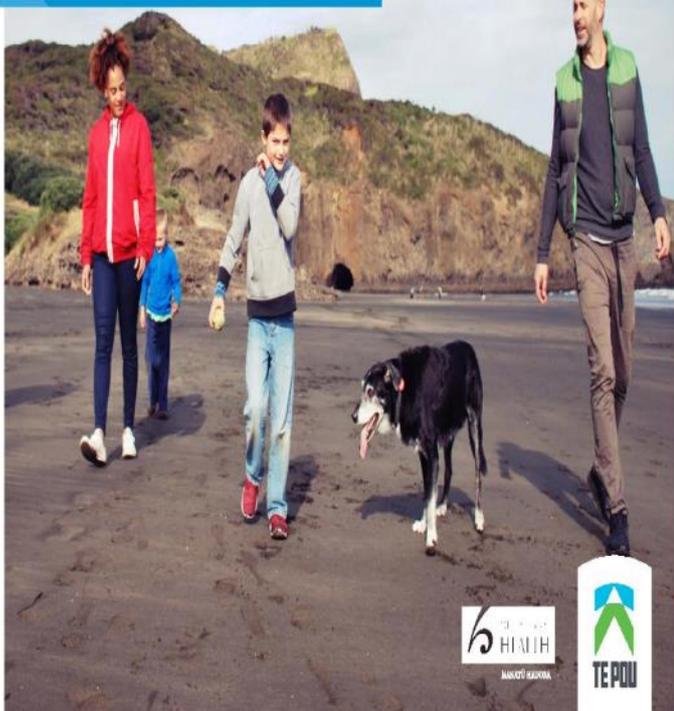
Ready to book?

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

Email: info@blueprint.co.nz

Phone: 04 473 9009

Website: 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

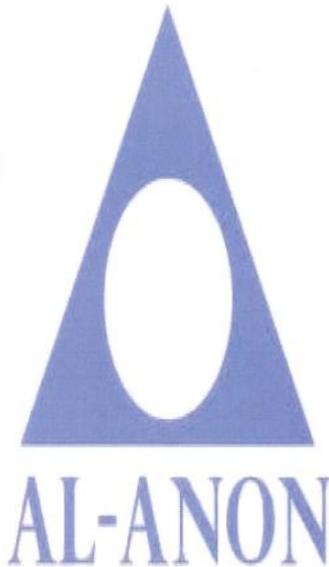
256 Wicksteed Street, Wanganui

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

ALCOHOL & SUBSTANCE ABUSE

RELAPSE PREVENTION GROUP

THURSDAY | 10AM TO 12PM
@BALANCE ROOM 120

1ST FLOOR
60 RIDGWAY ST
WHANGANUI

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/>



8 WEEKS. 8 BOOKLETS. 8 STEPS TOWARDS THE BEST VERSION OF YOU.

FREE

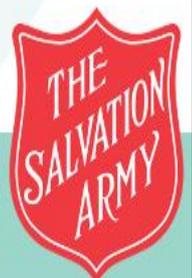
Make your lifestyle a priority



**BUILD SELF-WORTH, SELF-AWARENESS, AND
LIFE-IMPROVING SKILLS IN A SAFE, FRIENDLY,
AND SUPPORTIVE ENVIRONMENT.**

Amethyst Meade
Programme Facilitator
022 011 2282

POSITIVE LIFESTYLE PROGRAMME



Te Ope Whakaora

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
Ho Akorānga 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.

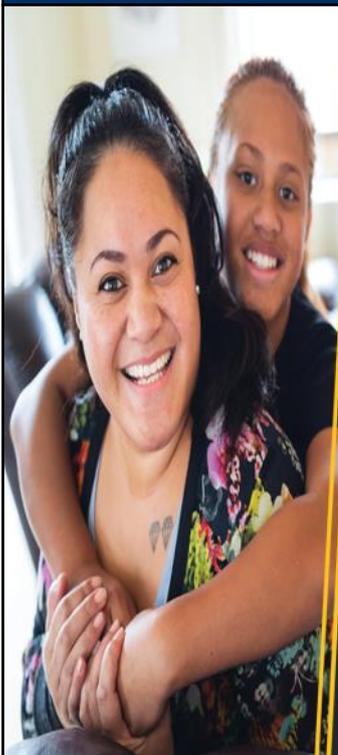
We assist with:

- 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

choicesnz



Learn basic everyday digital skills

0800 526 672 | www.kanorau.nz


KANORAU DIGITAL

Powered by
Te Wānanga o Aotearoa 

DRIVE

Start the licence journey

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

Or email us on youth_service_Whanganui@msd.govt.nz



**THE YOUTH HEALTH PLACE
39 DREWS AVE**

**PROVIDING FREE HEALTH AND SUPPORT SERVICES FOR
YOUTH AGED 10-25 YEARS**

OUR CURRENT SERVICES:

**NURSE CLINICS
DOCTORS CLINIC
COUNSELING
SOCIAL WORK
YOUTH ADVOCACY**

ALSO AVAILABLE:

**SUPP
SEXUAL HEALTH CLINIC
UCOL HEALTH CARE**

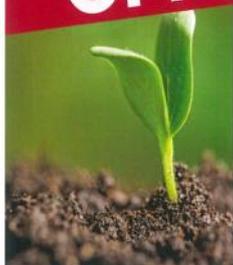
GET IN TOUCH:

**PH: 063489935 CELL: 0226855912
EMAIL: ADMIN@WHATEVER.ORG.NZ**



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

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



TUTORS WANTED

Do you have a qualification in teaching adults literacy?

Are you interested in helping others upskill?

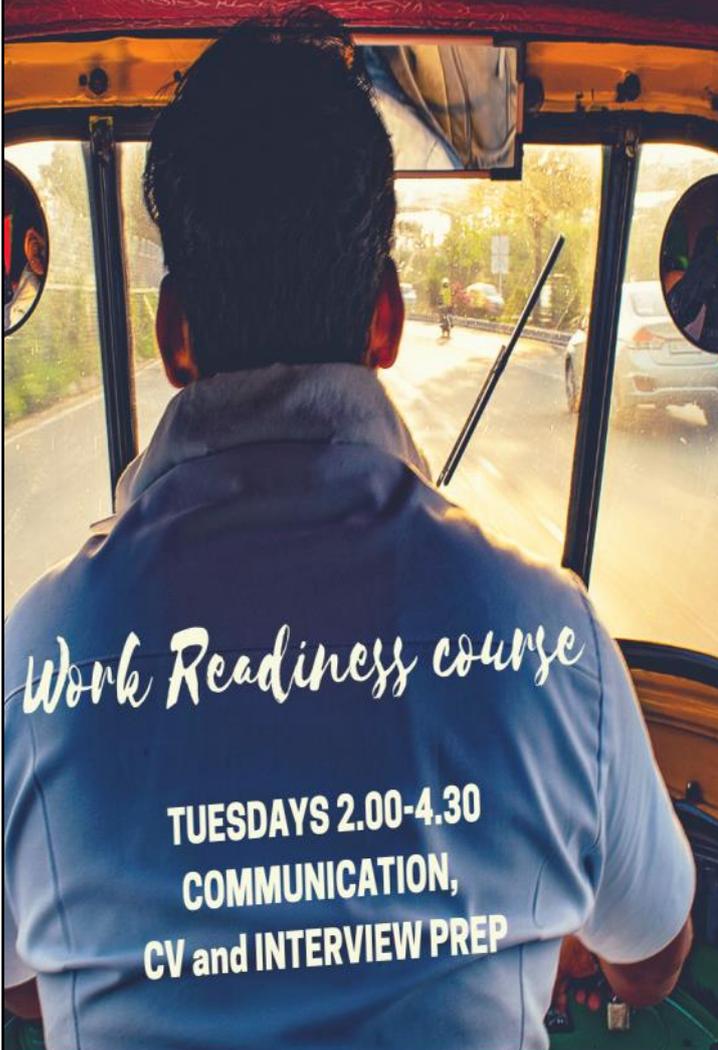
Literacy Aotearoa Whanganui are looking for compassionate Tutors who can motivate learners in a group setting.



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

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

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.

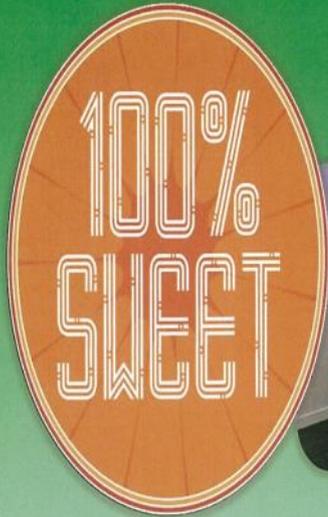
Drive is primarily designed to help young people become confident, capable drivers, and provides clear guidance throughout their journey from before they get their learner's licence through to getting their full license. However, parents and coaches can also take advantage of lots of hints and tips to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

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



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
0508 858 858

Struggle got real?

tahi
whitu
toru
whitu
1737

Support Services



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
Open Monday-Friday 9.30am-1pm



Free Legal Advice

236 Victoria Ave

PLEASE CALL TO MAKE
APPOINTMENT

06 348 8288

or email claw@claw.co.nz



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

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



wanganuimulticultural.co.nz

Support Services

Stroke Education Groups

These small group education sessions are for anyone affected by stroke. They cover a range of topics and provide an opportunity for you to connect with others also affected by stroke in your community.



Support for Young People

It can be especially hard for young people when a parent or loved one has a stroke. Children and teenagers can call 0800 What's Up (0800 942 8787) to talk to a counsellor for free.

Free resources specifically for young people affected by a parent or loved one's stroke are also available on the Stroke Foundation's website.

Online Café

If you want to connect with others affected by stroke from the comfort of your own home, you can attend the Stroke Foundation's online café. This is a free online meeting held on the second Wednesday of each month at 11AM. Each session has a different speaker and topic relevant to stroke and aiding recovery.



Stroke Groups

You can join a stroke group and connect with others in your community affected by stroke. All stroke groups are different. They may involve exercise programmes and other social activities. There are stroke groups operated by volunteers throughout Aotearoa.

Other Places to Get Help

If your hospital team does not refer you to the services you need to support your recovery, you can ask your family doctor to refer you to additional healthcare professionals. You might do this if you want help to manage your medication, if you need equipment or adaptations to your home to improve your mobility and safety, or if you need in-home support or extra help with your rehabilitation.

Health Coaches and Health Improvement Practitioners work in many general practices and hauora provider teams, and can support you with your health and wellbeing needs and goals. You don't need a referral from your doctor and there is no cost to see them. Call your family health provider to find out what is available in your area.

About the Stroke Foundation

The Stroke Foundation is the national charity dedicated to stroke prevention and improving outcomes for stroke survivors and their whānau. The generosity of individuals allows us to provide every aspect of our life-changing services.

If you want to find out more about donating or fundraising to help protect the lives of people living in your community, please call 0800 45 99 54 or email fundraising@stroke.org.nz



Support available after stroke – we are here to help you

stroke.org.nz



At the Stroke Foundation we understand just how challenging it can be to recover from

a stroke; and we're here so you don't have to go through it alone.

This leaflet outlines the support and services available to you and your whānau after you have been discharged from hospital.

Once you have read it, you will be able to choose which support options are right for you, and if you would like us to explain these more to you, call our free helpline, 0800 STROKE (0800 78 76 53).

Quick References

Free helpline:
0800 STROKE (0800 78 76 53)

Email support:
help@stroke.org.nz

Online resources and information about local groups and events:
stroke.org.nz/gethelp

Free counselling for young people:
0800 What's Up (0800 942 8787)

Free Helpline: 0800 STROKE

You can call the Stroke Foundation's free helpline for support and guidance. You will be connected to a Community Stroke Navigator who has in-depth knowledge of stroke and the health and disability system. You do not need a referral: anyone can call this helpline, including whānau and caregivers. The helpline is open from 9am-5pm weekdays.



Return to Work Advice and Support

Our specialist Return to Work Advisors are available to assist stroke survivors with employment and work-related advice and support following a stroke. Ask your medical team about eligibility for this service and to make a referral, or give us a call.

Community Stroke Navigators/Kaiārahi

If you need extra support after your stroke, you can ask a health provider to refer you to our Community Stroke Navigator/Kaiārahi service.

This is a free service for stroke survivors with complex needs. If needed, one of our Community Stroke Navigators can provide more in-depth support to aid your recovery.



Online Resources

You can find free resources on the Stroke Foundation's website. These include information sheets on what to expect when you've had a stroke, ways to reduce your stroke risk, practical guidance on caring for someone who has had a stroke, and looking after your physical and emotional wellbeing after a stroke.

Life After Stroke Seminars/Wānanga

To learn more about life after stroke, you can attend a Life After Stroke seminar/wānanga. This is a half day event that the Stroke Foundation provides in communities across Aotearoa. Seminars cover a mix of topics about life after stroke and provide an opportunity to connect with others affected by stroke in your community.

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

Open hours: Monday– Friday 8.30am – 3.00pm

Support Services



PO Box 11067

Manner Street

Wellington 6142

www.parkinsons.org.nz

info@parkinsons.org.nz

Freephone 0800 473 4636



Educator for Whanganui Region

Kelsi Ellis

Contact Kelsi on:
027 301 1700

kelsi.ellis@parkinsons.org.nz



Parkinson's New Zealand

04 801 8850 | 0800 473 4636

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.

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

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

www.mswanganui.org.nz



**LIGHT
YOUTH
WHANGANUI**

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

Where: Nga Tai o Te Awa, 142 Guyton St

When: Mondays (Term Time)

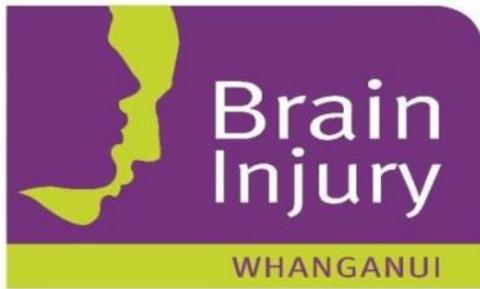
Time: 3.30-5pm

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



@Lightyouthwhanganui

Support Services



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



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.

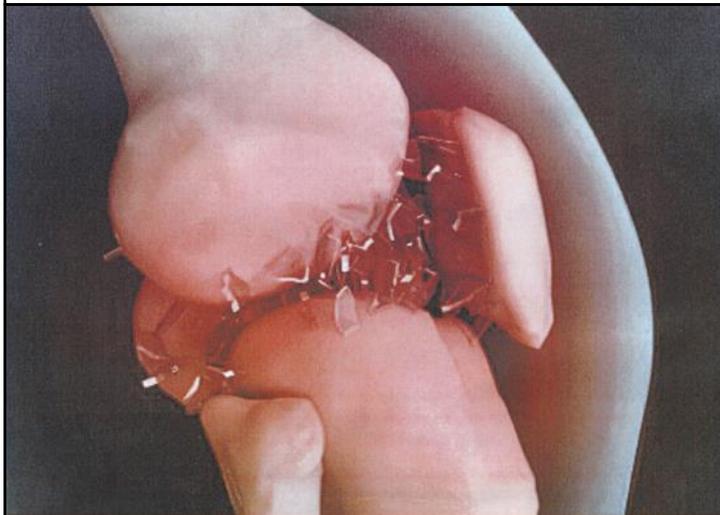
For Professional Development, Epilepsy Safety Training for Staff for small or large groups is available for a Fee.

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



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

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

We can't cure them, but we can help. www.arthritis.org.nz



**ARTHRITIS
NEW ZEALAND**

KAIPONAPONA AOTEAROA



**ARTHRITIS
NEW ZEALAND**

KAIPONAPONA AOTEAROA

ARTHRITIS NEW ZEALAND

For information on seminars, education talks,
gout clinics, and workplace workshops,

phone 0800 663 463



with **Linda Codlin**



BENEFITS OF A LIFE COACH

Feeling **supported**
on your journey to
achieving
your **goals**?

Improves your sense
of **WELL-BEING**,
self-control,
and **VALUE**.

• Are you struggling
with a negative
SELF-IMAGE?

• Do you want to **FEEL**
fabulous about
yourself?

Life Coaching
provides a **SAFE**
place to develop
new skills.

• Are you feeling
Stuck, **ANXIOUS**,
Stressed and Afraid?

#authenticlivingwithlinda



• Finding **CLARITY**
around your
purpose.

• Creating
CONFIDENCE
in your style.

• Creating a **NEW**
BEGINNING after a
major life event.

• Mastering your **WEIGHT**,
and **EMOTIONAL** Eating
with ease.

Helping YOU, Help Yourself.

Phone /Text me, **Linda Codlin** on
027 403 2523

For an introductory Consultation

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
06 355 3524

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

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

Counselling Services

The Counselling Centre (Marton)

www.counsellingcentre.org.nz

located at 18 High Street, Marton

Phone (06) 327 5245

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

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

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

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

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

Nicola Hartfield

Fellow Arbitrators' and Mediators' Institute NZ

nicola@nicolahartfield.com

www.nicolahartfield.com

Workplace Supervisor / Family Mediator



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

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

Fliss Newton

MNZAC; Dip GINZ; TTC;
Cert Social Work

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

(06) 347 6377

fliss@inspire.net.nz



Barrie Marsh

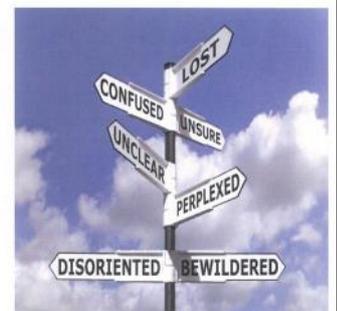
Diploma of Social Work

General Counsellor

*Strict Confidentiality and
Privacy Assured*

Ph (06) 344 3345

Email marshkandb@gmail.com



Tamariki Immunisations

The National Immunisation Schedule outlines the **FREE** vaccines offered to tamariki at certain times in their life. To make a vaccination appointment contact your healthcare provider or the Manaaki Te Whānau Outreach Team on 0800 775 001

Antenatal - Hapū Māmā immunisations

- **Influenza** } (at any stage of pregnancy)
- **Covid-19** }
- **Tetanus, diphtheria, whooping cough** (13-38 weeks)

6-Week immunisations

- **Rotavirus** (dose 1 of 2)
- **Diphtheria, tetanus, whooping cough, polio, hep b, and Hib** (dose 1 of 3)
- **Pneumococcal** (dose 1 of 3)

5-month immunisations

- **Diphtheria, tetanus, whooping cough, polio hep b and Hib** (dose 3 of 3)
- **Pneumococcal** (dose 2 of 3)
- **Meningococcal B** (dose 2 of 3)

15-month immunisations

- **Hib** (booster)
- **Measles, mumps, and rubella** (dose 2 of 2)
- **Chicken Pox** (single dose)

5-year immunisations

- **Eligible for Covid-19 vaccinations** (2 doses, 8 weeks apart)

From age 11

- **Tetanus, diphtheria, whooping cough** (booster)

3-month immunisations

- **Rotavirus** (dose 2 of 2)
- **Diphtheria, tetanus, whooping cough, polio hep b and Hib** (dose 2 of 3)
- **Meningococcal B** (dose 1 of 3)

12-month immunisations

- **Measles, mumps, and rubella** (dose 1 of 2)
- **Pneumococcal** (dose 3 of 3)
- **Meningococcal B** (dose 3 of 3)

4-year immunisations

- **Diphtheria, tetanus, whooping cough, and polio** (booster)



+ B4 School Check

From age 9

- **HPV** (2 doses, 6 months apart)

For more information visit
immunise.health.nz



Whanganui Regional
Health Network

Be SunSmart

Being SunSmart is about protecting skin and eyes from damaging UV radiation – especially when outdoors from September to April.



Slip on clothing

Slip on clothing that covers as much skin as possible. Fabrics with a tighter weave and darker colours will give you better protection from the sun.



Slip into the shade

Slip into the shade of a leafy tree, building or shade sail.



Slop on sunscreen

Slop on plenty of broad-spectrum, water-resistant, sunscreen of at least SPF 30. Apply 20 minutes before going outside and reapply every two hours and especially after being in water or sweating.



Slap on a hat

Wear a hat with a wide brim or with flaps covering ears and neck. More people are sunburnt on the face and neck than any other part of the body.



Wrap on sunglasses

Choose close fitting, wrap around style sunglasses. Not all sunglasses protect against UV radiation, so always check the label for sun protection rating.



sunsmart.org.nz



Health Support Services



First Aid
Whakaora Whāwhai

MHW



FIRST AID TRAINING

COURSE DURATION:

7 hours

CAPACITY:

20 participants per course

ADDITIONAL INFORMATION:

All courses are delivered by Mental Health professionals.

MENTAL HEALTH IN THE WORKPLACE

Our mental health in the workplace course helps participants understand how mental health, mental distress and mental illness affects colleagues and whānau.

The course also provides organisations and teams with the tools to better identify, understand, and manage mental health issues in their workplace. This course is well suited to management within an organisation.

CONTENT:

- Develop an understanding of mental health, mental distress and mental illness and how it affects family and whānau and work colleagues
- Gain a support process and practical skills of the 'look, listen, link' framework to help someone who may need mental health support
- Use the 'look, listen, link' framework to help someone who may need mental health support:
 - Look: Know some of the warning signs
 - Listen: How to check in, listen and respond
 - Link: Connect the person and/or yourself to the right support
- What to do if you have concerns about someone at risk of suicide
- Practice providing support
- Leave with tools to help identify, understand, and manage mental health issues at work or home

FOR ENQUIRIES TO BOOK
A PRIVATE OR PUBLIC COURSE:

 wellbeing@redcross.org.nz

 0800 REDCROSS
(0800 733 276)

 [first aid courses](#)

BDM - 02/004/218



Mental Health
& Wellbeing



First Aid
Products



AEDs



First Aid
Compliance



First Aid
Whakaora Whāwhāi

PFA



FIRST AID TRAINING

COURSE DURATION:

7 hours

CAPACITY:

20 participants per course

ADDITIONAL INFORMATION:

All courses are delivered by Mental Health professionals.

PSYCHOLOGICAL FIRST AID

Psychological First Aid is a simple, yet powerful way of helping someone in distress, so they feel calm and supported in coping with their challenges, whether it's personal, work related or affects the whole community.

This course is for developing tools to provide peer to peer support and would be well suited to participants who regularly work in public facing roles, or who fulfil a support role in the workplace.

CONTENT:

- Understanding what Psychological First Aid is and isn't.
- Become familiar with distress reactions.
- Learn how to look after yourself while providing support to others
- Provide PFA using 'The Five Elements' and the action principles:
 - Look: Know some of the warning signs
 - Listen: How to check in, listen and respond
 - Link: Connect the person and/or yourself to the right support
- What to do if you have concerns about someone at risk of suicide
- Practice providing Psychological First Aid

FOR ENQUIRIES TO BOOK
A PRIVATE OR PUBLIC COURSE:



wellbeing@redcross.org.nz



0800 REDCROSS
(0800 733 276)



[first aid courses](#)

BDM - 02/004/218



Mental Health
& Wellbeing



First Aid
Products



AEDs



First Aid
Compliance

Health Support Services



First Aid
Whakaora Whāwhai

SwMH



FIRST AID TRAINING

COURSE DURATION:

4 hours

CAPACITY:

20 participants per course

ADDITIONAL INFORMATION:

All courses are delivered by Mental Health professionals.

STARTING WITH MENTAL HEALTH

Starting with Mental Health gives participants the knowledge and confidence to cope with colleagues, customers, and whānau experiencing mental distress.

This course is well suited to people leaders within an organisation, and those who regularly work face to face with the public.

CONTENT:

- Develop an understanding of mental health, mental distress and mental illness and how it affects family and whānau and work colleagues
- Gain a support process and practical skills of the 'look, listen, link' framework to help someone who may need mental health support
- Use the 'look, listen, link' framework to help someone who may need mental health support:
 - Look: Know some of the warning signs
 - Listen: How to check in, listen and respond
 - Link: Connect the person and/or yourself to the right support
- What to do if you have concerns about someone at risk of suicide
- Practice providing support

FOR ENQUIRIES TO BOOK
A PRIVATE OR PUBLIC COURSE:

 wellbeing@redcross.org.nz

 0800 REDCROSS
(0800 733 276)

 [first aid courses](#)

BDM - 02/004/218



Mental Health
& Wellbeing



First Aid
Products



AEDs



First Aid
Compliance

Health 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



SFANZ
Suicide First Aid
Understanding Suicide Intervention

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

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

NATIONWIDE BOOK ONLINE

www.a-ok.nz/sfa
www.suicidefirstaid.nz



ACTS OF KINDNESS that
Find HOPE and build RESILIENCE

A-OK is a collective of workshops
Delivered by Passionate and Caring People
Email: phia@suicidefirstaid.nz
Office: 09 2780408 | Mob 027 234 552
www.suicidefirstaid.nz www.a-ok.nz

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



Health Support Services



Gender Affirming Healthcare

pridewhanganui.co.nz/gender-care-whanganui

PRESS RELEASE – FRIDAY 6th SEPTEMBER 2024

Whanganui Welcomes Its First Gender Affirming Healthcare Clinic

Gender Care Whanganui, the city's pioneering clinic for gender affirming healthcare, is officially launching with support from Pride Whanganui and funding from Health New Zealand | Te Whatu Ora. This groundbreaking initiative represents a significant advancement in the region's commitment to equitable and compassionate healthcare for gender diverse people.

Clinic Overview

Gender Care Whanganui is set to provide a comprehensive range of services tailored to support the unique needs of those seeking gender affirming care. The clinic's offerings include consultations with a Gender Affirming GP, peer support, clinical psychology services, support groups, and access to gender affirming products. The clinic will initially operate on a monthly basis, with a review of its frequency scheduled after six months.

Funding and Support

This new clinic is made possible through a \$100,000 funding grant over three years, awarded by Health NZ following a successful application by Gender Care Whanganui. This is part of an initiative designed to improve access to gender affirming primary care for transgender and non-binary people in Aotearoa and support improved health outcomes.

Need for the Clinic

The establishment of Gender Care Whanganui responds to a critical need identified by the Rainbow Healthcare Reference Group, a coalition of 24 medical professionals from

Manawatū and Whanganui, community feedback obtained by Pride Whanganui and research conducted by Health and Research Collaborative Whanganui. The results underscored significant barriers faced by transgender and gender diverse individuals in accessing adequate healthcare, with elevated risks of mental health issues and distress. This clinic aims to address these disparities by providing a dedicated space for gender affirming care.

Clinic Operations and Services

Patients will benefit from a supportive environment focused on individual needs and goals. Services provided include consultations with a Gender Affirming GP, access to peer support workers, clinical psychology, and gender affirming products. Importantly, there is no cost to patients for appointments. The clinic will not replace patients' existing GPs for other medical needs and instead will complement ongoing care.

Appointment Information

To make an appointment, individuals complete a self-referral form available on the Pride Whanganui website. Health professionals can follow the community health pathway for advice on how to refer or complete the self-referral form on their patient's behalf. First appointments will focus on understanding patients' needs and discussing their gender affirming healthcare goals. Hormone therapy and other treatments will be considered following a comprehensive evaluation.

For further information or any queries, please contact:

Email: health@pridewhanganui.co.nz

Website: www.pridewhanganui.co.nz/gender-care-whanganui

Health Support Services



ABOUT US

Gender Care Whanganui aims to support a person's gender affirming healthcare goals which may include exploration of gender expression, support around social transition, hormone therapy as well as other requirements. Patients will have access to a wide range of services depending on need and personal preference. These services include but are not limited to; a Gender Affirming GP, Peer Support Workers, Clinical Psychologist, Support Groups, Resources/Information, Gender Affirming Products.

THE HOW + THE WHY

Gender Care Whanganui is driven by Pride Whanganui and funded by Te Whatu Ora, Health New Zealand. In the 2022 Budget, the Labour Government announced \$2.2 million in additional funding to assist providers around the country to better provide gender affirming care to gender diverse people.

Associate Minister of Health (at the time of announcement) Dr Ayesha Verrall said, "For far too long gender diverse people have experienced poorer physical and mental health outcomes compared to the general population. Our commitment is to build a health system that treats people with fairness and dignity, that is why we're making sure it becomes more responsive to people who have faced exclusion and prejudice".



MORE INFO



health@pridewhanganui.co.nz



pridewhanganui.co.nz/gender-care-whanganui

GENDER AFFIRMING HEALTHCARE

PEER SUPPORT

APPOINTMENTS

Our Peer Support workers are able to accompany you to appointments, offering emotional support and practical assistance. They can help you navigate the clinic, provide reassurance, and be a sounding board for your thoughts and concerns.

ADDITIONAL

As well as supporting you at appointments, our Peer Support workers are able to connect you with relevant resources, such as support groups, community organisations, or educational materials.

CHECK INS

As a patient paired with a peer support worker you can expect regular check-ins that offer ongoing support.

GP SERVICES

QUESTIONS/ENQUIRIES

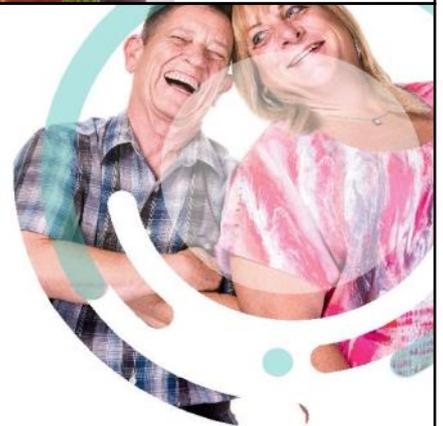
At your initial appointment, you can discuss or ask questions around the various aspects of transitioning, including hormone therapy, surgical options, and general health considerations. The GP will provide information, resources, and guidance tailored to your goals and help you navigate the healthcare system with a focus on your well-being and comfort.

GENDER AFFIRMING HORMONE THERAPY

As well as discussing what Gender Affirming Hormone Therapy (GAHT) is and does, our GP will review your medical history, discuss your goals and any concerns you might have and explain the different options available. They will provide detailed information about the potential benefits, risks, and expected outcomes of hormone therapy.

SURGERY REFERRALS

Discussing gender-affirming surgery involves a detailed consultation. The GP will listen to your goals and concerns, explain the different types of surgeries available, and discuss the benefits, risks, and recovery processes associated with each option. They will assess your overall health and readiness for surgery, and guide you through the steps of preparation, including any required evaluations or consultations with specialists.



Pride Whanganui

Pride Whanganui offers a drop-in space three times a week - Wed, Thurs, Fri from 10am-2pm at 64 St Hill Street. They're able to offer 1:1 support, give you information about local support groups or help connect you with additional services or organisations who are advocates for the LGBTQI+ Community.

Pride Whanganui have support groups for Youth, 18+, 60's+ and Parents/Caregivers of LGBTQI+ people.



64 St Hill Street, Whanganui



www.pridewhanganui.co.nz



Health Support Services



Aoake te Rā

A free therapeutic service to support anyone navigating loss by suicide.

The service is:

Free

Brief therapeutic support (at least 6 hours of support)

Available to all ages, at any time following loss

Available to anyone navigating loss by suicide (whānau, friends, colleagues, discoverer, communities)

Sessions can support individuals, couples, whānau groups or a combination

Available nationwide

Available face to face, online, phone or a combination

Kāhore he pūtea.

He huarahi ki te oranga.

Kei ngā tangata katoa, ngā whānau, ngā hapori o Aotearoa i arahina te huarahi ki te oranga me whakapuaki ngā mamea me ngā pouritanga o te wā.

Kanohi ki te kanohi me he wānanga ipuranga ngā huarahi.

Refer now

Online

Fill in the online referral form at www.aoaketera.org.nz

Phone

Leave a message on 0800 000 053 (leave name and contact details)

Email

Send referral form to referrals@aoake-te-ra.org.nz

Find further information at:
aoaketera.org.nz



Free online therapy courses



Free

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



Convenient

Online therapy courses at your convenience. Anywhere, anytime.



Private

Improve your mental health in complete privacy.



Effective

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

Try a **FREE** course today.

justathought.co.nz



your mind, your way

Health 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 or visit our website

www.securely.nz

if you need more information or have a general enquiry.

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

Follow us on Facebook and LinkedIn.

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

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

Medical alarms for true independence



SECURELY®
Enabling you to live with confidence and independence

What happens when you activate your medical alarm?

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

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

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

Cancelling your alarm

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

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

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

Paying an ambulance bill

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

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

SECURELY
FREEPOST SECURELY
PO BOX 947
TAURANGA 3140

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

Pendant Testing

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

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



When you go away

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

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

Call us on 0800 865 865.

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

What happens if you lose your medical pendant?

Call us on 0800 865 865 to arrange a replacement.



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

Health Support Services

ear360™

How healthy are your ears?

Ear360 is an advanced ear and hearing health map. A 60-minute Ear360 appointment will analyse a full spectrum of your ear, sound and hearing health, giving you clarity on how your ears and hearing are impacting your overall health and well-being.

Our team of professional audiologists and health navigators will provide you with personalised recommendations to protect, nurture and enhance your hearing health.

Ear360 covers:

- Hearing Impact
- Audibility
- Extended Audibility
- Intelligibility
- Intelligibility in Noise
- Tinnitus Impact
- Balance
- Sleep
- Memory
- Ear Hygiene

Ear360 by Resonate. For people who love listening.

Curious?

Pop in for a coffee and find out more, call us on 0800 737 662 or visit resonatehealth.co.nz

Resonate Studio Whanganui
Shop 2, 87 Victoria Ave, Whanganui 4500



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



Learn more at vitalcall.co.nz

0800 10 20 30



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



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

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

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

Our hearing therapists are qualified assessors for this specialised equipment.

There is some funding available where specific criteria are met.



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

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**



Join an approved class near you:

<p>Carla's Group Fitness Carla Longmore 021 180 8964 E: carla@carlasfitness.co.nz West 2:00p - 2:30pm St Pauls Presbyterian Church 210 Grafton St Thurs 2:00p - 2:30pm St Andrews Hall 3 Bell St \$5 per session</p>	<p>Tei Chi for Health Mervyn Williams 06 345 1100 E: mervyn.williams@gmail.com Tues 8:00p - 8:30pm Thurs 9:00p - 9:30pm \$7 Pukia Drive \$3 per session</p>	<p>YOGA Marian Toland 021 573 5832 E: marian@yoga@gmail.com Wed 7:30pm Greenfield Park Community Hall \$20 per session</p>
<p>Foldisrael Movement Classes Katharina Schaffner 05 342 8892 E: k.schaffner@gmail.com Web: www.foldisrael.co.nz Aston 7:30p - 8:30pm Wed 12:30p - 1:30pm Community House Ridgeway St \$14 per session. Concessions available</p>	<p>Counter Punch For Parkinson's Sally Sims 029 652 2820 E: sally@counterpunch.org.nz Wed 11:30am - 12:00pm 100 Owen Road (Kaitiaki Rugby Club) \$5 per session (members free of charge)</p>	<p>Pulmonary Rehabilitation Exercise Group Referral must be through your GP. Class location & time will be provided upon acceptance to the programme. *Free* - Only available to those with a diagnosed pulmonary condition.</p>
<p>Tei Chi Maui Dutton 027 238 2127 E: mauidutton@teichina.co.nz Wed 12:30p - 1:30pm 27 Toupa Quay \$10 per session</p>	<p>Steady As You Go - 50/60 multiple classes available Janet Evans 06 345 1159 E: janet@steadyasyougo.org.nz Over 25 classes around Whanganui, Rangitikei and Wairarapa \$3 per session</p>	<p>Te Whangia Oranga (Taihāne) Ngarewa Martin 027 013 8862 E: ngarewa.martin@rockkapata.co.nz</p>

WWW.LIVESTRONGER.ORG.NZ



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 | Disability 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





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.

new
**BLOOD
SAMPLING
SERVICE**
in
WHANGANUI

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

Blood Donor **ELIGIBILITY** Criteria



New blood or plasma donors can make their first donation any time after their 16th birthday and before their 71st birthday.

Existing donors can donate until their 75th birthday and may continue to donate until their 81st birthday, subject to authorisation from a NZBS Medical Officer.

Lapsed donors who have passed their 71st birthday may be eligible to donate, subject to authorisation by a NZBS Medical Officer.



You must be **50 kg** or over.

(If you are a first time donor under 25 years of age, you must also meet the height and weight criteria – tool available at www.nzblood.co.nz)



You must be in good health at the time you donate.

You cannot donate if you have a cold, flu, sore throat, cold sore, stomach bug or any other infection.



You must wait 3 months following a tattoo or piercing before you can donate. If a piercing was performed by a registered health professional (G.P, pharmacist, etc), you may be eligible to donate after 12 hours.



If you have recently visited the dentist, you must wait at least 24 hours following a minor procedure (cleaning, fillings or braces) or until you have recovered before donating. For complex procedures, such as tooth extraction, please wait at least 7 days after your procedure and any antibiotic treatment.



You must have eaten some food during the four hours prior to donation.



You must bring appropriate identification with you each time you donate.

Acceptable ID is a document which contains three (3) unique points of personal information. These can be: full name, photograph, date of birth, home address, donor ID/registration number, Workplace (Work ID Cards only).



You must not have lived in the United Kingdom, France or the Republic of Ireland between 1980 and 1996 for a cumulative 6 months or more.

Travel to areas where mosquito-borne infections are endemic, e.g. malaria, dengue and Zika virus infections, may result in a temporary deferral but this will depend on a number of factors, so please check the "Donating after Travelling" tool available at www.nzblood.co.nz to find out when you can donate.



Following pregnancy, you will not be eligible to donate blood or plasma for as many months as your pregnancy was long. In most cases, this is 9 months.

You must not give blood for 3 months:

- Following oral or anal sex with or without a condom with another man (if you are male).
- After engaging in sex work (prostitution) or accepting payment in exchange for sex.
- After leaving a country in which you have lived and which is considered to be high risk of HIV infection (includes sub Saharan Africa and parts of Asia). Full list available at blood donation collection sessions and www.nzblood.co.nz

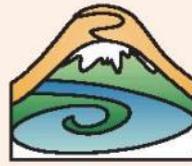
This is **NOT** a complete list of eligibility criteria.
If you have any queries please call us or for more information visit our website.

0800 448 325
nzblood.co.nz

scan to
download
our app



NZBLOOD
Te Ratonga Toto O Aotearoa



Whanganui Regional
Health Network

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



info@wrhn.org.nz



Entrance 3, 100 Heads Rd
Whanganui 4510

Find us on
Social Media



Health Matters



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**



The sexual health clinic is conveniently located within the Whanganui Hospital, outpatient department on the ground floor and is a FREE to all and confidential specialist service.

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

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

The walk-in clinic is open on a **Thursday from 4.45pm-6pm** and we have a first come-first serve system, which means we cannot promise you will be seen if you arrive later in the clinic, on a busy day.

You can ring, text or leave a message on our cell phone **021 323 077**.

Our clinic offers FREE:

- Consultations
- Condoms
- Diagnosis and management of:
 - Sexually Transmitted Infections (STIs), including Syphilis and HIV.
 - Other related genital problems including genital skin conditions and genital pain.
- Specialist services upon GP referral.
- Consultation and advice on other sexual and reproductive issues.
- Pre-exposure prophylaxis for HIV (PrEP)

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



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 or talk to your doctor

Te Kāwanatanga o Aotearoa
New Zealand Government

Te Whaitu Ora
Health New Zealand



SELF-MANAGEMENT PROGRAMMES 4YOU

FREE 6-week programmes available to anyone!

PIKITE 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



Whanganui Regional Health Network

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

KEEP WELL THIS WINTER

When Unwell, Where should I be?

1 Home (Self Care)

- 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.

2 General Practice & After Hours

- 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

3 Emergency

- Emergency Department for emergencies.

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

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.

it's not selfish to
Love Yourself,
TAKE CARE
 of yourself
 & to make your
HAPPINESS
 a priority.
it's necessary

Mandy Hale



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.



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

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

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
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
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
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
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
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.



Here for your community

