



Kia Ora,

March is the start of Autumn so we are told, but maybe Summer will continue for a bit longer!

Some interesting events happening in March.

- Community Lead Development Conference March 27th -29th information on page 15
- Relay for Life 22 March 2025 needs your support, info on page 10
- Neighbours Aotearoa month— 27th March
- 11 am—1 pm Community BBQ info on page 3
- If you have not signed up for the Charities Services newsletter, the link is below to view the February issue there is a lot of new information about all the changes and obligations your organisation will need to be aware of. Some of the changes are also listed below.

[Charities Services Newsletter Feb 2025](https://www.charities.govt.nz/news-and-events/)

<https://www.charities.govt.nz/news-and-events/>

Important updated in this newsletter around.

- Updated Accounting Standards for Tier 3 and Tier 4 charities – how to prepare now
- Charities Services Webinars 2025 – register now!
- Incorporated Societies law changes – a must read
- COGS opening in April and important security update Two-Factor Authentication (2FA) – must read



Community House team

## Funding

**COGS—annual funding round - opens 16 April 2025 closes 14 May 2025— decision by the 30th July 2025.**

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

**Community Contracts—2025 funding round closes 31 July 2025.** [www.whanganui.govt.nz](http://www.whanganui.govt.nz).

**Whanganui Community Foundation—Quick response closes 31st March 2025 Community support closes 21st April 2025** [www.whanganuicommunityfoundation.org.nz](http://www.whanganuicommunityfoundation.org.nz).

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

**TG Macarthy Trust—annual applications close 30 June 2025.** [www.publictrust.co.nz](http://www.publictrust.co.nz).

**Four Regions Trust—next funding round closes 30 June 2025.** <http://www.fourregionstrust.org.nz>.

**Mainland Foundation—check area eligibility prior to applying.** [www.mainlandfoundation.co.nz](http://www.mainlandfoundation.co.nz)

**Manawatu / Whanganui Lottery Community Committee—funding round 1 opens 9 July 2025 and closes 6 August 2025. Decision made by 5 November 2025**

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

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

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

**Grassroots Trust Central—check area eligibility prior to applying.** [www.grassrootstrustcentral.co.nz](http://www.grassrootstrustcentral.co.nz).

**Creative Communities Scheme – Arts Funding** To support local groups and creatives who provide access to the arts and encourage youth participation and diversity.

Opens 10<sup>th</sup> February and closes 7<sup>th</sup> March. More information at <https://tinyurl.com/WhanganuiCreative>.

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

## Rural Networking Meetings

2 April **Taihape** (1st Wednesday of every second month/ 12:30pm even months Feb/April/ June/August/October/ December)  
REAP, 1 Tui Street, Taihape  
Zoom attendance available  
Contact: Tania 021 0293 4173  
or [ecetaihape@ruapehureap.co.nz](mailto:ecetaihape@ruapehureap.co.nz)

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

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

DEADLINE FOR PLACING INFORMATION IN

NEXT MONTHS ISSUE OF COM CHAT

Monday the 31<sup>st</sup> of March 2025

**Initiative that needs your support!**

# Neighbours Aotearoa

## 1–31 March 2025



**Take part in  
Neighbours Aotearoa  
and celebrate with  
your neighbours!**



**Initiative that needs your support!**

**Let's  
Celebrate!**

**neighboursaotearoa.nz**

**1-31 March 2025**

**Connect  
with your  
neighbours  
this March**



**COME JOIN US  
SHARE WITH NEIGHBOURS  
A FREE COMMUNITY BBQ**

**ON THE 27 MARCH 2025  
BETWEEN 11 AM - 1PM**

**AT MAJESTIC SQUARE  
VICTORIA AVE  
WHANGANUI**



**Connecting our Community  
COMMUNITY HOUSE WHANGANUI**

**contact us on (06)347 1084 or email: [office@communityhouse.org.nz](mailto:office@communityhouse.org.nz)**



**Initiative that needs your support!**



**DONATE A  
HANDBAG  
FULL OF  
ESSENTIALS  
FOR WOMEN  
IN NEED**

**Empowering victims of domestic  
abuse in honour of Grace Millane**

**Love Grace Handbag Appeal**

**14th February - 8th March 2025**



# 2025 Love Grace Handbag Appeal

14th February - 8th March 2025

## Empowering victims of domestic abuse in honour of Grace Millane

Violence against women is not ok. In memory of Grace Millane, the Love Grace charitable appeal was set up by her family to combine Grace's love for handbags with a legacy to end violence against women. In association with Women's Refuges, we are collecting handbags and filling them with useful items for women in need.



## How it works

If you want to donate a handbag, fill it up with everything from the basics list plus any extra you would like to add and then deliver it to your nearest drop off point.

Check the NZ Love Grace FB page for this years drop off points.

**Please DO NOT include:** sharp items, pain killers, razors, alcohol, money, food, contraceptives, opened / damaged products.

### Basics

- Toothpaste
- Toothbrush
- Shower Gel
- Shampoo
- Conditioner
- Deodorant

### Extras

- Wipes/tissues
- Moisturiser
- Plasters
- Soap
- Hand Gel
- Lip Balm
- Cotton Buds
- Face Cloth
- Torch
- Hair brush
- Sanitary products

### Luxury

- Make up
- Perfume
- Hairbands
- Hair clips
- Gloves
- Scarf
- Notebook
- Pen
- Playing cards
- Purse
- Sunglasses
- Jewellery

<https://www.facebook.com/lovegracenz>

Initiative that needs your support!

# FROM OUR RIVER TO YOURS

A Concert  
Celebrating International Women's Day



with Laura Chester-Murphy · Araiya · Izzy · Cathy Elizabeth

7pm  
Saturday  
8 March

Adult \$20 / \$10 Seniors & Students [plus booking fee]

Tickets via: <https://spacestudiogallery.co.nz/events/>

The official festival finale for La Fiesta 2025



**Initiative that needs your support!**



**good bitches**  
BAKING

**Want  
to help  
spread  
kindness?**

**Our Whanganui Chapter needs you!**

Contact us at:  
[whanganui@gbb.org.nz](mailto:whanganui@gbb.org.nz)  
or find out more  
at [gbb.org.nz](http://gbb.org.nz)

What's on — mark your diaries!



**IMPROV CONNECTION**

*Intro to*  
**IMPROV CLUB**  
**WHANGANUI**

**BEGINS**  
Monday  
17 March

**TIME**  
4-6PM

Ben from "Improv Connection" has created this 8 week programme to kickstart Improv for students in Whanganui, so that EVERY high school in our region can form their own team to learn and compete in the 2025 Regional Theatresports Championship in Palmerston North in August 2025

**MENTOR**  
Ben Zolno

**was \$300**  
**8 WORKSHOPS & FINAL SHOW**  
**now \$60**  
**due to grant**

 **JOIN US FOR HEAPS OF THEATRE FUN!**  
**LIMITED SPACES SO BOOK YOUR PLACE:**  
[www.improvconnection.net](http://www.improvconnection.net)





## Alzheimers Whanganui

### ANNUAL GENERAL MEETING

Tuesday 25 March — 5.30 p.m.

To Be held at

Alzheimers Whanganui Inc. Office  
4/236 Victoria Avenue  
Whanganui

ALL WELCOME

For further information

Please phone (06) 345 8833

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



What's on — mark your diaries!



Whanganui Regional  
Health Network

# KAUMATUA BOX-FIT 2025

Monday Session:  
Circuit Training

Monday:  
10 February 2025  
24 February 2025  
03 March 2025  
17 March 2025  
31 March 2025

Time: 8:50am - 9:50am



100 Devon Road  
Spingvale

Wednesday:  
12 February 2025  
26 February 2025  
05 March 2025  
19 March 2025  
02 April 2025



What's on — mark your diaries!



Cancer  
Society

Te Kāhui Matepukupuku  
o Aotearoa



# Whanganui

**Festival of Colours – Relay For Life**

**2pm - 10pm Sat 22 March 2025**

**Cooks Gardens**

**Maria Place, Whanganui**

**Sign up at [relayforlife.org.nz](https://relayforlife.org.nz)**



What's on — mark your diaries!

# Relay For Life

**Celebrate. Remember. Fight Back.®**  
**Whakanui. Maumaharatia. Tū Atu.**

## Why do we Relay?

The concept of Relay For Life began in 1985, when Dr Gordon Klatt, a surgeon and American Cancer Society volunteer, spent a gruelling 24 hours circling a local sports track. Friends, family, and patients watched as he walked and ran more than 133km and raised \$27,000 to help save lives from cancer. Relay For Life is now the world's largest cancer fundraising event with 3000 communities from 30 countries across all continents taking part annually.

## Cancer in New Zealand

Every day, 71 New Zealanders are diagnosed with cancer. The number of people affected by cancer is expected to increase by 46% by 2040.

The inaugural New Zealand event was held in 2001. On average, 20 communities from the far north to the deep south take up the challenge of Relay For Life.

## How the Cancer Society helps those affected by cancer

### Support

We provide support care services including a helpline, counselling, transport and accommodation to individuals and their whānau during treatment.

### Research

We are the largest private funder of cancer research in New Zealand.

### More than

**1,000,000 km**



driven to get patients to treatment each year

**50,000<sup>+</sup>**

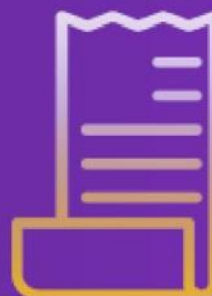


nights stayed in Cancer Society accommodation each year

**9,600<sup>+</sup>**



phone calls to the 0800 CANCER support line each year



Approx.

**5.2**

million spent on cancer research each year

## Cancer Prevention

We work across Aotearoa to help reduce the risk of cancer through activities like our Smokefree and SunSmart campaigns, promoting screening and early detection, prevention advice around diet and alcohol-related cancers, and advocating for cancer prevention policy.

## Your support

Donations from people like you and your whānau at Relay For Life allow us to continue our work. Thank you for your support!

To find out more, sign up,  
or donate, visit  
[relayforlife.org.nz](http://relayforlife.org.nz)



**Cancer Society**

Te Kāhui Matepukupuku  
o Aotearoa





**What's on — mark your diaries!**

# WHANGANUI FILM SOCIETY

taking you further into film

## **Want to go to the movies, but finding it too expensive?**

Join Whanganui Film Society. We screen every Monday night at 7pm at the Davis Theatre, Whangau Regional Museum. You pay for a year or a half-year and movies end up costing around \$3 per screening! We also have a 3-film pass so you can "try before you buy".

Our film selection is carefully curated and there's something for everyone. Forget your blockbusters. This is real cinema, for film lovers.

Grab a brochure from round town, or check out our website.

**Join online at [www.nzfilmsociety.org.nz/whanganui](http://www.nzfilmsociety.org.nz/whanganui)**



## **2025 PROGRAMME OUT NOW**

**Screening 7pm Monday nights at the Davis Theatre, Whanganui Regional Museum.**

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

[www.nzfilmsociety.org.nz/whanganui](http://www.nzfilmsociety.org.nz/whanganui)



What's on — mark your diaries!



@



special "soft-tech" sesh!

Repairs include:  
machine stitching, darning,  
hand-stitching - on clothes,  
bed linen, soft toys.  
BYO thread and fabric for  
patches if possible.  
(2 items per person)

Wed 5 March  
12-2pm  
hōhā appreciated

for



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



What's on — mark your diaries!

8 February to 8 March  
WHANGANUI

NZ'S BEST

*La  
Fiesta!*

WOMEN'S FEST

*Follow us*  La Fiesta NZ  
Women's Network Whanganui  
Email: [womnet.whanganui@gmail.com](mailto:womnet.whanganui@gmail.com)



Download a Festival Guide: <https://lafiesta.co.nz/>



What's on — mark your diaries!

# »» WHANGANUI «« COMMUNITY LED DEVELOPMENT CONFERENCE

THURSDAY - SATURDAY

27 - 29 MARCH 2025

at Central Baptist Church, Whanganui

Registrations open 20th of February

email [office@wovenwhanau.org.nz](mailto:office@wovenwhanau.org.nz)

HOSTED BY:



Church on Ingestre  
Love God, love others, make disciples



WHANGANUI  
DISTRICT COUNCIL  
Te Kaurihera 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](mailto:office@wovenwhanau.org.nz)



**What's on — mark your diaries!**

# **>>> WHANGANUI <<< COMMUNITY LED DEVELOPMENT CONFERENCE**

**THURSDAY - SATURDAY | 27-29 MARCH 2025 | CENTRAL BAPTIST**

**THURSDAY, MARCH 27**

**3:00-5:00 PM**

**HOSTED BY THE LEARNING ENVIRONMENT**

The Learning Environment is an educational charity for community wellbeing and resilience.

**The Learning Environment**

673 Papaiti Road, Papaiti

Due to limited parking at The Learning Environment we will have vans available to transport you to Papaiti

Please meet at Central Baptist at 2:30pm

**What to bring:**

Comfortable clothing and footwear

Bags for gathering apples & food from the gardens

**FRIDAY, MARCH 28 9:00AM - 4:00PM CENTRAL BAPTIST WHANGANUI**

## **KEYNOTE SPEAKERS**

### **CLD 101 with Judy Kumeroa**

If you're new to CLD, this session will help grow your understanding about what CLD is and some of the best practices. Judy Kumeroa from Te Ora Hou will share her learnings and experience.

### **Why CLD? with Mick Duncan**

Mick will talk about the taonga that is partnership and participation underpinning the mahi in NZ communities.

### **Chairs of Boards/Committees - Tania King**

If you are a chair or aspire to be one, this workshop will provide you with more information about roles, responsibilities and what to include in your report to your committee or board. There is a lot of information to be shared about how to deal with difficult relationships, what your job is, and how to plan and run a meeting.

### **Treasurer and Secretary of Boards/Committees - Tania King**

Would you like to know how to design an agenda, write minutes, what your role includes and how to write a financial report? Then this workshop is for you. For new, experienced or want-to-be Treasurers and Secretaries.

### **Community Housing-Homing - Geoff Hipango**

Come and hear stories of Te Ao Hou Marae led community housing-homing process. It's not about building houses but building homes.

### **How to have the hard conversations - Tracy Matthews**

Conflict can be tricky! Join Tracy Matthews to grow your skills on how to address conflict in a restorative manner.

**FRIDAY, MARCH 28**

**5:30 -7:00PM**

**HOSTED BY TE ORA HOU**

**BBQ Dinner in the Community**

Te Ora Hou Whanganui

32 Totara Street, Tawhero, Whanganui

**SATURDAY, MARCH 29 9:00AM - 1:00PM  
CENTRAL BAPTIST WHANGANUI**

**Workshops in CLD**

Hosted by local champions

See page 2 for more details



## SATURDAY WORKSHOPS HOSTED AT CENTRAL BAPTIST WHANGANUI

### ➤➤➤ LORENZDALE PARK PROJECT WITH KATHY PARNELL, STONE SOUP/TE ORA HOU

Kathy will share the experiences and stories of how they worked with Whanganui District Council and the community to make Lorenzdale Park fit for the community.

### ➤➤➤ OVERCOMING OVERWHELM: STRATEGIES FOR PREVENTING BURNOUT & NURTURING YOUR WELLBEING

How to look after ourselves when we're giving from an empty cup.

### ➤➤➤ GRANDPARENTS RAISING MOKOPUNA PROJECT WITH RACHEL PURU & JO VOICE, WOVEN WHANAU

Whanau Caregiver Project - Planning and Pivoting. Project planning in a dynamic environment. Grandparents raising mokopuna have a unique journey that isn't well supported.

### ➤➤➤ FUNDERS FORUM / WITH MAGGIE REGAN, DEPT OF INTERNAL AFFAIRS DIN BANDARA, WHANGANUI COMMUNITY FOUNDATION LAUREN TAMEHANA, WHANGANUI DISTRICT COUNCIL

Open forum conversation, tips and trick on funding.

If you have any specific question you'd like addressed, please add them in the space below.

#### HOSTED BY:



MULTICULTURAL COUNCIL  
RANGITIKEI/WHANGANUI



## COME JOIN US!

THIS EVENT IS OPEN TO EVERYONE WHO IS WORKING ALONGSIDE COMMUNITY  
OR WANTING TO START

Please RSVP to [office@wovenwhanau.org.nz](mailto:office@wovenwhanau.org.nz) by **FRIDAY, MARCH 14** or on the [Registration Form](#).

Early Bird pricing before 8/3/24 \$10.00 per person

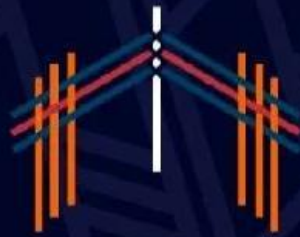
Registrations after 8/3/24 \$15.00 per person

Bank details for registration: Te Ora Hou 03 0791 0591037 00 Ref: CLD2025

For more details, please contact Beth at Woven Whānau 021 384 255 Email: [office@wovenwhanau.org.nz](mailto:office@wovenwhanau.org.nz)



# What's on — mark your diaries!



NGĀPUHI  
KOTAHITANGA

**SAVE THE DATE:**  
**NATIONAL MĀORI HOUSING CONFERENCE 2025**  
**MONDAY 20TH – THURSDAY 23RD OCTOBER**

Ngāpuhi invites you to explore the kaupapa of **KOTAHITANGA** - unity in Māori leadership, innovation, and collaboration - as a mechanism to co-create transformative solutions for the future of Māori housing.

**Exciting Additions to the Programme:**

- **International Indigenous Section:** Gain insights from Indigenous housing leaders worldwide, exchanging knowledge and strategies for meaningful impact.
- **Waitangi Housing Expo – Kāinga Street (dates and more information to follow):** A showcase of housing innovations, practical solutions, and inspirational projects shaping the future of Māori housing.

Join us in Waitangi this October for engaging discussions, expert panels, and workshops that inspire action. Programme updates, registration, and accommodation details will be available from February.

Ngāpuhi looks forward to hosting you!

*"We have done too much not to do more. We have come too far not to go further."*  
– Tā Hemi Henare

**For all updates follow our website:**  
[The National Māori Housing Conference | Te Matapihi](https://www.communityhouse.org.nz)



TE MATAPIHI  
HE TEHANGAANGA TE HEI TIOST



# What's on — mark your diaries!

## Street Appeal

14 – 15 March 2025



## Adopt a collection site for a day



### Volunteer as a team to support tamariki with cancer

We need volunteers to collect funds in your local area and we would love your organisation to help out by adopting a collection site for a day or two!

### What you'll need to do:

- Get a group of colleagues, friends or students to volunteer to collect
- Contact us and we will find you a collection site in your chosen area
- Be there on the day to collect lots of funds to help children with cancer and their families

**It's that easy! We will organise the collection buckets, stickers and bibs for your organisation and provide other support you need.**

### Why we need your help

Every week in New Zealand, three Kiwi families are told the heartbreaking news that their child has cancer. Child Cancer Foundation is dedicated to supporting them every step of the way.

We need to raise \$6 million each year to continue providing vital support to tamariki and their families. We don't receive any direct government funding, so we rely on the generosity of people like you to help them.

This is our biggest fundraiser of the year, so we'd love your organisation to take over a collection site for a day to collect much-needed donations!



### Keen to adopt a site?

Contact our Street Appeal team:

[appeal.coordinator@childcancer.org.nz](mailto:appeal.coordinator@childcancer.org.nz)

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



# What's on — mark your diaries!

## Street Appeal

14 – 15 March 2025



## Volunteer as an Area Coordinator in Child Cancer Foundation's Street Appeal

### Child Cancer Foundation Street Appeal – Area Coordinator (Volunteer)

Every week in New Zealand, three Kiwi families are told the heartbreaking news that their child has cancer. Child Cancer Foundation is dedicated to supporting them every step of the way. We receive no direct government funding, which means we rely on donations to provide this support.

We are seeking approachable and well-organised people to help us raise these vital funds by coordinating local collection sites for our annual street collection on Friday 14 and Saturday 15 March 2025.

#### What does a volunteer Area Coordinator do?

Within your allocated sites you will:

- Once volunteers sign up, you will be their main point of contact and will need to confirm their availability and location via phone or email in the lead up to the Street Appeal
- Deliver and pick up collection resources (buckets, stickers, bibs/sashes and instruction sheets)
- Be the local contact and coordinator on appeal days for the collection volunteers in your area
- Switch out full buckets during the day
- Bank the money being collected with ASB

#### What is required to do the role?

- To be available on Friday 14 and/ or Saturday 15 March 2025. We are flexible, if it works with another area coordinator or location to only do 1 day
- To be available for training (if required) and making contact with your collectors for a few hours prior to the appeal days
- Have a valid NZ drivers licence, own road-worthy transport and a cellphone





# What's on — mark your diaries!

## What will Child Cancer Foundation supply?

- Full support throughout the Street Appeal
- Pre-allocated collection sites in your chosen area
- Rosters already complete with collection volunteers and their contact details
- All of the resources you need to support your collection volunteers!
- Possible reimbursement for travel expenses



## Why we need you:

Child Cancer Foundation is dedicated to supporting Kiwi kids with cancer and the people who love them. Every year, we help thousands of families across Aotearoa living with childhood cancer, providing them with the specific support they need, every step of the way.

Our Street Appeal is our biggest fundraising event of the year, where hundreds of incredible volunteers take to the streets to collect the critical funds needed to support tamariki with cancer and their families. As we receive no government funding, your time is hugely appreciated and every donation collected really makes a difference.

**Give back in your community and become a key part of this amazing organisation.**



To sign up today, please call your Regional Appeal Coordinator and we will be in touch to get you started!

**North Island:** Sisi Shao | 021 711 045,  
[appeal.coordinator@childcancer.org.nz](mailto:appeal.coordinator@childcancer.org.nz)

**Otago/Southland:** Bec Michelle | 021 711 045  
[appeal.coordinator@childcancer.org.nz](mailto:appeal.coordinator@childcancer.org.nz)





# What's on — mark your diaries!



65 HAKEKE ST,  
WHANGANUI EAST

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

022 069 5673

[lisa@hakekest.org.nz](mailto:lisa@hakekest.org.nz)

06 927 6707

[courtney@hakekest.org.nz](mailto:courtney@hakekest.org.nz)

06 927 6707

## 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  
06 929 6707

### STEADY AS YOU GO

Every Tues 1-2pm  
\$3 per class

## WEDNESDAY

### LETS GET CRAFTY

10am - 12.30pm  
06 929 6707

### WOVEN WHANAU PARENT GROUP

9.30 - 11am  
In the  
Community Room

[www.hakekest.org.nz](http://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  
06 929 6707

### SIGN LANGUAGE

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

## FRIDAY

### TE KURA

Every Fri  
10.30-12.30pm

### Over 65s HUB

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

## SATURDAY

### SENSORY HOUR

In the Library  
1 - 2 PM



# 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.

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**LA FIESTA continues through to 8 March 2025** NZ's Best Women's Fest has been bowling along brilliantly thanks to all of YOU. Our sixteenth annual festival is jam-packed with goodies, more than 100 events over 30 days with around 85 festival partners and venues across Whanganui. Our festival finale is all set to roll on International Women's Day [IWD], with our special concert 'From Our River to Yours' featuring three visiting musical acts from Wellington performing at Space Studio & Gallery. The perfect way to celebrate the end of the festival as well as IWD on Saturday 8 March. Grab your tickets: <https://spacestudiogallery.co.nz/event/from-our-river-to-yours/>

**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](mailto:embarkyoga@gmail.com) or visit her Embark Yoga Facebook page for regular updates.

**SERVICES** We are here to cheerlead for you, through the rough and the smooth. We can assist with making personal action plans, compiling CVs and job application letters, developing strategies to improve communication and get on track, as well as supporting you through any challenging or changing times in your personal, work or family life. We continue to provide free pregnancy testing and sexual health information/referrals, and we're a good place to "drop in" for general community info and advice. Not to mention we have a brilliant pre-loved clothing 'shop' that you're welcome to browse during our drop in times.

**CONTACT US** 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](mailto:womnet.whanganui@gmail.com)

**Check us out on Facebook, we'd love you to be a friend on our La Fiesta NZ, Winter Wonderfest Whanganui, and Women's Network Whanganui pages! You can find us on Instagram too under Women's Network Whanganui.**



# What's on — mark your diaries!

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

\$40.00 per book

(all proceeds to Alzheimers Whanganui)



Whanganui

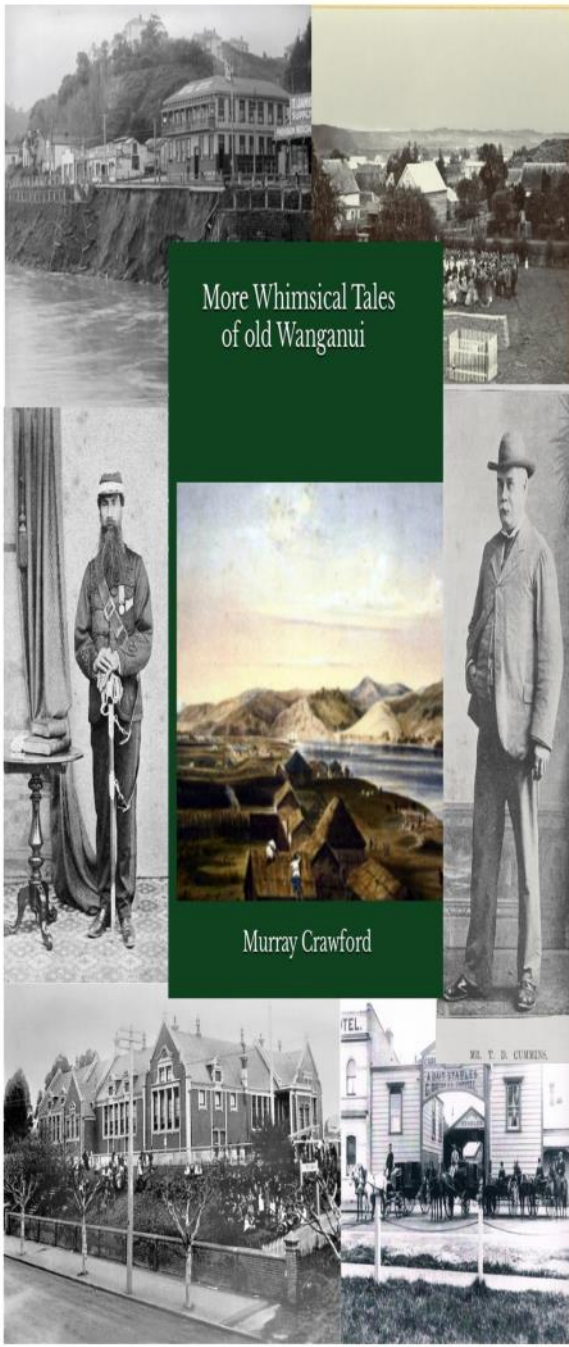
If you are interested in purchasing a book, please contact

Alzheimers Whanganui Phone (06) 345 8833

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



Whanganui



More Whimsical Tales  
of old Wanganui

Murray Crawford

Te Punanga ō Hōhepa



Josephite Retreat Centre

Register with Pam on (06) 345 5047 ext 3

or

email [pam.hopper@sosj.org.au](mailto:pam.hopper@sosj.org.au)

March \* Poutū-te-rangi

### Shrove Tuesday

Date Tuesday 4: 9.15am – 10.30am  
With pancake breakfast.

### Pilgrims Creative Journey

Date Tuesday 4: 10.30am – 2pm  
Facilitator Tracey Young  
Cost Koha

### Celebrating Aotearoa/New Zealand Women - Cousins

Date Friday 7: 1.30pm  
Facilitator Marie Skidmore rsj  
Cost Koha for cuppa  
Based on the novel by Patricia Grace. Follows the lives of three cousins and the efforts to re-unite the separated one.



### Creative Card Making

Date Saturday 8: 10am -12.30pm; or  
1.30pm - 4pm  
Facilitator Julia Martin  
Cost \$10 each session.

### Caritas Lenten Sharing Group

Date Monday 10: 2pm - 3.30pm  
Facilitator Liz Hickey rsj

### Pilgrims Creative Journey

Date Tuesday 11: 10.00am - 2pm  
Facilitator Tracey Young  
Cost Koha

### Community Liturgy - Trusting and Trustworthy Joseph

Date Sunday 16: 4pm – 5pm

### Caritas Lenten Sharing Group

Date Monday 17: 2pm - 3.30pm  
Facilitator Liz Hickey rsj

### Pilgrims Creative Journey

Date Tuesday 18: 10.00am - 2pm  
Facilitator Tracey Young  
Cost Koha

### Tui Motu Group

Date Wednesday 19: 4.15pm - 5.15pm  
Facilitator Liz Hickey rsj

### Quiet Day for the Creative Soul

Date Monday 24: 10am - 2.30pm  
Facilitator Fliss Newton  
Cost Koha

### Caritas Lenten Sharing Group

Date Monday 24: 2pm - 3.30pm  
Facilitator Liz Hickey rsj

### Two Quiet Hours - Come away with me to a quiet place: Mark 6:31

Date Tuesday 25: 10am - 12pm  
Facilitator Juliet Kojis



# Calling all creatives

## Creative Communities Funding

### Opens 10th February



 **creative**  
COMMUNITIES *nz*



More info at <https://tinyurl.com/WhanganuiCreative>



# Community News

## WANGANUI COMPETITIONS SOCIETY INC. *Regional Theatre Awards*

### 2025



### ***Congratulations to the Nominees & Winners from Whanganui***

Concept & Design for a Musical - Oliver Rei  
Choreography, Youth - Julliette Little  
Musical Direction, Youth - Alyssa Hartley (winner)  
Director of a Musical - Megan Hartley  
Ensemble from a Musical - the Addams Family Ancestors  
Character Actor - Monique Smith  
Supporting Actor in a Female Role, Youth - Taliah Pollero  
Supporting Actor in a Male Role, Youth - Mia Latonio  
Actor in a Female Role, Youth - Lucy Hartley  
Actor in a Male Role, Youth, Max Herdman  
Actor in a Female Role - Alyssa Hartley  
Actor in a Male Role - Max Herdman  
Stellar Award, Youth Production - The Addams Family (winner)  
Stellar Award - Musical Production

*Thank you to the Palmerston North City Council  
for Hosting the 2025 Awards, celebrating productions in 2024.*

16 theatres, from Whanganui, Manawatu, Palmerston North, Rangitikei, Horowhenua and Taranaki, with over 20 productions nominated, attended the regional awards. The nominees were supported by friends, family and members of Whanganui Performing Arts and Whanganui Creative Communities.

Palmerston North Mayor, Grant Smith congratulated the Whanganui nominees and winners, and made special mention to that they had the "loudest & most enthusiastic" support crew in the house.

We're extremely proud of all nominees, a mixture of youth and adult creatives. A special moment for Whanganui was when the cast and crew of the Addams Family - A New Comedy Musical, won the Stellar Award for Youth Production of the Year.

We look forward to seeing more Whanganui Theatre Groups in the future at the awards, to celebrate all successes of our theatre community.



# Community News

## DIGITAL INCLUSION WHANGANUI

Digital skills, access, safety,  
and confidence matter.  
Let's shape the future together!



Helping Whanganui become  
digitally connected



Supporting individuals and  
organisations with digital skills



Advocating for digital access  
and inclusion for everyone

### What can YOU do?

Help us understand digital needs!

Tell us about your interest in digital  
inclusion and what aspects are most  
important to you.

Your feedback will help us make  
Techweek 2025 a success!



Scan the QR code  
below or visit  
<https://tinyurl.com/226jdfxr>



## DIGITAL INCLUSION WHANGANUI

Your voice matters!  
Help shape digital inclusion  
in Whanganui.

### Our goals:



Conduct a needs analysis to  
understand our community's  
digital challenges.



Build partnerships with  
organisations, schools, and  
local businesses.



Launch pilot projects to  
improve access and skills.



Secure sustainable funding  
to expand and sustain our  
initiatives.

### Take our 10-minute Stakeholder Survey

Your input will shape our needs analysis  
for Techweek 2025, 19-25 May,  
identifying opportunities for new  
digital inclusion initiatives  
and collaboration.



Scan the QR code  
below or visit  
<https://tinyurl.com/226jdfxr>



**YOUR DETERMINATION AND PERSEVERANCE**  
ARE THE KEYS TO UNLOCK YOUR GREATEST ACHIEVEMENTS



# Brain injury

## Need to learn more?



**we**  
**Listen**  
**Support**  
**Educate**



Services available throughout the community.

 **WHANGANUI**  
**(06) 347 9721**

 **[www.brain-injury.nz](http://www.brain-injury.nz)**

 **[liaison.whanganui@brain-injury.org.nz](mailto:liaison.whanganui@brain-injury.org.nz)**



**Support Brain Injury  
Awareness**

**concussion & other traumatic brain injury, aneurysm,  
hypoxia, tumours, meningitis, encephalitis,**



## Autism NZ



- **Way to Play**
- For whānau
- Parents,
- Carers and
- Professionals



### Way to Play course – Wednesday 4th June

- A fun one-day introduction to playing joyously for anyone directly involved with young autistic tamariki approx 0-8 years old.
- Ideal for whānau/family, ECE or school teachers, health, community or other professionals, and anyone living or working with autistic children.
- Offers simple, easy to use, practical strategies and a better understanding of the importance of play and interpersonal engagement with autistic tamariki.

Please note children do not attend and autism diagnosis is not required.

#### Family/Whānau \$25.00/person

For parents, primary caregivers, and wider family/whānau.

#### Professionals \$125.00/per person

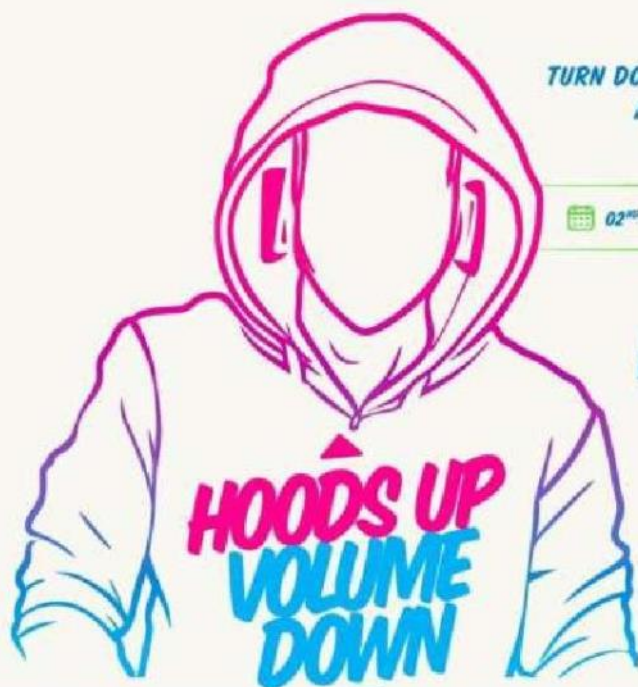
For ECE or school teachers, SLT's, OT's, other therapists, RTLB's, support workers, or other professionals and non-whānau interested in Autism.

Wednesday 4<sup>th</sup> June

9.30am – 3.30pm

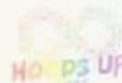
Hakeke Community Centre,  
65 Hakeke Street, Whanganui

**Places are limited - to book and for more details or to share visit** <https://book.autismnz.org.nz/event?id=775>



**TURN DOWN THE LIGHTS, TURN DOWN THE NOISE  
AND TURN UP FOR THE AUTISTIC  
COMMUNITY OF AOTEAROA.**

📅 02<sup>ND</sup> OF APRIL 2025 ⌚ 10.00 AM 👤 EVERYWHERE



To participate, buy a  
Hoodie or Donate visit

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

For general enquiries please contact

**Rebecca Chilton – Outreach Coordinator Manawatū & Whanganui**

Phone 0211908791 / Email [Whanganui@autismnz.org.nz](mailto:Whanganui@autismnz.org.nz)



# 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](mailto: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!





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

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

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



© 2024 by 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](mailto:housedrnz@gmail.com)

027 HOUSEDR

027 4687337

**232 Wicksteed**  
Whanganui Learning Centre



## Courtesy on our Shared Pathways

Courtesy is paramount on our pathways, they are there for us all to share.

- Keep left to allow others to manoeuvre past you.
- Stay to the path, we share this environment with plants and animals.
- Cyclists beware there are slow moving pedestrians ahead, so keep your speed down, keep left and yield to other users.
- Ring your bell or say hello if you are coming up on someone.



**USE 105 FOR POLICE NON-EMERGENCIES**



# 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.ict.hub.org.nz](http://www.ict.hub.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**



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

## THINGS to DO & see in WHANGANUI

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



**Please like us on Facebook.**



**Community House Whanganui**

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

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

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

## New to Whanganui?

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

**Want to get more involved in our community?**

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

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

60 Ridgway Street, PO Box 102,

Whanganui 4540

Phone 06 347 1084

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

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





# Community House Information

## COMMUNITY HOUSE WHANGANUI

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



## Information stand

**We have a selection of brochures and pamphlets which are updated regularly Available in the waiting room on the first floor of**

**Community House Whanganui**

**60 Ridgway Street, Whanganui**

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

**(06) 347 1084**



## Justice of the Peace

services available at

### Community House Whanganui

witness signing of documents, taking

declarations, swearing or

affirming affidavits, and

certifying copies of documents.

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

**In the Community House Office Room 102**

**60 Ridgway Street Whanganui**

**By arrangement (preferred) or**

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

**Monday to Thursday 11 am – 4 pm**

**Phone: 06 347 1084**



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

FIND THEM ON OUR COMMUNITY  
ORGANISATIONS DATABASE

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

or call us on (06)347 1084





# Community House Information

## COMMUNITY HOUSE WHANGANUI

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

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

## COMMUNITY ORGANISATION DATABASE REGISTRATION

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

Name of Organisation

Postal Address (including Post Code)

Contact Person

Position of contact person

Contact Phone Number

e-mail address

Website

Venue (where meetings are held etc)

Day and times of meetings (if applicable)

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

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



# Community House Rooms for Hire



## Ridgway Conference Room

With conferencing system

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

[06] 347 1084



## Sir Robert Martin Boardroom

with Conferencing System

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

[06] 347 1084



## Interview and Counselling Room

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

[06] 347 1084



## Halls / Rooms for Hire



Raise your glass

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

Weddings | Meetings | School Events |

Call Jeanette for details 06 342 9644

## Gonville-Castlecliff Bowling Club

### Venue for Hire

Available for Hire Week Nights & Weekends during the Winter

Ph (06) 345 2384

## Peat Street Studio

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

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

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

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

## Christ Church Community Centre

Wicksteed Street (opposite 232 Wicksteed Street)

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

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

New heat pumps recently installed in both rooms.

For bookings phone (06) 345 7723

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

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

### Rooms for Hire

Three different size rooms- (seat theatre style)

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

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

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

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

For more information and bookings

Contact Rachel

112-120 Guyton Street, Whanganui

Office 06 345 9318

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







# *Wanna be* **A GOOD BITCH?**

**Help us spread kindness.**

We're always on the lookout for Good Bitches with a little time to spare each month.

Good Bitches Baking is a network of people around Aotearoa who bake treats for people having a tough time in partnership with the organisations that provide on-the-ground services.

Whether you love to bake, love to drive, or are just keen to spread a little kindness however you can, you can definitely be a Good Bitch.

**Does that sound like your jam?**

**Find out more at  
[gbb.org.nz/volunteer](http://gbb.org.nz/volunteer)**





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

## OFFICE HOURS

**MONDAY TO THURSDAY**

**9:00 A.M. – 4:00 P.M.**

## VOLUNTEER OF THE MONTH

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



# Volunteers / Help Wanted



*Friends of the Opera House*

## VOLUNTEERS NEEDED!

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

Also a warm welcome would be extended to any fit and active volunteers who would be keen to assist at our working bees where you can learn about what goes on behind the scenes of a live theatre.

If you are keen to put your name forward to volunteer at this beautiful historic theatre, please contact President Margaret Johnson on 0274-509-456 or by email to bejae9@gmail.com – or alternatively call into the Box Office and complete the volunteer application form.

## SEEKING NEW MEMBERS

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

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

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

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

Margaret Johnson  
President



## Foster Parents Needed

**YOU CAN MAKE A DIFFERENCE**

A weekend, a week or longer term

*Find out more about  
foster care with  
Open Home Foundation*

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

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



# Volunteers / Help Wanted



## 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](mailto:volunteer@learningenvironment.nz)  
021 121 6965



SCAN ME







# HELP US TO HELP YOU

## WE URGENTLY REQUIRE NEW MEMBERS

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

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

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

### Requirements:

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

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

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



# Volunteers / Help Wanted

## FIRST CONTACT APPLICATION FORM

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

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

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

Residential Address .....

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

Email .....

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

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

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

**THANK YOU**

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

The role is to help assist Police.

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

Acting as the eyes and ears for the Police

Undertaking surveillance and observation

Taking notes, recording and gathering information

Assisting when asked at accident scenes

Watching out for stolen cars

Patrolling the streets in vehicles

Patrolling residential, business and industrial areas

Reporting signs of suspicious activity



# Volunteers / Help Wanted



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



**St John**  
Here for Life

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

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

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

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

**Phone:** 0800 266 547

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

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



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





## 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**



## 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

### 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 Wanganui administrative offices** are operating from 9 Park Place.

The “**Zest for Mission**” shop continues to operate at 163 Victoria Avenue.

Phone: (06) 345 2139

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

Website: [www.citymissionwanganui.org.nz](http://www.citymissionwanganui.org.nz)





# Free Food / Meals

## 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-12pm

**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

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

**Putting Unity Back In Community**

**TKSA**  
f THE KOHA SHED AOTEAROA

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](mailto:ICYSTICK@INSPIRE.NET.NZ)



# Interest Groups

## Whanganui Highland Pipe Band Inc



St Andrew's Hall  
1E Bell Street, Whanganui

Established 1918

### WANTED

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

Classes : Mondays 3.30pm – 5.00pm

St Andrew's Hall, Bell Street  
(next to the Police Station)

Just come along  
or phone Graeme 06 347 7309



Since 1898

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



## Wanganui Amateur Dance Association Incorporated

hold a social dance on the first Sunday of each month and dancers of all levels are invited  
(Ballroom, New Vogue, Sequence, Latin, Social Dancers)

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

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

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

**Membership:** \$10 annually

*For further information please call*

**Graeme on 027 434 1823**

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

## 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  
2<sup>nd</sup> and 4<sup>th</sup> Sundays 11:30am-5pm  
18 – 80+ inclusive karaoke club  
Membership is \$15 annually  
Supporters also welcome

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

Contact

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



## GLENDARROCH SCOTTISH COUNTRY DANCE CLUB

Meets at Carlton School Hall, Carlton Avenue

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

Adults dance on Mondays from 8.00 – 9.00 pm through February

and from 8.00 – 10.00 pm from March to November

Children's class for 5 - 13 year olds

is held on Friday evenings from 7.00 – 8.00 pm

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

This is a fun, social way to exercise

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

Telephone: 027 284 1794 (Linda)

# Interest Groups



## THE WANGANUI COMMUNITY CHOIR

The Wanganui Community Choir (often called the Fun Choir ) recommences for the year on Monday 10th February 2025.

The choir is a mixed choir singing four-part harmony – Soprano, Alto, Tenor & Bass. The choir's Musical Director is Caleb Arthur.

Come along and join us if you love the joy of singing – you will not need to audition.

The choir meets every Monday at 7 pm at the Riverside Christian Church, 4 Ingestre Street.

For more information please contact our Secretary – Edwyna - 027 360 1335



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

#### UNFORTUNATELY NOT ACCEPTING

- |                |                   |
|----------------|-------------------|
| • Fridges      | • Scanners        |
| • Freezers     | • Landline phones |
| • Printers     | • Keyboards       |
| • Photocopiers | • 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—2.30 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 Ken 027 637 7231



## Interest Groups

PRIME  
TIME

Fellowship, Fun & Hospitality



Te Ope Whakaora

LAST THURSDAY OF THE MONTH  
10.30AM

4 Indus Street, Whanganui

Chat & Chill

ALL WELCOME

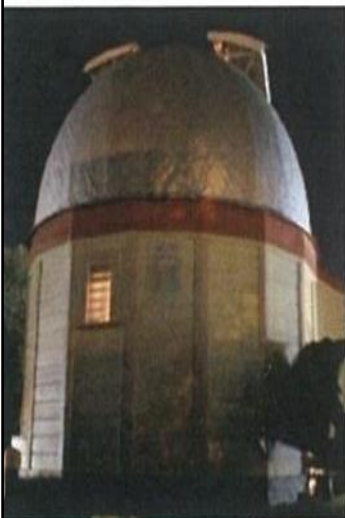
WEDNESDAY  
10AM



6 Indus St  
Whanganui



Te Ope Whakaora



# The Ward Observatory

## Wanganui Astronomical Society

*for more information visit*

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



# 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](mailto:art.whanganuics@gmail.com)

## River City Artists



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

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

**Contact:**

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

**or Sue Cleeve 021 0484 035**

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

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

*Space limited to 12 | Runs for 4 weeks | 1 hour a week on Mondays |  
Time to be confirmed.*

*Community Service Card holders \$20 wk or one payment \$60  
All others one off payment \$120*

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

**Wanganui Blind and  
Partially Blind Craft  
Group**

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

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

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

Contact  
**Daveena Neilson**  
Ph 06 348 4407



# Interest Groups



## **Self Defence Classes Available Now**

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

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

*Please contact us and register*

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

*Contact the team on  
0225108215  
rbkf.wanganui@gmail.com*



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



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

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



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

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

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

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



*"Steering a Safe Course through our  
Retirement Years"*

**The Rebus Club of Wanganui.**  
club no 16056

### **The Rebus club of Wanganui.**

**meet at  
Blind Low Vision  
102 Peat Street.**

**10am....on the 1st Tuesday  
Of each Month.**

**We have interesting Guest Speakers  
every month.**

**followed by Lunch at a local  
Restaurant (optional).**

#### **Membership fees.**

**for our Club are currently  
\$30 p/p and \$50 per couple per annum.**  
We encourage you to come along a couple  
of times to see if you like us before actually  
joining.

### **The Rebus club of Wanganui.**

***Members are encouraged to  
participate in as many Club activities as  
possible.***

***They are optional—not compulsory.***

- \*Perhaps give a 10 minute talk.
- \*Introduce or thank Speakers.
- \*Help with Club duties, i.e..Door duties,  
kitchen Helper, or be a buddy.
- \*Then maybe Introduce friends as prospective  
Members.
- There is an outing arranged (at home or away)  
for every month.
- A coffee morning every month.
- A monthly Club Newsletter.

\*\*\*\*\*

**Rebus** is an association of Active "Seniors"  
who join together by forming Clubs.  
This provides regular occasions to keep minds  
active, expand interests and enjoy the ready  
fellowship and conviviality of new friends.



### **A Brief History of Rebus.**

Rebus NZ Inc was established in 2015  
when the majority of Probus Clubs in NZ  
voted to Become independent of the  
Australian governing body.  
Our Club is now in its 42th Year since  
formation and in 2015, became an affiliate.  
of Rebus NZ Inc, a New Zealand  
accreditation agency for the former Probus  
Clubs.



### **Contacts**

#### **President**

Jim Hulbert 06 3454937

#### **Secretary**

Patti Furniss 022 272 4477

#### **Treasurer**

Grace Phillips 06 344 5247

#### **Club email address**

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

#### **Rebus Website:**

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

## Interest Groups

# 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](mailto:whanganuitram12@gmail.com)

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

## 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.



## 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](mailto:hrhig@xtra.co.nz) for a welcome pack (subscription form, the latest newsletter and list of groups you can join).



Proud supporters of  
Community House  
Whanganui



# Interest Groups and Support Services

## TEA AND TOPICS



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

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

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

## Need a bit of help?

Using library apps  
\*Libby \*PressReader  
\*Kanopy  
\*Beamafilm

Using the  
Library  
catalogue

Getting  
started with  
family  
history

Using your  
phone or tablet  
or ereader

Te Taurawhiri  
collection  
(Maori Information)

Using social  
media

Applying for  
jobs online

Library tours

Choosing  
books

## Book A Librarian

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

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



***New to Whanganui?***

***Like to meet new like-minded people?***

***Always wanted to join a bookclub?***

***– well now is your chance***

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

### **THEMES**

**Venue:** Castlecliff Library

**Time:** 1.30pm until 3pm

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

### **Register now**

For information and/or registration please contact

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

## 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](https://justice.govt.nz/where-to-start)



If you need help understanding your options,  
visit [justice.govt.nz/where-to-start](https://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](mailto:kaiarahi@justice.govt.nz)**

18/04/2015 12:00 PM



# Support Services for Whanau & Children

## **PARENTING THROUGH**

### **SEPARATION**

**Dates for 2025**

**15<sup>th</sup> January**

**19<sup>th</sup> February**

**19<sup>th</sup> March**

**16<sup>th</sup> April**

**21<sup>st</sup> May**

**18<sup>th</sup> June**

**16<sup>th</sup> July**

**20<sup>th</sup> August**

**17<sup>th</sup> September**

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

**19<sup>th</sup> November**

**17<sup>th</sup> December**

**9.30 am—1.30 pm at**

**Community House  
60 Ridgway Street  
Whanganui**

**To register, please  
phone 06 358 9429**



## Barnardos

**An Aotearoa where  
every child shines bright**



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

**Kia eke ai te hunga taitamariki ki ngā rangi tūhāhā**



# ECE Participation Programme



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

**We will help your families and whānau to:**

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

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

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

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

# WHĀNAU MANAAKI

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

## Free Face Painting there

*or as a fundraiser,*

*please contact me Kirsty on 021 212 3819 or*

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

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

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



## Wanganui Toy Library

142 London Street, Wanganui

Open every Thursday 9:30am – 11:30am

And every Saturday 10am-12noon

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

027 746 6153

Facebook: Wanganui Toy Library



# 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"*

**It's not your fault.**



Family Violence  
It's not ok

Help is available  
Free Helpline 0508 744 633



## 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.



**3 FREE visits**

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

**Aramoho**  
Burnah 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 9am - 12:30pm  
06 3426604



## Women's Refuge Whanganui

### Te Piringa Puna Wahine

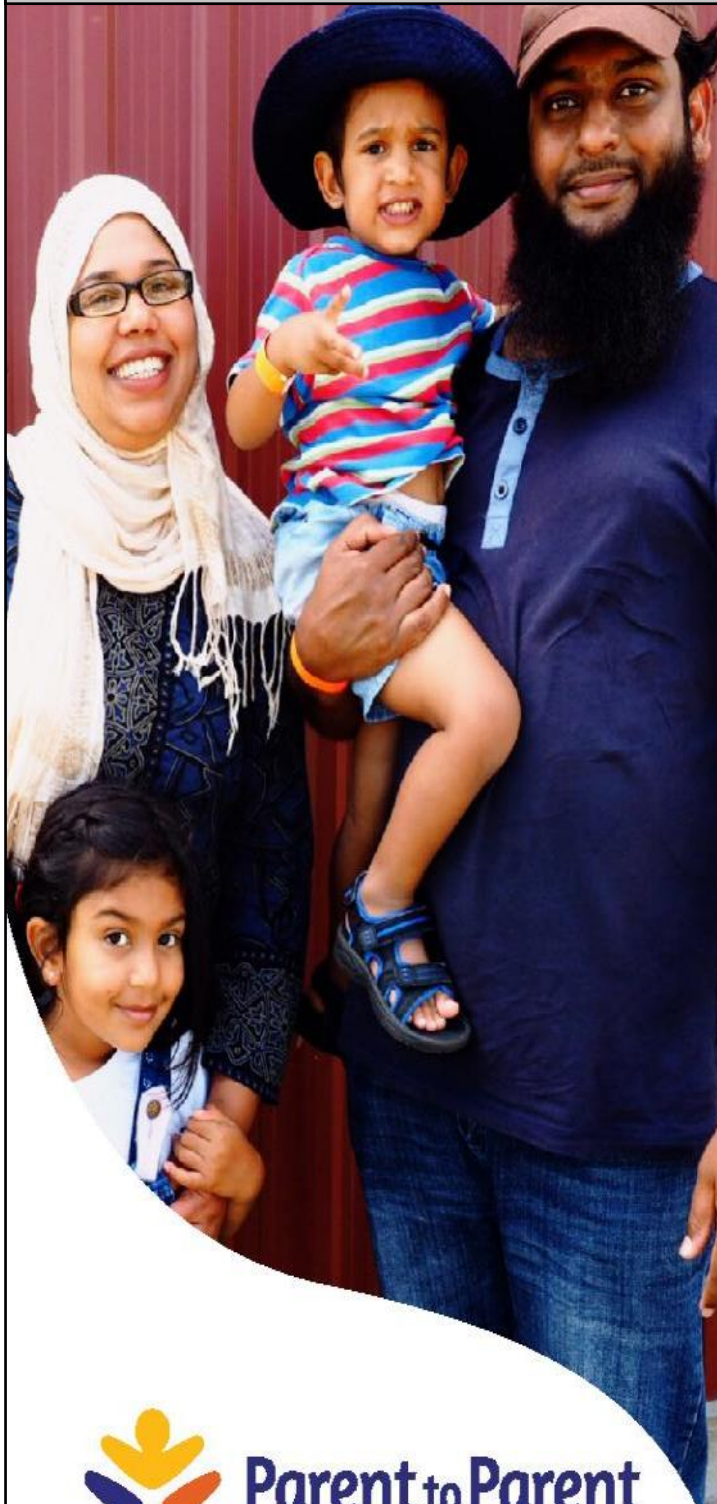
*Walking alongside women who experience intimate partner violence*

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

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



# Support Services for Whanau & Children



Freephone 0508 236 236

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

[www.parent2parent.org.nz](http://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 Whanganui Invites You  
To Come And Join One Of Our  
Awesome Groups To Promote Your  
Own Resilience And Strengths!**



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

The Free To Be Me programme provides an opportunity to:

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

Topics for the programme are:

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



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

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

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

Sessions cover such topics as:

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



## **KIDS' CARERS PROGRAMME.**

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



## **Growing Together Parenting Programme**

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

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



## **Boundaries For Women Programme**

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

Topics include:

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

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

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

**PROGRAMMES ARE FREE!!**



# Support Services for Whanau & Children

## Maternal Health Services

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



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



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

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



## NO ALCOHOL, NO RISK

Fetal Alcohol Spectrum Disorder (FASD) is 100% preventable

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

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

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

## 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





# 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**  
W H A N G A N U I



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

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

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

IF AN EARTHQUAKE IS

**LONG  
OR  
STRONG  
GET GONE**





# Support Services for Seniors



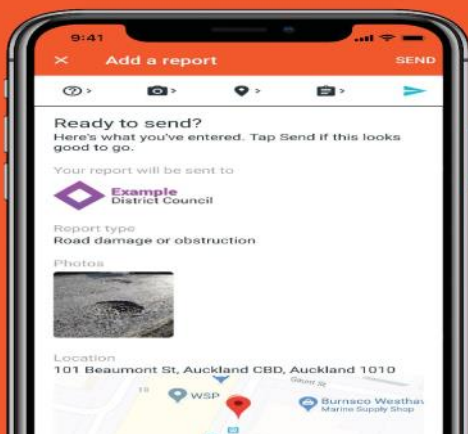
## Join us as a volunteer visitor and make a difference!

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



# Support Services



Creating safe,  
resilient, and  
connected  
communities.

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



Te Ope Whakaora

## Whanganui Corps

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

### CONTACT US

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

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

Office Hours | 9.30am-12pm Mon-Fri

Facebook 'Salvation Army Whanganui'



# 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](mailto: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 1<sup>st</sup> Wednesday monthly.
- Foxton Heartlands Office 9 Lady's Mile Foxton 2<sup>nd</sup> Wednesday monthly
- Taranua Heartlands Office 11 Mangahao Road Pahiatua 3<sup>rd</sup> Tuesday monthly
- Whanganui Work and Income Office 153 St Hill Street Whanganui 4<sup>th</sup> 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](mailto: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



## 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](mailto: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

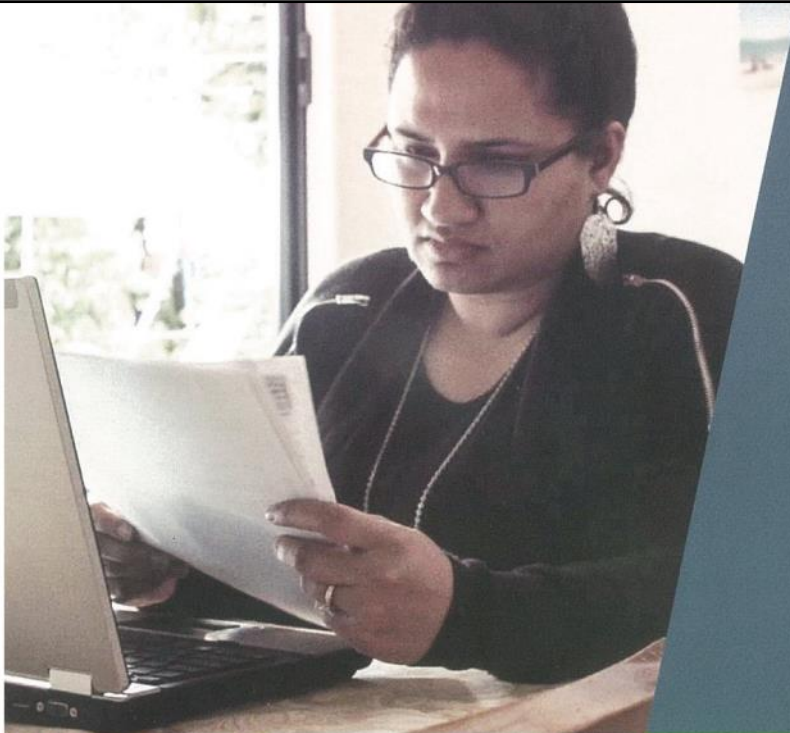
This service does not

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

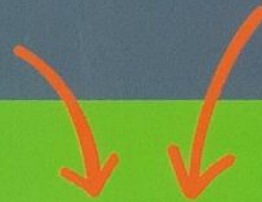




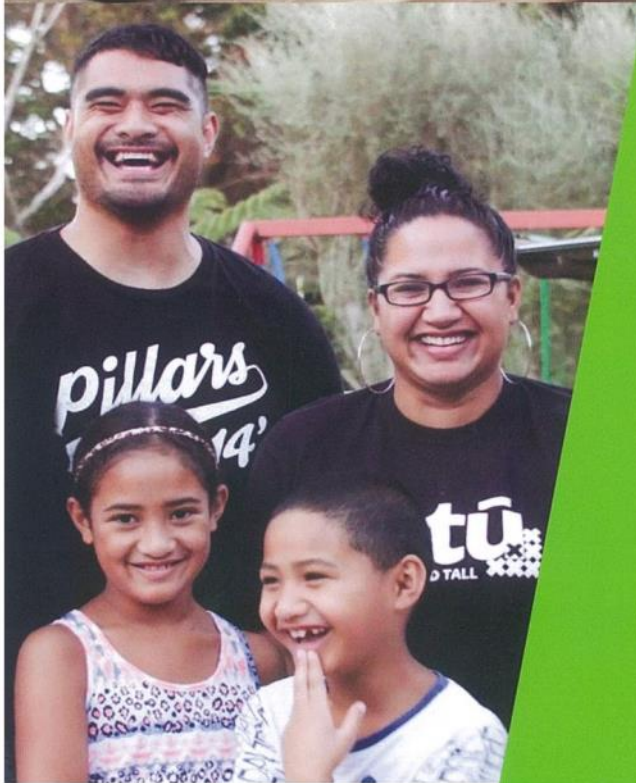
# Support Services



**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**



## Support Services



Whanganui Community Living  
Trust

396a Victoria Avenue, Whanganui.

PH: 0800 925 894

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

### Support Services:

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

Our services are tailored to the  
individual/whaiora needs.

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

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



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

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

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

### Services:

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

'To promote self-empowerment through peer support'.

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

**USE 105 FOR POLICE NON-EMERGENCIES**



# Support Services

## Weekly What's On – 2025



|                  |                                                                                                                                                                                                                                                                                                                                |
|------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Monday</b>    | <p><b>9:30 – 11:00 am: Exploring Calm</b><br/>Practical application of relaxation techniques.</p> <p><b>1:00 – 3:00 pm: The Secret to Mondays</b><br/>Self-improvement and empowerment</p> <p><b>Moody Mondays: Bipolar and mood disorder peer-to-peer support group</b><br/>Currently on hiatus until further notice.</p>     |
| <b>Tuesday</b>   | <b>CLOSED – NO GROUPS</b>                                                                                                                                                                                                                                                                                                      |
| <b>Wednesday</b> | <p><b>1:00 – 3:00 pm: Resilience 101</b><br/>Learning essential life skills.</p>                                                                                                                                                                                                                                               |
| <b>Thursday</b>  | <p><b>9:30 - 11:30 am: Splash Centre</b><br/>Swim, gym, spa, or sauna. Ask staff at the front desk of the Splash Center for access.</p> <p><b>1:00 – 3:00 pm: Artistic expression</b><br/>Bring along your own work or create one. All welcome.</p> <p><b>5:30 – 7:30 pm: Evening support group</b><br/>Social activities.</p> |
| <b>Friday</b>    | <p><b>10:00 – 11:30 am: Addiction Relapse Prevention</b><br/>We aim to: minimize harm, share our stories in a positive environment, and strategize our way through recovery.</p> <p><b>1:00 – 3:00 pm: Afternoon Social group</b><br/>Join us for an adventure, a laugh, and some good yarns.</p>                              |

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

# Support Services

## What are our programs about?

**Exploring Calm:** 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.

**The Secret to Mondays:** Different topics are explored, including wellness plans, goal setting, confidence, empowerment and independence.

**Moody Mondays – Currently on hiatus until further notice:** 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.

**Resilience 101:** 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.

**Splash Centre:** Your chance to have a swim, gym, sauna, spa. Ask at the front desk at the Splash for free access.

**Artistic Expression:** Join our art tutor 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:** The doors open at 5:00 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.

**Addiction Support & Relapse Prevention:** 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 Group:** A relaxed group where we base our afternoon activities around what you want to do and where you want to explore.

---

Our groups are held in the big room at Balance, except the Thursday morning Splash Centre group.

All our groups are tangata whaiora lead, 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.

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

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



# Support Services



## Addiction 101

Understanding addiction and recovery

### About the workshop

Blueprint for Learning training reflects a philosophy of recovery and empowerment using best practice to help people become full and active members of their communities.

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

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

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

*"I have found the workshop excellent and I have a more informed awareness of addiction"*



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

### Across the year, across the country

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

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

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

### Co-facilitation

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

### Learning outcomes

After attending Addiction 101 participants will be able to:

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

### The impact is worth it

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

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

### Highest quality learning

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

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

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

### Ready to book?

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

Email: [info@blueprint.co.nz](mailto:info@blueprint.co.nz)

Phone: 04 473 9009

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



## Support Services

### AL-ANON FAMILY GROUP

CONFIDENTIAL SUPPORT FOR FAMILY AND FRIENDS  
OF PROBLEM DRINKERS

*Every Tuesday at 7:30pm*

*Quaker Meeting House*

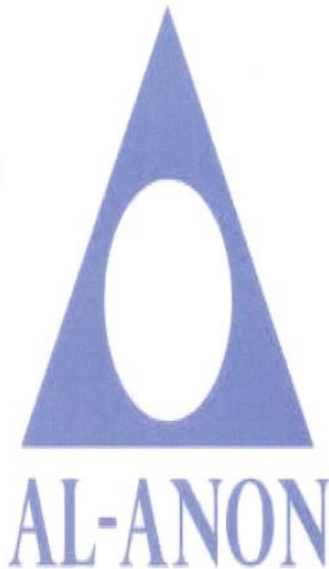
*256 Wicksteed Street, Wanganui*

*Every Friday at 12:30pm*

*Gonville Library Meeting Room*

*44 Abbot Street, Wanganui*

*...just pop on in ☺*



Alcoholics Anonymous  
NEW ZEALAND

### Alcoholics Anonymous

Phone 0800 229 6757

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

AA Wanganui Area Meetings:

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

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 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**  
He Akoranga Māu

[www.trainingforyou.co.nz](http://www.trainingforyou.co.nz)  
0800 GET T4U  
148 Ingestre St, Whanganui

## Need help finding a job?

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

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

We assist with:

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

Come talk to us today!

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

**choicesnz**



**Learn basic  
everyday  
digital skills**

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

  
**KANORAU  
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Powered by  
**Te Wānanga  
o Aotearoa**

# DRIVE

## Start the licence journey

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



# Support Services



MINISTRY OF SOCIAL  
DEVELOPMENT  
TE MANATŌ WHAKAHIAŌ ORA



## realising the dreams and aspirations of youth

tau awhitia te taiohi, ka puta ki te wheiao

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

who we can help:

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

How we can help:

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

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

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



youth service  
ratonga taiohi



**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](mailto:ADMIN@WHATEVER.ORG.NZ)**

# Support Services

## WANT BETTER JOB OPPORTUNITIES?



### - WHANGANUI -

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



Get in touch to find out how!

**FREEPHONE: 0508 872 466**

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

## What's on at WLCT



### Literacy and Numeracy Support

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



### Passport to Work

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



### Complete Confidence

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



### Computing and Admin Support

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



### Learner Licence

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

**232 Wicksteed**  
Whanganui Learning Centre

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



## TUTORS WANTED

Do you have a qualification in teaching adults literacy?

Are you interested in helping others upskill?

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



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



## 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://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](mailto: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](mailto: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!



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

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



**HELPING NEWCOMERS FEEL AT HOME**



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



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



# Support Services

## 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](mailto:fundraising@stroke.org.nz)



**Support available after stroke – we are here to help you**

[stroke.org.nz](http://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](mailto:help@stroke.org.nz)**

Online resources and information about local groups and events:

**[stroke.org.nz/gethelp](http://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.



## Whanganui-Rangitikei-Waimarino

### Cancer Society

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

### Our free service includes:

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

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

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

**Email for support: [kerri.dewson@cancercd.org.nz](mailto:kerri.dewson@cancercd.org.nz)**

**Open hours: Monday– Friday 8.30am – 3.00pm**



# Support Services



PO Box 11067

Manner Street

Wellington 6142

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

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

Freephone 0800 473 4636



Educator for Whanganui Region

**Kelsi Ellis**

Contact Kelsi on:

027 301 1700

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



Parkinson's New Zealand

04 801 8850 | 0800 473 4636

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

PO Box 11 067, Manners Street, Wellington 6142

L13, Ranchhod Tower, 39 the Terrace, Wellington 6011

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

**ms.**  
Wanganui

- Information
- Support
- Advocacy



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

Phone: (06) 345 2336 / 027 381 2555

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

Room 110, 1<sup>st</sup> Floor, Community House

60 Ridgway Street

PO Box 102, Wanganui

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



**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

## 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

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

### THURSDAYS

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)

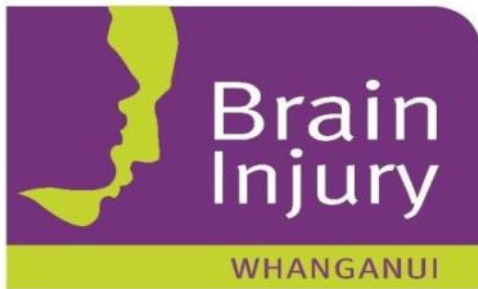
51 Liverpool Street: 9am

NA (Narcotics Anonymous)

Saint Paul's Church, 128 Guyton Street: 7pm – 8pm



# 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](mailto: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.

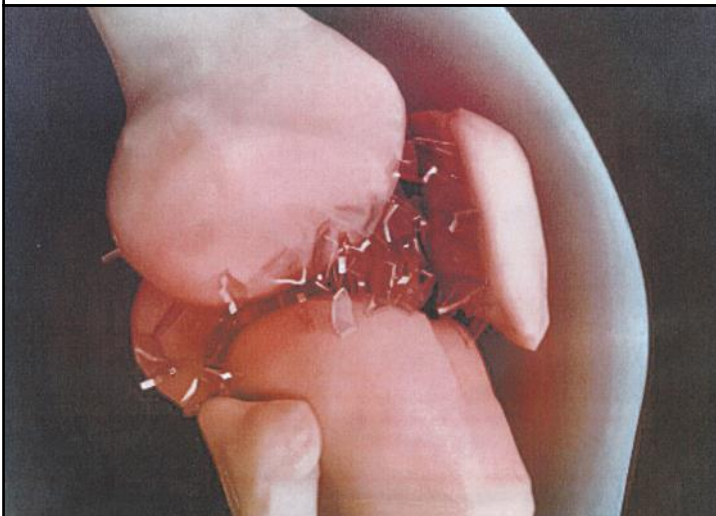
For Professional Development, Epilepsy Safety Training for Staff for small or large groups is available for a Fee.

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](mailto: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](http://www.arthritis.org.nz)



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

## Exploring calm



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

Group facilitated by Balance Aotearoa Staff.

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

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

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

# Counselling Services

## The Counselling Centre (Marton)

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

located at 18 High Street, Marton

Phone (06) 327 5245

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

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

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

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

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

### Nicola Hartfield

Fellow Arbitrators' and Mediators' Institute NZ

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

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

Workplace Supervisor / Family Mediator



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

We can work together to find new possibilities.

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

16 years experience.

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

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



## COUNSELLING CABOODLE

PROFESSIONAL SUPERVISION SERVICES

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

Whanganui, Bulls, Marton, Palmerston North or via Skype

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

ACC Sensitive Claim and ACC Physical Injury.

Individuals Couples Groups Workshops Education sessions

Trauma

Individuals, couples or groups

Addictions

Relationships

Work place issues

Self discovery

Family dynamics

Medical issues

Anger management

Mental health (depression, anxiety etc)

Sexual Abuse

Grief

Bullying

Managing change

Assertiveness training/communication

And much more!

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

Full member of NZAC, Registered DAPAANZ and DAPAANZ approved supervisor

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

## Fliss Newton

MNZAC; Dip GINZ; TTC;  
Cert Social Work

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

(06) 347 6377

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



## Barrie Marsh

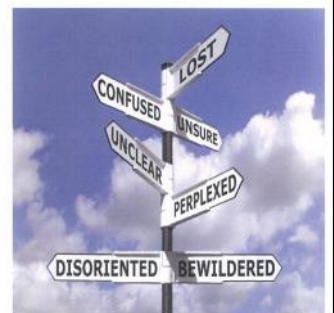
Diploma of Social Work

General Counsellor

*Strict Confidentiality and  
Privacy Assured*

Ph (06) 344 3345

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





## 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, diptheria, whooping cough** (13-38 weeks)

### 6-Week immunisations

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

### 3-month immunisations

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

### 5-month immunisations

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

### 12-month immunisations

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

### 15-month immunisations

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

### 4-year immunisations

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



+ B4 School Check

### 5-year immunisations

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

### From age 9

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

### From age 11

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

For more information visit  
**immunise.health.nz**



Whanganui Regional  
Health Network



# Health Support Services

## SURVIVING GRIEF



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

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

The programme consists of

4 sessions held weekly,  
each lasting 2 hours.

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

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

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

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

For more information contact:

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



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

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

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

### NATIONWIDE BOOK ONLINE

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



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

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

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

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

We offer one-to-one confidential support  
sessions.

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



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



# Health Support Services



## Gender Affirming Healthcare

[pridewhanganui.co.nz/gender-care-whanganui](http://pridewhanganui.co.nz/gender-care-whanganui)

**PRESS RELEASE – FRIDAY 6<sup>th</sup> 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](mailto:health@pridewhanganui.co.nz)

**Website:** [www.pridewhanganui.co.nz/gender-care-whanganui](http://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](mailto:health@pridewhanganui.co.nz)



[pridewhanganui.co.nz/gender-care-whanganui](http://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](http://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 mameae  
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.aoketera.org.nz](http://www.aoketera.org.nz)

#### Phone

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

#### Email

Send referral form to  
[referrals@aokete-ra.org.nz](mailto:referrals@aokete-ra.org.nz)

Find further information at:  
[aoketera.org.nz](http://aoketera.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](http://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](mailto:info@securely.nz) or visit our website

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

if you need more information or have a general enquiry.

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

Follow us on Facebook and LinkedIn.

Tell us your story and how we've helped you to be more confident and independent by emailing [info@securely.nz](mailto:info@securely.nz)

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

## Medical alarms for true independence



**SECURELY®**

Enabling you to live with confidence and independence

## What happens when you activate your medical alarm?

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

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

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

## Cancelling your alarm

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

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

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

## Paying an ambulance bill

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

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

SECURELY  
FREEPOST SECURELY  
PO BOX 947  
TAURANGA, 3140

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

## Pendant Testing

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

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



## When you go away

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

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

Call us on 0800 865 865.

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

## What happens if you lose your medical pendant?

Call us on 0800 865 865 to arrange a replacement.



## PERS®

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

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

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

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



## Family System

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

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

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

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

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

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

## Medical alarms that leave the others behind



**SECURELY®**

Enabling you to live with confidence and independence



## 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 for work address and we will help you get GO set up over the phone.



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

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

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



# 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](http://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

VitalCALL Go

Learn more at [vitalcall.co.nz](http://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](mailto:Life Unlimited Hearing Therapy) or phone 0800 008 011 for a free assessment.

Our hearing therapists are qualified assessors for this specialised equipment.

There is some funding available where specific criteria are met.



## 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**



# Health Matters

## Find healthcare services in our region at Healthpoint

A local healthcare services directory is available online at Healthpoint.

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

**Te Whatu Ora**  
Health New Zealand

**Te Kāwanatanga o Aotearoa**  
New Zealand Government

## Off you GO safely on your travels!

GO mobile medical alarm works anywhere there is cellphone coverage



**SECURELY®**  
Enabling you to live with confidence and independence



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

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

**STRENGTH**

**BALANCE**

**AND A GOOD YARN**

Join an approved class near you:

**Carla's Group Fitness**  
Carla Longwood 021 180 8861 E: [clongwood@livelonger.org.nz](mailto:clongwood@livelonger.org.nz)  
Wed 7:00-7:30pm 10 Pukekohe Presbyterian Church 120 Daphne St  
Thurs 10:00-11:00am St Andrews Hall 3 Belfry St \$5 per session

**Feldenkrais Movement Classes**  
Katherine Schaffers 06 342 8892  
E: [katharine.schaffers@gmail.com](mailto:katharine.schaffers@gmail.com) Web: [www.feldenkrais.org.nz](http://www.feldenkrais.org.nz)  
Mon 7:30-8:30pm Wed 12:30-1:30pm Community House  
Riddiway St \$14 per session. Concessions available

**Tai Chi**  
Muri Dutton 027 238 2127 E: [muridutton@livelonger.org.nz](mailto:muridutton@livelonger.org.nz)  
Wed 12:30-1:30pm 27 Toupa Quay \$10 per session



**Tai Chi for Health**

Miriam Williams 06 340 1700 E: [miriam.williams@gmail.com](mailto:miriam.williams@gmail.com)  
Tues 8:30-9:30am Thurs 9:00-10:00am  
\$7 Public Drive \$3 per session

**Counter Punch For Parkinson's**

Sally Tems 029 403 7030 E: [sallytems@livelonger.org.nz](mailto:sallytems@livelonger.org.nz)  
Wed 11:30am-12:00pm 100 Owen Road (Kaitake Rugby Club)  
\$5 per session (partners free of charge)

**Steady As You Go - SAKGO** multiple classes available:

Level 1 Tues 10:30-11:30am E: [lange@livelonger.org.nz](mailto:lange@livelonger.org.nz)  
Over 25 classes around Whanganui, Rangitikei and Wairarapa  
\$3 per session

**YOGA**

Marian Toland 021 975 5802 E: [marian.toland@gmail.com](mailto:marian.toland@gmail.com)  
Wed 7:30pm Greenfield Park Community Hall  
\$20 per session

**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.

**Te Whangā Ohanga (Taihang)**

Nguyen Martin 027 013 8862  
E: [nguyen.martin@rockapalace.co.nz](mailto:nguyen.martin@rockapalace.co.nz)

[WWW.LIVESTRONGER.ORG.NZ](http://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](mailto:support@teoranganui.co.nz)



[www.teoranganui.co.nz](http://www.teoranganui.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](http://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](http://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](http://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](http://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



info@wrhn.org.nz



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](mailto:mhirini@wrhn.org.nz)

## KEEP WELL THIS WINTER

### When Unwell, Where should I be?

#### Home (Self Care)

1

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

#### General Practice & After Hours

2

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

#### Emergency

3

- Emergency Department for emergencies.

## 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.



## Ngā Tohu Whakaora e 3 3 Steps for Life

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

**1. Calling 111**



**2. Starting CPR**



**3. Using an AED**



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

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

# Health Matters



*The Waka Ora Health Shuttle is a koha (donation) based community service, delivered by volunteers, that transports people to health and wellbeing related appointments, and then brings them home again.*

## **Keeping our communities healthy**

For people who have regular medical appointments, their local Waka Ora Health Shuttle is a lifesaver. They book a ride knowing that our reliable shuttles will get them there in plenty of time.

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## **Supporting independent living**

No need to miss essential appointments or ask friends and whānau to take time out of their day. Waka Ora Health Shuttles are a great option if you don't drive, if public transport or taxis aren't available where you live, or if you can't rely on them.

## **An easy way to get to your health appointments**

We can arrange to pick you up from your home or another meeting point to take you to doctors visits, dental appointments, specialist appointments, day-surgery, or any other type of health or wellbeing appointments.

We're here to make it easy for you to get to your important appointments!

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## **Well-trained volunteers**

Our friendly and fully trained volunteers pick you up and take you to where you need to go.

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## **Special transportation**

Some of our shuttles are fitted with hoists or wheelchair access, for clients with limited mobility.

The contact number for the St Johns shuttle from Whanganui to Palmerston North is 0800 266 547 for any other services it would be best to contact St Johns on 06 345 0878.





***Nationwide Health & Disability Advocacy Service***

***Ngā Kaitautoko***

## Promoting Rights & Resolving Complaints

### Health & Disability Advocate

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

**Free, Independent & Confidential.**

### CONTACT FOR THE ADVOCACY SERVICE:

**Freephone 0800 555 050**

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

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

# Family Violence Support



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



## WOMEN'S REFUGE WHANGANUI



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

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

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

## JIGSAW WHANGANUI



Our team journey alongside whānau and families to be safe, confident and proud in their relationships and parenting their children. We support whānau and families resisting violence, healing trauma, building safety, strengthening family relationships, enjoying parenting, and getting support you need from other services. Our services include social work support, parenting programmes, and family harm prevention programmes.

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

Suite 10, 236 Victoria Ave  
PH: 06 345 1636

## AGE CONCERN

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



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

## TUPOHO SOCIAL SERVICES

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



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

249 Victoria Avenue  
PH: 06 345 2042

## CLAW



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

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

## NEW ZEALAND POLICE



In an emergency call 111 and ask for POLICE. Family harm is a high priority for Police. Police take every opportunity to prevent harm and reduce offending and victimisation. Police are committed to a prompt, effective and nationally consistent approach to family harm episodes in collaboration with other agencies/iwi. FLOW visits whānau after the initial Police attendance. FLOW act as navigators, enabling whānau to access the most relevant service that will assist them to be safe from harm.

## FAMILY WORKS



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

Email: [familyworks-whanganui@psc.org.nz](mailto:familyworks-whanganui@psc.org.nz)

PH: 06 345 6681 179 Wicksteed Street

## TE ORANGANUI



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

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

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

57 Campbell Street  
PH: 06 349 0007

## WHANGANUI SAFE AND FREE



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

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

52 Nelson Street  
PH: 06 343 3416

## ORANGA TAMARIKI



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

74 Ingestre Street Whanganui  
PH: 0508 (FAMILY) 326 459 (24/7)



# Thank you to our Funders

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

