



Kia Ora,

A Big Thank You to Our Local Legends

We just want to take a moment to give a big shout-out to all the amazing people working/volunteering in organisations around the Whanganui District who are working hard to make life better for people in our community. Your mahi, time, and care are truly appreciated.

Lunch and Learn on the 13th August

“Speed Dating for Services” learning what organisation are about, networking with other organisations, come along and join in. (info page 3).

Funders

The list of funders on this page has been compiled using the most up-to-date information available at the time each issue of Com.Chat is published.

However, we strongly recommend that you independently verify funding deadlines and eligibility criteria directly on the funders’ websites, as these details may change without prior notice beyond what is posted online.

Stay safe

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.

Community Contracts—2025 funding round closes 31 July 2025. www.whanganui.govt.nz.

Whanganui Community Foundation—Quick response closes 4 August and 1st September 2025 Community support closes 27th October 2025
www.whanganuicommunityfoundation.org.nz.

Pub Charity Ltd—check area eligibility prior to applying.
www.pubcharitylimited.co.nz.

TG Macarthy Trust—annual applications close 13 June 2025. www.publictrust.co.nz.

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

Mainland Foundation—check area eligibility prior to applying.
www.mainlandfoundation.co.nz

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

NZCT—always open, allow up to 8 weeks for outcomes.
www.nzct.org.nz.

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

Grassroots Trust Central—check area eligibility prior to applying. www.grassrootstrustcentral.co.nz.

Youthtown Incorporated —check area eligibility prior to applying. www.youthtownfunding.org.nz

Creative Communities Scheme Arts Funding Opens 4 August and closes 5 September
Supporting local community arts projects.

See more information here
<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

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

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

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

DEADLINE FOR PLACING INFORMATION IN

NEXT MONTH'S ISSUE OF COM CHAT

Friday the 29th August 2025

THANK YOU

A message from the MS Community Advisor MONTH OF JULY

I would like to take this opportunity to thank the businesses and organisations who supported and contributed to donating funds or products to our Beanies, Scarves, Socks and Hot water bottles for the month of July. These goods will be distributed by the Outreach team from WRHN who conduct clinics in Wanganui and the surrounding Rangitikei area to children in need. I hate to think of children being cold over winter and if these items help to keep our needy children warm then we have achieved a great service to our community. A special thankyou must go to the Raffle team ladies from Volunteer Wanganui who gave up their time to man the donation table at Trafalgar Square.

These will be distributed to our children in need by the WRHN Outreach Team.
Once again, many thanks for your support.

Sharon Mesic.

PLEASE CONTACT

Sharon Mesic, Community Advisor - MS Wanganui

06 345 2336 / 027 381 2555

RUN IN CONJUNCTION WITH MS WANGANUI AND VOLUNTEER WHANGANUI



What's on — mark your diaries!

MONTHLY LUNCH & LEARN

12:00 TO 1:00PM

COMMUNITY HOUSE

FREE for anyone working in the community
with great networking opportunities before
and after each session.

BYO (Bring Your Own) Lunch.
Tea & coffee is supplied

RSVP: office@wovenwhanau.org.nz

Upcoming Session Topics:

- **13 August:**

Speed dating for services

- **10 September:**

Marketing and strategy secrets

- **8 October:**

AI in the workplace



What's on — mark your diaries!

Te Tūhono Whaiora Wairua



A 6 weekly networking hui for kaimahi supporting whaiora in primary and community mental health.

Join us for a regular gathering where kaimahi across the sector can pause, reflect, and re-connect—with each other and the shared kaupapa of uplifting the wairua of those we serve.

Whether you're on the frontlines, behind the scenes, or somewhere in between, this hui is a chance to breathe, share, and strengthen the mauri of our mahi.

We hold space for authentic kōrero, celebrate collective wisdom, and explore ways to work together more meaningfully.

Held every 6 weeks, at rotating venues.

Open to ALL mental health kaimahi in the primary and community sectors!



When: July 29th 1pm - 3pm

Where: Outside meeting room at Whanganui Regional Health Network

Registrations essential:

<https://docs.google.com/forms/d/e/1FAIpQLSfvonW4kddS4-G65cdpT94kxkJjdj7lpEoRHAziSSlatCljqA/viewform?usp=sharing&oid=101173544351364354218>

Better Together

What's on — mark your diaries!

Te Tūhono Whaiora Wairua



A 6 weekly networking hui for kaimahi supporting whaiora in primary and community mental health.

This event is intended to be a regular gathering where kaimahi across the primary and community mental health sector can pause, reflect, and re-connect—with each other and the shared kaupapa of uplifting the wairua of those we serve.

There will be an educational section to each event to bring together our collective knowledge and skills and learn something new at each event

Organisations around the rohe will be asked to host an event on their premises to allow kaimahi to learn about each service we have available here, to show everyone where the different services are, and to include all services to take part in holding the event and contributing to the event.

Open to ALL mental health kaimahi in the primary and community sectors!

What's involved in hosting an event

- A space large enough for 50 or so people at once
- Bringing an educational presentation with both info about your services, and a skill, tool, intervention etc to teach the group
- Catering, if possible, this can be discussed

Register your interest in hosting an event

<https://docs.google.com/forms/d/e/1FAIpQLSej8jb20Q9XTzACDZ3HOPYGul9cgFPvErh5px2BOCUAWzu9DQ/viewform?usp=header>



Better Together

What's on — mark your diaries!

DIABETES
YOUR LIFE
YOUR JOURNEY



Diabetes Self-Management Education Programme

This 6-week course is open to anyone who has been diagnosed with type 2 diabetes. It is facilitated by Diabetes New Zealand with support from clinicians.



Help manage diabetes-related changes



Meet and share life experiences with others



Make clear, achievable goals

Course provided in partnership with Te Oranganui

For more information and to register, contact Joleen Sharrock:

joleens@diabetes.org.nz
027 276 0083



What's on — mark your diaries!

Enliven Whanganui's new Day Programme offers a warm, respectful, and engaging environment that helps older people stay connected, involved, and independent. This unique programme is designed for people who want more than just supervision — they want purpose, community, and the chance to continue contributing in a way that feels right for them. This is **not** traditional day care. It's a **life-affirming experience** centred on strengths, identity, and meaningful daily routines.



Who Can Join?

This programme is designed for:

- Older adults with memory loss, mild to moderate dementia, or cognitive changes
- Whānau looking for private day-time support or reliable respite
- Individuals at risk of isolation who would benefit from a safe, social environment

 We welcome private-paying participants. Referrals also accepted.

Programme Details

 **Location:** Kōwhai Centre (newly opened) – 88 Virginia Road, Otamatea, Whangnui

 **Days & Hours:** Monday, Wednesday, Friday | 9:30 am–3:30 pm
(Enquire re half days 9:30am to 12:30pm)

 **Cost:** Private and funded options available (please enquire)

 **Phone:** 06 349 1400

 **Email:** kowhainui@psc.org.nz

 **Website:** www.enlivencentral.org.nz

What's on — mark your diaries!

PERFORMABLE

Term 3, 2025

10.00am - 12.00pm

Community House

60 Ridgway St, Whanganui

Saturday - July 26th - September 13th

Inclusive Drama & Movement

Whanganui Performing Arts is excited to launch PerformAble - a welcoming drama and movement class designed for students with additional learning or access needs.

 Confidence Building •  Movement •  Creative Expression

 Term 3, 2025

 Saturdays, 10:00am - 12:00pm (morning tea at 11am)

 Community House, 60 Ridgway Street, Whanganui

 Aimed at ages 14 years+ - younger students are welcome to enquire

 Limited spaces available - small group sessions to ensure personalised support.

\$10.00 PER SESSION



whanganuiperformingarts@gmail.com



What's on — mark your diaries!

SURVIVORS WHANGANUI GROUP

AUGUST 2025 MEETING DATES

Thursday
7

Thursday
14

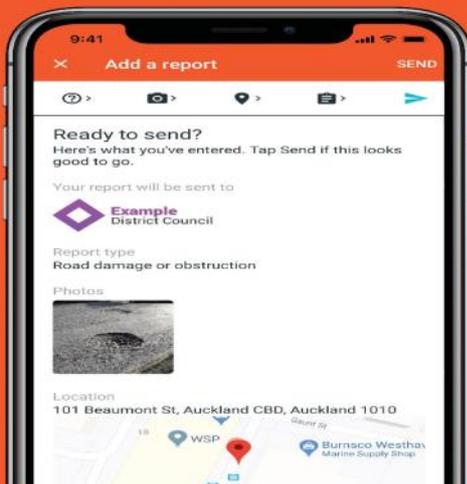
Thursday
21

Thursday
28

3.45pm-5.30pm
203 Victoria Ave
Whanganui

**SURVIVORS OF ABUSE IN STATE CARE
COME AND MEET OTHER SURVIVORS**

**IF YOU ARE WANTING TO KNOW MORE PLEASE EMAIL
MIST@XTRA.CO.NZ**



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

What's on — mark your diaries!

ROSSINI

Petite Messe Solennelle

Schola Sacra Choir *with*

Director: Iain Tetley

Pianist: Guy Donaldson

Harmonium: Alison Stewart

Soprano: Caroline Hickman

Alto: Bronte Hodgetts

Tenor: Nigel Tongs

Bass: Roger Wilson

2.30pm Saturday 23rd August 2025

Big School, Whanganui Collegiate, Liverpool Street

Tickets available from the Royal Whanganui Opera House,
choir members or at the door

Adult \$25 | Concession \$20 | Student \$15 | 18 and under Free

What's on — mark your diaries!



THE
**BIG
SING**
2025

CADENZA
Whanganui 10 & 11 August 2025

Gala concert

Royal Whanganui Opera House
11 August at 7.00pm
Tickets \$25-\$10 at
whanganuivenues.co.nz

**Choral
Showcase**

12 top secondary school
choirs in concert

Day sessions

Royal Whanganui Opera House
Door sales only
For more information
visit nzcf.org.nz

The New Zealand Choral Federation acknowledges the support of:



What's on — mark your diaries!

Hakeke Community Centre and Library

MONDAY

Kid's Storytime

Every Monday from 10am

Book Explorer's Club

The last Monday of every month 10.30am

Quilt and Stitch

Every Monday 10am - 3pm

Minecraft Mondays

Every Monday 3.15pm - 4.15pm

THURSDAY

Creative Writing Group

Every Thursday 10am - 11.30am

Aphasia

The third Thursday of every month 10am - 12pm
(By appointment)

Yoga

Every Thursday 1pm - 2.30pm

Playlab

Every Thursday 3.15pm - 4.15pm

TUESDAY

Eastside Card Group

Every Tuesday 10am - 1pm

Art Group

Every Tuesday 10am - 12pm

Steady As You Go

Every Tuesday 1pm - 2pm
\$3 per class

Boardom Busters

Every Tuesday 3.15pm - 4.15pm
Board games and Card games

FRIDAY

Te Kura

Every Friday 10.30am - 12.30pm

Over 65s Hub

The first Friday of every month
10am - 12pm

Lego Explorers

Every Friday 3.15pm - 4.15pm

WEDNESDAY

Let's Get Crafty

Every Wednesday 10am - 12.30pm

Colour And Create

Every Wednesday 3.15pm - 4.15pm

SATURDAY

Lego Explorers

Every Saturday 10.30am - 11.30am

Boardom Busters

Every Saturday 11.30am - 12.30pm

Sensory Hour

Every Saturday 1pm - 2pm



Mon - Fri
9am - 4.30pm
Sat - 10am - 2pm
65 Hakeke Street,
Whanganui East

For any enquiries contact the centre on
Ph:069276707
Email:Hakekestcommcentre@gmail.com
FB:Hakeke Community Centre and Library

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, you don't have to do it alone. Come and chat in a safe and supportive space with professional guidance. Together, we can work out a plan to enable you to move through the bumps and achieve your goals. **All welcome.**

WINTER WONDERFEST: 'Connect, Empower, Inspire'. Get involved with our tenth annual Winter Wonderfest which is set to come on at ya from 6-23 August. Festival Guides are available at several good places around town. Pick one up from the i-Site Visitor Centre, the libraries, Paige's Book Gallery, and here at Network HQ...or you can download one online via our Facebook pages or our La Fiesta website: <https://lafiesta.co.nz/> **Enjoy 61 events, 40 festival partners, and 30 venues around Whanganui.**

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. Free entry!

WOMEN ON WEDNESDAY Connecting women who live or feel 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 + MASSAGE Our activity partner, 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, take an hour just for you.** Check out the full timetable or find out more about the classes on offer, by emailing Emma: embarkyoga@gmail.com or visit her Embark Yoga Facebook page for regular updates. Emma is also a trained and excellent massage therapist and offers a range of treatments.

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 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. We also 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 also available between 9am-4pm weekdays so feel free to call us on 345 6833 or email: womnet.whanganui@gmail.com if you want to make one.

Check us out on Facebook - follow our La Fiesta NZ, Winter Wonderfest Whanganui +Women's Network Whanganui pages! Find us on Instagram too @Women's Network Whanganui

What's on — mark your diaries!

6-23 AUGUST

Join in the tenth annual winter festival
Brought to you by the good folk at the
Women's Network Whanganui + friends

Winter ONDERFEST



Festival Guide

**CONNECT
EMPOWER
INSPIRE**

What's on — mark your diaries!



Winter Wonderfest Whanganui FESTIVAL PROGRAMME: 6-23 AUGUST

Brought to you by the Women's Network + friends



FESTIVAL SPECIALS

Nurturing Massage

Beginner Pilates

ACTIVITY DETAILS

Experience self-care through nurturing touch. Choose from a 30min Foot & Lower Leg Massage \$40; 30min Head, Neck, Shoulders, Chest, Arms \$45; 60min combo + relaxation \$70.

During the festival, explore beginner Reformer Pilates classes & Mums + Bubs classes. 2 sessions for \$30. Download the Mindbody app, create an account, search for 'reformer room, Whanganui'.

CONTACT INFO + VENUE

75 St Hill Street
Emma @ Embark Massage + Yoga, 021 103 3394 or embarkyoga@gmail.com

Upstairs, 172-188 Victoria Ave
Lisa via thereformerroom@gmail.com

06/08

10am - 12pm

WHANGANUI LIBRARY WRITERS, free. An open invitation to attend our regular group. Bring some writing to share or just come along to listen.

10.30am - 12pm

ARTS + CRAFTS FOR GROWN UPS, free. Enjoy a morning of company & creativity. No experience needed, all welcome.

12 - 1pm

LUNCHTIME POETRY, free. An open invitation to attend our regular group. Bring your lunch and a poem to share or just come to listen.

12.30pm - 1.30pm

GENTLE STRETCH + RELAX, \$10. Bring awareness to the body, unravel to sink into relaxation. **Also sessions on 13 & 20 August.**

5:30 - 7pm

EXHIBITION OPENING. Celebrate the launch of our festival exhibitions + the first day of the festival. **Viewing to 23 August.**

07/08

10am

BOXING, \$5. Give boxing a go! A supportive environment for all ages and fitness levels. **Also sessions on 8, 14, 15 August.**

6 - 8pm

WOMEN'S STORY-TELLING, free. A celebration of diverse lived experiences where migrant women share their journeys of identity, hope and resilience.

08/08

4pm

BOXING, \$5. Give boxing a go! A supportive environment for all ages and fitness levels. **Also sessions on 14 & 15 August.**

6 - 9pm

NOT D&D LADIES' NIGHT, free. Experience *Call of Cthulhu*, like Dungeons & Dragons, only spookier! New + experienced players welcome.

09/08

10am - 2pm

WELLNESS SESSIONS, \$25 per session. Supporting body, mind, emotions and heart. Explore a variety of healing modalities on offer. **Also on 16 & 23 August.**

10:30am - 12pm

MAKE HARAKEKE EARRINGS, koha. Learn to make simple woven earrings from harakeke. All materials supplied. BYO kai to share for lunch.

10:30am - 12pm

HEALING SHARE, koha. An opportunity to practice, share and network, or just recharge your batteries. All welcome.

1 - 2pm

GROW PLANTS FOR FREE FROM CUTTINGS, free. Many useful garden plants can be easily propagated. Learn about good plants for beginners, how to take cuttings, then take some home!

10/08

10am - 3pm

HANDY HOME DIY HACKS, \$75. Learn how to fix a leaky tap, patch up holes in the wall, install locks and more! A hands-on workshop to gain confidence to tackle everyday repairs.

10am-11:30am or 12:30-2pm

INTRO TO LAWN BOWLS, \$5. Have a go at a game for ALL generations! Teams of 3 preferred.

2 - 4pm

DARNING WORKSHOP, \$5. Try visible and invisible darning. BYO darning needle, thread + a garment to darn. Hot drinks provided.

11/08

10am

POSITIVITY PORTRAITS, free. Create a collage masterpiece that highlights all the things which make you YOU. Take home a framed, self-reflective work of art. Beginner friendly, all welcome.

5:30pm

SHE'S ON A RIDE, free. Join Cath Cheatley from Velo Ronny's for a fun ride. All bikes, all ages welcome. Lights, layers & laughs essential! **Another session on 18 August.**

6pm

LADIES' NIGHT, \$5. Enjoy a relaxed evening of squash, games, laughs & good vibes. Perfect for beginners or seasoned players. **Another session on 18 August.**

Alexander Library, Pukenamu Drive
RSVP: rachel@whanganuilibrary.com or 027 211 4261

Davis Library, 1 Pukenamu Drive
iva@whanganuilibrary.com

Alexander Library, Pukenamu Drive
RSVP: rachel@whanganuilibrary.com or 027 211 4261

75 St Hill Street. RSVP to Emma 021 103 3394 or embarkyoga@gmail.com

Space Studio & Gallery, 18 St Hill Street
www.spacestudio.gallery.co.nz/exhibitions

100 Devon Road. Lisa 021 0242 5335 or email: lisa.piggott@gmail.com

Women's Network, 75 St Hill Street
RSVP essential, spaces are limited. multiculturalwhanganui@gmail.com

100 Devon Road. Lisa 021 0242 5335 or email: lisa.piggott@gmail.com

Alexander Library, Pukenamu Drive
RSVP essential, spaces are limited
Email: nicola@whanganuilibrary.com

Women's Network, 75 St Hill Street
For more info, contact Rere 022 4344 914 or reresutherland@gmail.com

138 Gonville Avenue
Bookings helpful. RSVP to margot@sportwhanganui.co.nz

Wisdom Is Yours, 59 Victoria Ave
Natasha or Kevin [06] 345 5002

Hakeke St Community Centre
RSVP essential: Rachel 022 096 5673 or martinsfarmhouse@fastmail.com

Enrolment essential
<https://communityeducation.nz/>
or admin@communityeducation.nz

Whanganui Bowling Club, 53 Nelson St. For more info, contact Rita: collegebowls2024@gmail.com

Sustainable Whanganui Envirohub, 23 Drews Ave
RSVP: whanganuirepaircafe@gmail.com

Salvation Army, 4 Indus Street
RSVP essential as spaces are limited
Contact Amethyst 022 011 2282

49 Wilson Street
Just turn up or for more info contact: sales@veloronny.co.nz

Whanganui Squash Club, 3 Bassett St. For more info, contact Jodie: whanganuisquash@inspire.net.nz

What's on — mark your diaries!

12/08

6:15 - 7am

YOGA BOOTCAMP, \$10. Kickstart your day with an enlivening session to strengthen, move, lengthen and rest. **Also sessions on 14, 19, 21 August.**

75 St Hill Street

RSVP to Emma 021 103 3394 or embarkyoga@gmail.com

10 - 10:30am

UNDER-5s STORY TIME, free. Enjoy some wintery tales at this special Winter Wonderfest story time session.

Davis Library, 1 Pukenuamu Drive

jane@whanganuilibrary.com

3pm

STRENGTH & STRETCH, \$5. A gentle class suitable for 55+ using light weights and chair exercises. All fitness levels welcome.

St Andrew's Hall, Bell Street

Email: lisa.piggott@gmail.com

5:30 - 7pm

MEET THE CANDIDATES, free. The National Council of Women host some of the candidates for Whanganui District Council. Come along to hear what they stand for, with Q & A session and refreshments.

Brechin Lounge, St Paul's in the City 112 Guyton Street

For info: jennysaywood@gmail.com

13/08

10am

ARCHERY, \$10. Be guided with great support & knowledgeable coaches. Beginners & experienced archers welcome.

Kaierau Rugby Ground, 100 Devon Rd
secretary@marangiaracheryclub.co.nz

12.30pm - 1.30pm

GENTLE STRETCH + RELAX, \$10. Bring awareness to the body, unravel to sink into relaxation. **Another session on 20 August.**

75 St Hill Street. RSVP to Emma 021 103 3394 or embarkyoga@gmail.com

2 - 4pm

INSOMNIA WORKSHOP, \$5. Engage in a guided discussion about useful tips for a good sleep. Come with an open mind.

Bookings essential. RVSP Margi [06] 344 120 or margikeys93@gmail.com

6pm

WINE TASTING FOR BEGINNERS, \$40. Explore a variety of wine styles, learn simple tasting techniques, share tips for pairing and enjoying wine without the snobbery.

Bookings essential

www.joaswines.co.nz
Includes wine and nibbles

14/08

6:15 - 7am

YOGA BOOTCAMP, \$10. Kickstart your day with an enlivening session to strengthen, move, lengthen and rest. **Also sessions on 19, 21 August.**

75 St Hill Street

RSVP to Emma 021 103 3394 or embarkyoga@gmail.com

10am

BOXING, \$5. Give boxing a go! A supportive environment for all ages and fitness levels with the team from River City Boxing.

100 Devon Road. Lisa 021 0242 5335 or email: lisa.piggott@gmail.com

15/08

12.30pm - 1.30pm

GONVILLE WISDOM CIRCLE: POETRY READING & SHARING, free. Bring a favourite poem to share in honour of National Poetry Day next week.

Gonville Library, 44 Abbot Street
gonville@whanganuilibrary.com

4pm

BOXING, \$5. Give boxing a go! A supportive environment for all ages and fitness levels with the team from River City Boxing.

100 Devon Road. Lisa 021 0242 5335 or email: lisa.piggott@gmail.com

16/08

10am - 12pm

EMBROIDERY FUN, free. Explore what can be done with a needle and thread & even give it a go - materials provided.

Davis Library, 1 Pukenuamu Drive.
For info: donann101@gmail.com

10am - 1pm

SCHOOLED FOR TOOLS, \$50. Be guided through the essentials of power tool mastery. Learn safety protocols, which tools to use for various DIY tasks, care and maintenance + practical experience. All welcome.

Enrolment essential

<https://communityeducation.nz/>
or admin@communityeducation.nz

10am - 2pm

WELLNESS SESSIONS, \$25 per session. Supporting body, mind, emotions and heart. Explore a variety of healing modalities on offer. **Also on 23 August.**

Women's Network, 75 St Hill Street
For more info, contact Rere 022 4344 914 or rerersutherland@gmail.com

11am

STAGES OF PASSING, koha. Spiritual development workshop for those wishing to explore the death process from a spiritual perspective.

Wisdom Is Yours, 59 Victoria Avenue. For more info, contact Natasha or Kevin [06] 345 5002

2:15 - 4pm

SPEED-DATING WITH A BOOK, free. A fun and fast-paced event where readers connect over favourite genres and hidden literary gems. A great way to discover new titles!

Gonville Library, 44 Abbot Street

Booking essential! RSVP to gonville@whanganuilibrary.com

7pm

CLAY + WINE EVENING, \$65. Make a pottery cup & saucer, mug or vase by rolling out clay and adding patterns. Refreshments included.

11 Kotuku St, Castlecliff

RSVP to Fiona 021 137 8719 or mcleodpottery@gmail.com

17/08

10am - 12pm

FRIED RICE VERMICELLI, \$50. Chow Mei Fun has been loved for decades. Enjoy the aroma of traditional soy sauce, spice and its colourful ingredients in this cooking demo with Diana Leu.

Enrolment essential

<https://communityeducation.nz/>
or admin@communityeducation.nz

10:30am

GROWING GORGEOUS ROSES, \$10. Join Samantha from the award-winning Matthews Nurseries for a fun rose pruning demo with Q & A.

Women's Network, 75 St Hill Street

RSVP to womnet.whanganui@gmail.com

11am - 2pm

INTRO TO ETCHING, \$60. Printmaking aficionado MB Stoneman will guide you through the magic process of drypoint etching. Materials, equipment and cuppa provided. Bring your Mum/teen/bestie!

Article Cafe, 20 Drews Avenue

Booking essential as spaces are limited
Email: stonemanmb@gmail.com

12:30pm

LUNCH AT BEE'S, \$45. Come in from the cold to enjoy a delicious and authentic Peruvian lunch. Enjoy a set menu of tasty food and drinks with homely hospitality.

Booking essential

RSVP to Beverly 021 171 0544 or bstuarthurtado@gmail.com

2 - 4pm

PORK & PRAWN JADE DUMPLINGS, \$55. See this famous Yum Cha Dim Sum brought to a new level with our fresh Kiwi pork and seafood in this cooking demo with Diana Leu.

Enrolment essential

<https://communityeducation.nz/>
or admin@communityeducation.nz

What's on — mark your diaries!

18/08

9am

GOOD TRASH BIKE RIDE, free. Ride in different directions to collect aluminium cans. You'll need a basket or backpack for what you collect.

5:30pm

SHE'S ON A RIDE, free. Join Cath Cheatley from Velo Ronny's for a fun ride. All bikes, all ages welcome. Lights, layers & laughs essential!

6pm

LADIES' NIGHT, \$5. Enjoy a relaxed evening of squash, games, laughs & good vibes. Perfect for beginners or seasoned players.

7 - 8:30pm

TELL IT, free. Be guided in the process of telling one of your own stories by Adriann Smith - writer, broadcaster, actor and teacher. **Another session on 20 August.**

Meet at Yellow House Cafe for coffee and instructions. For more info, contact Margi 027 448 1581

49 Wilson Street

Just turn up or for more info contact: sales@veloronny.co.nz

Whanganui Squash Club, 3 Bassett St. For more info, contact Jodie: whanganuisquash@inspire.net.nz

Alexander Library, Pukenamu Drive
RSVP essential. Txt Rachel 027 211 4261 or rachel@whanganuilibrary.com

19/08

6:15 - 7am

YOGA BOOTCAMP, \$10. Kickstart your day with an enlivening session to strengthen, move, lengthen and rest. **Another session on 21 August.**

1:30 - 3pm

GOOD READS, free. A focus on chic lit, female authors and female lead characters. BYO favourites to share with others.

3pm

STRENGTH & STRETCH, \$5. A gentle class suitable for 55+ using light weights and chair exercises. All fitness levels welcome.

5:30 - 7pm

WOMEN WHO LEAD, free. Join Women's Network Manager, Carla Donson in conversation with someone extraordinary. An hour of power you didn't know you needed!

75 St Hill Street

RSVP to Emma 021 103 3394 or embarkyoga@gmail.com

Gonville Library, 44 Abbot Street
gonville@whanganuilibrary.com

St Andrew's Hall, Bell Street
Email: lisa.piggott@gmail.com

Barracks Sports Bar, 170 St Hill Street. Check for updates: Women's Network Whanganui on Facebook

20/08

10 - 11:30am

TELL IT, free. Be guided in the process of telling one of your own stories by Adriann Smith - writer, broadcaster, actor and teacher.

12.30pm - 1.30pm

GENTLE STRETCH + RELAX, \$10. Bring awareness to the body, unravel to sink into relaxation.

7 - 8 pm

DANCE IN THE DARK, \$10. Let your cares go and shake, skip or spin to your heart's content in a sober, safe and conscious space to feel liberated in. BYO water bottle & prepare to move!

Alexander Library, Pukenamu Drive
RSVP essential. Txt Rachel 027 211 4261 rachel@whanganuilibrary.com

75 St Hill Street. RSVP to Emma 021 103 3394 or embarkyoga@gmail.com

St Andrew's Hall, Bell Street. Email: whanganui.movement@gmail.com

21/08

6:15 - 7am

YOGA BOOTCAMP, \$10. Kickstart your day with an enlivening session to strengthen, move, lengthen and rest.

9:30am - 11:30am

WEAVING FOR WĀHINE, free. A chance to create, connect and unwind. Weave something special with expert guidance, materials provided.

22/08

12 - 1pm

EXERCISE YOUR DEMOCRATIC RIGHTS, free. Enrolled to vote? Unsure? Come and ask your questions about voting in the upcoming local elections.

7 - 8pm

POETRY PARTY, free. Celebrate *National Poetry Day* with the wise and whimsical words of women past and present. Come along to listen or share a poem you have written or read. Light refreshments provided.

75 St Hill Street. RSVP to Emma 021 103 3394 or embarkyoga@gmail.com

Hakeke St Community Centre
RSVP essential
Email: lisa@hakekest.org.nz

Women's Network, 75 St Hill Street
For more info, contact: diane.paterson@whanganui.govt.nz

Davis Library, 1 Pukenamu Drive
Booking essential
gonville@whanganuilibrary.com

23/08

10am - 2pm

WELLNESS SESSIONS, \$25 per session. Supporting body, mind, emotions and heart. Explore a variety of healing modalities on offer. Give yourself some self-care for the last day of the festival.

3 - 7pm

WINE WALK WITH JOA, \$40. Experience the best of both worlds with a wine tasting walk, where you can enjoy the great outdoors while sipping on exquisite wines from local establishments. With your knowledgeable wine guide Joa leading the way, learn about the winemaking process, various regions and terroirs, and the art of pairing wine with food.

Women's Network, 75 St Hill Street
For more info, contact Rere 022 4344 914 or rerersutherland@gmail.com

Women's Network, 75 St Hill Street
Booking essential
www.joaswines.co.nz
Fee includes some nibbles but not the wine - there will be a special wine selection at each venue.



Details were correct as at 30 June. Some changes may occur. For more info, get in touch with the contact person listed for each festival event.



Be sure to RSUP where required to secure your place! General enquiries about the Winter Wonderfest can be emailed to: womnet.whanganui@gmail.com



The Winter Wonderfest is a flagship initiative of the Women's Network. Operating in Whanganui from the iconic Ladies' Rest Building for almost 40 years, the Women's Network is all about making positive change for women and girls in our community. As a social service organisation, we have many partnerships across the community, as well as in-house support services & activities. Follow us on Facebook + Instagram at Women's Network Whanganui & Winter Wonderfest Whanganui on Facebook.



What's on — mark your diaries!



MH101® - mental health workshop

➤ **Free workshop** | Learn how to support someone experiencing mental health challenges

About the workshop

Supporting someone experiencing mental health challenges can make a big difference to their wellbeing and recovery. Learn how to recognise signs of mental health challenges, and gain practical tools you can use to support people when they need it most.

Our experienced facilitators bring professional and personal experience to the workshop, running interactive activities and stimulating conversations that bring the learning to life.

Participants will receive a workbook with MH101® notes, additional reading, a directory for support and assistance, plus access to an interactive e-learning to apply what you learn.



Learning outcomes

After attending MH101®, participants will be able to:

- recognise signs of mental health challenges
- use Te Whare Tapa Whā to support mental wellbeing
- relate to what people with mental health challenges are experiencing
- respond supportively to mental distress.

“

"I came away feeling encouraged and empowered. There is hope and I don't have to be an expert to make a difference"

Workshop details - Whanganui

Dates: Thursday 21 August OR Friday 22 August 2025

Time: 9am-4.30pm

Venue: Community House Whanganui

Register: <https://tinyurl.com/2c2v8f5e>



www.blueprint.co.nz

Te Whatu Ora
Health New Zealand

What's on — mark your diaries!



Daffodil Day 2025

Save the Date – Friday 29 August

HELLO YOU 

Daffodil Day is back for this year and we are calling on the community to help make it better than before. There are many ways to get involved and give to our cause.

With the support from the whole community, whether you are a school, business, sports or community group, or an individual, together our collective fundraising efforts enable us to continue to help the 1 in 3 people who will experience cancer at some point in their lives.

You can fundraise across the month of August. Doesn't have to just be Daffodil Day, so start thinking now about what you might want to do! Let us know so we can do a social media shoutout to acknowledge your endeavours and efforts.

This is a great opportunity to show that you care about your local community, so please register today. All proceeds collected enable the centre to continue to provide the essential support and services to those in our community living with cancer.

Registering is easy, just go to <https://daffodilday.org.nz/atwork>

What do you get by registering?

-  Access to all our free Daffodil Day digital resources such as posters, bunting, QR codes and more
-  Your business's own online fundraising page which you can share, where people can donate directly to you!
-  Access to Cancer Society resources like stickers, counter boxes, etc.

Daffodil Day pre-orders webpage is now live. You can order daffodils, potted daffs, pens, and cookies for your home, school, or workplace. A physical form is also available if you prefer to order that way - just let us know.

Online orders can be made here: www.cancersocietycd.org/category/all-products.

Orders over \$50 will be delivered to you by our awesome team of volunteers on Wednesday the 27th of August (two days before Daffodil Day!). Orders under \$50 can be collected from our office.

We are here to support you throughout Daffodil Day.

If there is anything you need from us to help your Daffodil Day fundraiser, then please get in touch with us at fundraising.wgi@cancercd.org.nz.

Ngā mihi nui,
Belinda Pilcher
Event Coordinator

What's on — mark your diaries!

Waitatapia WEAR-A-BULL ARTS

16 August 2025

SHOWS START 6PM



Licensed Bar

Te Matapihi, Bulls

BOOK SEATS NOW! office@bulls.kiwi

**\$25 each, Koha welcomed for 13 & under
Complimentary drink & nibbles**

**Competitors Enrol for FREE
office@bulls.kiwi**



What's on — mark your diaries!

ART EXHIBITION

Ingrid Edwards
Watercolour Artist



5TH TO 14TH SEPTEMBER
10AM TO 4PM

WHANGANUI COMMUNITY
ART CENTRE
19 TAUPO QUAY



Discover the magic of watercolour—
gentle, expressive, alive.

Original works that speak to the senses.

All welcome.

What's on — mark your diaries!

Whanganui's local elections are coming up this October!

To make sure you're enrolled to vote visit [vote.nz](https://www.vote.nz)



Council elections are coming up on 11th October!

2025 is a council election year, with the big day coming up on 11 October. We want as many people in our community as possible to exercise their democratic rights and vote!

Local elections happen by postal vote. You'll receive your voting packs in the mail between 9 – 22 September.

Local elections give us the chance to choose leaders we think will make the best decisions about the services and infrastructure we rely on every day, like roads, parks, water, and community facilities.

If you want a council that reflects your views and values, it's very important you vote. So please make sure you're enrolled and that your address is up to date by visiting [vote.nz](https://www.vote.nz)

Here in Whanganui, we'll be voting for a mayor, 10 general ward councillors and, for the first time, two Māori ward councillors (if you're on the Māori roll).

This year, voters will also be asked whether they support the continuation of Māori wards, as part of a national referendum.

For more information on how voting in local government elections works, Māori wards, or to check your enrolment details, visit [vote.nz](https://www.vote.nz)

You can also visit [Election 2025 Whanganui District Council](#)

USE 105 FOR POLICE NON-EMERGENCIES

What's on — mark your diaries!

SHOCKING *Pink!* FUNDRAISER

Join us for a fun filled ladies styling night

Proudly presented by:
The Bulls & District Community Trust

Styling Evening with Bex Lintott

**THURSDAY 9 OCTOBER,
6PM**



TE MATAPIHI, Criterion Street, Bulls

\$25 ENTRY on the night
or contact to request bank details **R18**

BOOKINGS ESSENTIAL by 5th October

office@bulls.kiwi or 021 174 5951

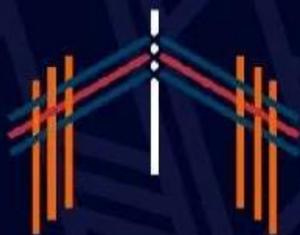
Raffles

Supper provided, cash bar
available

Spot Prizes

Thank you to all our amazing sponsors and supporters that
make this fabulous fundraiser happen!

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](#)



Calling all creatives

Creative Communities Funding

Opens 4th August



creative
COMMUNITIES *nz*



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

Funding / Fundraiser

ST. LAURENCE'S SOCIAL SERVICE TRUST

With regret, the St Laurence's Social Services Trust has delayed this year's grant round for at least four months. We will advise of new application dates as soon as we can.



HELP OUR COMMUNITY & GROW YOUR BRAND

Whanganui Kai Hub has been collecting excess kai and redistributing it to our community for 4 year. But we're facing closure by October unless we can generate some consistent revenue to cover our operational costs.

Can your business be known as a champion for our community?



Gold

- Add your logo to our Van Wrap
 - Inclusion in press release
 - Monthly shout out on facebook
 - Link on our website & logo on our impact reports
- \$500 initial & \$150/month**
2 yr partnership



1,800kg food saved
5.4 ton CO2e saved

Silver

- Monthly shout out on facebook
 - Link on our website & logo on our impact reports
- \$100/month**
1 yr partnership



600kg food
1.8 ton CO2e

Bronze

- One-time thank you facebook post
 - Link on our website & logo on our impact reports
- \$40/month**
1 yr partnership



240kg food
0.72 ton CO2e

THE OPPORTUNITY



Our electric van averages **5,000km/year** around Whanganui

Our facebook presence is significant: **3,000+ followers**, Our highest post reach hitting **30,000+**



www.whanganuikaihub.org
kiaora@whanganuikaihub.org
Registered Charity : CC60208

Fundraiser

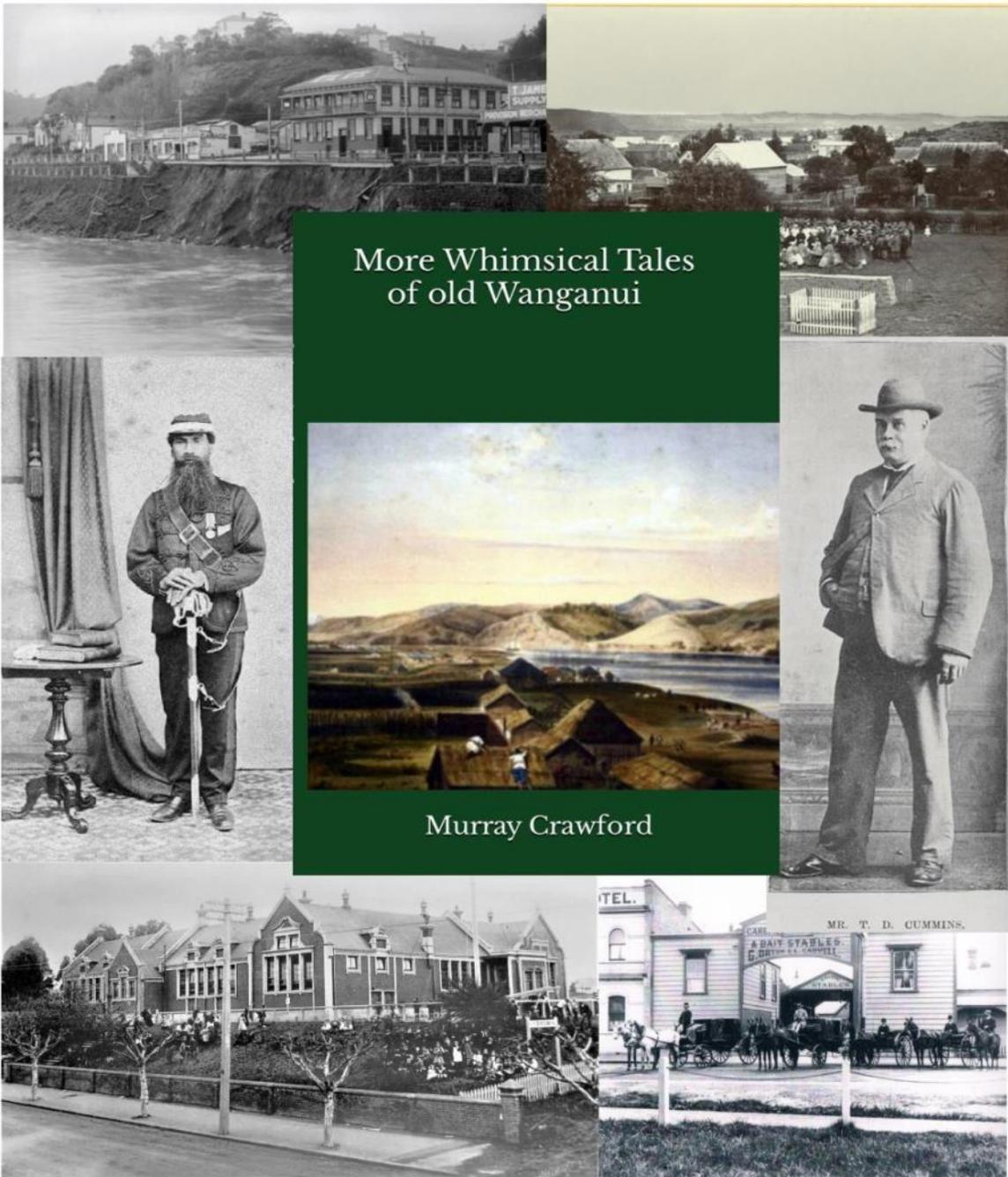
Special thanks to Murray Crawford for producing
More Whimsical Tales of old Wanganui

\$40.00 per book

(all proceeds to Alzheimers Whanganui)



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



Community News



REPAIR CAFÉ INFORMATION

whanganuirepaircafe@gmail.com

for more info on available repairs – follow & share



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); books; costume jewellery; hard plastics; wooden items e.g. toys, stools, dining chairs; ceramics; shoes (patches) and leather goods; knife sharpening; small electrical appliances; and metal objects.

There is also a children's exploration station.

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!



DATES FOR 2025
Harrison St Community Church Hall
(opp 64 Liverpool St)



11am to 1pm

LAST SATURDAY
EACH MONTH!

July 26

August 30

September 27

October 25

November 29

last repair
in at
12.30pm

2 portable
items max
per person

Please give a
good donation
for the repair
of your items

a project of
Sustainable Whanganui



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

Preschoolers and primary-school-aged children at Repair Café

Because children are the repairers of the future, they are welcome at Repair Café events all over the world.

In Whanganui, that means children may bring an item for repair, watch their item being fixed, and chat to repairers. They can also enjoy the Children's Exploration Station.

Dismantling a dead computer keyboard using a small screwdriver is one activity.

Sewing buttons onto fabric using a needle and thread is another activity.

Volunteers are trained to demonstrate to each child how to choose the appropriate screwdriver and assist them in undoing screws and putting them up again.

The most basic repairs start with needle and thread, a screwdriver, and a hammer.

The best time to arrive with children is between 11.45 am and 12.25 pm.



Caption: Five-year-old Levi likes wearing the safety glasses and using a screwdriver at the Children's Exploration Station.

COLD - DAMP HOME?



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

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

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

Contact: housedrnz@gmail.com

027 HOUSEDR

027 4687337

232 Wicksteed
Whanganui Learning Centre



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.

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/>



We're connecting communities in Whanganui.

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



© 2025 by Whanganui Area Neighbourhood Support Groups Incorporated. Registered Charity: CC22543.

Community News

MARTON icthub



Who are we?

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

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

Who are we for?

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

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



Improving computer access and digital skills in our communities

MARTON icthub



What can we provide?

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

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

Angela Coleman

Marton Hub Manager and Trust Secretary
021 1234 727

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

Westpac Bank 03 0683 0209259 000

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

Community News



Citizens Advice Bureau Whanganui

Te Pou Whakawhirinaki o Whanganui

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

Citizens Advice Bureau Whanganui
Te Pou Whakawhirinaki o Whanganui
120 Guyton Street – (06) 345 0844
Email: whanganui@cab.org.nz
Open Monday-Friday 9.30am-1pm



Free Legal Advice

236 Victoria Ave

PLEASE CALL TO MAKE
APPOINTMENT

06 348 8288

or email claw@claw.co.nz



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

NEW TO
WHANGANUI?
we can help!

MULTICULTURAL COUNCIL RANGITĪKEI/WHANGANUI



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

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



HELPING NEWCOMERS FEEL AT HOME



info@wanganuimulticultural.co.nz



wanganuimulticultural.co.nz

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

THINGS to DO
& see in
WHANGANUI

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

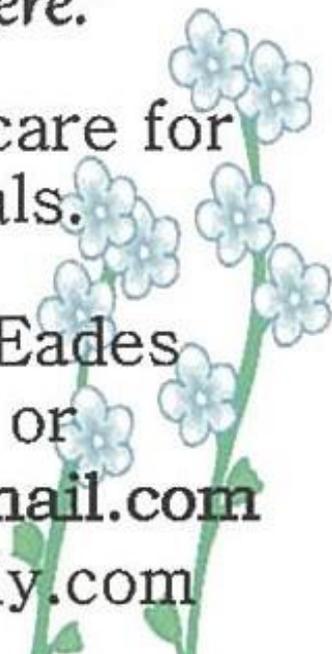
GRAVESIDE CARE WHANGANUI

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

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



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



Community House Information

**Please like us on
Facebook.**

Community House Whanganui



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

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

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

Justice of the Peace

services available at

Community House Whanganui

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 10 am – 4 pm

Phone: 06 347 1084

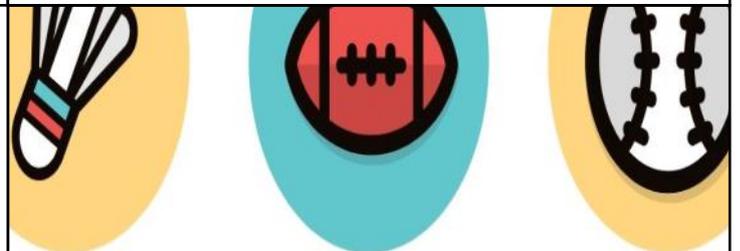


Information stand

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

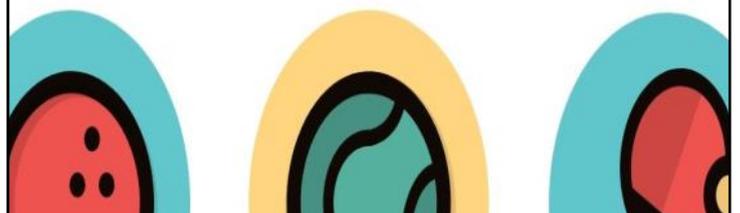
**Community House Whanganui
60 Ridgway Street, Whanganui
office@communityhouse.org.nz**

(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
or call us on (06)347 1084



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

[06] 347 1084



Sir Robert Martin Boardroom

with Conferencing System

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

[06] 347 1084



Interview and Counselling Room

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

[06] 347 1084



Halls / Rooms for Hire

Whanganui Highland Pipe Band
1E Bell Street (next to the Police Station)

Hall available for hire

\$25 / hour
+ \$10 power (minimum)

Facilities:

- Kitchen
- Chairs and tables
- Raised stage
- Ramp access
- Heat pumps

Contact : Jennifer 021 150 8342
whanganuihighlandpipeband@gmail.com

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



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).

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



Raise your glass

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

Weddings | Meetings | School Events |

Call Jeanette for details 06 342 9644

WE URGENTLY REQUIRE NEW MEMBERS



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



Do you have one day or night a month free
to act as a volunteer?

**If so, then you can help Whanganui
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.

Police vetting and initial training would be required
prior to commencement.

Contact us today:
Email: officewgcp@gmail.com
Office: 06 348 1968

"Help us to
build safer
communities"



Cancer Society Volunteers Wanted!

Ready to sprinkle some good vibes in your community?

We're on the hunt for enthusiastic volunteers! Whether you have a little
time or a lot, there's a spot for you to give back, pick up some nifty skills,
and make new pals.

"Passionate about community, we need you!"

- Client Drivers: A valid driver's license, a reliable car, and the stamina to hit the road for three hours. Don't worry, we'll foot the gas bill.
- Join the Fundraiser Extravaganza: Daffodil Day Street Collectors!

Ready to roll?

If you are interested in volunteering kindly contact our Volunteer Coordinator:
Fatima Khanzada

Phone: 027 3226277 or 06 348 7402

Email: fatima.khanzada@cancercd.org.nz



Volunteers / Help Wanted

Foster Parents Needed



OPEN HOME
FOUNDATION

TE WHARE KAUPAPA ĀWHINA

Find out more about
foster care with
Open Home Foundation

YOU CAN MAKE A DIFFERENCE

A weekend, a week or longer term

Contact our Foster Parent Recruiter Kath Barrett
Katherine.Barrett@ohf.org.nz or 027 467 7376

www.ohf.org.nz

A Christian Community Response

Volunteers / Help Wanted



Hakeke St Community Centre
65 Hakeke Street, Whanganui East
Ph: 022 069 5673
email: lisa@hakekest.org.nz

VOLUNTEERS NEEDED!

We are looking for volunteers to help out at our community centre and library. If you love meeting and chatting with people and are happy to get stuck in and lend a hand with the day to day running of things, please get in touch.

We strive to make our centre welcoming, friendly and non judgmental.

If you can spare a few hours, particularly in the afternoons, we'd love to hear from you. Give us a call, flick us a message or call into 65 Hakeke St and speak to Lisa or Courtney.

All volunteers will be police vetted.



Are you ready to make a difference?



St John
Here for Life

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

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

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

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

Phone: 0800 266 547

Email: healthshuttle.wmw@stjohn.org.nz

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

Volunteers / Help Wanted



**VOLUNTEER
Whanganui**



BECOME A VOLUNTEER!

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

NEED VOLUNTEERS?

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

WAYS TO GET IN TOUCH

LOCATION

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

TELEPHONE

Sandra or Elizabeth T 06 347 9430

EMAIL

whanganuivolunteercentre@xtra.co.nz

OFFICE HOURS

MONDAY TO THURSDAY

9:00 A.M. – 4:00 P.M.

VOLUNTEER OF THE MONTH

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

USE 105 FOR POLICE NON-EMERGENCIES

Volunteers / Help Wanted



good bitches
BAKING

Want to help spread kindness?

Our Whanganui Chapter needs you!

Contact us at:
whanganui@gbb.org.nz
or find out more at gbb.org.nz



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



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



VOLUNTEER WITH US!



THE LEARNING ENVIRONMENT

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

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



SCAN ME



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 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

Website: www.citymissionwanganui.org.nz



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 KOHA SHED WHANGANUI

88 Duncan Street, Whanganui 4500, Ph 0274 040 240



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

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

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

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



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

Putting Unity Back In Community

TKSA
THE KOHA SHED AOTEAROA

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

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

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



Proud supporters of
**Community House
Whanganui**

Interest Groups

KOHA KNITTERS

WOOL WANTED

We are a group of ladies who knit for prem babies, babies & children in need in the Manawatu region. We use wool or unwanted hand-knitted jumpers. We undo them and knit them up to make new items. We are happy to collect donations of wool or jumpers. We also take orders for knitting for babies and children up to five years old.

Call Donna Wallace on 022 083 0901

Wool Wanted

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

SINGING FOR THE BRAIN



**EVERY
WEDNESDAY**

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

Laura Fergusson Trust,
115 Liverpool St
College Estate,
Whanganui

Rivercity Knitters Group

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

Interest Groups

Whanganui Highland Pipe Band 1E Bell Street (next to the Police Station)

Practices Monday evenings from 6:00pm

Pipe Major Dylan Coffin-Kawhena
leads the band

**All are very welcome to pop along
to have a look and listen**

- Band equipment can be provided (bagpipes, chanters and drums)
- One on one tuition is available
10 free lessons
- Pipes and Drums

New members are always welcome

**Contact : Jennifer 021 150 8342
whanganuihighlandpipeband@gmail.com**



Enjoy Singing?

The Whanganui Male Choir Needs You!



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



Anything! Just come and sing!

When? Every Tuesday 7.00 pm

Where? Jane Winstone Chapel

Contact? Rod (06) 344 3024; Denis 027252 2246; Dennis 027 240 4598; Calvyn 021 663 587

whanganuimalechoir@gmail.com



Wanted!! Musicians



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



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



Waverley Old-Time Country Music Acoustic Group

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

Waverley Baptist Church, SH 3, Waverley

All profits are returned to the community

\$2 Door Donation

All Welcome



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

Interest Groups

River Rockers Whanganui



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

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

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

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

Great Company
Great Exercise

riverrockerswhanganui@gmail.com



Wanganui Amateur Dance Association Incorporated

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

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

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

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

Membership: \$10 annually

For further information please call

Graeme on 027 434 1823

dancesportwanganui@gmail.com

Male Singers / Lyric Singers Non-Audition Choir

All Welcome

Contact Anne Marie Gray 022 053 4157

Practices Thursday Evenings



Whanganui Karaoke Club

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

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

Contact

whanganuikaraokeclub1@gmail.com



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

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

UNFORTUNATELY NOT ACCEPTING

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

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

Men's Shed

38 Peat Street Whanganui

Open Tuesday & Thursday 9 am—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



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
Office Hours | 9.30am-12pm Mon-Fri

Facebook 'Salvation Army Whanganui'

It's not your fault.



Family Violence
It's not ok

Help is available
Free Helpline 0508 744 633



Interest Groups

Matarawa Community Church

We have services on the 1st Sunday of the month at 11 am, and 3rd Sunday of the month at 2 pm.

We are not aligned with any particular religion, and everyone is welcome to attend our friendly Country Church.

Contact us by email: matarawacommunitychurch@gmail.com

Phone Mandy on 027 440 4011

648 No. 2 Line
Whanganui



TE WHAEA AROHA NOA

The Parish of Our Lady of Grace

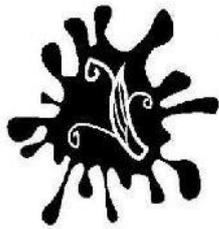
Traditional Mass
(Every Third Saturday)
at 5:30pm

10 Daniell Street, Bulls

Ph: 021 201 1203

E: rocc.grace@gmail.com

Interest Groups



WHANGANUI
Creative
SPACE

Community Art

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

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

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

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

For further information phone/text Linda 021 230 4095 or the Art Tutor by email art.whanganuics@gmail.com

River City Artists



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

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

Contact:

Val Donkervoort - 06 343 6316 - 027 4599 448

or Sue Cleeve 021 0484 035

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

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

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

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

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

**Wanganui Blind and
Partially Blind Craft
Group**

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

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

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

Contact
Daveena Neilson
Ph 06 348 4407

Interest Groups



Self Defence Classes Available Now

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

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

Please contact us and register

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

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



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



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

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



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

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

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

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



*"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

Rebus Website:

www.rebus.nz

Interest Groups

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 Wanganui 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.



Retired or semi-retired?
U3A is for you.

Socialise in small groups
Share knowledge
Learn
Have fun

www.u3awhanganui.co.nz
Ph 0211 432770



The Ward Observatory

Wanganui Astronomical Society

for more information visit

www.facebook.com/WanganuiAstronomicalSociety

Tramway Wanganui Trust

Tram Rides

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



Group Bookings Welcome

Phone Bruce 022 123 4535(text)

Email: whanganuitram12@gmail.com

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

Interest Groups and Support Services

TEA AND TOPICS



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

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

whanganuilibrary.com

Need a bit of help?

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
- By phone: 06 349 1000
- Or speak to one of our friendly library staff

whanganuilibrary.com



New to Whanganui?

Like to meet new like-minded people?

Always wanted to join a bookclub?

– well now is your chance

A book club with a difference has started up in Castlecliff

THEMES

Venue: Castlecliff Library

Time: 1.30pm until 3pm

Day: 1st Tuesday in each month

Register now

For information and/or registration please contact

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

Whanganui District Library Home Service



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

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



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



Before and After School Care

Whanganui Boys and Girls Gym Club have a new Before and After School Care programme.

**5 years to 13 years of age, Monday to Friday school term
time only (closed public holidays).**

**Schools within the urban Whanganui zone including
Westmere School**

Morning: Drop off at the gymnastics club for breakfast from
7.15am, fun play and drop off safely to school.

Afternoon: Pick up from school, afternoon tea supplied with
fun activities, caregivers/parents to pick up from the
gymnastics club by 5.30pm.

OSCAR approved for funding.

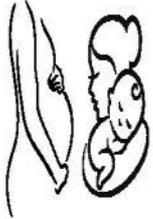
Please visit our website www.whanganuigymclub.co.nz for
registration and more information,
or call the office 06 34858670.

Support Services for Whanau & Children

IS YOUR WHARE COLD AND DAMP?

DOES YOUR TAMARIKI GET SICK OFTEN?

Are you hapū or have a newborn?



OR

Do you have tamariki aged 0-5?



AND...

Lower income or eligible for a community services card?



You could qualify for free services and resources from the WISE Healthy Homes Team to make your whare warmer, drier and healthier!

ECE Participation Programme



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

We will help your families and whānau to:

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

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

Angela Malili-Malo-Lauano
Community Navigator
angela.malili-malo-lauan@wmkindergartens.org.nz
0212263901

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

WHĀNAU MANAAKI

WE CAN SUPPORT WITH THINGS LIKE:



Curtains Ventilation Heaters Minor Home Repairs Bedding + more!

CONTACT US TODAY!

Email: healthyhomeswhanganui@wise.org.nz

Free Phone: 027 555 0037

Website: www.wise.org.nz



Need help understanding Care of Children matters?

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

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



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



0800 224 733
and ask to speak with your local Kaiārahi
kaiarahi@justice.govt.nz

AKO TAHI



LEARNING TOGETHER

ITI I TE ITI - LITTLE BY LITTLE.

Enjoy connecting with Pre-schoolers and their caregivers as we learn Te Reo through Waiata (Songs), Kemu (Games) and Pukapuka (Stories).

**EVERY FRIDAY
DURING TERM TIME**



**10am downstairs
At Church on Ingestre
Corner of Ingestre Street and Campbell Street**

**DELS 027 810 1367
MELS 022 394 8690
akotahi.churchoningestre@gmail.com**



**Gold coin koha
for morning tea.**



Support Services for Whanau & Children

PARENTING THROUGH

SEPARATION

Dates for 2025

15th January

19th February

19th March

16th April

21st May

18th June

16th July

20th August

10th September

15th October

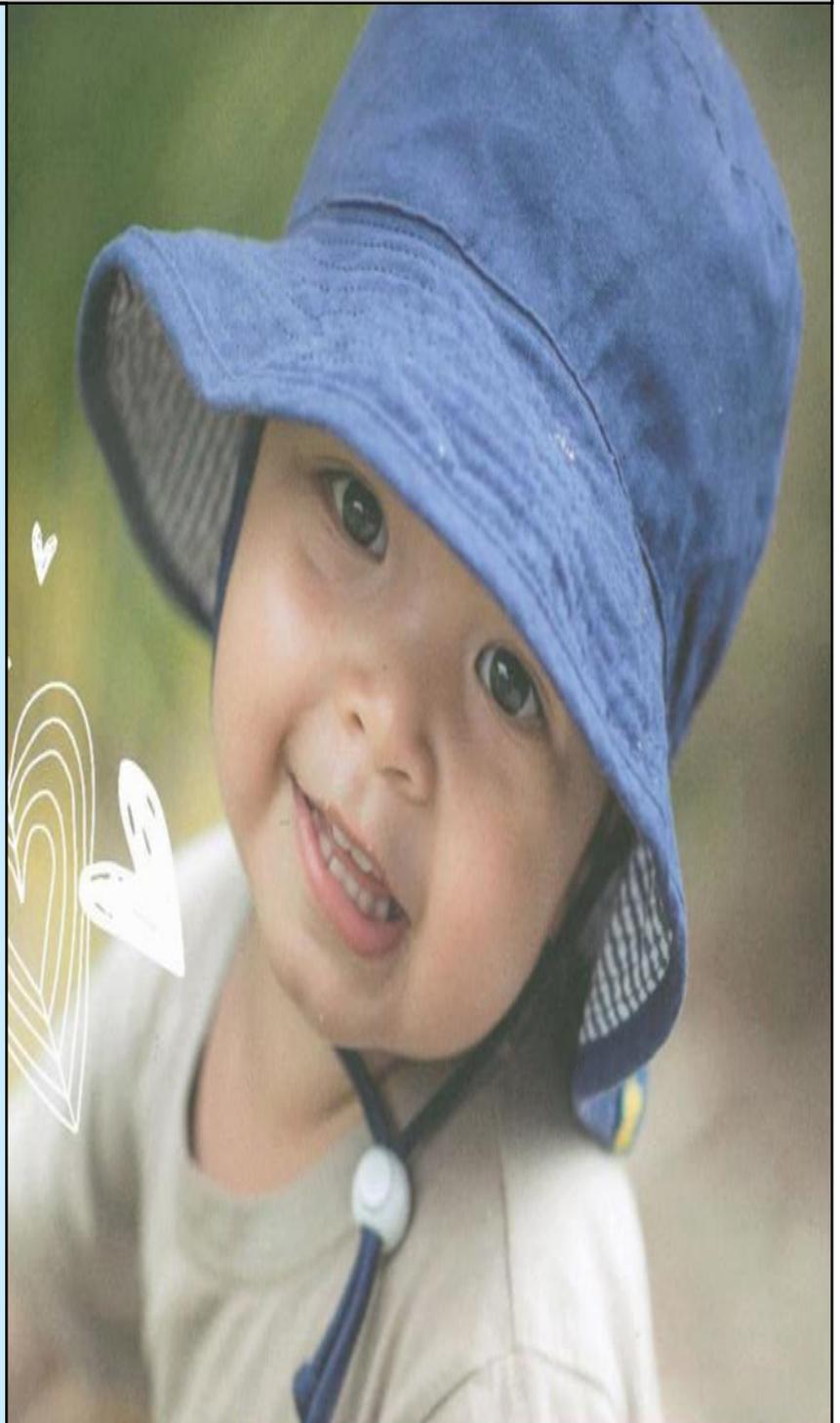
19th November

17th 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

Kia eke ai te hunga taitamariki ki ngā rangi tūhāhā



Support Services for Whanau & Children

ARE YOU CARING FOR SOMEONE ELSE'S CHILD?

DO YOU NEED 24/7 SUPPORT?



THEN YOU SHOULD JOIN US.

The Wanganui Foster Care Association

"We are an organisation for Foster/Family/ Whanau, to support each other in our work as caregivers. We are a group of people providing a unique service to the community.

We share our homes, lives and families with children and young people who require support and care."

Joining our organisation is free of charge and you will become a valued member of our team.

We have meetings every two months to keep you informed with up to date information.

You will be sent a monthly newsletter on line.

We are active in providing outings for our members and children.

Please contact Noeline 027 4594349 if you wish to become a member.

"Caregivers are ordinary people doing extra ordinary things"



Playcentre

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

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

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

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

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

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

3 FREE visits

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

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

Free Face Painting there

or as a fundraiser,

please contact me Kirsty on 021 212 3819 or

email lovelifelivefacepainting@gmail.com

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

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



Women's Refuge Whanganui

Te Piringa Puna Wahine

Walking alongside women who experience intimate partner violence

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

Crisis line: 0800 REFUGE
40 Ingestre Street
06 344 2204

advocate@refugewhanganui.org.nz
FB Women's Refuge Whanganui
www.womensrefuge.org.nz



Wanganui Toy Library

142 London Street, Wanganui

Open every Thursday 9:30am – 11:30am

And every Saturday 10am-12noon

wanganuitoylibrary@gmail.com

027 746 6153

Facebook: Wanganui Toy Library

Little Rockers



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

Twinkle Toes

Preschooler music fun!



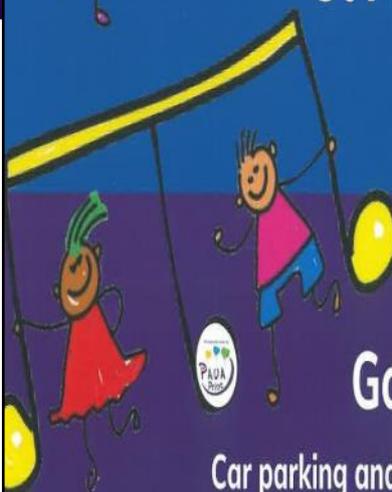
Friday Mornings

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



Te Ope Whakaora

MONDAY 10-11.30AM

Donation for morning tea

4 Indus Street, Whanganui

Support Services for Whanau & Children



Freephone 0508 236 236

 www.facebook.com/parent2parentnz

www.parent2parent.org.nz



NO ALCOHOL, NO RISK

Fetal Alcohol Spectrum Disorder (FASD) is 100% preventable

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

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



Maternal Health Services

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



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



Scan the QR code to learn more about these classes and to enrol, or head to our website - wrhn.org.nz

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

Support Services for Whanau & Children

PROTECT AGAINST MEASLES



Are your children under 5 protected against measles?

- Measles can be dangerous, particularly for children under 5.
- It spreads very quickly and in serious cases can lead to pneumonia and brain infection.
- About 1 in 10 people with measles need to go to hospital.
- In a small number of cases, measles can be fatal.
- Your child needs two doses of the measles vaccine to be fully protected.
- The first dose is given at 12 months and the second dose at 15 months of age.
- If your child is more than 15 months old and hasn't had both doses of the measles vaccine, talk to your doctor or nurse.

What is measles?

- Measles is a viral infection that is very contagious.
- It's spread through coughing and sneezing.
- Symptoms usually begin with high fever, cough, runny nose, and red watery eyes, then develop into a rash starting on the face and moving down the body.

How effective is the measles vaccine?

- The measles vaccination, also called the MMR vaccine, protects children against three viral infections – measles, mumps and rubella.
- The vaccine is very effective. After one dose, about 95 percent of people are protected from measles and after two doses more than 99 percent of people are protected.

How do I find out if my child has had their measles vaccination?

- Check if your child is up to date with their vaccinations by looking in their New Zealand Well Child Tamariki Ora (Plunket) book. Or check with your doctor.

**Te Kāwanatanga
o Aotearoa**
New Zealand Government

HR6227 | Measles under 5 - A5Flyer | 15.09.22

Te Whānau Ora
Health New Zealand

Are there any side effects from getting the measles vaccination?

- A small number of children may get a headache, fever, nausea (feeling sick) and feel unwell and tired.
- Some children might develop a rash.
- Most side effects only last a day or two.

Can a child older than 5 get a measles vaccination if they haven't had it already?

- People older than 5, especially young people who moved to New Zealand when they were older, may not have had their measles vaccination yet.
- It's important to get your measles vaccination no matter what age you are, since it's so contagious and spreads very quickly.
- If you're not sure if you've had your measles vaccination ask your doctor.

Getting your child's measles vaccine is easy and it's FREE

- Your child can get their FREE measles vaccination at your doctor.
- Many pharmacies also offer the measles vaccine too.



Talk to your doctor, Well Child Tamariki Ora Nurse or visit your local pharmacy for more information.

To find out more visit
www.health.govt.nz/children-measles
or call Healthline on 0800 611 116

Support Services for Whanau & Children

Tamariki Immunisations

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

Antenatal - Hapū Māmā immunisations

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

6-Week immunisations

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

3-month immunisations

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

5-month immunisations

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

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

- Diphtheria, tetanus, whooping cough, and polio (booster)
- + B4 School Check

5-year immunisations

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

From age 11

- Tetanus, diphtheria, whooping cough (booster)

From age 9

- HPV (2 doses, 6 months apart)

For more information visit immunise.health.nz



PRESCHOOL

Injury & illness treatment and referral information

COUGHS, COLDS & TEMPERATURES

Immediate treatment:

- Rest and drink water regularly.
- If child is unwell and feels hot, contact parents.

Where to refer next	Home (Self Care)	General Practice (GP)	Emergency (ED)
	to rest and drink regularly, pain relief for sore throats, earaches and headaches.	if still sick after two days or if child is feverish, miserable and not wanting to drink.	if working hard to breathe and/or floppy.

GASTRO (TUMMY BUGS)

Immediate treatment:

- Rest and drink small amounts often.

Where to refer next	Home (Self Care)	General Practice (GP)	Emergency (ED)
	to rest and drink small amounts often; stay home for 2 days after vomiting or diarrhoea has stopped.	if still sick after 24 hours of symptoms or if you are concerned about them.	if floppy and pale or sweaty.

CUTS & WOUNDS

Immediate treatment:

- Clean.
- Cover.
- Check.

Where to refer next	Home (Self Care)	General Practice (GP)	Emergency (ED)
	to rest and monitor minor wounds.	if wound has dirt or something inside it or if you are concerned about it.	if large or deep wound, or there is large blood loss.

RASHES

Immediate treatment:

- Check if behaving normally & seems well.
- Check child's notes for existing conditions (e.g. eczema).

Where to refer next	Home (Self Care)	General Practice (GP)	Emergency (ED)
	watch for any changes; if existing condition, use prescribed medicine.	if rash is worsening or child becomes unwell.	if trouble breathing or very unwell.

SPRAIN, STRAIN & POSSIBLE FRACTURE

Immediate treatment:

- Get child to rest.

Where to refer next	Home (Self Care)	General Practice (GP)	Emergency (ED)
	to rest and follow RICE guidelines if minor swelling or bruising.	if in pain (despite pain relief) and can't use limb as normal.	if in severe pain and limb is pale, cold and/or deformed.

HEAD INJURY

Immediate treatment:

- Check if conscious call 111 if not.
- If conscious; check info sheet; call their GP if necessary

Where to refer next	Home (Self Care)	General Practice (GP)	Emergency (ED)
	if minor headache after injury.	for assessment if brief loss of consciousness or in pain.	if drowsy, acting strange, vomiting, can't move parts of body, blurred vision, slurred speech.

ALL: if concerned, call local doctor or Healthline 0800 611 116. If an emergency, call 111 or go to ED.

Support Services for Whanau & Children



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**

Manaaki Te Whānau

Drop-In Immunisation Clinic

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



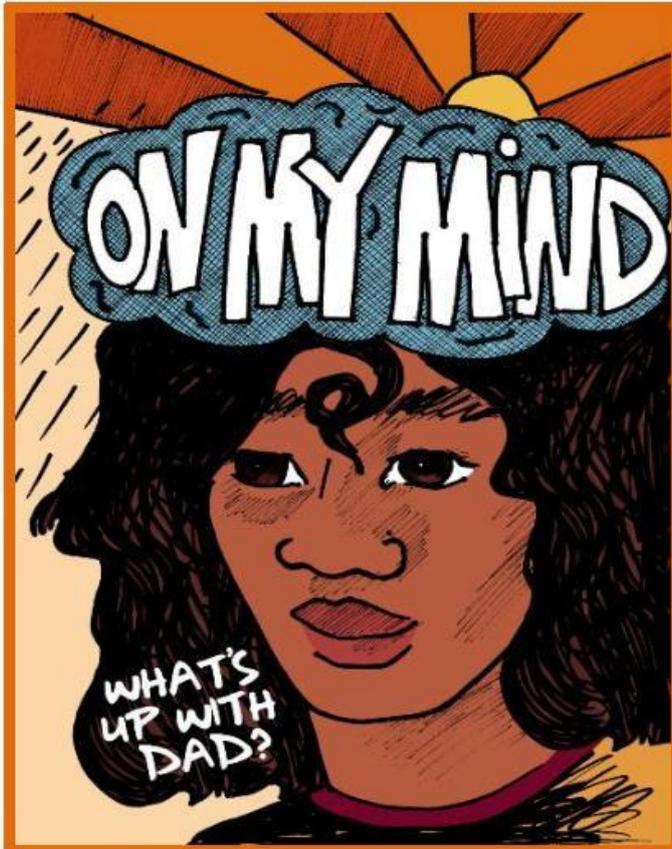
Our clinic is available to anyone whose:

- **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



Anxiety and depression can affect people of all ages, regardless of culture, ethnicity, gender or socioeconomic factors. Every area of a person's life, and of those they are close to, may be impacted.

The magazine '*On My Mind*' is a new resource developed for teens/young adults with someone they know affected by some form of mental illness, anxiety or depression, whether it be a member of their whānau, a friend, or even themselves.

'*On My Mind*' is an informative and interactive story for rangatahi - presented with modern graphic/comic style artwork. The magazine offers ways for a young person and their whānau to understand what is happening, 'start the conversation' and to find out where to get support and help.

The purpose of '*On My Mind*' is to:

- Provide a better understanding of how mental illness can affect some people.
- Break down some of the barriers caused by mental illness.
- Encourage open discussion, kōrero, with whānau, friends and others who can offer support.

'*On My Mind*' is now available for \$5.00 per copy, (plus P&P).

Please don't hesitate to get in touch with me if you have any questions, or would like to order copies.

Ngā mihi nui

Michelle Schmidt

Email: stepbysteptogether2@gmail.com

Support Services and Information for Youth



realising the dreams and aspirations of youth

tau awhitia te taiohi, ka puta ki te wheiao

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

who we can help:

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

How we can help:

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

For further information please see our website www.youthservice.govt.nz

Or email us on youth_service_Whanganui@msd.govt.nz



**THE YOUTH HEALTH PLACE
39 DREWS AVE**

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

OUR CURRENT SERVICES:

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

ALSO AVAILABLE:

**SUPP
SEXUAL HEALTH CLINIC
UCOL HEALTH CARE**

GET IN TOUCH:

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



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**

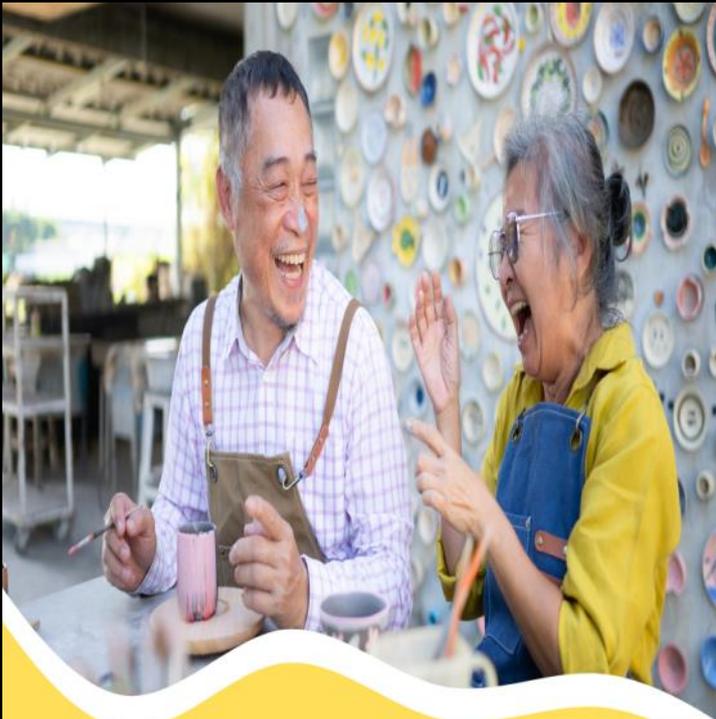
He Manaakitanga
Kaumātua Aotearoa



Pride

W H A N G A N U I

Support Services for Seniors



Cognitive Stimulation



Therapy CST

An evidenced-based group therapy for people with mild to moderate dementia/mate wareware. It's all about keeping the brain active through fun, meaningful activities - and having a good time while you're at it!

What's the benefits of CST?

- Social connection with others in a safe space
- Improves thinking, memory, and quality of life
- Improves your understanding and communication with others
- Improves your mood and wellbeing

How to get involved

If you have a diagnosis of dementia/mate wareware, your Health Professional can refer you.

Or, you can self-refer by contacting the CST Facilitator on 06 345 8833 or cst@alzheimerswhanganui.org.nz



Whanganui



Whanganui Regional Health Network



VISITING SERVICE

- Are you feeling like you spend too much time on your own?
- Do you know an older person, kaumātua who would like more company?
- Are you over 65 and wanting more social connection?

There are a lot of reasons why social isolation and loneliness can happen when we get older, and Age Concern may be able to help. We have some lovely, caring volunteer visitors who enjoy the company of older people and who provide regular company and cheer.

To find out more about the visiting service and if it is a right fit for you, please contact Heidi at Age Concern Whanganui.

Heidi Raikes | Visiting Service Coordinator

Age Concern Whanganui
164 St Hill Street Whanganui, 4500, NEW ZEALAND

P 06 345 1799

Support Services for Seniors



Appy Seniors

USING APPS TO IMPROVE EVERYDAY LIFE

TRY A FREE CLASS



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

For more information,
phone Rachel Smith, 06 349 1000
or email rachel@whanganuilibrary.com

whanganuilibrary.com

Support Services



Enquiries:
Marion Sanson
(06) 345 6438

Welfare Guardian Trust

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

WHO ARE WE?

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

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

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

WHO IS ON THE TRUST?

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

Board members typically have a background in:

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

WHO NEEDS A VOLUNTEER WELFARE GUARDIAN?

- Those people who are incapacitated and have no living relatives

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

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

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

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

WHO CAN BE A WELFARE GUARDIAN?

The person the Court appoints must:

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

WHAT DOES A WELFARE GUARDIAN DO?

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

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

B) The Welfare Guardian must, by law

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

Support Services



Inland Revenue Te Tari Taake

Heartlands and Mobile Offices in our region.

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

PalmerstonNorthAdvisoryRequest@ird.govt.nz

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

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

Kaitakawaenga Māori

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

Kaitakawaenga Māori can:

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

How to Contact Us:

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

Email us at:

PalmerstonNorthAdvisoryRequest@ird.govt.nz

How to contact Inland Revenue:

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

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

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



WORK AND INCOME
TE HIRANGA TANGATA

Community Work Experience

MSD client obligations

There are things Ministry of Social Development (MSD) clients need to do when they get payments from us. If they don't do them, their payments could reduce or, under the proposed changes from 26 May*, they may have to do something like Community Work Experience or Money Management. These are called non-financial sanctions.

Only people who have dependent children or a dedicated case manager will be eligible for these new sanctions.

The vast majority (over 98%) of MSD clients are doing the right thing and meeting their obligations. This means they're at green in the traffic light system, and Community Work Experience won't apply to them.

** The introduction of Community Work Experience is subject to the Social Security Amendment Bill being passed.*

About Community Work Experience

Community Work Experience is an opportunity for MSD clients to build community connections, skills and confidence. For a client to be assigned Community Work Experience, we'll make sure the client is interested in community work, has good people skills and consider if they already have community connections.

If a client is asked to do Community Work Experience they'll have up to two weeks to find a suitable placement/s with a community organisation. They'll need to complete at least five hours of Community Work Experience each week, for four weeks.

They'll then be able to add this work experience to their CV.

Examples of suggested activities

Suggestions of the activities your organisation could engage the person to do include:

- helping out at a hospice
- supporting at a local church
- sorting donations at a charity shop
- assisting at an animal rescue shelter
- gardening and cleaning at a marae
- helping out at the local sports club by setting up and packing away gear.

Activities will ideally help our clients develop valuable work-related skills, build confidence, and connect with others in their community.

MSD will need to confirm both the activities suggested, and the organisation, are suitable. Once this has happened, the client can begin their activities.

Types of organisations

Non-profit organisations, charities, clubs or marae can be involved in supporting our clients. Written confirmation (from an authorised person) will need to be provided by the organisation, to confirm agreement. The client will bring a Community Work Experience Form to the organisation of their choice. Then MSD will approve both the activities and organisation as being suitable for Community Work Experience.

What's required from the authorised person from the community organisation

You'll need to agree to activities for the client to undertake. They're likely to need supervision for the duration of their time with your organisation, as any new person would. You'll also need to agree when the client will do the work (at least five hours a week for a four-week period).

Our client will have the form for the authorised person to complete and sign.

This written agreement will confirm your organisation's name, address, phone number, the activities the person will be doing, location, planned hours of work over the four-week period.

This community work experience won't be paid, and cannot take the place of a current or future paid position.

During the four-week period, MSD will need to know if the person stops attending the placement. We'll also want feedback and confirmation once the placement has been completed.

Oversight or supervision will be required

As with anyone brand new coming to work in your organisation, a welcoming environment will be important. They'll also need the resources, tools, training and support to do the work while they're at your organisation.

The person is considered an employee of the organisation for the purpose of the Health and Safety at Work Act and the Human Rights Act. Your organisation will also need to maintain safe working conditions.

The client has two weeks to find their Community Work Experience before they start. This means there may not be time for full background checks to be done, for example.

If you need to contact us about Community Work Experience

Contact the case manager involved or your local service centre.



MINISTRY OF SOCIAL
DEVELOPMENT
TE HIRANGA TANGATA

Broadening sanctions and other traffic light system changes

The Ministry of Social Development (MSD) supports clients to build independence for themselves and their whānau. Our government's target is to reduce the number of Jobseeker Support clients by 50,000 by 2030.

The traffic light system was launched in August 2024. It's to help clients with work, work preparation and social obligations stay on track with some of their obligations.

Most of our clients are doing the right thing and meeting their obligations. This means they're at green in the traffic light system.

These changes are subject to the Social Security Amendment Bill being passed. All changes are proposed to be introduced on 26 May 2025.

Non-financial sanctions

Right now, people have their benefit (e.g. Jobseeker Support) reduced by 50% if they don't meet their obligations for the first time without a good reason. It's a sanction, or consequence, for not doing what's required to get their benefit.

It is proposed that some people may be able to get a non-financial sanction rather than having their benefit reduced.

From 26 May 2025, clients who don't meet their obligations for the first time and **who have dependent children, or a dedicated case manager** may instead have one of these:

- have 50% of their benefit go onto a payment card for four weeks to be used with approved suppliers (called **Money Management**). They also need to recommit with their obligations by completing an activity
- have to find and do at least five hours of **Community Work Experience** each week, for four weeks.

Eligible clients can only get a non-financial sanction if they have an appointment with MSD within five working days after they fail their obligations.

These will also apply to eligible partners who haven't met their obligations for the first time.

Considerations for when to apply these sanctions

Eligible clients will meet with a case manager to discuss which sanction is the most appropriate for them. Case managers will take into account everything that is relevant to a client's individual circumstances before deciding which sanction to apply.

Some examples of the types of things they will consider for Money Management are:

- rent payments
- debt repayments
- any redirections clients may have
- if they have variable income.

Some examples of the types of things case managers will consider for whether Community Work Experience is suitable for a client are:

- having an interest in community work
- having good people skills
- having limited skills and relevant work experience
- any community connections the client already has.

More about not meeting obligations

If clients don't meet their obligations without a good reason, this is called an 'obligation failure'. Currently, this counts against their benefit for 1 year, and could affect their payments from us.

If they don't meet their obligations again during that year the sanction, or consequence, increases and their payments will reduce or stop. Any new obligation failure will count against their benefit for two years instead of one.

Jobseeker profiles

People will have to complete a Jobseeker profile if they're applying for or transferring to Jobseeker Support or Sole Parent Support. This also applies to Emergency Benefit if clients have conditions similar to work-test obligations.

Jobseeker profiles will become mandatory, to help people prepare or look for work. We'll be able to have early work conversations with people, and support them to match with the job vacancies we list.

Most partners will also need to do this too – we'll let them know if it's required. Profiles are either completed online in MyMSD, or on kiosks available at Work and Income service centres.

Youth Payment and Young Parent Payment benefits

Young people getting Youth Payment or Young Parent Payment will be included in the traffic light system by having a colour added to their MyMSD profile. The traffic light colours will help them stay on track with their youth activity obligations.

None of the other changes will apply to them.

For more information go to workandincome.govt.nz

Support Services



The Whanganui Budget Advisory Service Inc

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

We can help people who are

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

Free, non-judgmental help.

Assistance is offered without discrimination

Confidentiality is maintained in all matters

Clients' needs and independence are respected

Staff are accountable to the Service and our funders.

Financial Mentors have passed their FMIC training course.

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

wbas@wbas.org.nz

Phone 06 345 3746

Mobile 027 243 3362

Free 0800 1831 83

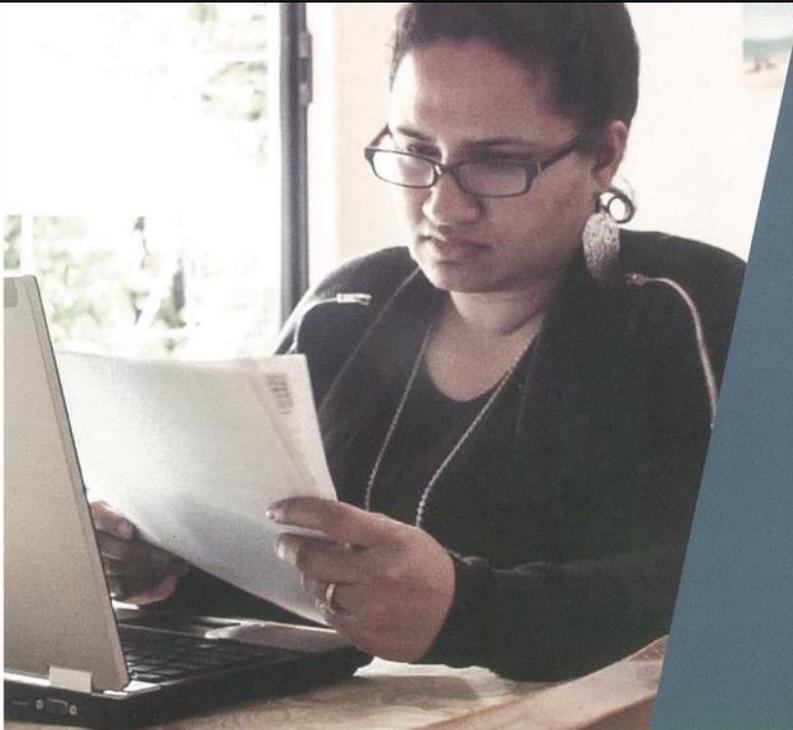
Office hours
Monday to Friday
9.00 am until 2.00 pm

This service does not

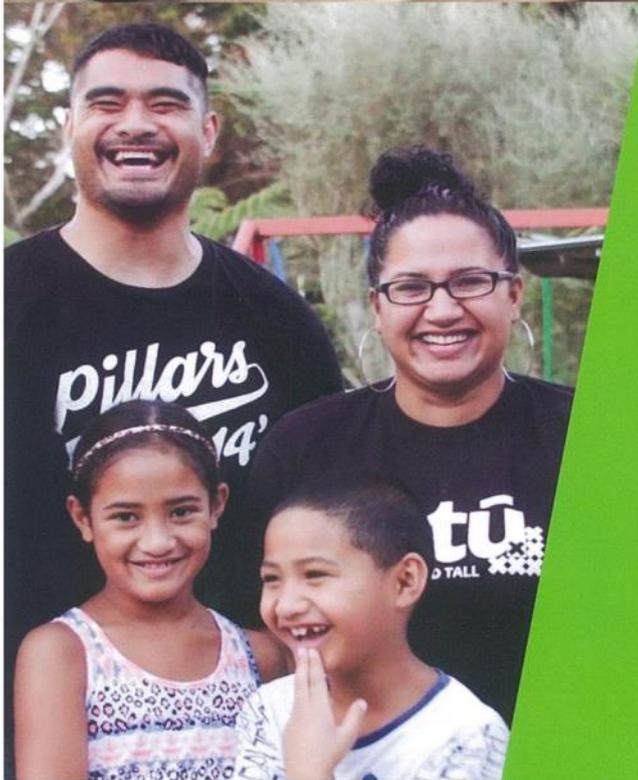
- offer Total Money Management
- hold any money on the premises.
- hold money or cards for clients.
- lend money.



Support Services



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



**GET FREE HELP IN
WHANGANUI**

**Struggling to hold it
all together?**

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

christians
against
poverty

CAP

capnz.org

Support Services



Whanganui Community Living
Trust

15 Market Place, Whanganui.

PH: 0800 925 894

www.wclt.co.nz

Support Services:

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

Our services are tailored to the individual/whaiora needs.

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

Email: Admin@wclt.co.nz



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

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

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

Services:

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

'To promote self-empowerment through peer support'

Email: mist@xtra.co.nz Website: www.mist.org.nz

USE 105 FOR POLICE NON-EMERGENCIES

Support Services

Weekly What's On – 2025



Monday	<p>9:30 – 11:00 am: Exploring Calm Practical application of relaxation techniques. Room 112 Community House, 60 Ridgeway St</p> <p>1:00 – 3:00 pm: The Secret to Mondays Self-improvement and empowerment Aunty's Cafe, 63a Ridgeway Street.</p>
Tuesday	CLOSED – NO GROUPS
Wednesday	<p>1:00 – 3:00 pm: Resilience 101 Learning essential life skills. Room 112 Community House, 60 Ridgeway St</p>
Thursday	<p>9:30 - 11:30 am: Splash Centre Swim, gym, spa, or sauna. An I.D card is necessary for free entry, contact Ana on 021 08443852. Splash Centre - 220 London St, Springvale</p> <p>1:00 – 3:00 pm: Artistic expression Bring along your own work or create one. All welcome. Level 2, 76 Guyton Street in the Whanganui Creative Space premises</p> <p>5:30 – 7:30 pm: Evening support group Social activities. Aunty's Cafe, 63a Ridgeway Street</p>
Friday	<p>10:00 – 11:30 am: Addiction Relapse Prevention We aim to: minimize harm, share our stories in a positive environment, and strategize our way through recovery. Room 112 Community House, 60 Ridgeway St until new location at Salvation Army is confirmed</p> <p>1:00 – 3:00 pm: Afternoon Social group Join us for an adventure, a laugh, and some good yarns. Meet at Room 112 Community House, 60 Ridgeway St (if we are going out, we will leave by 1:10)</p>

Support Services

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.

Held in Balance lounge space, room 112 Community House, 60 Ridgway Street.

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

Held at Aunty's Cafe, 63a Ridgway Street.

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.

Held in Balance lounge space, room 112 Community House, 60 Ridgway Street.

Splash Centre: Your chance to have a swim, gym, sauna, spa. An I.D card is necessary for free entry, contact Ana on 021 08443852.

Splash Centre is at 220 London Street Springvale.

Artistic Expression: Join our art tutor and our crafty, arty staff. Start something new, bring your own project, get artistic guidance, or simply make some artistic friends.

Held at Level 2, 76 Guyton Street in the Whanganui Creative Space premises.

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.

Held at Aunty's Cafe, 63a Ridgway Street.

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.

Held in Balance lounge space, room 112 Community House, 60 Ridgway Street, until new location at Salvation Army is confirmed.

Afternoon Social Group: A relaxed group where we base our afternoon activities around what you want to do and where you want to explore.

Meet in Balance lounge space, Room 112 Community house, 60 Ridgway Street.

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.

E: 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"



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.

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

The impact is worth it

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

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

Highest quality learning

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

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

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



Ready to book?

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

Email: info@blueprint.co.nz

Phone: 04 473 9009

Website: www.blueprint.co.nz

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.



Support Services

AL-ANON FAMILY GROUP

CONFIDENTIAL SUPPORT FOR FAMILY AND FRIENDS
OF PROBLEM DRINKERS

Every Tuesday at 7:30pm

Quaker Meeting House

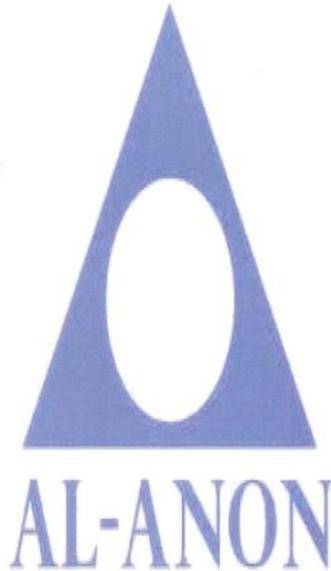
256 Wicksteed Street, Wanganui

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

Addiction Support

Relapse Prevention Group

Friday 10 am – 11.30 am

Held at Balance lounge space

Room 112

1st Floor

60 Ridgway Street

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

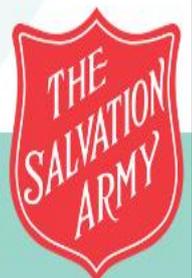
Make your lifestyle a priority



**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 – Education

FREE NZQA Approved Qualifications

Whanganui Campus

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

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

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




training for you
Ho Akoranga Māu

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

Need help finding a job?

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

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

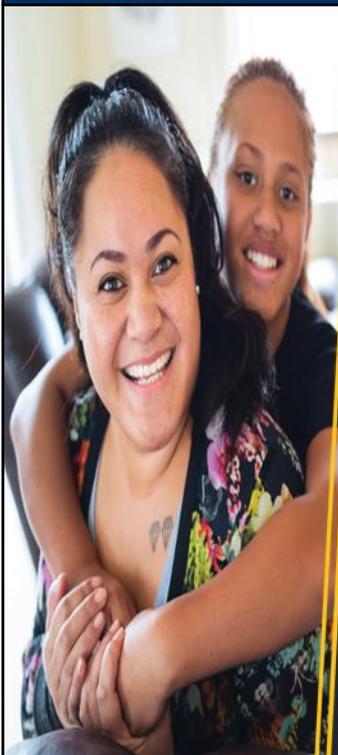
We assist with:

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

Come talk to us today!

Visit our website: Choicesnz.org.nz

choicesnz



Learn basic everyday digital skills

0800 526 672 | www.kanorau.nz


KANORAU DIGITAL

Powered by
Te Wānanga o Aotearoa 

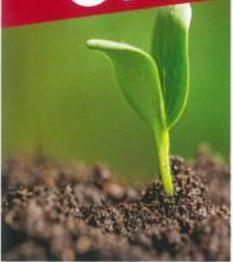
DRIVE

Start the licence journey

drive.govt.nz

Support Services – Education

WANT BETTER JOB OPPORTUNITIES?



- WHANGANUI -
CIVIL CONSTRUCTION, BEEKEEPING, & HORTICULTURE COURSES RUNNING NOW!

LAND BASED TRAINING

Get in touch to find out how!

FREEPHONE: 0508 872 466

www.landbasedtraining.co.nz

What's on at WLCT



Literacy and Numeracy Support

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



Passport to Work

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



Complete Confidence

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



Computing and Admin Support

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



Learner Licence

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

232 Wicksteed
Whanganui Learning Centre

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



TUTORS WANTED

Do you have a qualification in teaching adults literacy?

Are you interested in helping others upskill?

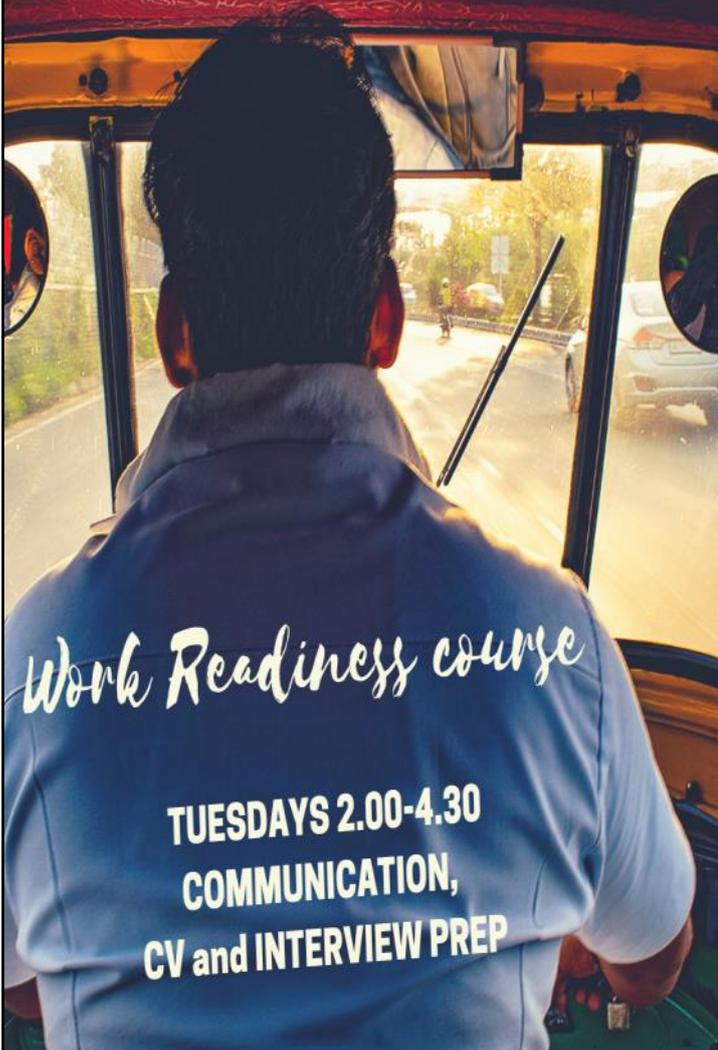
Literacy Aotearoa Whanganui are looking for compassionate Tutors who can motivate learners in a group setting.



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

Support Services – Education

LITERACY
AOTEAROA
WHANGANUI



Work Readiness course

TUESDAYS 2.00-4.30
COMMUNICATION,
CV and INTERVIEW PREP

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

LITERACY
AOTEAROA
WHANGANUI

Road code theory course

MONDAYS 4.00-6.30
LEARNER and CLASS 2 (HT)

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



Adult Literacy Rural Trust

Adult Literacy Services for Rural/Isolated Adults

FREE reading and writing lessons
for rural/isolated adults

0800 891 339

By phone or by skype or at a local class

Teaching your teen to drive made easy

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

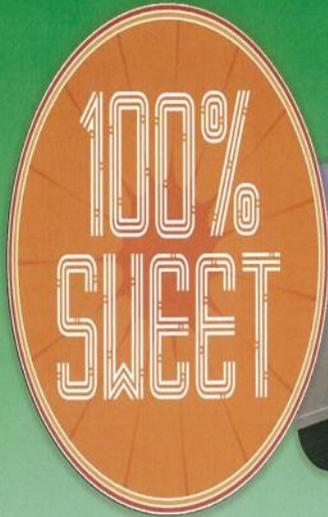
Drive is primarily designed to help young people become confident, capable drivers, and provides clear guidance throughout their journey from before they get their learner's licence through to getting their full license. However, parents and coaches can also take advantage of lots of hints and tips to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

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

For more information you can also have a look at [Teaching your teen to drive made easy \(acc.co.nz\)](https://www.acc.co.nz/teaching-your-teen-to-drive-made-easy)



Support Services – Education



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

Stroke Education Groups

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



Support for Young People

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

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

Online Café

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



Stroke Groups

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

Other Places to Get Help

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

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

About the Stroke Foundation

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

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



Support available after stroke – we are here to help you

stroke.org.nz

STROKE
FOUNDATION • NZ

STROKE
FOUNDATION • NZ



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

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

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

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

Quick References

Free helpline:

0800 STROKE (0800 78 76 53)

Email support:

help@stroke.org.nz

Online resources and information about local groups and events:

stroke.org.nz/gethelp

Free counselling for young people:

0800 What's Up (0800 942 8787)

Free Helpline: 0800 STROKE

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



Return to Work Advice and Support

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

Community Stroke Navigators/Kaiārahi

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

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



Online Resources

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

Life After Stroke Seminars/Wānanga

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

Support Services



Whanganui-Rangitikei-Waimarino

Cancer Society

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

Our free service includes:

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

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

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

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

Open hours: Monday– Friday 8.30am – 3.00pm

Support Services



PO Box 11067

Manner Street

Wellington 6142

www.parkinsons.org.nz

info@parkinsons.org.nz

Freephone 0800 473 4636



Educator for Whanganui Region

Kelsi Ellis

Contact Kelsi on:

027 301 1700

kelsi.ellis@parkinsons.org.nz



Parkinson's New Zealand

04 801 8850 | 0800 473 4636

parkinsons.org.nz

PO Box 11 067, Manners Street, Wellington 6142

L13, Ranchhod Tower, 39 the Terrace, Wellington 6011

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

ms.
Wanganui

- Information
- Support
- Advocacy



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

Phone: (06) 345 2336 / 027 381 2555

Email: communityadvisor@mswanganui.org.nz

Room 110, 1st Floor, Community House

60 Ridgway Street

PO Box 102, Wanganui

www.mswanganui.org.nz



**LIGHT
YOUTH
WHANGANUI**

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

Where: Nga Tai o Te Awa, 142 Guyton St

When: Mondays (Term Time)

Time: 3.30-5pm

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



@Lightyouthwhanganui

Support Services

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

Addiction Support & Relapse Prevention Group

Friday 10 am – 11.30 am

Held in Balance lounge space, room 112, Community House, 60 Ridgway Street

Patrick 022 586 0756

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

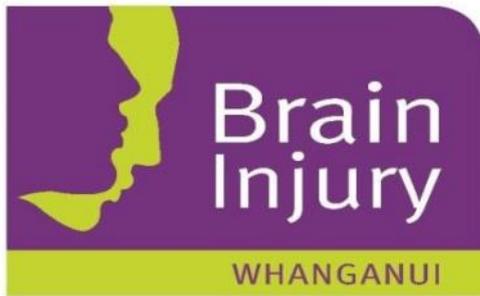
AA (Alcoholics Anonymous)

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

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



ARTHRITIS NEW ZEALAND

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



Whanganui Monthly Coffee Group

It's a great opportunity to connect with others who live with CP for a yarn over kai and/or coffee. If you're someone reading this who lives with CP in the Manawatu/Whanganui region and are a bit hesitant, just get in touch. We'd love to connect and see how we can make it work for you.

Venue: [Mint cafe](#)
Address: Majestic Square, Whanganui
Time: 1.30 pm
Date: Third Sunday of the month

Your host is George, and you can contact him on 027 820 9125

*CP Society of NZ members can get up to \$15 of refreshments compliments of the Society



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

Meditation – Mindfulness – Calm

AMITABHA KADAMPA MEDITATION CENTRE



Meditation Classes in Whanganui

Thursdays 6 - 7pm
with Kadam Birgit

VENUE: Whanganui Arts Centre, 19 Taupo Quay



drop in class suggested donation \$7
classes include refreshments

Amitabha Kadampa Meditation Centre
174 Albert Street, Palmerston North
meditateinpalmerstonnorth.org



A member of the New Kadampa Tradition - International Kadampa Union.
Registered Charity Number 20656

Authentic Living
Coaching



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

Buddhist Mindfulness Practice Group

Open to all



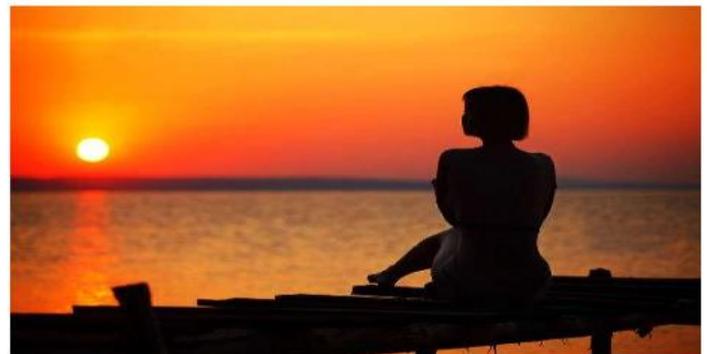
*We practise engaged mindfulness & ethics
in the Thich Nhat Hanh tradition.
You're welcome to join us.*

stopping | calming | resting | healing

Clare: 021 0622 120

www.plumvillage.org

Exploring Calm



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.

**Held in Balance lounge space, room 112
Community House, 60 Ridgway Street.**

Counselling Services



Jenny Wright

Diploma Prof Counselling, BSW, NZAC Supervisor,
Eft International certified, Idt Practitioner. MNZAC

Professional Supervision

Counselling -Adults, Children

Relationship trauma

Eft Emotional freedom techniques

IDT Interactive Drawing Therapy

Trauma Health

Anxiety Depression self esteem

Relationship issues Past abuse

Disability .

Counselling in person or online.

Contact jennyg1873@gmail.com

The Counselling Centre (Marton)

www.counsellingcentre.org.nz

located at **18 High Street, Marton**

Phone (06) 327 5245

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

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

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

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

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

Counselling Services

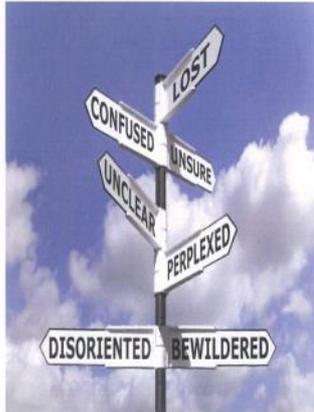
Barrie Marsh

Diploma of Social Work
General Counsellor

*Strict Confidentiality and
Privacy Assured*

Ph (06) 344 3345

Email marshkandb@gmail.com



**COUNSELLING
CABOODLE**
PROFESSIONAL SUPERVISION SERVICES

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

Whanganui, Bulls, Marton, Palmerston North or via Skype

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

ACC Sensitive Claim and ACC Physical Injury.

Individuals Couples Groups Workshops Education sessions

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

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

Full member of NZAC, Registered DAPAANZ and DAPAANZ approved supervisor

www.counsellingcaboodle.co.nz

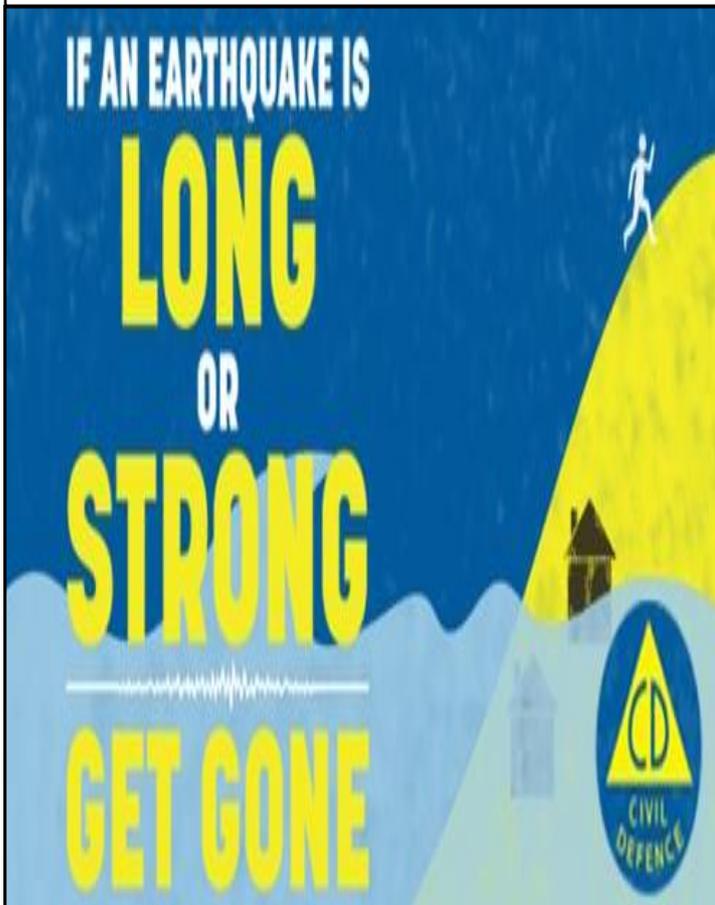
Nicola Hartfield

Fellow Arbitrators' and Mediators' Institute NZ

nicola@nicolahartfield.com

www.nicolahartfield.com

Workplace Supervisor / Family Mediator



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



Health Support Services

SURVIVING GRIEF

KEI TE TAHA | ALONGSIDE
PEOPLE SUPPORTING PEOPLE



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

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

The programme consists of

4 sessions held weekly,
each lasting 2 hours.

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

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

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

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

For more information contact:

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



SFANZ
Suicide First Aid
Understanding Suicide Intervention

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

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

NATIONWIDE BOOK ONLINE

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



ACTS OF KINDNESS that
Find HOPE and build RESILIENCE

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

The Compassionate Friends Parents and Men's Grief Support Group

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

We offer one-to-one confidential support sessions.

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

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



Health Support Services



Aoake te Rā

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

The service is:

Free

Brief therapeutic support (at least 6 hours of support)

Available to all ages, at any time following loss

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

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

Available nationwide

Available face to face, online, phone or a combination

Kāhore he pūtea.

He huarahi ki te oranga.

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

Kanohi ki te kanohi me he wānanga ipuranga ngā huarahi.

Refer now

Online

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

Phone

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

Email

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

Find further information at:
aoaketera.org.nz



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your mind, your way

Health Support Services



Gender Affirming Healthcare

pridewhanganui.co.nz/gender-care-whanganui

PRESS RELEASE – FRIDAY 6th SEPTEMBER 2024

Whanganui Welcomes Its First Gender Affirming Healthcare Clinic

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

Clinic Overview

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

Funding and Support

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

Need for the Clinic

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

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

Clinic Operations and Services

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

Appointment Information

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

For further information or any queries, please contact:

Email: health@pridewhanganui.co.nz

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

Health Support Services



ABOUT US

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

THE HOW + THE WHY

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

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



MORE INFO



health@pridewhanganui.co.nz



pridewhanganui.co.nz/gender-care-whanganui

GENDER AFFIRMING HEALTHCARE

PEER SUPPORT

APPOINTMENTS

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

ADDITIONAL

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

CHECK INS

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

GP SERVICES

QUESTIONS/ENQUIRIES

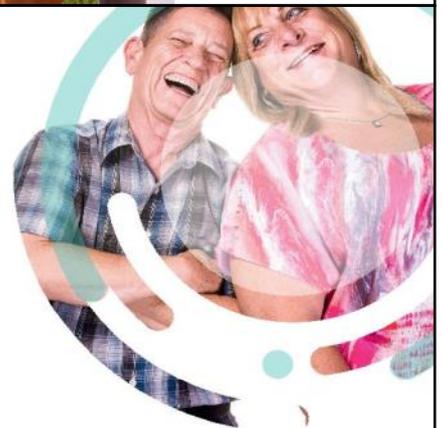
At your initial appointment, you can discuss or ask questions around the various aspects of transitioning, including hormone therapy, surgical options, and general health considerations. The GP will provide information, resources, and guidance tailored to your goals and help you navigate the healthcare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

GENDER AFFIRMING HORMONE THERAPY

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

SURGERY REFERRALS

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



Pride Whanganui

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

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



64 St Hill Street, Whanganui



www.pridewhanganui.co.nz



Health Support Services

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

What we offer:

24/7 monitoring 7 days a week including Christmas.

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

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

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

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

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

Accredited in NZ by



Keep in touch

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

Email: info@securely.nz or visit our website

www.securely.nz

if you need more information or have a general enquiry.

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

Follow us on Facebook and LinkedIn.

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

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

Medical alarms for true independence



SECURELY®
Enabling you to live with confidence and independence

What happens when you activate your medical alarm?

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

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

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

Cancelling your alarm

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

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

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

Paying an ambulance bill

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

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

SECURELY
FREEPOST SECURELY
PO BOX 947
TAURANGA 3140

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

Pendant Testing

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

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



When you go away

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

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

Call us on 0800 865 865.

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

What happens if you lose your medical pendant?

Call us on 0800 865 865 to arrange a replacement.



PERS+

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

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

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

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



Family System

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

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

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

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

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

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

Medical alarms that leave the others behind



SECURELY®
Enabling you to live with confidence and independence



Fall Detector Pendant

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

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

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

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

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

GO

Our mobile medical alarm

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

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

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

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

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

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

Contactless delivery

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



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

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

www.securely.nz

Health Support Services

ear360™

How healthy are your ears?

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

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

Ear360 covers:

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

Ear360 by Resonate. For people who love listening.

Curious?

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

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



VitalCALL GO™ GPS Pendant

Your Mobile Personal Emergency Pendant

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



Learn more at vitalcall.co.nz

0800 10 20 30



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



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

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

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

Our hearing therapists are qualified assessors for this specialised equipment.

There is some funding available where specific criteria are met.



Hearing Wanganui

Hearing Protection Programme

This is an educational, scientific, fun and interactive programme that is designed primarily for children aged between 8 – 12 (Year 4 to 8) to learn about decibels, hearing and how to prevent hearing loss.

The Hearing Protection Programme has been proven effective in changing attitudes and behavior associated with hearing. You get to explore sound, the way it travels, and how you can protect your hearing for years to come! For further information or to book a Hearing Educator for your school, club, group, social event, or just needing a guest speaker please phone:

Hearing Wanganui / 06 347 9743
35 Dublin Street, Wanganui 4500

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

Te Whatu Ora
Health New Zealand

Te Kāwanatanga o Aotearoa
New Zealand Government

Off you GO safely on your travels!

GO mobile medical alarm works anywhere there is cellphone coverage



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



TE ORANGANUI

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

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

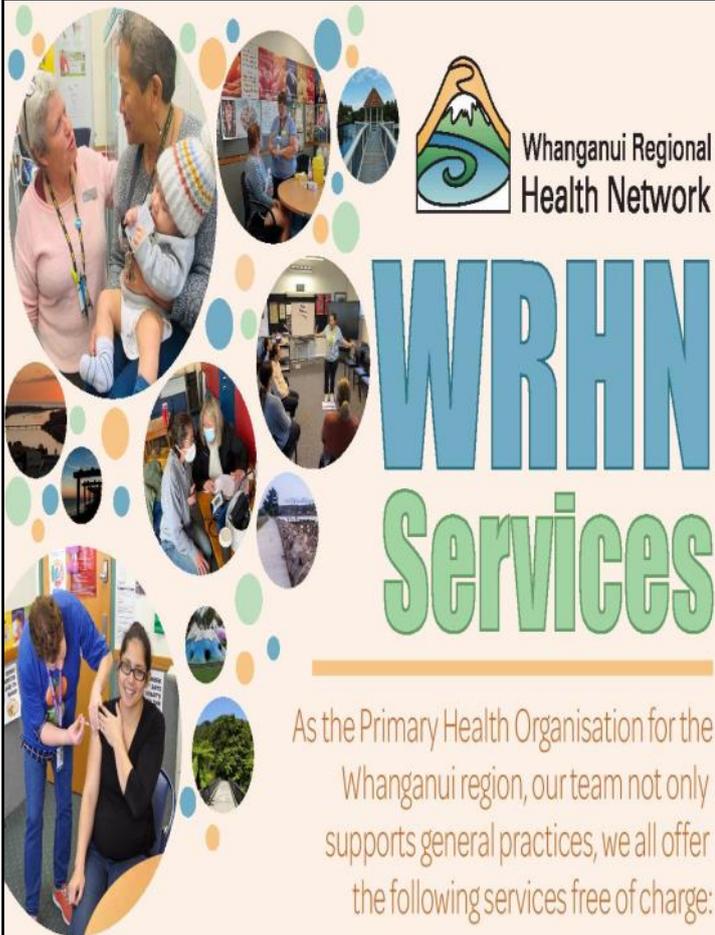
Services include:

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

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

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





Whanganui Regional
Health Network

WRHN Services

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

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



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

06 348 0109

 wrhn.org.nz

 info@wrhn.org.nz

 Entrance 3, 100 Heads Rd
Whanganui 4510

Find us on
Social Media



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)

Heart Health

Heart disease is the biggest killer in New Zealand, and accounts for one third of all deaths each year.



Coronary artery disease (CAD) is the most common heart disease. The arteries that supply blood to your heart muscle (the coronary arteries) become hardened and narrowed due to the buildup of cholesterol and other material, called plaque, on their inner walls.

This build-up is called **atherosclerosis** and as it grows, less blood can flow through the arteries and the heart muscle can't get the blood or oxygen it needs. A gradual blockage can result in angina, while a sudden or severe blockage can cause a heart attack or cardiac arrest. The heart muscle can also weaken and cause blood pumping problems or irregular heart beat issues.

Risk factors for coronary artery disease

Some risk factors you can't do anything about. These include age, ethnicity, gender, personal or family history of heart attack or stroke.

Other risk factors you can change. Your risk of developing CAD is increased if you:

- **smoke**
- **have high blood pressure (hypertension)**
- **have a high blood cholesterol level**
- **don't exercise regularly**
- **have diabetes**
- **are overweight**

Get a check - it's easy

A heart and diabetes check works out your risk of having a heart attack or stroke in the next 5 years. It will also tell you if you have diabetes or pre-diabetes.

The check lets you know what your risk is and gives you the chance to talk to your doctor about ways to improve your health and lead a healthier life.

It's quick, painless and it might just save your life.

When should men have a heart and diabetes check?

You should get a heart and diabetes check if you are in one of these groups:

- **Māori, Pacific and South-Asian men over 30**
- **European men over 45**
- **you have a family history of heart problems**

More information about heart and diabetes checks and heart disease is available through the Heart Foundation website.



Blood Pressure - the silent killer

So you have had a check up and your doctor tells you that you have high blood pressure. What does that mean?



Blood gets pumped around the body when our hearts fill and contract, putting pressure on the arteries.

This pressure is highest when leaving the heart and lowest when it returns.

Measuring and describing these (high/low numbers) gives your blood pressure.

Ideally you are 120/80 ('120 over 80') or lower.

High Blood Pressure - Hypertension

Hypertension occurs when there is too much pressure in your blood vessels. This can damage your blood vessels and cause health problems. Think too much air in your tyres.

Anyone can develop high blood pressure, but it becomes more common as you get older. High blood pressure can lead to strokes, heart attacks, heart and kidney failure. It's a silent killer because we only know it when we measure it.

Anything over 140/90 and you need to start lowering it.

What to do?

1. **Get checked regularly. High blood pressure has no warning signs or symptoms. It's silent. Know your numbers and know your risk.**

2. **Your doctor may prescribe medications. Take them.**

3. **Do the sensible stuff: moderate physical activity, eat lots of fruits and vegetables, maintain a healthy weight, cut down on salt and booze, avoid processed meat, and don't smoke.**

4. **Remember - start small and big changes can come. But start.**

Blood pressure tests are quick and easy. You can do them at doctors, pharmacies, other health providers or even at home.

The single most important thing that a person with high blood pressure can do is to have an ongoing relationship with a primary care provider. Go to your doctor, establish what your blood pressure is, and then when that changes, your doctor will recommend steps that will keep you from the clutches of the world's biggest 'silent killer'.

Big takeaway:

Have your blood pressure checked at least once every year by a health care provider, or more often if your blood pressure is high.



Blood Pressure	Systolic mm HG (TOP NUMBER)		Systolic mm HG (TOP NUMBER)
Normal	<120	AND	<80
Elevated	120 - 129	AND	<80
High Blood Pressure (STAGE 1 HYPERTENSION)	130 - 139	OR	80 - 89
High Blood Pressure (STAGE 2 HYPERTENSION)	>140	OR	>90
Hypertensive Crisis (SEEK MEDICAL ATTENTION)	>180	AND/OR	>120

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



Strength & Balance Classes



Every older adult in New Zealand can attend a Community Strength and Balance class. Participants benefit from participating in an approved strength and balance class delivered by a trained instructor. They also adjust exercises and set the pace to suit abilities.

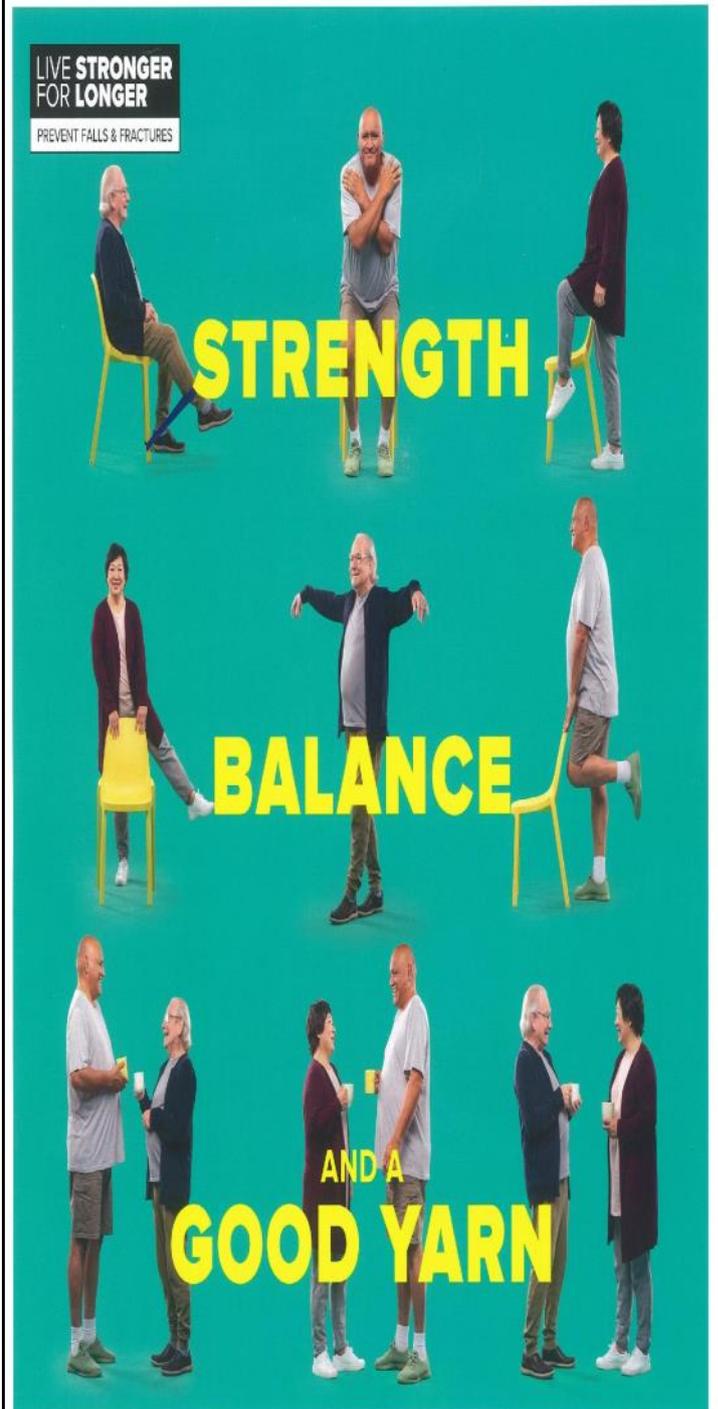
WRHN is the lead agency for classes within our region and we have set up an email strengthbalance@wrhn.org.nz for you to refer patients that will benefit for attending these classes. In your email please include the following details: Name, Phone Number, Date of Birth & Email Address.

www.livestronger.org.nz

www.wrhn.org.nz

strengthbalance@wrhn.org.nz

Txt: 027 264 9914 or Ph: 0800 4688 7867



Join an approved class near you:



Carl's Group Fitness

Carla Langmead 021 165 8961 E: cdlangmead@slingshot.co.nz
Wed 1:00 - 2:00pm St Pauls Presbyterian Church 120 Guyton St
Thurs 10:00 - 11:00am St Andrews Hall 9 Bell St \$5 per session

Feldenkrais Movement Classes

Katharina Schrafzcek 06 342 7892
E: katharina.sporf@gmail.com Web: www.feldenkrais.org.nz
Mon 7:00 - 8:00pm Wed 12:30 - 1:30pm Community House
Ridgway St \$14 Per session Concessions available

Tai Chi

Matt Dutton 027 238 2327 E: maddutton@ira.co.nz
Wed 12:30 - 1:30pm 17 Toupo Quay \$10 per session

Tai Chi for Health

Miriam Williamson 06 345 1395 E: kevin.miriamas@gmail.com
Tues 5:30 - 6:30pm Thurs 9:00 - 10:00am
97 Puketia Drive \$3 per session

Counter Punch For Parkinson's

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

Steady As You Go - SANGO multiple classes available

Janet Lewis 06 345 1799 E: sango@acwhanganui.org.nz
Over 25 classes around Whanganui, Rangitikei and Wairarapa
\$3 per session

YOGA

Marian Takarangi 021 073 1802 E: emontantakar@gmail.com
Wed 2:30pm Caversham Park Community Hall
\$10 per session

Pulmonary Rehabilitation Exercise Group

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

Te Hoopu Orange (Taihape)

Ngawini Martin 027 012 8857
E: ngawini.martin@mokapiataccarences.org.nz



WWW.LIVESTRONGER.ORG.NZ

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

UNWELL OR INJURED?

Where should I be?



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

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

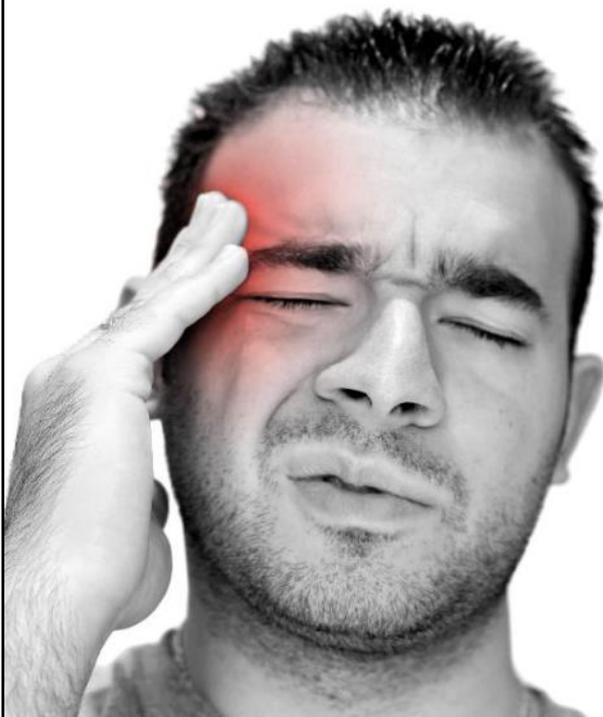
1
Home
(Self Care)

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

2
General
Practice (GP)
& After Hours

- **Keep ED for emergencies.**

3
Emergency (ED)



KEEP WELL THIS WINTER

Mauri Ora, Mauri Tangata

TOP TIPS

FOR KEEPING YOU AND
YOUR WHĀNAU WELL

Get protected



Keep active



Play safe



- Get your annual flu vaccination and catch up on other vaccinations you've missed (check with your general practice if you're unsure) – **getting protected is one of the best ways to stay well.**
- Keep you, your whānau and your home warm.
 - www.health.govt.nz/your-health/healthy-living/warmer-drier-homes
 - www.energysmart.co.nz/subsidies-and-grants/
- Keep active and get lots of fresh air.
- Wash and dry your hands thoroughly to keep germs away.
- Cover coughs and sneezes.
- Warm up before sport and cool down and stretch afterwards.
- Attend check-ups for any existing conditions.
- Avoid smoking. Call Whanganui Stop Smoking Service - Ngā Taura Tūhono on **0800 200 249**.

If you're unwell, stay home and rest up to stop germs from spreading.

For after hours advice

- Freephone Healthline on **0800 611 116** for free medical advice 24 hours a day.
- For urgent or after hours care, contact your general practice in the first instance for advice. Or visit Whanganui Accident & Medical (WAM) service located at Whanganui Hospital. **Open everyday from 8am-9pm.**

MORE TOP TIPS...

For more helpful information visit:
www.healthnavigator.org.nz

June 2022

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.

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.

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!

Well-trained volunteers

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

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

www.advocacy.org.nz

Family Violence Support



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



WOMEN'S REFUGE WHANGANUI



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

Email: advocate@refugewhanganui.org.nz

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

JIGSAW WHANGANUI



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

Email: admin@jigsawwhanganui.org.nz
Suite 10, 236 Victoria Ave
PH: 06 345 1636

AGE CONCERN

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



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

TUPOHO SOCIAL SERVICES

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



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

249 Victoria Avenue
PH: 06 345 2042

CLAW

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



Email: claw@claw.co.nz
PH: 06 348 8288 Suite 2, 236 Victoria Ave

NEW ZEALAND POLICE



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

FAMILY WORKS

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

Email: familyworks-whanganui@psc.org.nz
PH: 06 345 6681 179 Wicksteed Street

TE ORANGANUI

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



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

WHANGANUI SAFE AND FREE

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



Email: administration@whanganuisafe.org.nz
52 Nelson Street
PH: 06 343 3416

ORANGA TAMARIKI

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



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

Thank you to our Funders

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



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

COGS
Community Organisation
Grants Scheme

**Pub
Charity**TM
Limited



 **Whanganui
Community
Foundation**

Here for your community



grassroots[®]
trust

**MAINLAND
FOUNDATION**
Supporting Communities

