



Kia Ora,

Do you have updates, events, or information you'd like the community to know about? We'd love to feature them in the **November and December editions of Com.Chat**.

Simply email your information to office@communityhouse.org.nz — we're here to help and make sure your message gets out to our community.

Some of the up and coming events:

City Mission Food Drive — Please encourage everyone to support this meaningful initiative. Info page 3.

Lunch & Learn this month is "AI in the workplace". The facilitator is Lisa Lightband who is leading the way in demonstrating how to use Generative AI to break barriers and empower individuals. Info page 2.

Whanganui Funding Expo —seeking funding or want to learn more? Info page 4.

Take time to enjoy the warmer weather.

Community House team



Rural Networking Meetings

3rd December **Taihape** (1st Wednesday of every second month/ **12:30pm** even months Feb/April/June/August/October/ December)

REAP, 1 Tui Street, Taihape
Zoom attendance available
Contact: Tania 021 0293 4173
or ecetaihape@ruapehureap.co.nz

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

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

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 3rd November 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 2 opens 5 November 2025 and closes 3 December 2025. Decision made by 1st April 2026

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

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

DEADLINE FOR PLACING INFORMATION IN NEXT MONTH'S ISSUE OF COM CHAT

Thursday, the 30th October 2025

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:

- **8 October:**

AI in the workplace

- **12 November:**

Being Confident with Social Media

- **10 December**

Shared lunch & networking



What's on — mark your diaries!



FOODBANK DRIVE 2025

Thursday 16th October 6pm-9pm
collecting from your mailbox



YOUR SUPPORT WOULD BE GREATLY APPRECIATED!



CITYMISSION
WHANGANUI

What's on — mark your diaries!

Whanganui Funding Expo

Seeking funding or want to learn more?



Wednesday, 15 October
War Memorial Centre
2.00pm - 7.00pm

Visit the Whanganui District Council Facebook events for more information or scan the QR code.

Brought to you by



What's on — mark your diaries!

TOP UP

together

POIPOIA I TŌ ORANGA I TE TAHA O
ĒTAHI ATU, HEI ORANGA MŌ TE KATOA

NURTURE YOUR
WELLBEING ALONGSIDE
OTHERS, FOR THE
WELLBEING OF ALL

**Mental Health
Awareness Week**

6–12 | 20
OCT | 25

Health New Zealand
Te Whatu Ora

mhaw.nz


Mauri Ō. Mauri Ōra
**Mental Health
Foundation**
OF NEW ZEALAND

What's on — mark your diaries!



You are invited to the Whatever
AGM



Wednesday, November 12th 2025



4:00pm – 5:00pm



39 Drews Avenue, Whanganui

RSVP: Reception via call or email

✉ admin@whatever.org.nz

☎ 06 348 9935

By Wednesday 5th November

What's on — mark your diaries!

WHANGANUI BUDGET ADVISORY SERVICE INC.

ANNUAL GENERAL MEETING

Thursday 30th October 2025
at 7.00 pm in the WBAS office
183 Wicksteed St
Whanganui
(behind the Trinity church)

Special AGM

Tuesday

28 October 2025

5:30pm

at

Alzheimers Whanganui Office
4/236 Victoria Avenue Whanganui

the Constitution update is to meet the requirements of the
'Incorporated Societies Act 2022 and
the Charities Amendment Act 2023'

What's on — mark your diaries!

am dram
musical theatre - wanganui

27 September to 5 October 2025

Directed by Melissa Hawkins
Musical Director Marle Brooks

iTICKET

**TICKETS AVAILABLE FROM
iTICKET and iSITE**

A Musical Based on the Stories of
P.L. Travers and the Walt Disney Film

Original Music and Lyrics by
RICHARD M SHERMAN and ROBERT B SHERMAN

Book by JULIAN FELLOWS Co-Created by
CAMERON MACKINTOSH

New Songs and Additional Music and Lyrics by
GEORGE STILES and ANTHONY DREWE

Adapted by iTheatrics under the supervision of Timothy Allen McDonald
Licensed exclusively by Music Theatre International (Australasia)

**MARY
POPPINS
JR.**

New Shows Added

WHANGANUI SURVIVORS HUB

OCTOBER 2025 MEETING DATES

Thursday

2

Thursday

16

Thursday

23

Thursday

30

**3.45pm-5.30pm
203 Victoria Ave
Whanganui**

**SURVIVORS OF ABUSE IN STATE OR FAITH BASED
CARE**

PROMOTING CONNECTION AND SUPPORT

**IF YOU ARE WANTING TO KNOW MORE
PLEASE EMAIL**

**WHANGANUISURVIVORSHUB@GMAIL.COM
CALL OR TEXT 022 679 5406**

What's on — mark your diaries!

**ARE YOU OR
SOMEONE
YOU KNOW A
SURVIVOR
OF
ABUSE IN STATE OR
FAITH BASED CARE**

**MONTHLY MEETINGS STARTING
FRIENDSHIP HALL
7 MORRIS STREET
MARTON**

**25 SEPTEMBER
10.00AM-12.00PM**

**23 OCTOBER
10.00AM-12.00PM**

**27 NOVEMBER
10.00AM-12.00PM**

**11 DECEMBER
10.00AM-12.00PM**

**ALL SURVIVORS AND WHANAU
WELCOME**

**PROMOTING CONNECTION
AND SUPPORT
FOR MORE INFORMATION
CONTACT: RENEE
022 679 5406**

mist@xtra.co.nz

National Day of Reflection – Whanganui Event

Wednesday, 12 November 2025

Dinner and a New Zealand awareness-themed movie to honour, acknowledge, and support survivors of abuse in care and their whānau/supporters

- ✦ Shared dinner at Frank Bar & Eatery at 6pm
- ✦ Followed by private screening of Whale Rider at Embassy 3 at 7:45pm
- ✦ A safe and inclusive space for reflection, healing, and connection

Registration Information

- Attendance limited to 150 (survivors & whānau/supporters)
- Survivors have priority registration
- Free event (dinner, drinks and movie included)
- Alcohol-free & family friendly

- 👉 Register early to secure your place
- 👉 Community messages of support welcomed (via email)
- 👉 Reflection table items welcomed

Register / send messages of support:

 mist@xtra.co.nz |  022-679-5406

- Honour survivors' experiences
- Strengthen whānau and community connections
 - Provide a safe environment
 - Raise awareness in a supportive way

*Organised by M.I.S.T Mental Illness Survivors Team,
The Koha Shed
& Community House Whanganui
in collaboration with survivor networks*

Funded by the National Day of Reflection Fund

What's on — mark your diaries!



**AGE
CONCERN
WHANGANUI**

He Manaakitanga
Kaumātua Aotearoa

SECRET SANTA GIFTS

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

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

Any gift would be greatly appreciated

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

We are collecting up until Thursday 4th of December



USE 105 FOR POLICE NON-EMERGENCIES

What's on — mark your diaries!

FEELING DRAINED? LIKE LIFE IS OUT OF CONTROL?

BOUNDARIES FOR WOMEN

FAMILY WORKS

10TH OCTOBER

12:30-2:30PM EVERY FRIDAY

179 WICKSTEED STREET

Join with other women to share and grow in a safe space. Learn about how to set healthy boundaries over our six week program. Call group facilitator, Emma Welch, on 0275070003, or the Family Works office on 06 345 6681 for details, and to set up an initial appointment over the school holidays before Term 4 starts.

What's on — mark your diaries!



MOTOR VESSEL WAIRUA

Heritage River Cruises and Personalised Charters

PRIVATE CHARTERS



Join us on the beautiful Wanganui River for a relaxing private cruise, perfect for your next function or event.

Our crew are happy to work alongside you to develop the perfect, bespoke experience.

Private, unique transport options are also available from almost anywhere on the lower river .

CHRISTMAS FUNCTIONS A SPECIALITY

Contact us for more information

Terms and Conditions Apply

www.motorvesselwairua.co.nz



What's on — mark your diaries!



MOTOR VESSEL WAIRUA

Heritage River Cruises and Personalised Charters

THE OPTIONS

Duration

One Hour

Return Cruise to the edge of the Whanganui
\$600.00

Two Hours

Return Cruise to Upokongaro (Stopover additional)
\$1100.00

Three Hours

Return Cruise to Kaiwhaki
\$1600.00

Four Hours

Return Cruise to Hipango Park (Stopover additional)
\$2100.00

Pick-Up / Drop - Off

Have boat, will travel...

We can pick up or drop off your group at various location along the river. Please speak to us for suitable locations and a quote

One - Way travel may also be possible so talk to us if you are interested.

Add-On's

Stopover

Upokongaro or Hipango Park
\$125.00 / Hour

Live Music

Please speak to us about your preferences and for a quote

Cocktail Bar

\$165.00 setup fee and your guests pay for drinks at the bar. BYO not permitted on trips featuring an onboard bar.
(May not be available with all catering options due to onboard space)

Catering

Canapés

The Captains favorite morsels of delicious finger-food with all the necessary accoutrements \$19.50 pp

Light Lunch

Sandwiches, wraps, croissants, a seasonal fruit platter and a selection of sweet treats \$25.50 pp

Buffet Lunch

A heavier option for hungry bellies with a selection of hot and cold options, salads, breads and a sweet treat \$36.50 pp

Buffet Dinner

Our hearty buffet can quell any appetite from Tinkerbelle to Tutaeporoporo with its piping hot options, fresh salads, breads and guilt-ridden desserts \$38.50 pp

BBQ Dinner

Our specialty! Relax and let our chef work their magic with a delicious barbecue cooked onboard.
Dessert is not only available, its encouraged \$42.50 pp

Do it Yourself

BYO Drinks

BYO beer and wine are permitted on board but low and no alcohol options MUST be carried as well.

BYO Food

Don't like our options or want to do it yourself? Great! You can supply your own catering on board.

BBQ Hire

We can supply our barbecue, barbecue tools and gas for you to cook your own barbecue on board \$60.00

What's on — mark your diaries!



MOTOR VESSEL WAIRUA

Heritage River Cruises and Personalised Charters

THE PROCESS

Decisions, Decisions

Decide on the duration of your cruise...

One hour is great for a pre-dinner event and Two or Three Hours is perfect for a relaxing break and a meal on the river. Four Hours with an additional stopover at Hipango Park is the perfect day away.

Decide if your guests are likely to get hungry or thirsty...

Check out our succulent catering options or you are most welcome to self-cater your cruise. BYO beer and wine is allowed provided low and no alcoholic options are carried.

Decide if your group will need entertaining...

We bet that you have some entertaining friends and co-workers but that's not your only option. Wairua has a basic sound system that can take CD's or plug into your devices. But of course, the beautiful Whanganui River is the best entertainment of all.

Decide if your group needs some decorations...

Motor Vessel Wairua is BEAUTIFUL, but she loves some bling. Decorations welcome.

You Contact Us

Let us know what we can do for you...

Wairua is popular and we can get really busy, especially before Christmas, New Year and Easter. Please have a couple of dates and/or times in mind as we can usually accommodate everybody.

It's a date...

So we have a date and time that works, its time to pay a 50% deposit to confirm your booking.

These deposits are non-refundable.

We send you a booking confirmation, Sit back, relax and eagerly await your cruise

We Contact You

Don't call us, we'll call you...10 days prior...

This is to confirm any final details such as numbers for catering, special dietary requirements and issue the final invoice.

The final invoice is due 7 days prior to the cruise and we have to pretty firm on that one folks!

Once we have received payment, a final confirmation is issued including a contact phone number for the crew operating your cruise.

Let's Go...

The big day is here, make sure you arrive 20 minutes prior to your scheduled departure time.

What's on — mark your diaries!



MOTOR VESSEL WAIRUA

Heritage River Cruises and Personalised Charters

THE RULES

Terms and Conditions

Fundamentally, we all want to have a good time on the water and this means we need to have some rules to keep passengers, crew, Wairua and the environment safe.

- ◆ Motor Vessel WAIRUA is owned and operated by Kiwi Vintage Tourism. We have a legal responsibility under our Maritime Operator Safety System (MOSS) to ensure the safety of all passengers on board. Passengers are required to follow ALL instructions from Master and Crew while embarking, disembarking, in transit or on shore activities.
- ◆ Passengers may be disembarked at any point (at the discretion of the Master) if causing disruption or danger. If disembarked by the Master at a suitable and safe location, the passengers concerned will be responsible for their own onwards/return transport.
- ◆ A reasonable standard of behaviour and dress is required at all times.
- ◆ A 50% non-refundable deposit is required to confirm a charter booking. Final balance of all cruises is due 7 days prior to departure.
- ◆ Deposits are non-refundable if the cruise is cancelled by the party chartering the vessel, for whatever reason.
- ◆ No refund can be issued if the party chartering the vessel cancels within 7 days of departure.
- ◆ Cruises may be amended or cancelled by Kiwi Vintage Tourism due to weather conditions, river levels, operational requirements safety issues or legal requirements. Any money (including deposits) will be refunded in the event of a cancellation by Kiwi Vintage Tourism within 7 working days.
- ◆ Any booking with outstanding money owed to Kiwi Vintage Tourism within 7 days of the cruise will not be operated unless by written permission from the director of Kiwi Vintage Tourism.
- ◆ Every charter cruise must have a designated "Group Leader" who will be traveling on the vessel for the entirety of the charter. This person will be the contact point for the Master and Crew on the day and has the responsibility of making sure all passengers traveling are present by the appointed departure times. Additionally, this person is responsible for ensuring that all passengers are adhering to the terms and conditions relating to behaviour and any alcohol consumption.
- ◆ Alcohol may be brought on board the vessel for consumption by those aged 18 and over. Passengers may be disembarked (at the discretion of the Master) if intoxicated or be required to surrender their alcohol. Intoxicated persons will not be allowed to board the vessel. An appropriate selection of non-alcoholic beverages and snacks is to be supplied by the party chartering the vessel. Where possible, glass bottles should not be brought onboard.
- ◆ If a party chartering the vessel wishes to sell alcohol to their guests, they will require a "Special Licence" or other such authorisation from Whanganui District Council. Kiwi Vintage Tourism can supply deck plans, and our appropriate commercial operating certificates as required. Kiwi Vintage Tourism is not responsible for gaining any such approval for the sale of alcohol on behalf of the party chartering the vessel.
- ◆ A soiling/damage fee may apply if the vessel is left in a state that requires repair or cleaning outside of what would be considered reasonable by Kiwi Vintage Tourism for the type of charter being undertaken.
- ◆ Supervision of children while disembarking, embarking, in transit and on shore activities is the responsibility of Parents/guardians or Organisation bringing them aboard. Passengers under 16 years must be accompanied by an adult.
- ◆ Kiwi Vintage Tourism is not responsible for any loss or damage to belongings such as clothing, bags, personal items or electronic devices.
- ◆ Motor Vessel WAIRUA is not wheelchair accessible due to the heritage nature of the vessel, standard toilet and terrain at the mooring sites.
- ◆ Service animals are welcome on board. Pets may be carried by arrangement in advance.
- ◆ Smoking is permitted on board in the designated area only.
- ◆ Prohibited or illegal items/substances are not permitted on board. If these items are discovered on board, the matter will be referred to the relevant authorities.
- ◆ No waste will be deposited into the Whanganui River.

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.**

LA FIESTA: EXPRESSIONS OF INTEREST ARE OPEN. We invite ideas, activity and event submissions for our 17th annual festival of women from 8 February to 8 March 2026. Expressions of interest are open through to 14 November. Get in touch! La Fiesta is NZ's best and longest running women's fest.

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 conversation. Free entry!

WOMEN ON WEDNESDAY. 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 2 groups: 1:30pm at The Barracks or 5:30pm at the Women's Network. Koha welcome. 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!



**EXPRESSIONS OF
INTEREST ARE NOW OPEN!**

La Fiesta number 17 is set to run
from 8 February to 8 March 2026
Brought to you by the wonderful
Whanganui Women's Network



Got a cool idea for a festival event or activity
or know someone who does? Get in touch!



SUBMISSIONS DUE: 14 NOVEMBER 2025

Find out more about La Fiesta
at our festival website: lafiesta.co.nz



Facebook pages: La Fiesta NZ
Women's Network Whanganui

FOR AN EXPRESSION OF INTEREST FORM:
womnet.whanganui@gmail.com



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](#)

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

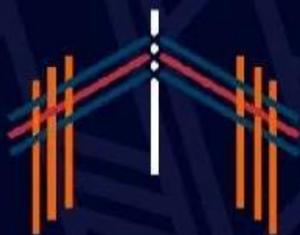
Raffles

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](https://www.communityhouse.org.nz)



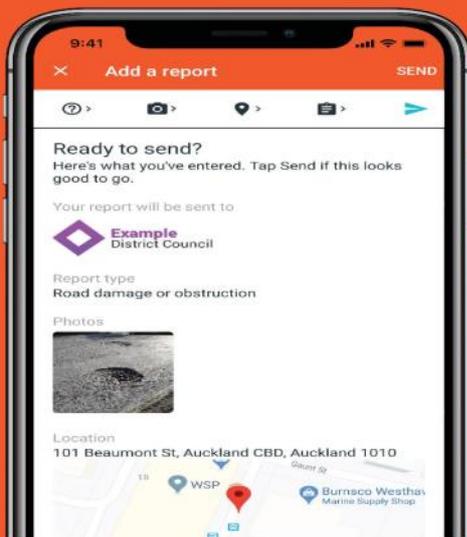
What's on — mark your diaries!



Whānau Ora Day 2025

SATURDAY,
01 NOVEMBER 2025
10.00AM - 3.00PM

SPRINGVALE STADIUM
WHANGANUI



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

Fundraiser

COMMUNITY CHRISTMAS FUNDRAISER DAN CARTER SIGNED RUGBY JERSEY



Fundraiser

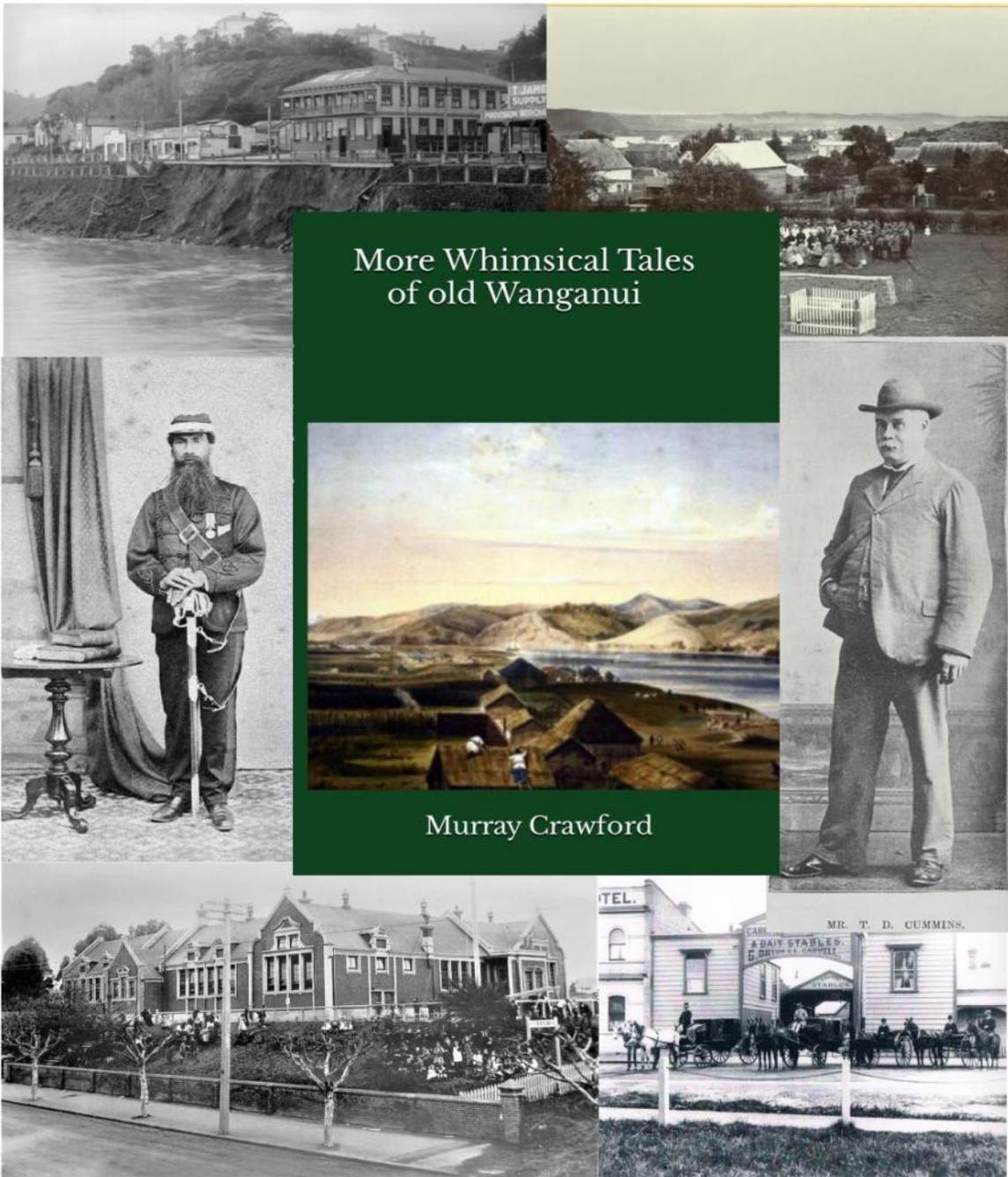
Special thanks to Murray Crawford for producing
More Whimsical Tales of old Wanganui

\$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

LET'S GO



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

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

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.

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



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

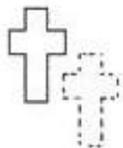
THINGS to DO
& see in
WHANGANUI

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

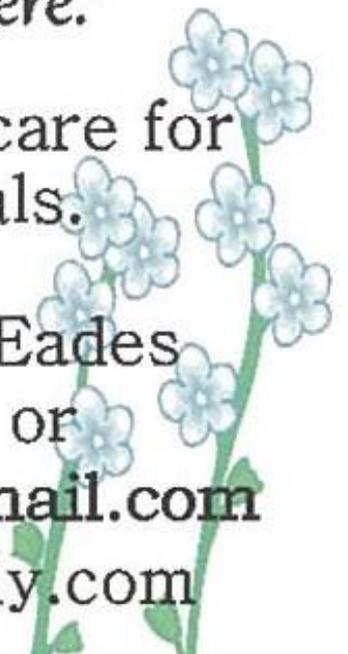
GRAVESIDE CARE WHANGANUI

"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 a Conferencing System,
Self-service kitchen
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 Wanganui
Community Patrol make a real difference.

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

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!"

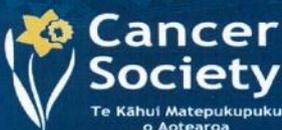
- Client Drivers: A valid driver's license, a reliable car, and the stamina to hit the road for three hours. Don't worry, we'll foot the gas bill.
- Join the Fundraiser Extravaganza: Daffodil Day Street Collectors!

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



Are you ready to make a difference?



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

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

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

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

Phone: 0800 266 547

Email: healthshuttle.wmw@stjohn.org.nz

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



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.



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.

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

Parish of Our Lady of Grace

TRADITIONAL MASS

Sundays 11.00am

Third Saturdays 5.30pm

10 Daniell Street, Bulls

Ph: 0210 776 663

E: rocc.grace@gmail.com

Interest Groups

ART WORKSHOP

A weekly workshop for people of any age and skill level with a passion for the arts. During this time, you can pursue self guided creative expression or have input from our art tutor. Hosted by Whanganui Creative Space and local artist Sam Moran.

Thursdays 6pm-8pm
\$10 per person

**@ 76 Guyton Street, Level 2
Whanganui Creative Space**

Supplies provided but feel welcome to bring your own. Limited seats available, please enquire via email or phone with art tutor Sam. All minors must be accompanied by an adult.

sammoranart@gmail.com
022 384 6188



WHANGANUI FILM SOCIETY

taking you further into film

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

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

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

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

Join online at www.nzfilmsociety.org.nz/whanganui



2025 PROGRAMME OUT NOW

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

[whanganuifilmsocietynz](https://www.facebook.com/whanganuifilmsocietynz) www.nzfilmsociety.org.nz/whanganui

Rivercity Pickleball

Join Us!
Come and have a go!

New members & beginners welcome

**Sunday 3:30-5:30pm or Wed 9-11am
at Jubilee Stadium (London St)**

**Watch for Introductory Sessions
Intermediate/Advanced Thurs 6-8pm**

Contact us on email hello@rivercitypickleballnz.com facebook.com/rivercitypickleballnz 027 278 1211

Wanganui Blind and Partially Blind Craft Group

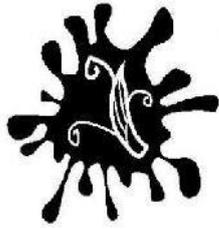
*we welcome new members to come along
and join us.*

*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



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

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

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

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



**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?



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

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!

WE CAN SUPPORT WITH THINGS LIKE:



+ more!

Curtains

Ventilation

Heaters

Minor Home Repairs

Bedding

CONTACT US TODAY!

Email: healthyhomeswhanganui@wise.org.nz

Free Phone: 027 555 0037

Website: www.wise.org.nz



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



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.

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.churchonigestre@gmail.com



Gold coin koha
for morning tea.



Need help understanding Care of Children matters?

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

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



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



0800 224 733

and ask to speak with
your local Kaiārahi



kaiarahi@justice.govt.nz

Support Services for Whanau & Children

PARENTING THROUGH

SEPARATION

Dates for 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"

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

Free Face Painting there

or as a fundraiser,

please contact me Kirsty on 021 212 3819 or

email lovelifelivefacepainting@gmail.com

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

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



Wanganui Toy Library

142 London Street, Wanganui

Open every Thursday 9:30am – 11:30am

And every Saturday 10am-12noon

wanganuitoylibrary@gmail.com

027 746 6153

Facebook: Wanganui Toy Library



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

3 FREE
visits

Turakina

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

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

Support Services for Whanau & Children

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



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



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.

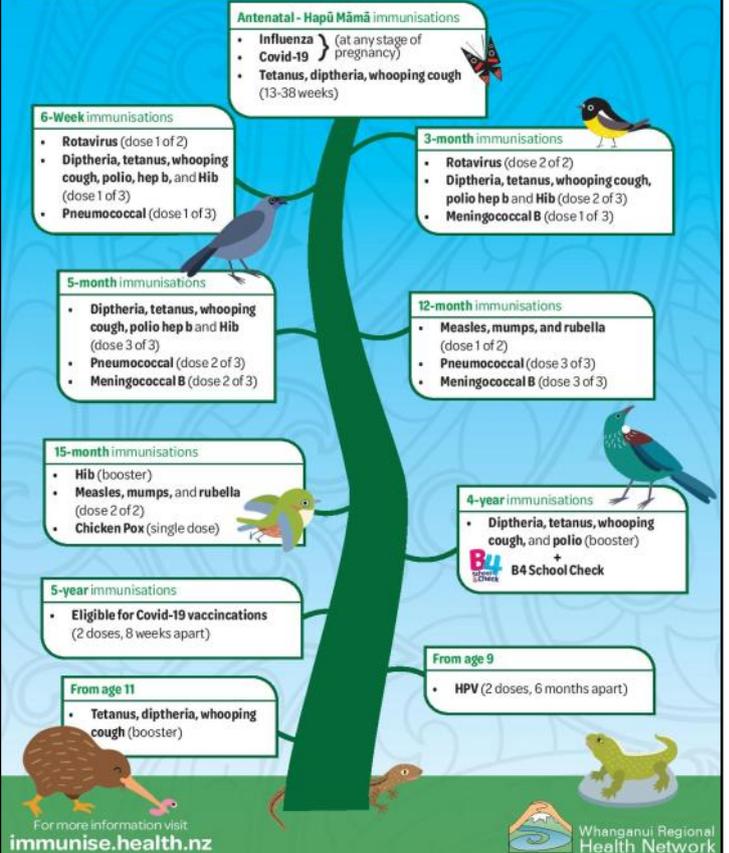
To Kōwhiri
o Aotearoa
New Zealand Government

HR6227 | Measles under 5 - AS/Flyer | 15.09.22

Te Whānau Ora
Health New Zealand

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 Manaki Te Whānau Outreach Team on 0800 775 001



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

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.



Home (Self Care)
to rest and drink regularly; pain relief for sore throats, earaches and headaches.



General Practice (GP)
if still sick after two days or if child is feverish, miserable and not wanting to drink.



Emergency (ED)
if working hard to breathe and/or floppy.

GASTRO (TUMMY BUGS)

Immediate treatment:

- Rest and drink small amounts often.



Home (Self Care)
to rest and drink small amounts often; stay home for 2 days after vomiting or diarrhoea has stopped.



General Practice (GP)
if still sick after 24 hours of symptoms or if you are concerned about them.



Emergency (ED)
if floppy and pale or sweaty.

CUTS & WOUNDS

Immediate treatment:

- Clean.
- Cover.
- Check.



Home (Self Care)
to rest and monitor minor wounds.



General Practice (GP)
if wound has dirt or something inside it or if you are concerned about it.



Emergency (ED)
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).



Home (Self Care)
watch for any changes; if existing condition, use prescribed medicine.



General Practice (GP)
if rash is worsening or child becomes unwell.



Emergency (ED)
if trouble breathing or very unwell.

SPRAIN, STRAIN & POSSIBLE FRACTURE

Immediate treatment:

- Get child to rest.



Home (Self Care)
to rest and follow RICED guidelines if minor swelling or bruising.



General Practice (GP)
if in pain (despite pain relief) and can't use limb as normal.



Emergency (ED)
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



Home (Self Care)
if minor headache after injury.



General Practice (GP)
for assessment if brief loss of consciousness or in pain.



Emergency (ED)
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



Neuro

Spicy

Connections Group

Spicy chats, bites to share, meet, connect, and care
For parents/grandparents/carers or guardians of kids with neurodivergence



Fortnightly on Thursday's
Starting from **9th October**



1:00pm-2:30pm



@ Whatever
39 Drews Avenue
Whanganui



Get in touch

Beth L. Savage- 021 384 255
office@wovenwhanau.org.nz

Rosie McMenamin- 027 381 9509
rosie@whatever.org.nz



Support Services and Information for Youth



**THE YOUTH HEALTH PLACE
39 DREWS AVE**

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

OUR CURRENT SERVICES:

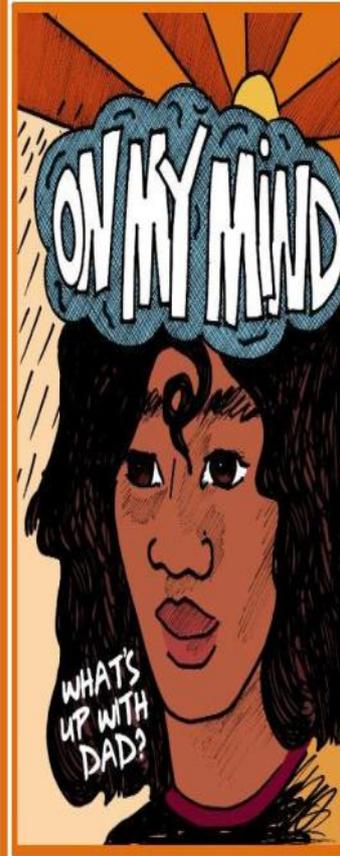
- NURSE CLINICS**
- DOCTORS CLINIC**
- COUNSELING**
- SOCIAL WORK**
- YOUTH ADVOCACY**

ALSO AVAILABLE:

- SUPP**
- SEXUAL HEALTH CLINIC**
- UCOL HEALTH CARE**

GET IN TOUCH:

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



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: stepbystep2@gmail.com**



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



Support Services for Seniors

Join us for a cuppa + a catch up!



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

IF YOU'RE 60+ AND ARE LESBIAN, GAY,
BISEXUAL, TRANSGENDER, INTERSEX - OR ANY
OTHER PART OF THE RAINBOW COMMUNITY,
THEN JOIN US FOR A SOCIAL CATCH UP -
MORNING TEA PROVIDED!

Brought to you by



& Pride
WHANGANUI

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.



Brain Health &
Community Connection

Supporting Older Adults to Stay Connected,
be involved and independent in a safe,
social environment.

Choice • Purpose • Belonging • Connection *enliven*

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

Support Services For Seniors



Enquiries:
Marion Sanson
(06) 345 6438

Whanganui

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



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



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



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



Support Services



Inland Revenue Te Tari Taake

Heartlands and Mobile Offices in our region.

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

PalmerstonNorthAdvisoryRequest@ird.govt.nz

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

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

Kaitakawaenga Māori

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

Kaitakawaenga Māori can:

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

How to Contact Us:

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

Email us at:

PalmerstonNorthAdvisoryRequest@ird.govt.nz

How to contact Inland Revenue:

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

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

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

Support Services



WORK AND INCOME
TE HIRANGA TANGATA

We're requesting proof of Inland Revenue numbers from some clients

MSD will be starting to ask a small portion of our clients (and sometimes, their partners) for their Inland Revenue number (IRD number), and sometimes for proof of it.

This will only happen if we don't already have it, or we do, but it's not matching with the information sharing agreement we have with Inland Revenue.

How you can help

We know IRD numbers can be hard to find. Some people may have forgotten theirs or don't know where to find it.

If someone asks you for assistance with their IRD number, here's how you can help:

- If they don't know their IRD number, they can request it here: [Find my IRD number](#)
- To give MSD proof (if we have asked them for this) it needs to be either:
 - a letter from Inland Revenue (digital or paper) confirming the IRD number, or
 - a screenshot of their myIR account (and needs to show their or their partner's name, IRD number, Inland Revenue's logo and the web address).

Clients can drop proof into a service centre or call us to upload it in MyMSD.

Our website has more information you can check out:
www.workandincome.govt.nz/ird

Everyone's situation is different – we're here to help

We're encouraging the small number of people we're asking for proof from to get in touch with us to discuss their circumstances, if they need support or more time to get it to us. We may be able to give them an extension, or a temporary exemption from needing to give us proof of their IRD number right now, if they have a good reason.

Why we need to confirm this

Benefits and many of our payments are taxed – MSD deducts the tax before making payments to our clients' bank accounts.

We need our clients' (and their partners') IRD numbers to meet our tax obligations. This means tax is going to the right person's Inland Revenue record. It also helps us make sure we're paying people the correct amount. For example, we are sometimes told by Inland Revenue if a client has earned income they haven't declared to us. Finding this out means we can often intervene early and reduce or prevent money owed to us.

Thanks for your support.

Support Services



MINISTRY OF SOCIAL
DEVELOPMENT
TE HĀNATŪ WHAKAHĀTIO ORA

WORK AND INCOME
TE HIRANGA TANGATA

Updates from the Ministry of Social Development | October 2025

Date	Change
	<ul style="list-style-type: none">❑ Winter Energy payment ends on 1 October❑ Requesting proof of IR numbers from clients❑ Whiteware changes❑ Compensation for Lake Alice former patients❑ Online training for everyone❑ Changes to boarders' payments❑ Client letters
	<p>Find out more about these changes on the work and income website www.workandincome.govt.nz</p>
October	<p>Winter Energy Payment ends</p> <p>The Winter Energy Payment is an extra payment to help with the cost of heating homes during the winter months. People receiving a main benefit, pension or Jobseeker Support Student Hardship are eligible. It ends on 1 October 2025.</p>
September	<p>Requesting proof of Inland Revenue numbers</p> <p>MSD is starting to ask a small portion of clients (and sometimes, their partners) for their Inland Revenue number, as well as proof of that number.</p> <p>This only happens if we don't already have it, or we do, but it's not matching with the information sharing agreement we have with Inland Revenue.</p>
September	<p>Whiteware changes for MSD clients</p> <p>From 3 September, clients started making their own whiteware arrangements. They choose where to shop and will have access to a wider range of brands and products.</p>

Support Services

	<p>Clients select and pay for their appliance at their chosen store using a Work and Income payment card. They make all arrangements, including delivery, installation and any repairs directly with the store. Find out more on the work and income or Studylink websites.</p>
August	<p>Compensation payments for former patients of Lake Alice hospital</p> <p>All ex-gratia and compensation payments received by people who were patients at the Lake Alice Hospital are now permanently exempt from income or cash asset testing when they apply for assistance from MSD.</p> <p>This includes ex gratia payments for survivors of the Lake Alice Child and Adolescent Unit.</p>
August	<p>Jobseeker support including free online learning</p> <p>The online hub, Digital Suite gathers a range of courses www.digitalsuite.co.nz. Anyone can use it – you don't need to be receiving a benefit to be eligible.</p> <p>To find out more about low cost or no cost data see the 'Cheap as' data part of the Work and Income website or www.skinny.co.nz a low-cost prepaid broadband service for eligible Kiwi homes.</p>
August	<p>Changes to how we assess boarders' payments</p> <p>From August, we started collecting information from households who have boarders and receive a housing subsidy from us or live in public housing.</p> <p>We are doing this because from 2 March 2026 there will be changes to the way we assess board payments.</p> <p>People can provide this information online through MyMSD or by filling out a paper form.</p>
August	<p>Switching more clients to online letters</p> <p>We are moving some people to online letters, instead of sending the letters by post. This will help people receive information faster and more reliably.</p> <p>An email notification will be sent when there is a new letter to read.</p>

Support Services

Empower your tomorrow

Got a device and an internet connection? Do it all online!
Digital Suite helps you get new skills and find better jobs.

Learn for employment | Grow your skills | Get certifications | Connect with employers

FOR EVERYONE

DIGITAL PASSPORT

Get digital skills and go places. Award-winning basics in computers, technology, and job readiness.

Plus, get AI working for you! AI skills for finding a job, working, and daily life.

NEW



LEARNING PLANET

Like streaming TV! 350 bite-sized courses in employment-relevant pathways, to boost work readiness and professional growth.

NEW



TE HEKE MAI

Wrap-around app-based support plus real-life coaches, for job seekers, trainees and new starts.



UMBRELLA WELLBEING

Practical wellbeing trainings for resilience, balance, and growth — designed by healthcare professionals in the Te Whare Tapa Whā model.



FOR FARMING

GET MILKING!

Two-hour taster course, then Dairy Assistant Course for job seekers who want to explore and excel in the dairy industry. Graduates are promoted to farmers with job opportunities.

NEW



FOR HOSPITALITY

INTERNATIONAL CULINARY STUDIO

Barista, Food Safety, Front of House, and Kitchen Hand training, with support into the industry.



FOR HEALTHCARE

MYSKILL

Get started with a NZ Certificate in Health and Wellbeing (L2) and get job placement support.



MYSKILL FOR CARERS

Training for Supported Living Payment carers to gain a New Zealand Certificate in Health and Wellbeing (L2) while giving full-time care at home.



FOR PROFESSIONALS

THRIVE

Dynamic new online NZ community. Connecting professionals with success through support, online learning and live events.



LINKEDIN LEARNING

Expert-led online courses and resources for professional development.



FOR PARENTS

JOBS FOR MUMS

Access and support to find family-friendly jobs — part-time and more.



FOR RANGATAHI (young people)

UMBRELLA WELLBEING RANGATAHI

Stress management and wellbeing trainings for 18-25 year olds — designed by healthcare professionals in the Te Whare Tapa Whā model.

NEW



MINISTRY OF SOCIAL
DEVELOPMENT
TE HĀNATU WHAKAARĀHO ORA

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

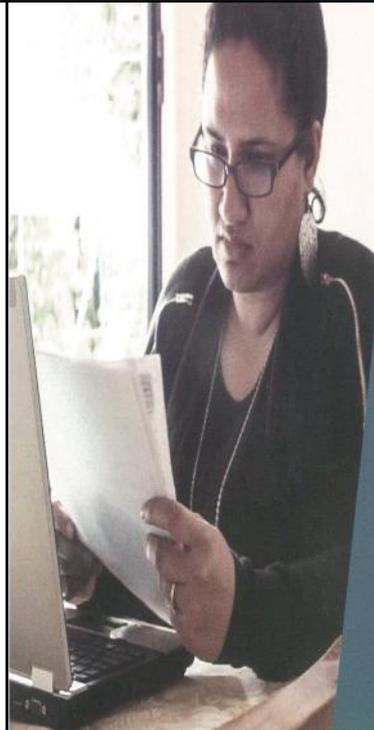
wbas@wbas.org.nz

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.



**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”



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

Across the year, across the country

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

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

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

Co-facilitation

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

Learning outcomes

After attending Addiction 101 participants will be able to:

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

The impact is worth it

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

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

Highest quality learning

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

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

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



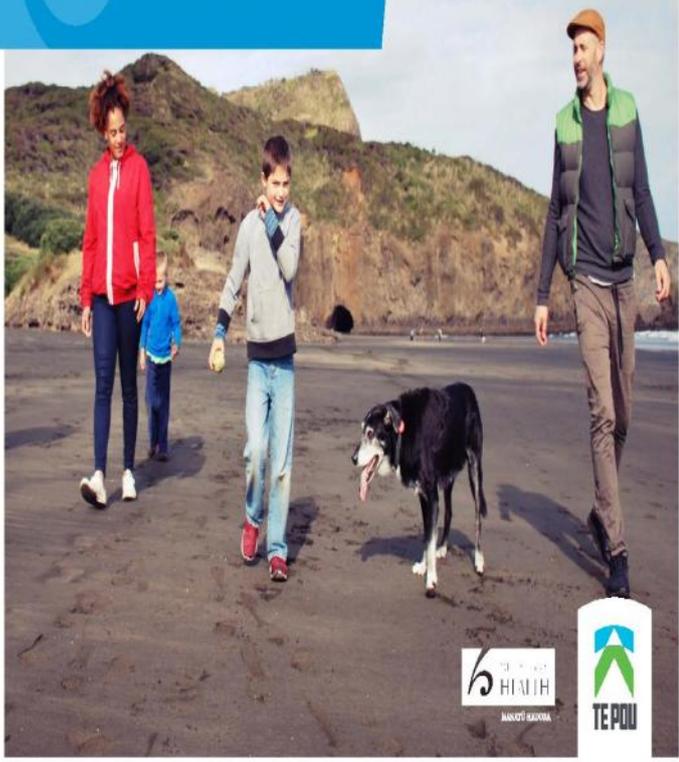
Ready to book?

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

Email: info@blueprint.co.nz

Phone: 04 473 9009

Website: www.blueprint.co.nz



Support Services

AL-ANON FAMILY GROUP

CONFIDENTIAL SUPPORT FOR FAMILY AND FRIENDS
OF PROBLEM DRINKERS

Every Tuesday at 7:30pm

Quaker Meeting House

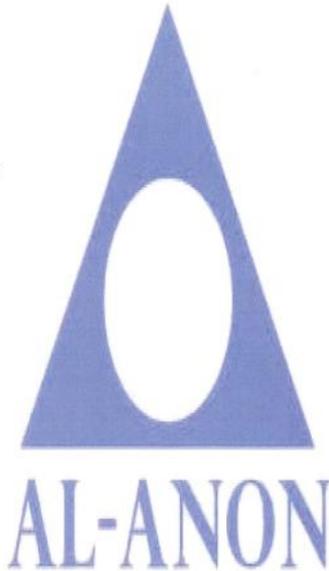
256 Wicksteed Street, Wanganui

Every Friday at 12:30pm

Gonville Library Meeting Room

44 Abbot Street, Wanganui

...just pop on in ☺



Alcoholics Anonymous
NEW ZEALAND

Alcoholics Anonymous

Phone 0800 229 6757

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

AA Wanganui Area Meetings:

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

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

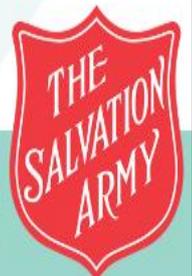
Make your lifestyle a priority



**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.

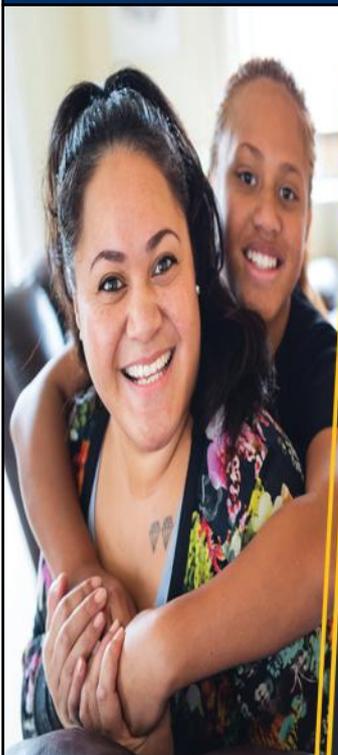
We assist with:

- 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**

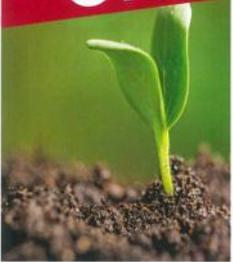
DRIVE

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

Start today. Skills for life with
Rural Youth & Adult Literacy Trust

FREE
reading, writing
and spelling help
for anyone, anytime,
with a friendly tutor.

We can help you with:

- Reading to your kids
- Helping kids with homework
- Writing notes to school
- Writing essays or reports
- Doing job applications
- Reading maps
- Reading technical manuals
- Reading faster
- Spelling better
- Writing your life story for your kids/mokopuna



Rural Youth &
Adult Literacy Trust

RURAL YOUTH & ADULT
LITERACY TRUST

adultliteracy.ac.nz
0800 891 339

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

Teaching your teen to drive made easy

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

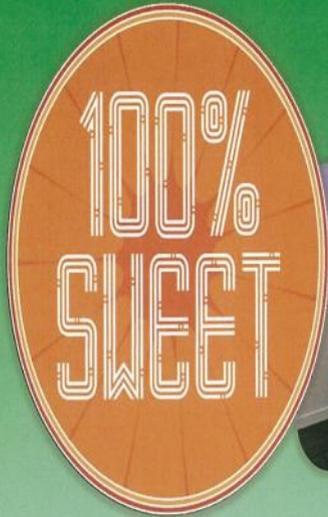
Drive is primarily designed to help young people become confident, capable drivers, and provides clear guidance throughout their journey from before they get their learner's licence through to getting their full license. However, parents and coaches can also take advantage of lots of hints and tips to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

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

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



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 liason 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

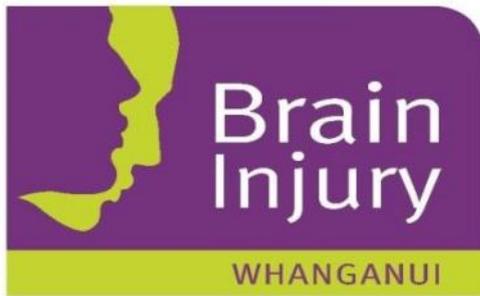
AA (Alcoholics Anonymous)

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.

IF AN EARTHQUAKE IS

LONG

OR

STRONG

GET GONE



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

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

Nicola Hartfield

Fellow Arbitrators' and Mediators' Institute NZ

nicola@nicolahartfield.com

www.nicolahartfield.com

Workplace Supervisor / Family Mediator



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

CHRISTINA EMERY

REGISTERED COUNSELLOR

NZAC Registered Counsellor

Counselling is about working together in a way that makes sense for you. There's no one right way to heal or grow, so we'll figure it out together, at your pace.

Services:

- ✓ Individual Counselling
- ✓ Couple Counselling
- ✓ In-person
- ✓ Video or Phone

About me:

I'm a neurodivergent, queer counsellor offering support that's safe, inclusive, and meets you where you're at. I bring care, curiosity and cultural humility to every session whether you're working through addiction, anxiety, depression or other life challenges.

Contact:

- ☎ 027 363 6333
- 🌐 www.christinaemery.co.nz
- ✉ kiaora@christinaemery.co.nz

"I shape each session around what matters most to you, drawing from a range of approaches to suit your needs. I also offer practical insights to help you better understand yourself and what you're going through".

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

Support Group For Those Bereaved By Suicide

We are ordinary people who have lost a relative or friend through suicide.

Suicide is one of the toughest deaths to come to terms with, and it can help to talk to others who know and understand exactly how you feel.

We meet once a month at Dempsey & Forrest on the 3rd Sunday, 1 pm- 3 pm

Gold Coin donation for afternoon tea.

Contact: Neil 022 475 8295

Email: suicidebereavedby@gmail.com

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



Free online therapy courses



Free

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



Convenient

Online therapy courses at your convenience. Anywhere, anytime.



Private

Improve your mental health in complete privacy.



Effective

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

Try a FREE course today.

justathought.co.nz



your mind, your way



Gender Affirming Healthcare

pridewhanganui.co.nz/gender-care-whanganui

Health Support Services

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



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 Verma 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".

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.

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 LGBTQ+ Community.

Pride Whanganui have support groups for Youth, 18+, 60+ and Parents/Caregivers of LGBTQ+ 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 covered 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](mailto:office@communityhouse.org.nz) or phone **0800 008 011** for a free assessment.

Our hearing therapists are qualified assessors for this specialised equipment.

There is some funding available where specific criteria are met.



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



Health Matters



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

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

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

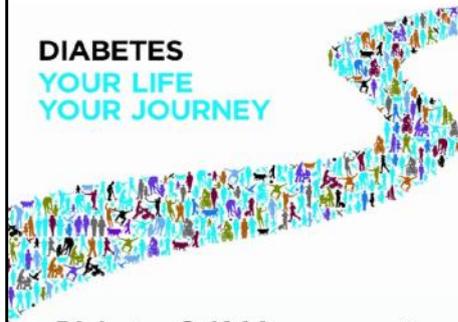
The walk-in clinic is open on a **Thursday from 4.45pm-6pm** and we have a first come-first serve system, which means we cannot promise you will be seen if you arrive later in the clinic, on a busy day.

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

Our clinic offers FREE:

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

DIABETES YOUR LIFE YOUR JOURNEY



Diabetes Self-Management Education Programme

Course provided in partnership with Te Oranganui

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.

For more information and to register, contact Joleen Sharrock:

joleens@diabetes.org.nz
027 276 0083



Help manage diabetes-related changes



Meet and share life experiences with others



Make clear, achievable goals



diabetes new zealand



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



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**

FREE WORKPLACE WELLNESS TALKS

Boost Health & Productivity in Your Office and Workplace!

So, how can we create healthier, more productive workplaces? The key is prevention. When employees are given the right tools and knowledge to take care of their health, businesses thrive. That's where we come in.

At Great Minds Chiropractic, we offer workplace wellness solutions designed to keep your team healthy, energised, and performing at their best.

Our services include:

- ✓ **Lunch Break Seminars** - Quick, practical sessions where we share simple strategies for better posture, reducing stress, and staying pain-free.
- ✓ **On-Site Spinal Screenings** - We assess spinal health on the spot, helping to catch small issues before they become big problems.
- ✓ **Workplace Ergonomic Wellness Assessments** - We review desk setups and work habits to prevent strain, discomfort, and repetitive stress injuries.



GREAT MINDS
chiropractic

CONTACT US



Email:
hello@gmchiro.nz



Phone Number:
06 348 7474



Website:
www.gmc-chiropractors.co.nz

COMMUNITY WELLNESS TALKS

The Hidden Cost of Missed Days Due to Poor Health

Did you know? Great Minds Chiropractic offers spinal health talks and advice for local community groups, schools, and workplaces! We're passionate about educating our community on how to live healthier, pain-free lives through better spinal care. We can offer posture analysis, posture checks or speak to an audience

Prevention = Better Well-Being

A healthier community leads to a stronger, more active lifestyle. At Great Minds Chiropractic, we help keep you feeling your best with:



- Wellness Workshops – Practical tips for better posture, stress relief, and daily movement.
- Spinal Health Screenings – Early detection of spinal issues before they worsen.
- Ergonomic Assessments – Guidance on optimizing daily habits to prevent strain.

Studies show chiropractic care reduces pain, improves mobility, and enhances overall well-being (RxWellness, 2024). Regular adjustments support circulation, lower inflammation, and promote faster recovery (Rocket City Chiropractic, 2024).

Better Health = Better Living

Prioritising well-being leads to fewer aches, more energy, and improved daily performance.

Take the next step toward feeling your best—contact us today!



GREAT MINDS
chiropractic

New Plymouth,
Stratford, Hawera,
Waverley, Whanganui,
Feilding, Palmerston
North & Levin

CONTACT US



Phone Number:
0800 111 354



Website:
www.gmc-chiropractors.co.nz

MEN'S HEALTH WEEK TIP SHEET 3

menshealthweek.co.nz

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 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.

WHAT'S YOUR SCORE?
HEARTLAND



MEN'S HEALTH WEEK TIP SHEET 4

menshealthweek.co.nz

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?

WHAT'S YOUR SCORE?
HEARTLAND

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)	AND	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



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



LIVE STRONGER FOR LONGER
PREVENT FALLS & FRACTURES

STRENGTH
BALANCE
AND A
GOOD YARN

Join an approved class near you:

Carl's Group Fitness
 Carla Longford 021 365 8963 E: carla@carlsfitness.co.nz
 Wed 3:00 - 7:00pm 54 Pukekohe Presbyterian Church 130 Guyton St
 Thurs 10:00 - 11:00am 31 Andrews Hill 31 Bell St. \$5 per session

Federated Movement Classes
 Katherine Schaffner 06 347 7892
 E: kashaff@fmc.org.nz Web: www.fcdonwells.org.nz
 Mon 7:00 - 8:00am Wed 2:30 - 3:30pm Community House
 #44mp St. \$14 per session. Concessions available

Tai Chi
 Matt Dutton 027 238 2127 E: matt@taiichi.co.nz
 Wed 12:30 - 2:30pm 27 Teape Quay \$20 per session

Tai Chi for Health
 Steven Williamson 06 345 1339 E: steve@taiichinewz.com
 Tues 5:30 - 6:30pm Thurs 9:00 - 10:00am
 \$7 Pukekohe \$3 per session

Countour Punch For Parkinson's
 Sula Temo 029 602 2020 E: sula@countour.org.nz
 Wed 11:30am 100 Devon Road (Awarua/Whaby Club)
 \$5 per session (partners free of charge)

Steady As You Go - SAFEG multiple classes available
 Janet Lewis 06 345 1293 E: janet@steadyyougo.org.nz
 Over 25 classes around Whanganui, Rangitikei and Wairarapa
 \$3 per session

YOGA
 Marian Takarangi 021 079 8802 E: mariantakarangi@gmail.com
 Wed 2:30pm Cavendish Park Community Hall
 \$10 per session

Pulmonary Rehabilitation Exercise Group
 Additional 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 Ropu Oranga (Taihape)
 Ngarewa Martin 021 012 8867
 E: ngarewa.martin@ropeuoranga.co.nz

PPF **Countour** **SAFEG** **MINISTRY OF HEALTH**

WWW.LIVESTRONGER.ORG.NZ

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

HE2628 - APRIL 2023



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



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)

TOP TIPS

FOR KEEPING YOU AND
YOUR WHĀNAU WELL

- 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.**

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

June 2022

Health Matters

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.

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.



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.

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.



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

