



# com.chat

A Newsletter distributed to Community Groups in Whanganui and surrounding Districts  
**Issue 270—December 2025**

Kia Ora,

The Community House Office will close at **1pm on Friday, 19 December 2025**, and will reopen at **9am on Monday, 12 January 2026**. During this period, we will continue to monitor our phone messages, emails, and social media channels.

Our member organisations will have varying holiday hours, with some closed only on statutory days and others for longer periods. Details for each organisation will be available on our website and Facebook page.

The next issue of **Com.Chat** will be released in early **February 2026**.

We at Community House would like to extend our heartfelt thanks to all the individuals, organisations, and businesses that supported us throughout the year. Your generosity makes a real difference — thank you!

Wishing you a safe and enjoyable holiday season—take care of yourselves and each other, and enjoy time with family and friends.



Community House team



## Funding

**COGS—annual funding round - opens 16 April 2025 closes 14 May 2025— decision by the 30th July 2025.**  
[www.communitymatters.govt.nz](http://www.communitymatters.govt.nz)

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

**Whanganui Community Foundation—Quick response closes 3rd November 2025 Community support closes 27th October 2025**  
[www.whanganuicommunityfoundation.org.nz](http://www.whanganuicommunityfoundation.org.nz)

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

**TG Macarthy Trust—annual applications close 13 June 2025.**  
[www.publictrust.co.nz](http://www.publictrust.co.nz)

**Four Regions Trust—next funding round closes 28th February 2026.** <http://www.fourregionstrust.org.nz>

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

**Manawatu / Whanganui Lottery Community Committee—funding round 2 opens 5 November 2025 and closes 3 December 2025. Decision made by 1st April 2026**  
[www.communitymatters.govt.nz](http://www.communitymatters.govt.nz)

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

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

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

**Youthtown Incorporated —check area eligibility prior to applying.** [www.youthtownfunding.org.nz](http://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*

## 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](mailto:ecetaihape@ruapehureap.co.nz)

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

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

**DEADLINE FOR PLACING INFORMATION IN NEXT MONTH'S ISSUE OF COM CHAT**  
**Friday 30<sup>th</sup> January 2026**

This newsletter contains information supplied by a range of community organisations, service providers, and interest groups. The content is published in good faith for general information purposes only. Community House does not independently verify the accuracy of all information and does not accept any responsibility or liability for errors, omissions, or outcomes arising from reliance on it. The inclusion of any article, advertisement, or event notice does not imply endorsement or recommendation by Community House. Readers should contact the relevant organisation directly to confirm details or seek professional advice where appropriate.

**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**



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.

Tea & coffee is supplied

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

## Upcoming Session Topics:

- **10 December:** Please come and join us for a shared lunch & networking - please bring something to share for lunch



— Waiora —



## LIVING WATERS MEDICAL

Care | Communication | Competence

### ENROLLING NOW

### VERY LOW COST ACCESS for the Whole Whānau

**\$20.00** for Community Services Card Holders

**\$30.50** for Non-Community Service Card Holders

Under 14s No Charge

Currently same-day or same-week appointments

Specialist GP Model for continuity of care

Fast, simple enrolment — online or in-clinic support

#### Our Whanganui Clinic Locations

**Castlecliff** – 5 Rakau Road

**Whanganui East** – 70 Moana Street

#### How to Enrol

Scan the QR code to enrol online in minutes — or visit either clinic and we can help you complete the form.



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

06 349 0002

What's on — mark your diaries!



# Rivercity Pickleball



*Join Us!*



## Beginner Sessions

**New members & beginners welcome**

**Sunday's Nov 2<sup>nd</sup> or Dec 7<sup>th</sup>  
2:30-4pm : \$15pp  
at Jubilee Stadium (London St)**

*All gear  
provided*

**Register & inquiries to <[rivercity.pickleball2022@gmail.com](mailto:rivercity.pickleball2022@gmail.com)>  
[facebook.com/rivercitypickleballnz](https://www.facebook.com/rivercitypickleballnz) : Mob 0226419680**

**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](mailto:mist@xtra.co.nz)**

# 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: 8 FEBRUARY TO MARCH 8.** NZ's best and longest running women's fest is coming at ya for some summer sensation. The festival provides a platform for elevating women and girls in our community and in enabling participation in a diverse range of activities, events and workshops. Look out for the festival line-up being revealed soon!

**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 + Massage, delivers an exciting range of all age yoga activities with us and is also a trained and excellent massage therapist offering a range of treatments. If you are just beginning your yoga journey, or simply need some time for yourself, get in touch with Emma. Check out the full timetable or find out more about the classes on offer, by emailing: [embarkyoga@gmail.com](mailto:embarkyoga@gmail.com) or visit the Embark Yoga Facebook page for regular updates.

**SERVICES. We are here to cheerlead for YOU,** through the rough and the smooth. We can assist with making personal action plans, compiling CVs and job application letters, developing strategies to improve communication and get on track, as well as supporting you through challenging or changing times in your personal, work or family life. We continue to provide support and information for women's health, 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, including free period products.

**CONTACT US.** Find us in the iconic Ladies' Rest Building [next to the Royal Whanganui Opera House] at 75 St Hill Street. **'Drop in' from 10am-12pm on Tuesday; 10am-2pm Wednesday through Friday; and Monday by appointment only.** Appointments are also available between 9am-4pm weekdays so feel free to call/leave a message on 345 6833 or email: [womnet.whanganui@gmail.com](mailto: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!

8 FEBRUARY TO MARCH 8

# La Fiesta!

NZ'S BEST WOMEN'S FEST.  
IN WHANGANUI

SAVE THE DATE



Whanganui  
UNESCO  
City of Design



WHANGANUI  
DISTRICT COUNCIL  
Te Kaitiaki a Māori o Whanganui



Email: [womnet.whanganui@gmail.com](mailto:womnet.whanganui@gmail.com)

f LA FIESTA NZ

f @ WOMEN'S NETWORK WHANGANUI



# Fundraiser

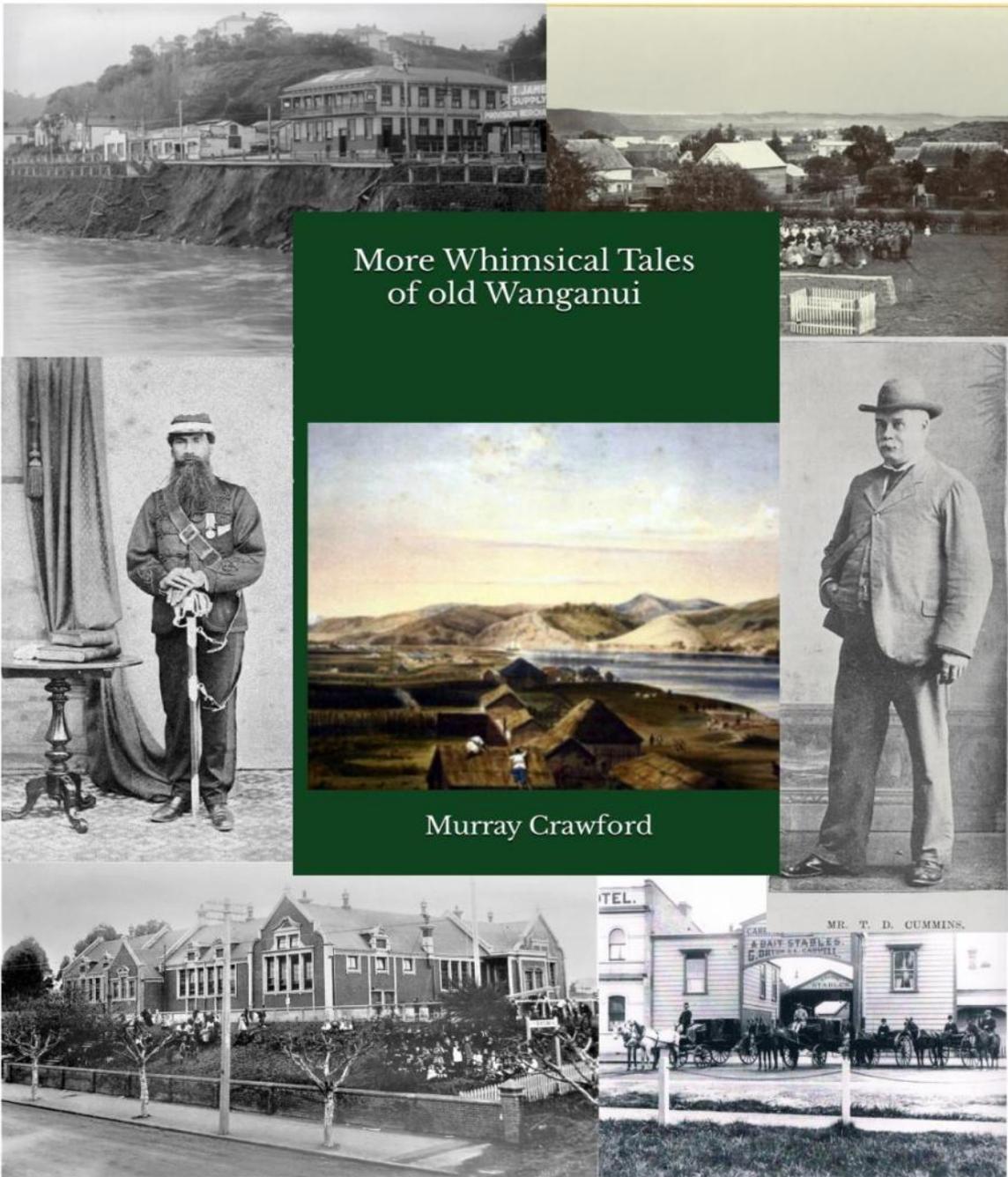
Special thanks to Murray Crawford for producing  
**More Whimsical Tales of old Wanganui**

**\$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](mailto: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](mailto: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](https://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](http://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](mailto:whanganui@cab.org.nz)  
Open Monday-Friday 9.30am-1pm



## Free Legal Advice

236 Victoria Ave

PLEASE CALL TO MAKE  
APPOINTMENT

**06 348 8288**

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



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

**NEW TO  
WHANGANUI?  
we can help!**

## MULTICULTURAL COUNCIL RANGITĪKEI/WHANGANUI



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

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



**HELPING NEWCOMERS FEEL AT HOME**



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



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

## 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

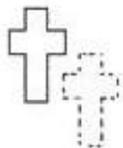
**THINGS to DO & see in WHANGANUI**

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

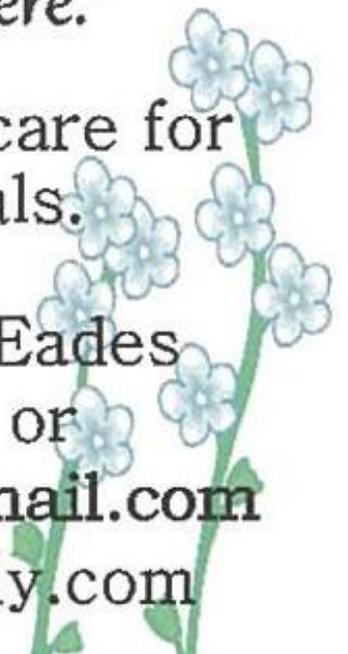
## GRAVESIDE CARE WHANGANUI

*"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](mailto:Gravesidecarewgi@gmail.com)  
[www.gravesidecarenz.weebly.com](http://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](mailto:office@communityhouse.org.nz).

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

## 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**

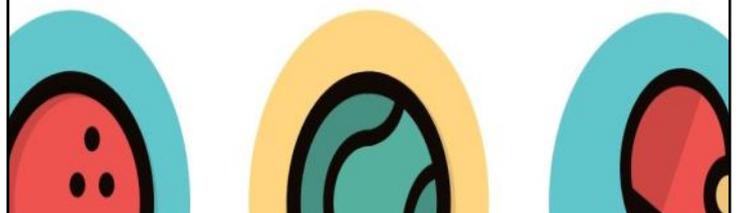
**Community House Whanganui  
60 Ridgway Street, Whanganui  
[office@communityhouse.org.nz](mailto:office@communityhouse.org.nz)**

**(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](http://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](mailto:office@communityhouse.org.nz)  
(06) 347 1084*



## Sir Robert Martin Boardroom with Conferencing System

**Available for Hire  
Community House Whanganui  
60 Ridgway Street, Whanganui  
[office@communityhouse.org.nz](mailto:office@communityhouse.org.nz)  
(06) 347 1084**



## Interview and Counselling Room

**Available for Hire  
Community House Whanganui  
60 Ridgway Street, Whanganui  
[office@communityhouse.org.nz](mailto:office@communityhouse.org.nz)  
(06) 347 1084**





# COSY SPACE TO RENT!



ARE YOU A SMALLER  
ORGANISATION LOOKING FOR  
A FRIENDLY SPACE TO HOST  
YOUR END OF YEAR DO?

Pride Whanganui has couches and bean  
bags and a central location!

BYO as long as it's a private event,  
loads of parking, venue hireage from  
\$12/hr.

Contact  
[manager@pridewhanganui.co.nz](mailto:manager@pridewhanganui.co.nz)  
to inquire.



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

# 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](mailto: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](mailto: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

# 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](mailto:fatima.khanzada@cancercd.org.nz)



# 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](mailto:officewgcp@gmail.com)  
Office: 06 348 1968

"Help us to  
build safer  
communities"



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

## OFFICE HOURS

**MONDAY TO THURSDAY**

**9:00 A.M. – 4:00 P.M.**

## VOLUNTEER OF THE MONTH

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



# Volunteers / Help Wanted



**good bitches**  
BAKING

## Want to help spread kindness?

**Our Whanganui Chapter needs you!**

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



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

[www.sustainablewhanganui.org.nz](http://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](mailto: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](mailto:volunteer@learningenvironment.nz)  
021 121 6965



SCAN ME





# HOPE - MOBILE SHOWERS THURSDAY SERVICE HOURS.

Harrison Street Community Hall  
Whanganui.

10AM - 12PM

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HAPORI KAI RIDGEWAY STREET  
Back entrance carpark.

5PM - 7PM

Free haircut also  
available to all clients  
that use our service.  
Thank you Robin for  
offering.



If you need our shower services after these hours please  
message. We will come to you.

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

**Everything provided.**

## 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](mailto:admin@citymissionwanganui.org.nz)

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

# 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.



#### Creative Fibre Whanganui

92 Peat Street  
Whanganui

*Come join us in our friendly group to spin, knit or weave wool or other fibres.*

*Held once a week*

*Tuesday Night 7 pm – 9 pm  
Wednesday Morning 9.30 am – 1 pm*

**Contact: Barbara 021 365 067**

**Gill 021 529 753**

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

## Wanted!! Musicians



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



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



## Waverley Old-Time Country Music Acoustic Group

*1st Saturday of every month, 1pm – 4:30pm  
Waverley Baptist Church, SH 3, Waverley  
All profits are returned to the community*

**\$2 Door Donation  
All Welcome**



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

# Interest Groups

## River Rockers Whanganui



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

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

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

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

Great Company  
Great Exercise

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



## Wanganui Amateur Dance Association Incorporated

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

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

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

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

**Membership:** \$10 annually

*For further information please call*

**Graeme on 027 434 1823**

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

## Male Singers / Lyric Singers Non-Audition Choir

*All Welcome*

Contact Anne Marie Gray 022 053 4157

*Practices Thursday Evenings*



## Whanganui Karaoke Club

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

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

Contact

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



## GLENARROCH SCOTTISH COUNTRY DANCE CLUB

Meets at Carlton School Hall, Carlton Avenue

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

Adults dance on Mondays from 8.00 – 9.00 pm through February

and from 8.00 – 10.00 pm from March to November

Children's class for 5 - 13 year olds

is held on Friday evenings from 7.00 – 8.00 pm

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

This is a fun, social way to exercise

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

Telephone: 027 284 1794 (Linda)

# Interest Groups



## 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

## SINGING FOR THE BRAIN



**EVERY  
WEDNESDAY**

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

Laura Fergusson Trust,  
115 Liverpool St  
College Estate,  
Whanganui



## 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 1<sup>st</sup> Sunday of the month at 11 am, and 3<sup>rd</sup> 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](mailto: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](http://www.nzfilmsociety.org.nz/whanganui)



## 2025 PROGRAMME OUT NOW

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

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

## 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](mailto:hello@rivercitypickleballnz.com) facebook.com/rivercitypickleballnz 027 278 1211

## Whanganui Blind and Partially Blind Craft Group

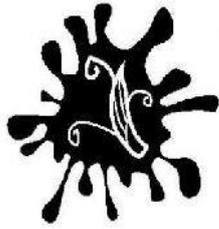
*we welcome new members to come along  
and join us.*

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

## River City Artists



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

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

**Contact:**

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

**or Sue Cleeve 021 0484 035**



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

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

*Give that art a voice!*

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

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

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

# 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](mailto:RBKF.wanganui@gmail.com)



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

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

### The Rebus club of Wanganui.

meet at  
**Blind Low Vision  
102 Peat Street.  
10am....on the 1st Tuesday  
Of each Month.**

We have interesting Guest Speakers  
every month.  
followed by Lunch at a local  
Restaurant (optional).

#### Membership fees.

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

### The Rebus club of Wanganui.

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

*They are optional—not compulsory.*

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

\*\*\*\*\*

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



### A Brief History of Rebus.

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



### Contacts

#### President

Jim Hulbert 06 3454937

#### Secretary

Patti Furniss 022 272 4477

#### Treasurer

Grace Phillips 06 344 5247

#### Club email address

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

#### Rebus Website:

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

## Interest Groups

### JOIN OUR WALKING GROUP!

Our Club G.O.L.D Wanganui Walkers are a fun group of people who get together twice a week for a walk and a cuppa. Would you like to join them? They would love to have you!

Come along to Sport Wanganui on a Tuesday and Thursday at 9am and enjoy a social walk and a good chat afterwards over a hot drink.

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

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



Retired or semi-retired?  
U3A is for you.

*Socialise in small groups*  
*Share knowledge*  
*Learn*  
*Have fun*

[www.u3awanganui.co.nz](http://www.u3awanganui.co.nz)  
Ph 0211 432770

### The Ward Observatory

Wanganui Astronomical Society

*for more information visit*

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

## Need a bit of help?



## Book A Librarian

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

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



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

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

### **THEMES**

**Venue:** Castlecliff Library

**Time:** 1.30pm until 3pm

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

### **Register now**

For information and/or registration please contact

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

## Whanganui District Library Home Service



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

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



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

# 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](mailto:healthyhomeswhanganui@wise.org.nz)

Free Phone: 027 555 0037

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



WISE Charitable Trust

## ECE Participation Programme



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

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

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

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

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

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

# WHĀNAU MANAAKI



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



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



**0800 224 733**

and ask to speak with  
your local Kaiārahi



**[kaiarahi@justice.govt.nz](mailto:kaiarahi@justice.govt.nz)**

# Support Services for Whanau & Children

## **PARENTING THROUGH**

### **SEPARATION**

**Dates for 2025**

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

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

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

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

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

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

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

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

**10<sup>th</sup> September**

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

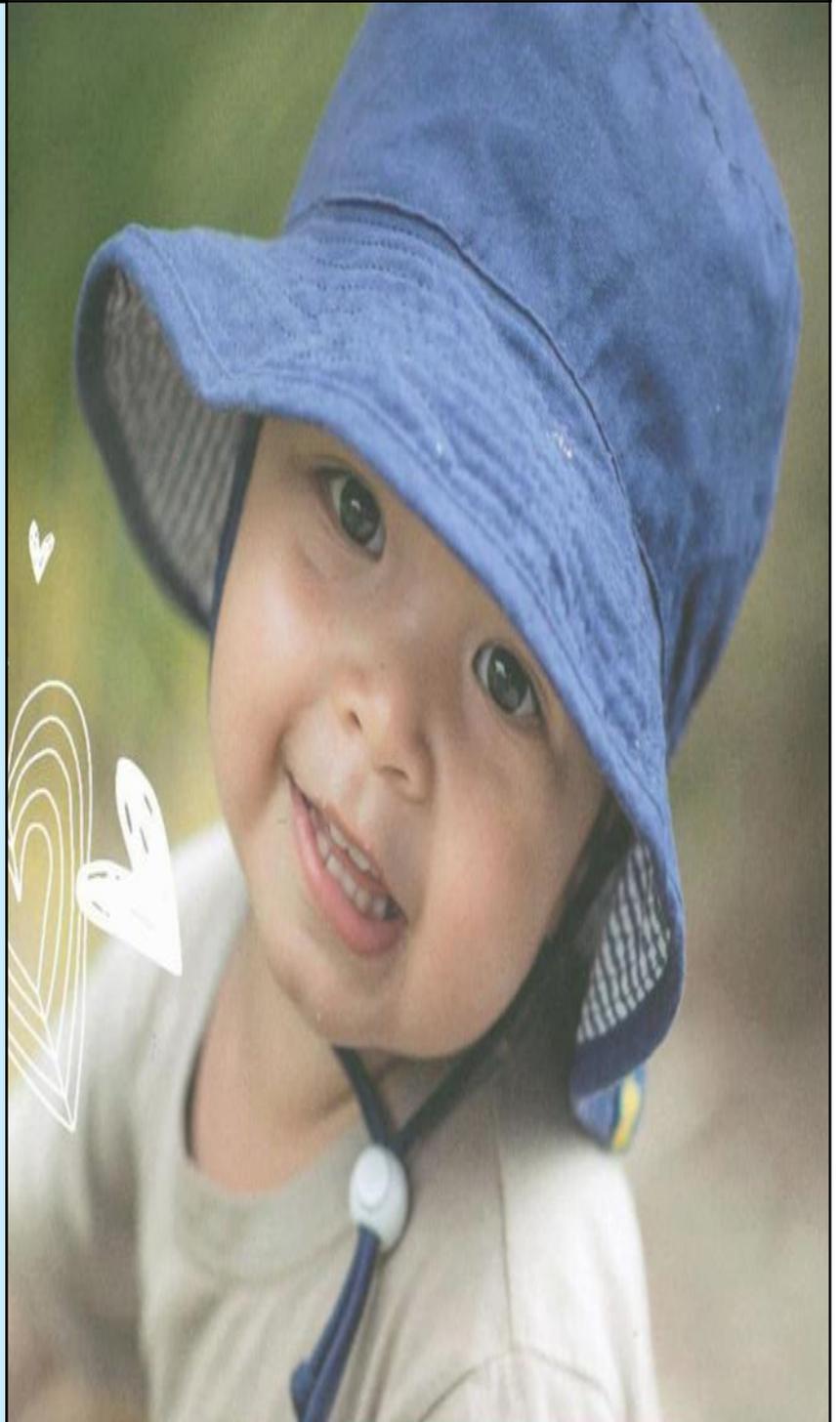
**19<sup>th</sup> November**

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

**9.30 am—1.30 pm at**

**Community House  
60 Ridgway Street  
Whanganui**

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



## Barnardos

**An Aotearoa where  
every child shines bright**



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

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



# 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](mailto:lovelifelivefacepainting@gmail.com)*

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

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



## Wanganui Toy Library

142 London Street, Wanganui

Open every Thursday 9:30am – 11:30am

And every Saturday 10am-12noon

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

027 746 6153

Facebook: Wanganui Toy Library



# Playcentre

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

## Aramoho

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

## Eastside

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

## Rapanui-Brunswick

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

## Springvale

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

## Turakina

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

3 FREE  
visits

[www.Playcentre.org.nz](http://www.Playcentre.org.nz)  
Whānau tupu 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](https://www.facebook.com/parent2parentnz)

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

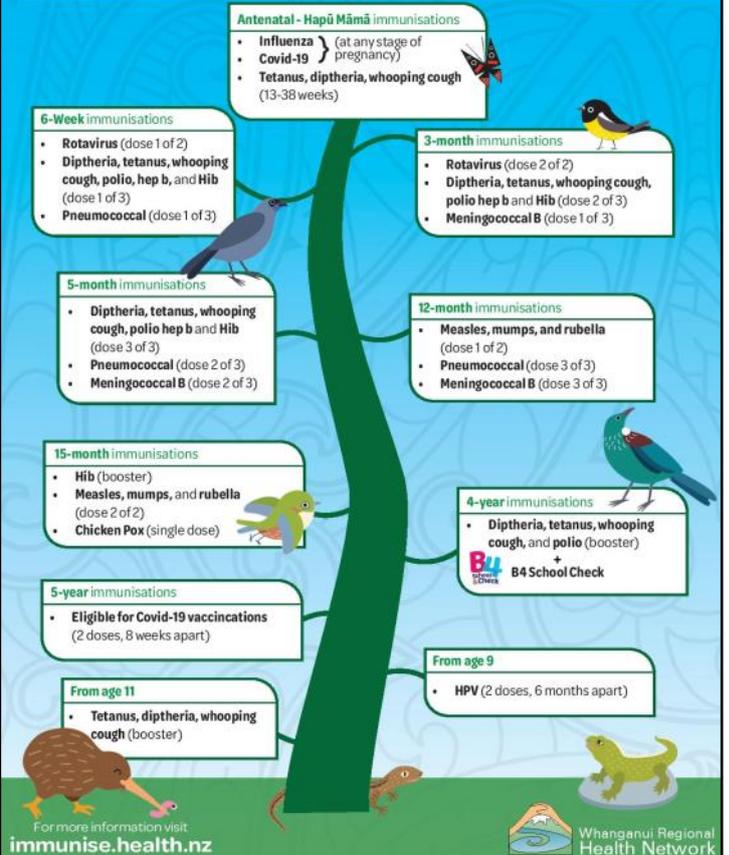
**To Kōwhiri**  
**o Aotearoa**  
New Zealand Government

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 Manaaki 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](http://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.

Where to refer next

**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.

Where to refer next

**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.

Where to refer next

**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).

Where to refer next

**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.

Where to refer next

**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

Where to refer next

**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



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



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

**what ever**    **WOVEN WHĀNAU**

# 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**



**youth service  
ratonga taiohi**



**MINISTRY OF SOCIAL  
DEVELOPMENT  
TE KANATŌ WHAKAHĀTO ORA**



**realising the dreams and aspirations of youth**

**tau awhitia te taiohi, ka puta ki te wheiao**

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

who we can help:

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

How we can help:

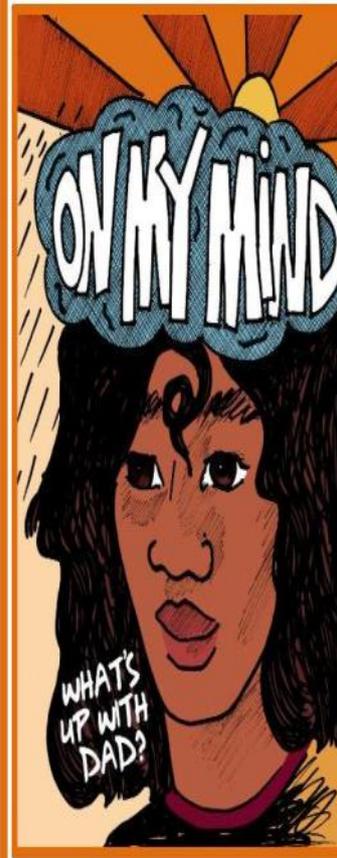
- Education/training courses
- Planning your future
- Connecting you to other services

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

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



**youth service  
ratonga taiohi**



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.

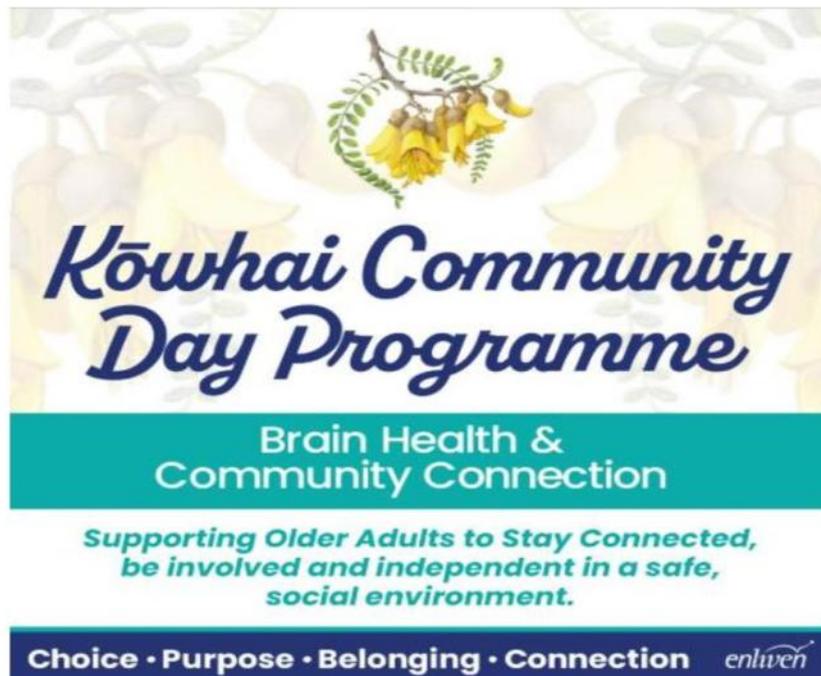
Ngā mihi nui

Michelle Schmidt

**Email: [stepbystepogether2@gmail.com](mailto:stepbystepogether2@gmail.com)**

# Support Services for Seniors

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



## Who Can Join?

This programme is designed for:

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

 We welcome private-paying participants. Referrals also accepted.

### Programme Details

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

 **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](mailto:kowhainui@psc.org.nz)

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

**USE 105 FOR POLICE NON-EMERGENCIES**



# CUPPA & CATCH UP

Join us for our 60's+  
LGBTTQIA+ cuppa & catch up!  
Afternoon tea provided thanks  
to GBB Whanganui.



Every third Tuesday of the  
month  
1.30pm - 3pm



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

With



**AGE**  
CONCERN  
WHANGANUI

# 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 acting on 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](mailto:rachel@whanganuilibrary.com)

[whanganuilibrary.com](http://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](mailto: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](mailto:PalmerstonNorthAdvisoryRequest@ird.govt.nz)

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

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

#### Kaitakawaenga Māori

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

Kaitakawaenga Māori can:

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

#### How to Contact Us:

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

**Email us at:**

[PalmerstonNorthAdvisoryRequest@ird.govt.nz](mailto:PalmerstonNorthAdvisoryRequest@ird.govt.nz)

#### How to contact Inland Revenue:

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

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

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

# Support Services



MINISTRY OF SOCIAL  
DEVELOPMENT  
TE HANATŪ WHAKAHIASTO ORA

WORK AND INCOME  
TE HIRANGA TANGATA

Tēnā koutou

## Benefit changes | October 2025 Update

Updates from earlier in the year are included with links to the Work and Income website. Please don't hesitate to get in touch if you would like to know more.

### Changes between May - October 2025

- 📅 Broadening sanctions and expanding the traffic light system
- 📅 Changes in 2026 to Jobseeker support for 18 and 19-year-olds
- 📅 Winter Energy Payment ends on 1 October
- 📅 Requesting proof of IR numbers from some clients
- 📅 Whiteware changes
- 📅 Compensation for former Lake Alice patients
- 📅 Online training for everyone
- 📅 Changes to how we assess boarders' payments
- 📅 Switching more clients to online letters

Date	Change
October	<p><b>Broadening sanctions and expanding the traffic light system</b></p> <p>The traffic light system is expanding from 20 October.</p> <p>Some clients who don't meet their obligations may be given Report Job Search and Upskilling activities.</p> <p><b>Report Job Search and Upskilling</b></p> <p>To be eligible for these two new non-financial sanctions a client needs to:</p> <ul style="list-style-type: none"><li>• be case managed or have dependent children, and</li><li>• contact MSD and attend an appointment within the five-working day notice period, and</li><li>• have not met their obligations for the first time, and</li><li>• be considered suitable for a non-financial sanction.</li></ul> <p>If people haven't met their obligations (e.g. missed a seminar or appointment) we encourage them to get in touch with us straight away.</p>

# Support Services

	<p>This means we can help them with their goals of getting into work and building a better life for themselves and their whānau.</p> <p>Find out more <a href="#">Important changes if you don't meet your obligations - Work and Income</a></p>
<b>October</b>	<p><b>Changes in 2026 to Jobseeker support for 18 and 19-year-olds</b></p> <p>The Government announces changes to Jobseeker Support starting from November 2026.</p> <p>Young people, aged 18 and 19, will need to meet a Parental Assistance Test before they can get Jobseeker Support or Emergency Benefit. <a href="#">Find out more</a></p>
<b>October</b>	<p><b>Winter Energy Payment ends</b></p> <p>The Winter Energy Payment is an extra payment to help with the cost of heating homes during the winter months. This ended on 1 October 2025.</p> <p>Find out more <a href="#">Winter Energy Payment - Work and Income</a></p>
<b>September</b>	<p><b>Requesting proof of Inland Revenue numbers from some clients</b></p> <p>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 physical proof.</p> <p>Find out more <a href="#">Confirming IRD numbers - Work and Income</a></p>
<b>September</b>	<p><b>Whiteware changes</b></p> <p>In September we changed the way clients bought whiteware.</p> <p>Clients now select and pay for their appliance themselves at their chosen store using a Work and Income payment card. They now make all arrangements, including delivery, installation and any repairs directly with the store.</p> <p>The criteria and application process for whiteware assistance has not changed. People don't have to be on a benefit to qualify, they do not need to get a quote, and they have to pay the money back.</p> <p>Find out more <a href="#">Whiteware - Work and Income</a></p>

# Support Services

<b>August</b>	<p><b>Compensation for former Lake Alice patients</b></p> <p>All ex-gratia and compensation payments received by former patients of the Lake Alice Hospital are now permanently exempt from income or cash asset testing when they apply for assistance from MSD.</p> <p>Find out more <a href="#">Ex gratia and compensation payments - Work and Income</a></p>
<b>August</b>	<p><b>Online training and CVs</b></p> <p>Clients can now get expert help to write a CV and cover letter through Te Heke Mai <a href="https://tehekemai.co.nz">https://tehekemai.co.nz</a></p> <p>Digital Suite gathers a wide range of courses <a href="http://www.digitalsuite.co.nz">www.digitalsuite.co.nz</a> Anyone can use it – you don't need to be receiving a benefit.</p> <p>To find out more about low cost or no cost data see the 'Cheap as' data on our <a href="#">website</a></p>
<b>August</b>	<p><b>Changes to how we assess boarders' payments</b></p> <p>Find out more <a href="#">Changes to how we assess board payments - Work and Income</a></p>
<b>August</b>	<p><b>Switching more clients to online letters</b></p> <p>Find out more <a href="#">Getting your letters faster - Work and Income</a></p>
<b>July  </b>	<ul style="list-style-type: none"> <li> Jobseeker 26-week reapplications</li> <li> Transfer from sole parent to jobseeker</li> </ul> <p>Find out more on our website <a href="#">here</a>.</p>
<b>July</b>	<p><b>26-week reapplication process</b></p> <p>From 1 July 2025, people receiving Jobseeker Support are required to reapply for their benefit every 26 weeks (6 months) rather than 52 weeks (12 months).</p>
<b>July</b>	<p><b>Sole parents and 'grandparented' client changes</b></p> <p>From 1 July 2025, there were changes for sole parents and people who were 'grandparented' (those receiving Domestic Purposes Benefit – Women Alone or Widow's Benefit who transferred to Jobseeker Support benefit).</p> <p>Find out more on our website <a href="#">here</a>.</p>

# Support Services

## May |

- Money Management and Community Work Experience
- Obligations period
- Jobseeker profiles
- Youth Payment and Young Parent Payment

Find out more on our website [here](#)

<b>May</b>	<b>Money Management and Community Work Experience</b> Two new non-financial sanctions, Money Management and Community Work Experience introduced. Fine out more about <a href="#">Money Management</a> or <a href="#">Community Work Experience</a>  To be eligible for these two new non-financial sanctions a client needs to: <ul style="list-style-type: none"><li>• be case managed or have dependent children</li></ul>
<b>May</b>	<b>Obligation failure period</b> The period over which an obligation failure counts was extended from one to two years.
<b>May</b>	<b>Jobseeker profiles</b> Those applying for, or transferring to some benefits, now complete a Jobseeker profile to help them prepare or look for work.
<b>May</b>	<b>Youth Payment and Young Parent Payment benefits</b> Young people receiving Youth Payment or Young Parent Payment are included in the traffic light system by having a colour added to their MyMSD profile. Their obligations and sanctions are unchanged.

To find information in other languages and alternate formats, about the traffic light system for benefit obligations, see this section of the website. [Traffic light system in other languages and alternate formats - Work and Income](#)

**Sarah Foy** ([she/her](#))

**Community Liaison Advisor**

Phone: DDI 06 968 6674 | D2D 66674 | M 029 9275 344 | [www.msd.govt.nz](http://www.msd.govt.nz)

Taranaki, King Country & Whanganui Regional Office Dawson House

37 Dawson Street New Plymouth 4310



## Broadening sanctions as part of the traffic light system

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

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

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

---

### Non-financial sanctions

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

Some people may be able to get a non-financial sanction rather than having their benefit reduced.

From 20 October 2025, clients who don't meet their obligations for the first time and who have dependent children, or a dedicated case manager may instead have **one** of the following non-financial sanctions:

- to do, and record, at least three **Report Job Search** activities each week, for four weeks
- to do, and record, at least five hours of **Upskilling** employment-related training programmes or courses each week, for four weeks
- have 50% of their benefit put onto a payment card for four weeks, to be used with approved suppliers – called **Money Management**. They also need to re-comply with their obligations by completing an activity
- find and do at least five hours of **Community Work Experience** each week, for four weeks.

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

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

# Support Services

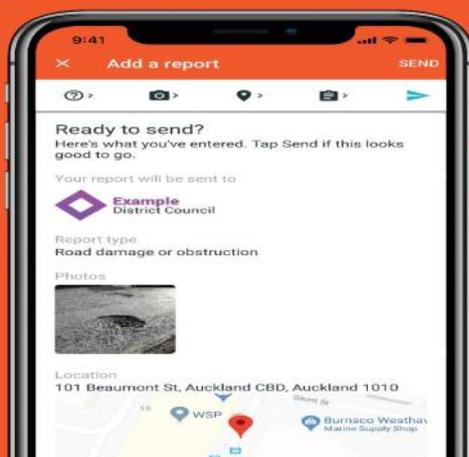
## Considerations for when to apply these sanctions

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

For each of the sanctions, some examples of the types of things case managers will consider suitable are:

<b>Report Job Search</b>	<ul style="list-style-type: none"><li>• Having access to MyMSD</li><li>• Having digital skills</li><li>• Being ready for work</li><li>• Have few or no barriers to work</li></ul>
<b>Upskilling</b>	<ul style="list-style-type: none"><li>• Having access to MyMSD</li><li>• Having digital skills</li><li>• Gaining value from a suitable course that supports their path to employment</li><li>• Finding the courses available on the 'Digital Suite' website useful</li></ul>
<b>Money Management</b>	<ul style="list-style-type: none"><li>• Rent payments</li><li>• Debt repayments</li><li>• Any redirections they may have</li><li>• If they have variable income</li></ul>
<b>Community Work Experience</b>	<ul style="list-style-type: none"><li>• Having an interest in community work</li><li>• Having good people skills</li><li>• Having limited skills and relevant work experience</li><li>• Any community connections the client already has</li></ul>

For more information, go to [workandincome.govt.nz](http://workandincome.govt.nz)



## Be informed and get involved with Antenno!

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

Install Antenno now – it's free to download.



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

# 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 OIA

# 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

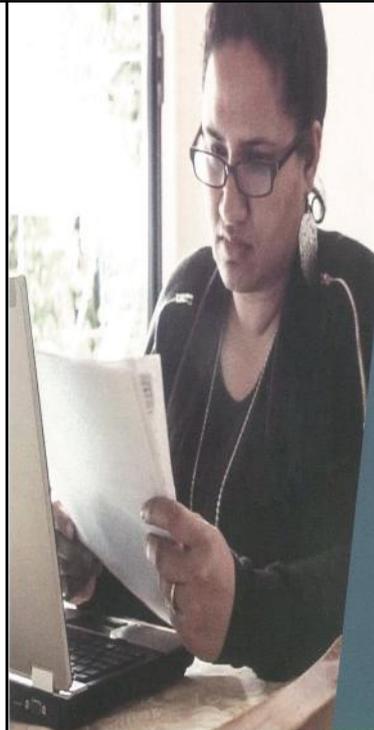
wbas@wbas.org.nz

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.**



capnz.org

# Support Services



Whanganui Community Living  
Trust

15 Market Place, Whanganui.

PH: 0800 925 894

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

## Support Services:

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

Our services are tailored to the individual/whaiora needs.

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

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



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

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

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

## Services:

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

'To promote self-empowerment through peer support'

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

**USE 105 FOR POLICE NON-EMERGENCIES**

# Support Services

## Group Content Month: December 2025

### Exploring Calm

8/12 - Cultivating Presence in Busy Times  
15/12 - Gratitude and Reflection

### Secret to Mondays

8/12 - Reset & Refocus: Mapping What Matters  
15/12 - Confidence in Action: Practicing Assertiveness

### Resilience 101

03/12 - Creative expression and joyful pursuits  
10/12 - Boundaries for a safe festive season  
17/12 - Sober traditions - staying healthy through the holiday break

### Artistic Expression

BYO project to work on or start something new.  
Materials and ideas provided.

### Thursday Social

Thursdays 5:30pm @ Hope & co.  
4/12 - Movie Night  
11/12 - Games Night  
18/12 - Bingo

### Addiction Recovery

10-12pm Fridays  
Salvation Army - 4 Indus Street

5/12 - Grounding & Reset: Building Safe Anchors  
12/12 - Strengths in Recovery: Naming What's Working  
19/12 - Navigating Triggers: Gentle Planning & Choice

### Sharing Circle

Listen and share with peers  
Fridays  
1:30-2:30pm  
Hope & Co. Warm Cafe  
63A Ridgway Street

### Other

**Splash Group** - Thursday mornings, you need your Balance ID to get in 9:30-1130am

**Conversation Cafe** - NO Conversation Cafe this month !

**Members Hui**  
Tuesday 2/11/25 @ 11am

**NO GROUPS BETWEEN 22<sup>nd</sup> December & 5<sup>th</sup> January**

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

# Support Services



## Addiction 101

Understanding addiction and recovery

### About the workshop

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

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

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

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

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



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

### Across the year, across the country

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

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

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

### Co-facilitation

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

### Learning outcomes

After attending Addiction 101 participants will be able to:

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

### The impact is worth it

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

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

### Highest quality learning

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

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

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



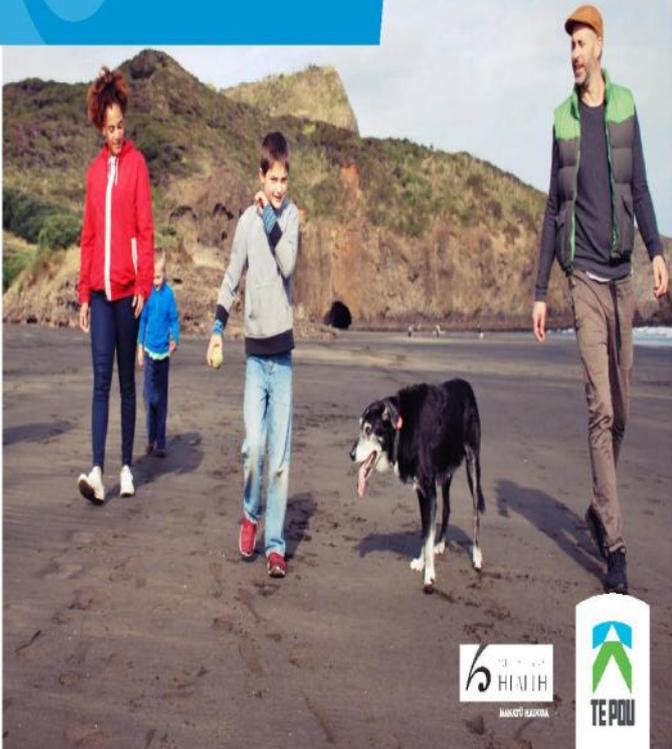
### Ready to book?

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

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

Phone: 04 473 9009

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



## Support Services

### AL-ANON FAMILY GROUP

CONFIDENTIAL SUPPORT FOR FAMILY AND FRIENDS  
OF PROBLEM DRINKERS

*Every Tuesday at 7:30pm*

*Quaker Meeting House*

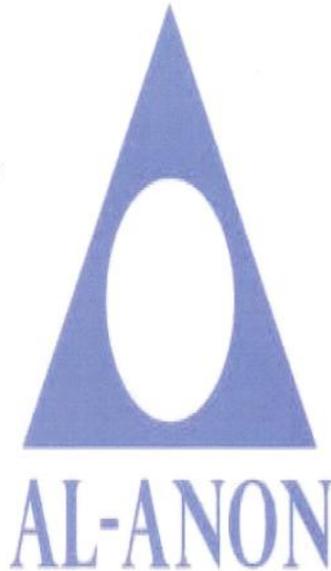
*256 Wicksteed Street, Wanganui*

*Every Friday at 12:30pm*

*Gonville Library Meeting Room*

*44 Abbot Street, Wanganui*

*...just pop on in ☺*



Alcoholics Anonymous  
NEW ZEALAND

### Alcoholics Anonymous

Phone 0800 229 6757

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

AA Wanganui Area Meetings:

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

Addiction Support

## Relapse Prevention Group

Friday 10 am – 11.30 am

Held at Balance lounge space

**Room 112**

**1<sup>st</sup> 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

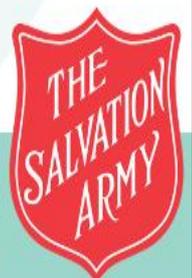
# Make your lifestyle a priority



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

# Need help finding a job?

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

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

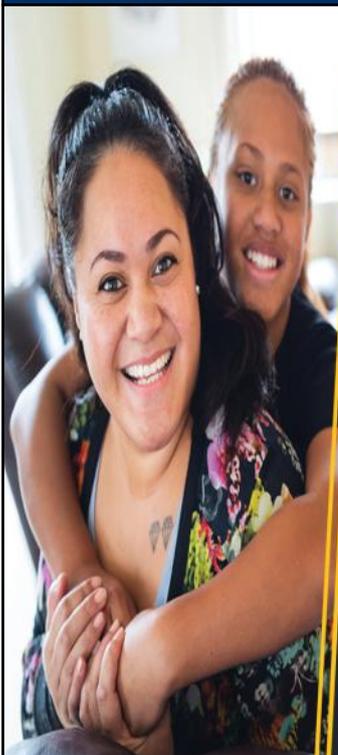
We assist with:

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

Come talk to us today!

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

**choicesnz**



## Learn basic everyday digital skills

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

  
**KANORAU DIGITAL**

Powered by  
  
Te Wānanga o Aotearoa

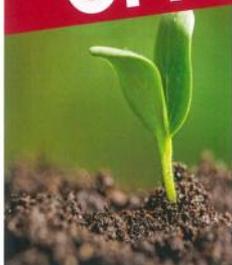
# DRIVE

## Start the licence journey

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

## What's on at WLCT



### Literacy and Numeracy Support

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



### Passport to Work

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



### Complete Confidence

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



### Computing and Admin Support

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



### Learner Licence

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

**232 Wicksteed**  
Whanganui Learning Centre

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



## TUTORS WANTED

Do you have a qualification in teaching adults literacy?

Are you interested in helping others upskill?



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

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

IF AN EARTHQUAKE IS

**LONG**

OR

**STRONG**

**GET GONE**



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**

adultliteracy.ac.nz  
0800 891 339



## Free Course

**8 Weeks Intensive Literacy & Numeracy**  
with a focus on Carpentry, Animal Care or Farming

**5 Days a week- 5 hours per day**

Pathway to further study.  
Improve your DIY Skills,  
and build confidence with your numbers &  
communication!



Start Date to  
be advised

Contact: Phone or text Amelia 021 755 668



# 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](mailto: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](mailto: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.

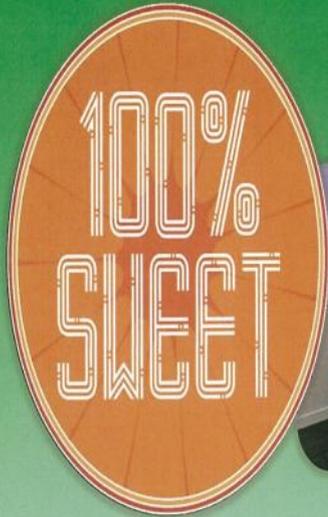
Drive is primarily designed to help young people become confident, capable drivers, and provides clear guidance throughout their journey from before they get their learner's licence through to getting their full license. However, parents and coaches can also take advantage of lots of hints and tips to 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://www.acc.co.nz/teaching-your-teen-to-drive-made-easy)



# Support Services – Education



100% of School Leavers in Whanganui in Education, Employment and Training



We support local youth by ensuring they have the necessary skills to be work ready

We want the youth of Whanganui to have an edge over the competition for employment and education opportunities

Our Work Ready Passport programme helps potential employees demonstrate the traits and personal qualities good employers look for.

Many local organisations are endorsing the importance of the Work ready passport. We have links to local businesses actively looking for work ready employees

### Work Ready Passport graduates will :

- Have a structured CV with referees
- Be drug free
- Have a restricted license
- Have work experience
- Have demonstrated resilience
- Be able to work as part of a team
- Have a proven work ethic
- Have money management skills
- A portfolio of achievements and supporting evidence

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



Finding work?

Don't know where to start?

It starts right here

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

[workbridge.co.nz](http://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](mailto:fundraising@stroke.org.nz)



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

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

Online resources and information about local groups and events:

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

Free counselling for young people:

**0800 What's Up (0800 942 8787)**

## Free Helpline: 0800 STROKE

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



## Return to Work Advice and Support

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

## Community Stroke Navigators/Kaiārahi

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

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



## Online Resources

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

## Life After Stroke Seminars/Wānanga

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



## Whanganui-Rangitikei-Waimarino

### Cancer Society

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

### Our free service includes:

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

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

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

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

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

# Support Services



PO Box 11067

Manner Street

Wellington 6142

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

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

Freephone 0800 473 4636



Educator for Whanganui Region

**Kelsi Ellis**

Contact Kelsi on:  
027 301 1700

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



Parkinson's New Zealand

04 801 8850 | 0800 473 4636

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

PO Box 11 067, Manners Street, Wellington 6142

L13, Ranchhod Tower, 39 the Terrace, Wellington 6011

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

**ms.**  
Wanganui

- Information
- Support
- Advocacy



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

Phone: (06) 345 2336 / 027 381 2555

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

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

60 Ridgway Street

PO Box 102, Wanganui

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



**LIGHT  
YOUTH  
WHANGANUI**

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

Where: Nga Tai o Te Awa, 142 Guyton St

When: Mondays (Term Time)

Time: 3.30-5pm

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



@Lightyouthwhanganui

## Know more and do more for diabetes at work

Globally, 7 in 10 (412 million) adults living with diabetes are of working age. For millions of employees, diabetes is a daily reality – but in the workplace, it can often become a source of stress, stigma, and fear.

From setting up workplace policies, to listening and offering support without judgement, there are many ways to make your workplace a friendlier place for people with diabetes.

"I would urge all employers around the world to not judge people with diabetes because we are as capable as any other person."

Anum,  
living with type 1 diabetes since 1996.



### 10 ways to do more for diabetes at work:

1

Provide a **safe and private space for diabetes management** and adequate storage for supplies.

2

Provide **access to food, water, toilet facilities and breaks** for people to attend to medical needs.

3

Have a **trained first aider** and the necessary supplies to **treat a diabetes-related emergency**.

4

Foster an **inclusive environment**, free from fear and **diabetes-related stigma**.

5

Offer **flexible working arrangements** (e.g., part-time or remote work).

6

Offer **mental well-being support** to employees.

7

Make **healthy food and snacks available** in the workplace.

8

Encourage **physical activity** through programmes and incentives.

9

Make **information about diabetes** available in the workplace.

10

Organise **diabetes screenings**.

Join our call to support people with diabetes at work

**#DiabetesLife**

A campaign led by the International Diabetes Federation



world diabetes day  
14 November



# 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

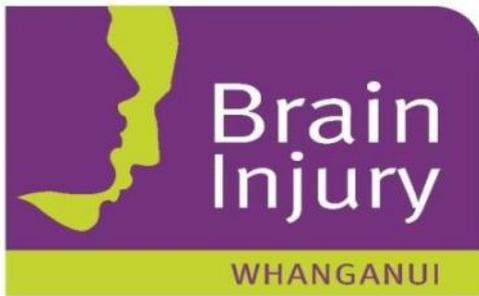
AA (Alcoholics Anonymous)

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](mailto: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<sup>®</sup>**  
THE NATIONAL EPILEPSY ASSOCIATION OF NEW ZEALAND

*kia titiro ki te tangata - see the person*

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

Free Training is available for Schools, Kindergartens etc for staff that work with children who have epilepsy.

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

Also contact Dianne if you are also interested in a Support Group.

Contact Details: **Dianne Darbyshire Epilepsy Educator**  
Ph: 027 221 3657 / 0800 Epilepsy (37 45 37)  
Email: [taranaki@epilepsy.org.nz](mailto:taranaki@epilepsy.org.nz)

# 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](http://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](http://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](mailto:jennyg1873@gmail.com)

## The Counselling Centre (Marton)

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

located at **18 High Street, Marton**

Phone (06) 327 5245

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

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

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

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

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

## Barrie Marsh

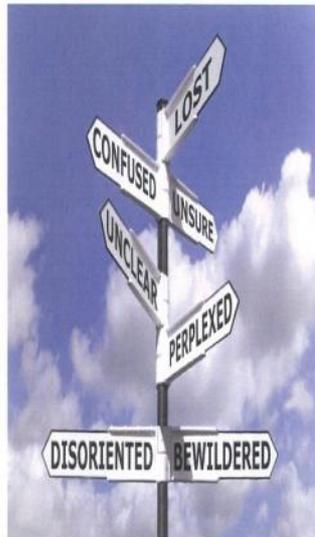
Diploma of Social Work

General Counsellor

*Strict Confidentiality and  
Privacy Assured*

Ph (06) 344 3345

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



## Fliss Newton

MNZAC; Dip GINZ; TTC;  
Cert Social Work

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

(06) 347 6377

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



# Counselling Services

## 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:

*"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".*

- ☎ 027 363 6333
- 🌐 [www.christinaemery.co.nz](http://www.christinaemery.co.nz)
- ✉ [kiaora@christinaemery.co.nz](mailto:kiaora@christinaemery.co.nz)



Whanganui Counselling Services  
 Self-funded, private practice. Down to earth. No hoops. Accessible now.  
[whanganuicounselling@xtra.co.nz](mailto:whanganuicounselling@xtra.co.nz)



## COUNSELLING CABOODLE

PROFESSIONAL SUPERVISION SERVICES

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

Whanganui, Bulls, Marton, Palmerston North or via Skype

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

ACC Sensitive Claim and ACC Physical Injury.

Individuals Couples Groups Workshops Education sessions

- |                                |   |
|--------------------------------|---|
| Trauma                         | 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](http://www.counsellingcaboodle.co.nz)

### Nicola Hartfield

Fellow Arbitrators' and Mediators' Institute NZ

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

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

Workplace Supervisor / Family Mediator



# Health Support Services

## SURVIVING GRIEF



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

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

The programme consists of

4 sessions held weekly,  
each lasting 2 hours.

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

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

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

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

For more information contact:

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

## 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 3<sup>rd</sup> Sunday, 1 pm- 3 pm

Gold Coin donation for afternoon tea.

Contact: Neil 022 475 8295

Email: [suicidebereavedby@gmail.com](mailto: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](http://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](http://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](mailto:referrals@aoake-te-ra.org.nz)

Find further information at:  
[aoaketera.org.nz](http://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](http://justathought.co.nz)



your mind, your way



## Gender Affirming Healthcare

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

# Health Support Services

PRESS RELEASE – FRIDAY 6<sup>th</sup> SEPTEMBER 2024

## Whanganui Welcomes Its First Gender Affirming Healthcare Clinic

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

### Clinic Overview

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

### Funding and Support

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

### Need for the Clinic

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

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

### Clinic Operations and Services

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

### Appointment Information

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

For further information or any queries, please contact:

**Email:** [health@pridewhanganui.co.nz](mailto:health@pridewhanganui.co.nz)

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



### 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](mailto:health@pridewhanganui.co.nz)

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

**GENDER AFFIRMING HEALTHCARE**



### PEER SUPPORT

#### APPOINTMENTS

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

#### ADDITIONAL

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

#### CHECK INS

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

### GP SERVICES

#### QUESTIONS/ENQUIRIES

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

#### GENDER AFFIRMING HORMONE THERAPY

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

#### SURGERY REFERRALS

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

### Pride Whanganui

Pride Whanganui offers a drop-in space three times a week - Wed, Thurs, Fri from 10am-2pm at 64 St Hill Street. They're able to offer 1:1 support, give you information about local support groups or help connect you with additional services or organisations who are advocates for the 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](http://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](mailto:info@securely.nz) or visit our website

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

if you need more information or have a general enquiry.

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

Follow us on Facebook and LinkedIn.

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

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

## Medical alarms for true independence



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

### What happens when you activate your medical alarm?

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

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

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

### Cancelling your alarm

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

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

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

### Paying an ambulance bill

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

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

SECURELY  
FREEPOST SECURELY  
PO BOX 947  
TAURANGA 3140

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

### Pendant Testing

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

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



### When you go away

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

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

Call us on 0800 865 865.

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

### What happens if you lose your medical pendant?

Call us on 0800 865 865 to arrange a replacement.



### PERS+

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

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

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

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



### Family System

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

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

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

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

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

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

## Medical alarms that leave the others behind



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



### Fall Detector Pendant

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

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

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

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

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

### GO

#### Our mobile medical alarm

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

It works wherever there is reliable cellphone coverage and it uses GPS to help locate you in an emergency. It has 2-way 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](http://www.securely.nz)

# Health Support Services

ear360™

## How healthy are your ears?

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

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

**Ear360 covers:**

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

Ear360 by Resonate. For people who love listening.

### Curious?

Pop in for a coffee and find out more, call us on 0800 737 662 or visit [resonatehealth.co.nz](http://resonatehealth.co.nz)

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



## 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**



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



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

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

If not please email [Life Unlimited Hearing Therapy](mailto:Life Unlimited Hearing Therapy) or phone 0800 008 011 for a free assessment.

Our hearing therapists are qualified assessors for this specialised equipment.

There is some funding available where specific criteria are met.



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](http://vitalcall.co.nz)

0800 10 20 30

# Health Matters

## Find healthcare services in our region at Healthpoint

A local healthcare services directory is available online at Healthpoint.

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

**Te Whatu Ora**  
Health New Zealand

**Te Kāwanatanga o Aotearoa**  
New Zealand Government

## Off you GO safely on your travels!

GO mobile medical alarm works anywhere there is cellphone coverage



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



## TE ORANGANUI

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

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

Services include:

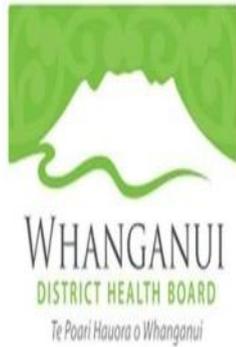
- Tairanga Ora | Health & Wellbeing
- Te Puawai Whānau | Tamariki Wellbeing
- Te Taihāhā | Disability Support Services
- Te Waipuna | Health Centre
- Toiora Whānau | Whānau & Community
- Waiora Hinengaro | Mental Health & Addictions Service
- Waiora Whānau | Healthy Families

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

- 133 Wicksteed Street, Whanganui
- (06) 349 0007
- [support@teoranganui.co.nz](mailto:support@teoranganui.co.nz)
- [www.teoranganui.co.nz](http://www.teoranganui.co.nz)







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

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

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

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

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

#### Our clinic offers FREE:

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

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



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



Entrance 3, 100 Heads Rd  
Whanganui 4510

Find us on  
Social Media



## 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

## 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



Email:  
hello@gmchiro.nz



Phone Number:  
06 348 7474



Website:  
www.gmc-chiropractors.co.nz

CONTACT US

## 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](mailto: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](http://www.livestronger.org.nz)

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

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

Txt: 027 264 9914 or Ph: 0800 4688 7867



MEN'S HEALTH WEEK TIP SHEET 3

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

## Heart Health

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

WHAT'S YOUR SCORE?  
HEARTLAND

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

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

### Risk factors for coronary artery disease

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

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

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

### Get a check - it's easy

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

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

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

### When should men have a heart and diabetes check?

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

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

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



MEN'S HEALTH WEEK TIP SHEET 4

[menshealthweek.co.nz](http://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

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](http://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](http://www.health.govt.nz/your-health/healthy-living/warmer-drier-homes)
  - [www.energysmart.co.nz/subsidies-and-grants/](http://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](http://www.healthnavigator.org.nz)

June 2022

## St John Health Shuttle

St John Health Shuttles operating between Wanganui and Palmerston North



- Health Shuttle bookings should be made at least 24hrs before your appointment.
- Health Shuttles are provided as a community service, and your donation to the driver assists us to keep the service running.

Please phone **0800 266 547** between 8:30am and 2pm, Monday to Friday to book for health-related appointments.

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

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

# Family Violence Support



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



## WOMEN'S REFUGE WHANGANUI



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

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

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

## JIGSAW WHANGANUI



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

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

## AGE CONCERN

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



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

## TUPOHO SOCIAL SERVICES

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



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

249 Victoria Avenue  
PH: 06 345 2042

## CLAW

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



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

## NEW ZEALAND POLICE



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

## FAMILY WORKS

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

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

## TE ORANGANUI

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



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

## WHANGANUI SAFE AND FREE

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



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

## ORANGA TAMARIKI

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



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

# Thank you to our Funders

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



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

