



Kia Ora,

As we step into a new month, we're reminded how special it is to be part of such a connected and caring community. **Thank you** for the many ways you show up — whether that's working within your organisations, attending events, sharing ideas, volunteering your time, or simply staying engaged with what's happening in our community.

March brings new opportunities to learn, connect, and support one another. We're pleased to share what's coming up in this issue and hope you'll discover something that's both helpful and inspiring.

As always, our doors are open and everyone is welcome.



Community House Team

Rural Networking Meetings

4th March Taihape (1st Wednesday of every second month/ **12:30pm** even months Feb/April/June/August/October/ December)
REAP, 1 Tui Street, Taihape
Zoom attendance available
Contact: Tania 021 0293 4173
or ecetaihape@ruapehureap.co.nz

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

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

Funding

- COGS—annual funding round - opens 15 April 2026 closes 13 May 2026— decision by the 30th July 2026**
www.communitymatters.govt.nz
- Community Contracts—2026 funding round closes 31 July 2026** www.whanganui.govt.nz
- Whanganui Community Foundation—Quick response closes 2nd and 30th March 2026 Community support closes 27th April 2026**
www.whanganuicommunityfoundation.org.nz
- Pub Charity Ltd—check area eligibility prior to applying.**
www.pubcharitylimited.co.nz
- TG Macarthy Trust—annual applications close 13 June 2026.**
www.publictrust.co.nz
- Four Regions Trust—next funding round closes 30th June 2026.** <http://www.fourregionstrust.org.nz>
- Mainland Foundation—check area eligibility prior to applying.**
www.mainlandfoundation.co.nz
- Manawatu / Whanganui Lottery Community Committee—funding round 2 opens 5 November 2025 and closes 3 December 2025. Decision made by 1st April 2026**
www.communitymatters.govt.nz
- NZCT—always open, allow up to 8 weeks for outcomes.**
www.nzct.org.nz
- The Lion Foundation—always open, allow up to 8 weeks for outcomes.** www.lionfoundation.org.nz
- Grassroots Trust Central—check area eligibility prior to applying.** www.grassrootstrustcentral.co.nz
- Youthtown Incorporated —check area eligibility prior to applying.** www.youthtownfunding.org.nz

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

DEADLINE FOR PLACING INFORMATION IN NEXT MONTH'S ISSUE OF COM CHAT
Monday 30th March 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!

MONTHLY LUNCH & LEARN 2026

12:00 TO 1:00PM

COMMUNITY HOUSE

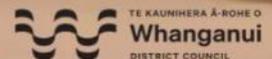
FREE for anyone working in the community with great networking opportunities before and after each session.

Tea & coffee is supplied

RSVP: office@wovenwhanau.org.nz

Upcoming Session Topics:

- **11 March:** Tips on how to make your home warmer in winter
- **08 April:** Risk assessment & deescalation
- **13 May:** Consumer Rights



What's on — mark your diaries!



Sexual
Wellbeing
Aotearoa

Empowering Educators

A free professional training for schools and Alternative Education providers who want to confidently support their ākonga to navigate their sexual wellbeing.

Tuesday 24 March 2026 | 1:00pm - 4:00pm
Pride Whanganui - 64 Hill St, Whanganui
Email hp.whanganui@sexualwellbeing.org.nz to register



Introducing Empowering Educators !

A free professional training for schools and Alternative Education providers who want to confidently support their ākonga to navigate their sexual wellbeing.

This 2.5 hour training is aimed specifically at teachers, educators, school counsellors, and other staff working in schools and alternative education. You do not need to be directly delivering Relationships and Sexuality Education to attend this training – it will benefit anyone that interacts with young people in any professional capacity within a school or alternative education setting, including group and 1-1 work.

This training covers:

- Exploring your personal values and how to keep them in check when supporting young people with their sexual wellbeing.
- An easy-to-remember approach and set of principles to follow when having these conversations.
- Skill-building and opportunities to practice responding to tricky scenarios in order to build your confidence and competence.
- Practical tools to integrate into daily practice and conversations.

When: Tuesday 24 March 2026 | 1:00pm-4:00pm

Where: Pride Whanganui - 64 Hill St, Whanganui

To register, please email Rose Haskell on hp.whanganui@sexualwellbeing.org.nz

Find out more on the Sexual Wellbeing Aotearoa Website:

<https://sexualwellbeing.org.nz/learn/courses-and-workshops/course?id=544>

What's on — mark your diaries!

Whanganui Floral Art Group Present

FLORAL ART IN THE GARDEN

THEME “Elements of Nature”

**Saturday 7th &
Sunday 8th March
10am-4pm
2026**

**At ‘Chinook’, 352 SH3, Whanganui
(300m past Windermere Strawberry farm on Right)**

Parking available on site

Gold Coin entry

**Devonshire Teas, Raffles, Plants for sale
CASH ONLY**

SEE AMAZING FLORAL CREATIONS IN A BEAUTIFUL COUNTRY GARDEN

What's on — mark your diaries!



Early bird
tickets
available
now!

Whanganui Relay For Life Festival of Colours

Let's do something remarkable together!

2pm – 10.30pm Sat 28 March 2026

Cooks Gardens, Maria Place,
Whanganui



Cancer
Society



Sign up at relayforlife.org.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!



Beach Clean Up

SATURDAY 7TH MARCH 2026

• 10:30-12:30PM •

CASTLE CLIFF BEACH

MEET BY SURF LIFESAVERS

Bring drink
bottle,
sunhat
and
sunscreen

FREE Sausage Sizzle & ice blocks
Gather your team - prizes for the
teams that collect the most rubbish
and yes we have spot prizes for **KIDS!**

Tel: 02102540709

mediaposts.wms@gmail.com



What's on — mark your diaries!

PURPLE DAY

26 MARCH



Donate to Epilepsy New Zealand
Support people living with epilepsy



Give Today

Find out more at
epilepsy.org.nz | 0800 37 45 37



EPILEPSY
NEW ZEALAND

Kia titiro ki te tangata | See the person

Celebrating 70 Years and Beyond

What's on — mark your diaries!

THE NEW ZEALAND ANTARCTIC SOCIETY PRESENTS

THE ANTARCTIC FILM FESTIVAL

**Whanganui
Mar 28, 2026**



with special guest speaker
Billy van Uitregt



SCAN TO BOOK

Community House Ridgway Conference Room
60 Ridgway Street
6:30 pm, \$20 entry

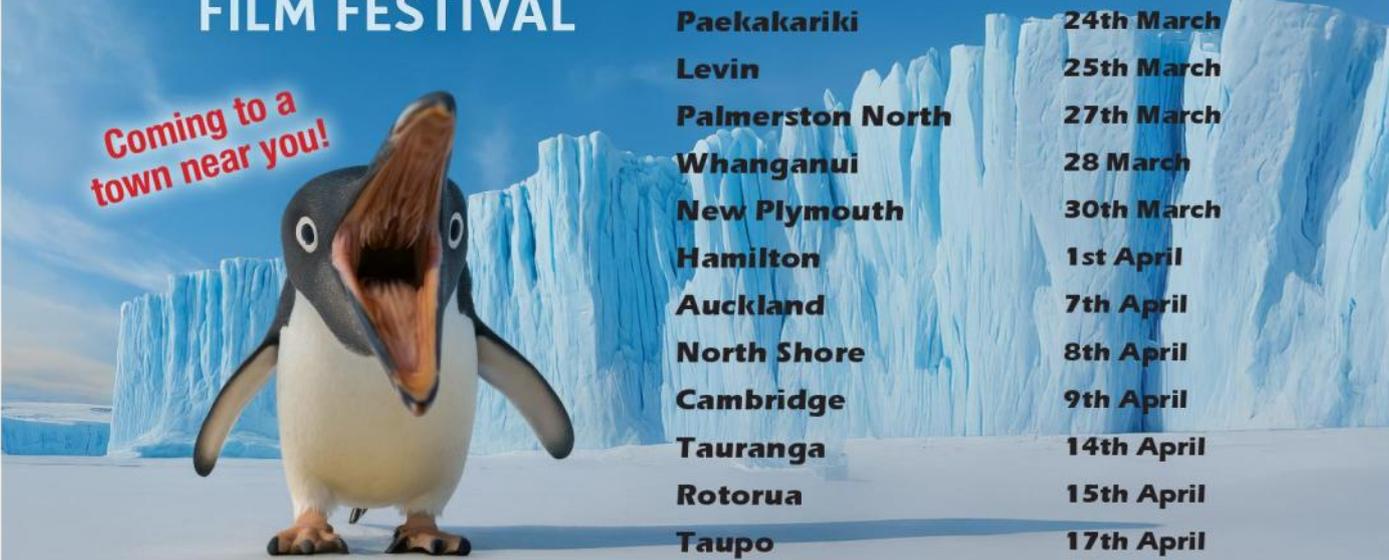


What's on — mark your diaries!

THE NEW ZEALAND ANTARCTIC SOCIETY PRESENTS

THE ANTARCTIC FILM FESTIVAL

Coming to a town near you!




SCAN TO BOOK

Wellington	23rd March, 21st April
Paekakariki	24th March
Levin	25th March
Palmerston North	27th March
Whanganui	28 March
New Plymouth	30th March
Hamilton	1st April
Auckland	7th April
North Shore	8th April
Cambridge	9th April
Tauranga	14th April
Rotorua	15th April
Taupo	17th April
Napier	18th April
Wairarapa	20th April



THINGS to DO & see in WHANGANUI

Community Arts Centre
MAJESTIC SQUARE
Gordons Bush

KOWHAI PARK
DEER PARK

SPLASH CENTRE

CBD Wall Art

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 Windermere gardens Motor Vessel WAIRUA

Lake Whiritoa WINTER GARDENS Westmere Lake Bird Aviary

Bastia Hill Water Tower Whanganui Environment Base

MUSEUM SKATE PARKS
Opera House OLD CEMETERY

Bridges Walk SKATING RINK
AIRPORT KAI IWI BEACH LIBRARY

DURIE HILL TUNNEL & ELEVATOR

WARD OBSERVATORY

Bushy Park
BASON BOTANICAL RESERVE

Sarjeant on the Quay GLASSWORKS

What's on — mark your diaries!



Mission Statement | Small Business Mentoring

Our mission is to provide personalised, one-on-one business and financial mentoring programs, both in-person and online, to empower individuals and families throughout Aotearoa. We aim to help our clients set actionable goals, overcome challenges, and achieve measurable growth in both their personal and professional lives.

Start a FREE personalised one-on-one financial mentoring journey online or in person. This program is designed to help you and your Whānau navigate complex financial challenges.

Here are the areas in which we can assist you:

Budgeting, Debts, Payment of Fines, Work and Income Requirements, Utility Arrears, Checking Loan Contracts, Rent/Mortgage Arrears, Negotiation with Creditors/Debt Collection Agencies, Food Bank Referrals, Credit Checks, Hardship Applications, KiwiSaver Hardship Withdrawals, Inland Revenue Queries, Microfinance, Debt Consolidation, Debt Repayment Orders (DRO), No Asset Procedures (NAP), Bankruptcy.

Contact us today to discuss your financial goals with a qualified mentor, whether by phone, video call, in-person, or through our website. The choice is yours!

“Where there's a WILL, there's a way!”

P: 0272527646 (or text)

E: help@smallbusinessmentoring.co.nz

W: www.smallbusinessmentoring.co.nz



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 rolling along through to 8 March, International Women's Day. 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. 30 days, 90 festival events, 100+ festival partners and 35 venues across Whanganui activated. Download a festival guide: <https://lafiesta.co.nz/>

TERRIFIC TUESDAY. Tribal Bellydance classes are fun! This style of dance is earthy and grounding, with walks and steps that fit your body. Classes happen on Tuesdays from 11am-12pm for all levels of experience. Cost \$40 for 6 sessions or \$10 per class. Ph/txt Jill 021 141 4257. Wiggle and giggle to a dance with a difference! **On the third Tuesday each month we host our Women Who Lead inspo series** in partnership with Sport Whanganui and The Barracks. Join us from 5:30pm where we will showcase an incredible woman each month as our special guest for a truly amazing 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 Sacred Nurture, 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, email: sacrednurturebts@gmail.com

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 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 @Women's Network Whanganui

What's on — mark your diaries!



8 February to March 8. WHANGANUI

LA FIESTA!



Contact us

womnet.whanganui@gmail.com

LA FIESTA NZ



Follow Us!

WOMEN'S NETWORK
WHANGANUI



Shining a light on International Women's Day



WOMEN'S
NETWORK



Whanganui
UNESCO
City of Design



DOWNLOAD A
FESTIVAL GUIDE



WHANGANUI
DISTRICT COUNCIL
Te Kaunihera a Rohe o Whanganui

Fundraiser

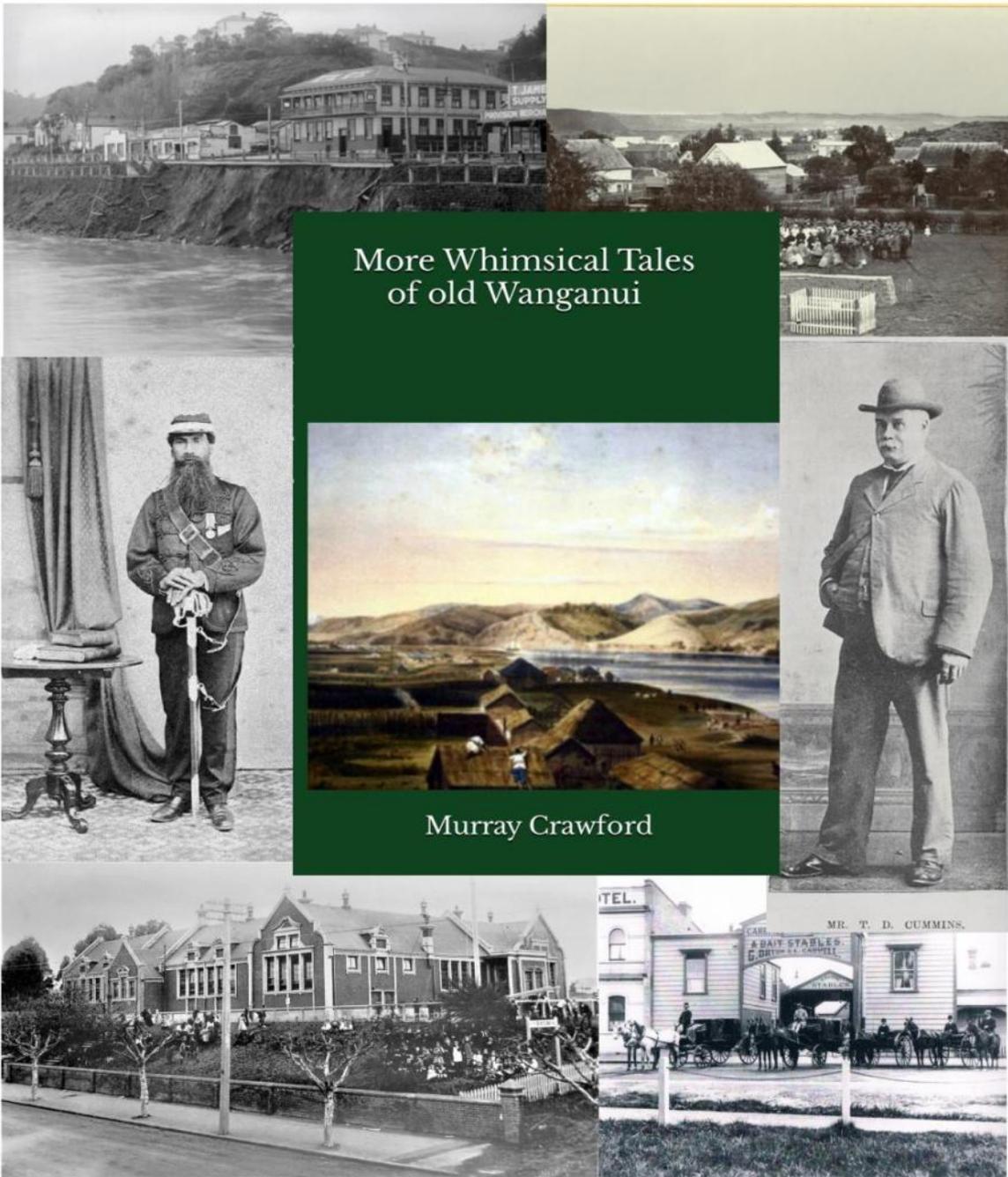
Special thanks to Murray Crawford for producing
More Whimsical Tales of old Wanganui

\$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**



Community News



3G SHUTDOWN FACT SHEET (FOR STAFF / VOLUNTEERS)

WHAT IS HAPPENING:

Mobile networks in Aotearoa New Zealand are **turning off 3G**. Any phone or device that relies on 3G will stop working once shutdown occurs. This can affect **calls, texts, mobile data and the ability to call 111**.

The shutdown affects **all mobile networks**, not just one provider.

WHY THIS MATTERS:

Many people still use older phones or devices that rely on 3G. Some will not realise their phone is affected until it stops working. Cost, confidence and access can make upgrading difficult. Some essential devices (not just phones) may also rely on 3G.

SHUTDOWN TIMING ACROSS NZ (as at Jan 2026):

- **2degrees:** Parts of the 3G network switched off from **14 December 2025**
- **One NZ:** First shutdowns begin **20 January 2026** (with wider roll-out from **February 2026**)
- **Spark:** 3G network shuts down from **31 March 2026**

Timing can vary by location. Phones may stop working before or after advertised dates.

KEY ACTION:

Ask them to text **3G** to **550** from their phone. This method is:

- Free
- No data or credit needed
- Works across all networks

They will receive a message telling them if their phone will keep working.

Refer to **our 3G Decision Tree** to help them understand and assess the response.

WHERE TO GO FROM HERE:

If you are supporting someone who cannot afford to upgrade or may lose access to essential services, please help them contact their mobile provider, or contact **Digital Equity Coalition Aotearoa** at **support@digitalequity.nz** or **022 171 9278**. We can advise on possible support options.

Helpful websites:

- DECA 3G: <https://tinyurl.com/3844mnspl>
- Spark: <https://tinyurl.com/bdyhw57h>
- OneNZ: <https://tinyurl.com/4dsahrud>
- TCF: <https://tinyurl.com/yc239bvh>



Need more help?

Contact Digital Equity Coalition Aotearoa
Email: support@digitalequity.nz
Call or text: 022 171 9278

3G SHUTDOWN - COMMUNITY WORKER DECISION TREE

Help someone check whether their mobile phone will still be able to make calls (including 111) after 3G shuts down.*

START

- IF** the person has a mobile phone and is unsure whether it will still work after 3G shuts down
- Ask them to text 3G to 550 (This is free. Works on all NZ networks. No data or credit needed.)
 - Wait for the reply

IF THE REPLY SAYS:

THEN:

Your phone works on 4G.	Say: "Awesome, your phone works on 4G so you are all good."
They may need to update the phone to the latest software or turn on 4G data or voice.	Say: "Great, it looks like your phone has 4G, but it's turned off" <ul style="list-style-type: none"> • Tell them to check if their phone has any updates to be installed. • Then call their provider for support with how to turn on 4G for their specific phone. • Spark 0800 3G EXIT (0800 343 948)
They need to upgrade the phone	Say: "This phone is going to stop working for data and/or calling after 3G shuts down" <ul style="list-style-type: none"> • Tell them they will need to get a new phone. • Some phones can use 4G for data but can't make calls on 4G, including 111 calls. • Let them know they don't need to sign up to a plan and that there are basic new phones from around \$49 that will work. • Once they get a new phone, they just need to put their current SIM card into it.
The phone will have limited coverage	Say: "This phone will not work on the main 4G frequency after 3G shuts down. This is common with imported or overseas phone not made for the NZ networks and can't be fixed with settings." <ul style="list-style-type: none"> • Tell them they will need to get a new phone to get full coverage. • Let them know they don't need to sign up to a plan and that there are basic new phones from around \$49 that will work. • Once they get a new phone, they just need to put their current SIM card into it.
The phone can connect to 4G but may not work for roaming in countries where 3G has shutdown.	Say: "Great, your phone works on 4G in NZ, but it might not work if you are traveling overseas." <ul style="list-style-type: none"> • Tell them if they are planning on going overseas to a country where 3G is shutdown they will need to get a new phone to roam. • Let them know they can check on their providers website to see if the country has 3G before they go.
They are unable to confirm if the phone will work after 3G shuts down.	Say: "It looks like your phone is uncommon and your provider will need to run some checks with you to confirm if it will work after 3G shuts down." <ul style="list-style-type: none"> • Tell them to check if their phone has any updates to be installed. • Then call their provider to so they can run some checks. • Spark 0800 3G EXIT (0800 343 948)

STOP HERE *NOTE: This information specifically refers to devices on the Spark network and there may be slight differences in responses from other telecoms.

If the person is not financially able to upgrade their phone, they are already Spark customers or Spark works in their area and they are at risk of losing access to call 111 in an emergency, please contact us on support@digitalequity.nz or text 0221719278. We may be able to provide a basic mobile phone. We have limited access to this support.



DATES FOR 2026

Harrison St Community Church Hall
(opp 64 Liverpool St)

11am to 1pm



ONE SATURDAY PER MONTH

- February 28th
- March 28th
- April 18th
- May 23rd
- June 20th
- July 25th
- August 29th
- September 26th
- October 31st
- November 28th

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



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!

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.

Community News



Sustainable Whanganui
EnviroHub

Envirohub is the base of Sustainable Whanganui Trust – we are an umbrella organization that supports community action on sustainability in Whanganui.

Our projects include Green Bikes and Repair Cafe as well as Greening Whanganui, Kids Creative Sessions, Predator Free Trap Library and Waste minimization.

Contact us: envirohub@sustainablewhanganui.org.nz

Worm farms
& Worms



Reusable items



Refills
Cleaning products



23 Drews
Avenue,
Whanganui

WED 10AM - 4PM
THU 10AM - 4PM
FRI 10AM - 3PM
SAT 10AM - 1PM



Visit our website



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 1.00-7.00 Summer Hours



FACEBOOK: WHANGANUI GREENBIKES
INSTAGAM: GREENBIKES_WHANGANUI

GREEN BIKES OFFERS STUDENT DISCOUNTS
AND ACCEPTS WINZ QUOTES

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** i.e. 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, i.e. rural and isolated, young, old, low income, Māori and Pacifica

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



Improving computer access and digital skills in our communities

MARTON icthub

What can we provide?

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

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

Angela Coleman
Marton Hub Manager and Trust Secretary
021 1234 727

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

Westpac Bank 03 0683 0209259 000

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

COLD - DAMP HOME?



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

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

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

Contact: housedrnz@gmail.com

027 HOUSEDR

027 4687337

232 Wicksteed
Whanganui Learning Centre



Courtesy on our Shared Pathways

LET'S GO



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

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

Insulation & Heating Solutions



There has never been a better time to make your home Energy Efficient!

Homeowners with Community Services Cards, or living in an area deemed as lower-income are now eligible for grants covering up to 90% of the cost of **ceiling** and **underfloor** insulation and 90% off the cost of a **Heat Pump**.

Book your free assessment now to see if you meet the criteria and take advantage of our great offers, to have your homes living standard improved under the new Warmer Kiwi Homes programme. Contact us today!

Call us now on **0800 777 111**, or visit our website <https://energysmart.co.nz/>



We're connecting communities in Whanganui.

Stay safe, stay informed.

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

Sign up today by scanning the QR code or by visiting nsgwhanganui.org.nz/sign-up



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Citizens Advice Bureau Whanganui

Te Pou Whakawhirinaki o Whanganui

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

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



Free Legal Advice



236 Victoria Ave

PLEASE CALL TO MAKE
APPOINTMENT

06 348 8288

or email claw@claw.co.nz

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

NEW TO
WHANGANUI?
we can help!

MULTICULTURAL COUNCIL RANGITĪKEI/WHANGANUI



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

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



HELPING NEWCOMERS FEEL AT HOME



info@wanganuimulticultural.co.nz



wanganuimulticultural.co.nz



He waipuketia te
aroha mo nga
tangata rawa kore



RESTORATIVE CITY
WHANGANUI

- Resolving conflicts
- Restoring relationships
- Restoring mana

Restorative practices can transform deeply held, often negative, feelings into positive and respectful relationships.

WE OFFER:

- Restorative Justice in Whanganui, Marton, Taihape, & Ohakune
- Restorative Practice facilitated processes, workshops, & coaching for workplaces, individuals and whānau

www.rcwt.nz

Ph: 06 343 3645; Email: info@rcwt.nz



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

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

GRAVESIDE CARE WHANGANUI

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

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



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



Community House Information

**Please like us on
Facebook.**



Community House Whanganui

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

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

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

Justice of the Peace

services available at

Community House Whanganui

In the Community House Office Room 102

60 Ridgway Street Whanganui

By arrangement (preferred) or
call in and see if the JP is available.

Monday to Thursday 10 am – 4 pm

Phone: 06 347 1084

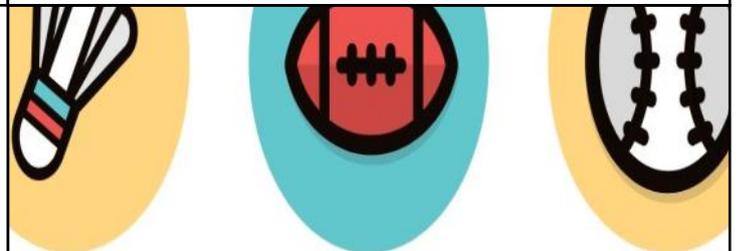


Information stand

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

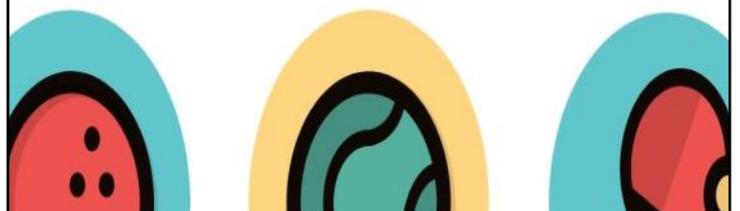
**Community House Whanganui
60 Ridgway Street, Whanganui
office@communityhouse.org.nz**

(06) 347 1084



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

FIND THEM ON OUR COMMUNITY
ORGANISATIONS DATABASE
www.communityhouse.org.nz
or call us on (06)347 1084



Community House Rooms for Hire



Ridgway Conference Room

*With a Conferencing System,
Self-service kitchen
Available for Hire
Community House Whanganui
60 Ridgway Street Whanganui
office@communityhouse.org.nz
(06) 347 1084*



Sir Robert Martin Boardroom with Conferencing System

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



Interview and Counselling Room

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





COSY SPACE TO RENT!



ARE YOU A SMALLER GROUP
LOOKING FOR A FRIENDLY
SPACE TO HOST YOUR EVENT?

Pride Whanganui has a
space suited for
meetings, or more relaxed
socialisation, in a
central location!

Loads of parking, venue
hireage from \$12/hr.

Contact
manager@pridewhanganui.co.nz to
inquire.



Pride
WHANGANUI

Halls / Rooms for Hire

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

Hall available for hire

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

Facilities:

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

Contact: Jennifer 021 150 8342
whanganuihighlandpipeband@gmail.com

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

Rooms for Hire

Three different size rooms- (seat theatre style)

The Hall - can seat 130-150 People

Brechin Lounge - can seat about 60 People

Small Lounge - can seat about 30 People

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

For more information and bookings

Contact Rachel

112-120 Guyton Street, Whanganui

Office 06 345 9318

Email: - officestpaulschurch@inspire.net.nz



Christ Church Community Centre

Wicksteed Street (opposite 232 Wicksteed Street)

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

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

New heat pumps recently installed in both rooms.

For bookings phone (06) 345 7723
(between the hours of 9am and 3pm Tuesday-Friday).

Gonville-Castlecliff Bowling Club

Venue for Hire

Available for Hire Week Nights & Weekends during the Winter

Ph (06) 345 2384

Peat Street Studio

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

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

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

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



Raise your glass

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

Weddings | Meetings | School Events |

Call Jeanette for details 06 342 9644



**Sustainable Whanganui
Trust**

Exploring the future of Sustainability

We're seeking **Trustees** to join Sustainable Whanganui's Board.
If you have experience in governance, finance, legal, admin,
or communications and want to help shape a resilient future
for Whanganui.

We'd love to hear from you.

Learn more in our Impact Report

<https://sustainablewhanganui.org.nz/about/>



2024-2025 Report

To express your interest or start a discussion,
Please email: envirohub@sustainablewhanganui.org.nz



Sustainable Whanganui
Inspiring caring resilient communities



RELAY FOR LIFE FESTIVAL OF COLOURS 28 MARCH 2026 SATURDAY 2PM-10.30PM

Relay For Life is a spectacular event, and the Whanganui Cancer Society are looking for volunteers to ensure this community event is the best its ever been!

Does planning an event sound like fun to you?
Do you have experience in organising and executing plans? Or do you just like to dig in and help where you can? We are looking for amazing people to help with the following:

GENERAL HELPERS

- Gate collectors
- Logistics- for pack in & pack out & traffic control
- Standby/ on call
- Plan and manage a fun kids area
- Plan and manage an activity space
- Undercover Cody Mascot

If you would like to be a part of this fulfilling event please contact:

fatima.khanzada@cancercd.org.nz 06 348 7402



Volunteers / Help Wanted



**VOLUNTEER
Whanganui**



BECOME A VOLUNTEER!

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

NEED VOLUNTEERS?

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

WAYS TO GET IN TOUCH

LOCATION

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

TELEPHONE

Sandra or Elizabeth T 06 347 9430

EMAIL

whanganuivolunteercentre@xtra.co.nz

OFFICE HOURS

MONDAY TO THURSDAY

9:00 A.M. – 4:00 P.M.

VOLUNTEER OF THE MONTH

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



**WE URGENTLY REQUIRE
NEW MEMBERS**



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



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

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



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

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

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

**"Help us to
build safer
communities"**



Volunteers / Help Wanted

Foster Parents Needed

OPEN HOME FOUNDATION
TE WHARE KAUPAPA ĀWHINA

Find out more about foster care with Open Home Foundation

YOU CAN MAKE A DIFFERENCE
A weekend, a week or longer term

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

www.ohf.org.nz

A Christian Community Response



Are you ready to make a difference?



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

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

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

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

Phone: 0800 266 547

Email: healthshuttle.wmw@stjohn.org.nz

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



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

VOLUNTEERS NEEDED!

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

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

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

All volunteers will be police vetted.



Volunteers / Help Wanted



good bitches
BAKING

Want to help spread kindness?

Our Whanganui Chapter needs you!

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



Sustainable Whanganui
EnviroHub

Volunteers wanted!

Urgent 

Do you have ½ hour to ½ day that you could share as a Volunteer at the Envirohub?

Open hours Wed, Thurs 10-4 Friday 10-3 Saturday 10-1

Contact us: envirohub@sustainablewhanganui.org.nz



Follow our Facebook, Instagram



Sustainable Whanganui
Inspiring caring resilient communities



Friends of the Opera House

VOLUNTEERS NEEDED!

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

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

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

SEEKING NEW MEMBERS

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

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

Your support as a financial member of the Opera House would be greatly appreciated. Please call at the Box Office 10am – 1.30pm Monday to Friday to register your membership.

Margaret Johnson
President



VOLUNTEER WITH US!



THE LEARNING ENVIRONMENT

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

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



SCAN ME





HOPE - MOBILE SHOWERS THURSDAY SERVICE HOURS.

Harrison Street Community Hall
Whanganui.

10AM - 12PM

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

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-1.00pm

Just Hope Community Free Meal – 150 Puriri Street (Castlecliff)
Community Meal: Monday 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

To Be Kai Unity – 98 Harrison Street (Central)
Community Meal & Kai sharing Tables – Thursday 11.30am – 1 pm

Unity Food – Christ Church, 243 Wicksteed Street (Central)
Pantry – Friday 2 pm 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

The City Mission

The **Food Bank, City Mission Wanganui administrative offices** are operating from 9 Park Place.

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

Phone: (06) 345 2139

Email: admin@citymissionwanganui.org.nz

Website: www.citymissionwanganui.org.nz



THE KOHA SHED WHANGANUI

88 Duncan Street, Whanganui East, Ph 0274 040 240

THE KOHA SHED

Tuesday to Thursday, 10am to 2pm

COMMUNITY FRIDGE

Monday to Friday, 10am to 12pm

Follow us on Facebook



Putting Unity
Back In Community

TKSA
f THE KOHA SHED AOTEAROA

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



SINGING FOR THE BRAIN



**EVERY
WEDNESDAY**

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

Laura Fergusson Trust,
115 Liverpool St
College Estate,
Whanganui

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.



Interest Groups

River Rockers Whanganui



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

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

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

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

Great Company
Great Exercise

riverrockerswhanganui@gmail.com



Wanganui Amateur Dance Association Incorporated

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

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

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

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

Membership: \$10 annually

For further information please call

Graeme on 027 434 1823

dancesportwanganui@gmail.com

Male Singers / Lyric Singers

Non-Audition Choir

All Welcome

Contact Anne Marie Gray 022 053 4157

Practices Thursday Evenings



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)



Whanganui Karaoke Club

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

Regional Interclub Competitions
All Genres of Music Welcome

Contact

whanganuikaraokeclub1@gmail.com



GLENDARROCH SCOTTISH COUNTRY DANCE CLUB

Meets at Carlton School Hall, Carlton Avenue

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

Adults dance on Mondays from 8.00 – 9.00 pm through February

and from 8.00 – 10.00 pm from March to November

Children's class for 5 - 13 year olds

is held on Friday evenings from 7.00 – 8.00 pm

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

This is a fun, social way to exercise

Enquiries email: glendarroch@dancescottish.org.nz

Telephone: 027 284 1794 (Linda)

Interest Groups

THE WANGANUI COMMUNITY CHOIR



The Wanganui Community Choir (often called the Fun Choir) recommences for the year on Monday 9th February 2026.

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.

PLEASE NOTE CHANGE OF REHEARSAL VENUE

The choir meets every Monday at 7 pm to 9pm at St. Paul's Presbyterian Church Hall, 112 Guyton Street, (upstairs).

We look forward to welcoming back our members and any new members that join us.

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



G.O.M.E TRUST

Grumpy Old Men Enterprises

28 Hinau Street, Castlecliff, Whanganui
Monday to Friday, 9am - 11.45am

WE ARE GRATEFULLY ACCEPTING

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

UNFORTUNATELY NOT ACCEPTING

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

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

Men's Shed

38 Peat Street Whanganui

Open Tuesday & Thursday 9 am—2.30 pm

Our team come from all walks of life, we have a diverse range of skills and talents. We have a great camaraderie sharing a cuppa and a good yarn. We are retired older men and women who still want to volunteer and contribute to our community, and feel useful along the way.

If you would like to know more pop in and ask for Ivan or Ken.

See you at The Shed.

Call Ken 027 637 7231

Interest Groups

Matarawa Community Church

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

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

Contact us by email: matarawacommunitychurch@gmail.com

Phone Mandy on 027 440 4011

648 No. 2 Line
Whanganui



TE WHAEA AROHA NOA

Parish of Our Lady of Grace

TRADITIONAL MASS

Sundays 11.00am

Third Saturdays 5.30pm

10 Daniell Street, Bulls

Ph: 0210 776 663

E: rocc.grace@gmail.com

Interest Groups

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



Rivercity Pickleball



Join Us!



Come and have a go!

Beginners welcome

*bookings essential at
rivercitypickleballnz@gmail.com*

First session free / all gear provided

Session options Sun 3:30pm or Wed 9am

Contact us on email <rivercitypickleballnz@gmail.com>
facebook.com/rivercitypickleballnz : 0222329029

Wanganui Blind and Partially Blind Craft Group

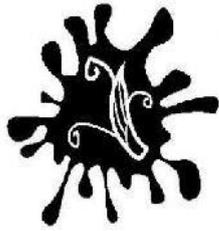
*we welcome new members to come along
and join us.*

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

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

Contact
Daveena Neilson
Ph 06 348 4407

Interest Groups



WHANGANUI
Creative
SPACE

Community Art

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

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

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

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

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

River City Artists



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

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

Contact:

Val Donkervoort - 06 343 6316 - 027 4599 448

or Sue Cleeve 021 0484 035



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

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

Give that art a voice!

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

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

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

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**



sammoranart@gmail.com
[#progressionviaart](#)
[sammoranartprints](https://www.facebook.com/sammoranartprints)



WHANGANUI
Creative
SPACE

Interest Groups



Self Defence Classes Available Now

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

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

Please contact us and register

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

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



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



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

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



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

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

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

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



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

The Rebus Club of Wanganui.
club no 16056

The Rebus club of Wanganui.

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

We have interesting Guest Speakers
every month.

followed by Lunch at a local
Restaurant (optional).

Membership fees.

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

The Rebus club of Wanganui.

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

They are optional—not compulsory.

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

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



A Brief History of Rebus.

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



Contacts

President

Jim Hulbert 06 3454937

Secretary

Patti Furniss 022 272 4477

Treasurer

Grace Phillips 06 344 5247

Club email address

antiquemary@xtra.co.nz

Rebus Website:

www.rebus.nz

Interest Groups

JOIN OUR WALKING GROUP!

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

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

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

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



Retired or semi-retired?
U3A is for you.

Socialise in small groups
Share knowledge
Learn
Have fun

www.u3awanganui.co.nz
Ph 0211 432770



The Ward Observatory

Wanganui Astronomical Society

for more information visit

www.facebook.com/WanganuiAstronomicalSociety

Tramway Wanganui Trust

Tram Rides

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



Group Bookings Welcome

Phone Bruce 022 123 4535(text)

Email: whanganuitram12@gmail.com

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

Interest Groups and Support Services

TEA AND TOPICS



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

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

whanganuilibrary.com

Need a bit of help?



Book A Librarian

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

whanganuilibrary.com



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

A book club with a difference has started up in Castlecliff

THEMES

Venue: Castlecliff Library

Time: 1.30pm until 3pm

Day: 1st Tuesday in each month

Register now

For information and/or registration please contact

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

Whanganui District Library Home Service



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

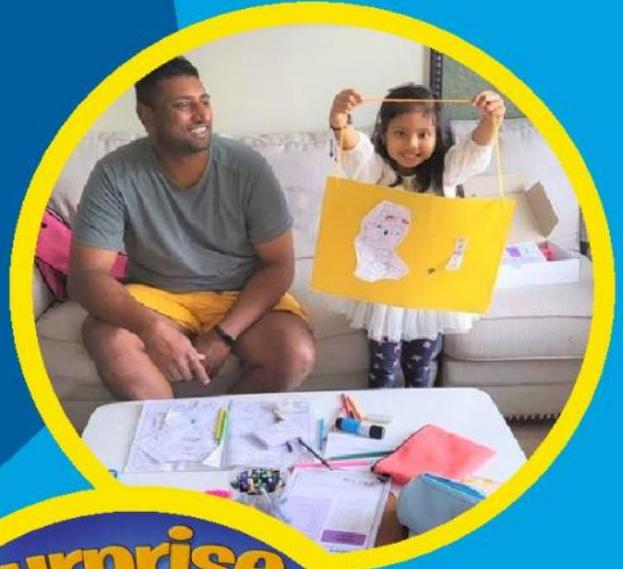
The Library Home Service provides items from the library to your door for free, kindly delivered by volunteers. If you have had a recent operation or decreasing mobility due to age or illness you could be eligible for this service.



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

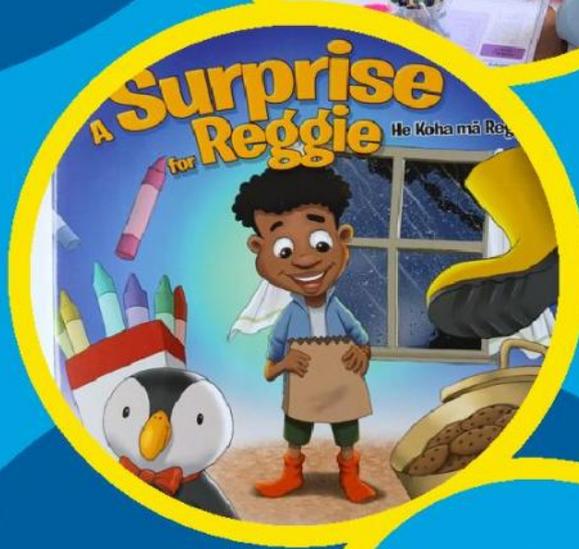
Prepare Your Child for School Success!

Join our FREE home learning programme for 2-5-year-olds.



You get:

- Storybooks - In English & te reo Māori.
- Activity books.
- A stationery pack.
- Support visits.
- Opportunities to meet other whānau doing HIPPY.



**Enrol
now for
2026**

HIPPY has helped over 33,000 tamariki arrive at school confident & ready to learn.

HIPPY

FREE

Contact us today!

☎ 027 328 7335

f HIPPY Whanganui

✉ beth.burn@greatpotentials.org.nz

Support Services for Whanau & Children

IS YOUR WHARE COLD AND DAMP? DOES YOUR TAMARIKI GET SICK OFTEN?

Are you hapū or have a newborn?



OR

Do you have tamariki aged 0-5?



AND...

Lower income or eligible for a community services card?



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

WE CAN SUPPORT WITH THINGS LIKE:



+ more!

Curtains

Ventilation

Heaters

Minor Home Repairs

Bedding

CONTACT US TODAY!

Email: healthyhomeswhanganui@wise.org.nz

Free Phone: 027 555 0037

Website: www.wise.org.nz



ECE Participation Programme



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

We will help your families and whānau to:

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

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

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

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

WHĀNAU MANAAKI



Before and After School Care

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

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

Schools within the urban Whanganui zone including Westmere School

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

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

OSCAR approved for funding.

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

AKO TAHI

LEARNING TOGETHER

ITI I TE ITI - LITTLE BY LITTLE.

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

EVERY FRIDAY
DURING TERM TIME



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

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



Gold coin koha
for morning tea.



Support Services for Whanau & Children

COFFEE AND A CHAT

PARENTING & GRANDPARENTING TOGETHER

A Grandparent and Parent-led safe & non-judgmental group to connect, learn and grow in your parenting



TUESDAYS
from 9:30 am - 12:00 pm
(During School Term)

**Woven Whānau Space
at Central Baptist**

Contact Beth Savage
for more details
021 384 255

- ▶ **10/2 Things about Me**
Creating a “portrait” for ourselves
- ▶ **17/2 Parenting Topic:**
Boundaries for all ages
- ▶ **24/2 Convos with Kids**
Creating your own popsicle stick conversation starters
- ▶ **3/3 Cardmaking**
Come and create! We will have the materials
- ▶ **10/3 Parenting Topic:**
Technology & our tamarisk
- ▶ **17/3 Baking**
Simple & easy baking for the whole whanau
- ▶ **24/3 Parenting Topic:**
Meal planning
- ▶ **31/3 Games**



WOVEN WHĀNAU

📞 021 384 255

✉ office@wovenwhanau.org.nz

🌐 wovenwhanau.org.nz

Need help understanding Care of Children matters?

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

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



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



0800 224 733

and ask to speak with
your local Kaiārahi



kaiarahi@justice.govt.nz

Support Services for Whanau & Children

PARENTING THROUGH SEPARATION

Dates for 2026

19th February

19th March

16th April

21st May

18th June

16th July

20th August

17th September

15th October

19th November

17th December

9.30 am – 2 pm

At

**Community House
60 Ridgway Street
Whanganui**

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



Barnardos

**An Aotearoa where
every child shines bright**



www.barnardos.org.nz

Kia eke ai te hunga taitamariki ki ngā rangi tūhāhā



Support Services for Whanau & Children

ARE YOU CARING FOR SOMEONE ELSE'S CHILD?

DO YOU NEED 24/7 SUPPORT?



THEN YOU SHOULD JOIN US.

The Wanganui Foster Care Association

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

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

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

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

You will be sent a monthly newsletter on line.

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

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

"Caregivers are ordinary people doing extra ordinary things"

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

Free Face Painting there

or as a fundraiser,

please contact me Kirsty on 021 212 3819 or

email lovelifelivefacepainting@gmail.com

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

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



Wanganui Toy Library

142 London Street, Wanganui

Open every Thursday 9:30am – 11:30am

And every Saturday 10am-12noon

wanganuitoylibrary@gmail.com

027 746 6153

Facebook: Wanganui Toy Library



Playcentre

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

Aramoho

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

Eastside

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

Rapanui-Brunswick

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

Springvale

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

3 FREE
visits

Turakina

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

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

Support Services for Whanau & Children

Little Rockers



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

Twinkle Toes

Preschooler music fun!



Friday Mornings
10am - 11.15 am

During school term time only

St Paul's Church Hall
Cooks Street

All welcome
Gold coin donation

Car parking and lift access available on site
Contact Suzanne on 027 421 0521



Women's Refuge Whanganui

Te Piringa Puna Wahine

Walking alongside women who experience intimate partner violence

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

Crisis line: 0800 REFUGE
40 Ingestre Street
06 344 2204

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



Te Ope Whakaora

MONDAY 10-11.30AM

Donation for morning tea

4 Indus Street, Whanganui

Support Services for Whanau & Children



Freephone 0508 236 236

 www.facebook.com/parent2parentnz

www.parent2parent.org.nz



NO ALCOHOL, NO RISK

Fetal Alcohol Spectrum Disorder (FASD) is 100% preventable

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

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



Maternal Health Services

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



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



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

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

Protecting Our Tamariki

Keep your kids healthy and safe with immunisations.



Free childhood immunisations help protect your tamariki from serious diseases.



Why Immunise?

- Vaccinations help keep our kids healthy and strong.
- Protect against measles, whooping cough, chickenpox, and more.
- Safe and effective, used for decades in New Zealand.



It's Easy To Get Done!

- Book an appointment that suits your whānau.
- Friendly, local care.
- We're here to help.



Give Us a Call

Contact your NHC practice:

- Aramoho Medical Centre
- Springvale Medical Centre
- Jabulani Medical Centre
- Living Waters – Castlecliff
- Living Waters – Whanganui East

Your Whānau Health Providers in Whanganui

Aramoho • Springvale • Jabulani • Living Waters



National
Hauora Coalition

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 Kīwanatanga o Aotearoa
New Zealand Government

HR6227 | Measles under 5 - ASFlyer | 15.09.22

To Whātu Ora
Health New Zealand

Are there any side effects from getting the measles vaccination?

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

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

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

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

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



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

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

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.



GASTRO (TUMMY BUGS)

Immediate treatment:

- Rest and drink small amounts often.



CUTS & WOUNDS

Immediate treatment:

- Clean.
- Cover.
- Check.



RASHES

Immediate treatment:

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



SPRAIN, STRAIN & POSSIBLE FRACTURE

Immediate treatment:

- Get child to rest.



HEAD INJURY

Immediate treatment:

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



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

Support Services for Whanau & Children



MARTON OUTREACH CLINIC



Whanganui Regional
Health Network

The first Friday of each month from 10am-3pm
Rangitikei Health Centre - 7 Blackwell St, Marton

**All Immunisations
B4 School Checks
HPV Self-Testing**



Transport is available for whānau who need assistance. Just give our team a call on 0800 775 001 to arrange a time!

**NAU
MAI**

**HAERE
MAI**

**Come
Visit Us**

Manaaki Te Whānau



Drop-In Immunisation Clinic

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

Our clinic is available to anyone whose:

- Child & Adolescent Immunisations are overdue
- Visiting from out of town or new to town and needs their child's immunisations to be done
- Is eligible for adult immunisations
- In need of further information about immunisations

**Call 0800 775 001 to book,
or just drop in with your family**



Whanganui Regional
Health Network

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



Spicy chats, bites to share, meet, connect, and care
For parents/grandparents/carers or guardians of diagnosed and
suspected neurodivergent tamariki



Fortnightly on Thursday's
Starting from **12th February 2026**



1:00pm-2:30pm



@ Central Baptist
285 Wicksteed Street
Whanganui

Whareniui Room off of the main entrance

Get in touch

Beth L. Savage- 021 384 255 Rosie McMenamin- 027 381 9509
office@wovenwhanau.org.nz rosie@whatever.org.nz



realising the dreams and aspirations of youth

tau awhitia te taiohi, ka puta ki te wheiao

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

who we can help:

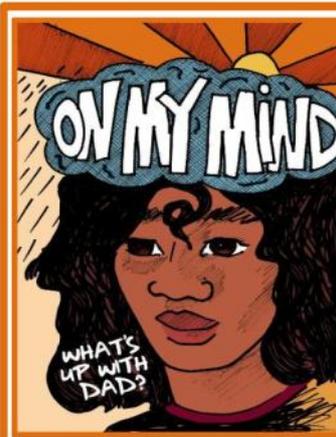
- you're 16 or 17, and you're not in school, training or work
- you're 16 or 17, and you're in school or training, but you're at risk of dropping out, or
- you're 15, and you've left school with a Ministry of Education leaving exemption.

How we can help:

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

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

Or email us on youth_service_Whanganui@msd.govt.nz



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**

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

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

USE 105 FOR POLICE NON-EMERGENCIES



Alzheimers Whanganui

2026 Group Programme Summary

Supporting people with a diagnosis of dementia to stay connected and active

Group Outings (Mondays – once per month)

Our Group Outings are relaxed, enjoyable half-day experiences planned together with each group. Activities reflect individual interests, preferences and physical abilities, supporting social connection, mental stimulation and wellbeing. These outings also provide carers and whānau with valuable time for rest and recharge.

- **1st Monday:** Pāua Group
- **2nd Monday:** Tui Group
- **3rd Monday:** Fern Group
- **4th Monday:** Kiwi Group (Marton)

CST – Cognitive Stimulation Therapy (Tuesdays)

Time: 10:00am – 12:00pm

CST is an evidence-based, 7-week group programme for people in the mild to moderate stages of dementia. Sessions are fun, interactive and structured, using themed activities that support memory, communication, thinking skills and confidence. CST also promotes social connection and overall wellbeing.

CST Maintenance (Tuesdays)

Time: 1:00pm – 2:00pm

CST Maintenance is for people who have completed CST and wish to continue the benefits. The programme runs weekly for 26 weeks, helping participants maintain skills, confidence and connection.

CSP – Cognitive Stimulation programme (Wednesdays)

Time: 10:00am – 12:00pm

CSP is a new programme bringing together three of our existing groups into one strengthened group experience. It focusses on cognitive stimulation practices and physical exercises within a relaxed, social and engaging environment. CSP offers a natural transition from CST, though completing CST first is not required.

Schedule:

- 1st & 3rd Wednesday – CSP Whanganui
- 2nd Wednesday – CSP Marton

Dates and times are subject to change

Support Services for Seniors



MNI Media Release

New Edition of Trusted Guide to Ageing Now Available for the Mid-North Island

The Eldernet Group has released the latest Mid-North Island edition of *Where From Here – He Ara Whakamua*, a FREE, comprehensive resource designed to help older people and their whānau navigate their ageing journey.

Often referred to as the “older person’s bible”, this edition includes up-to-date listings on **all** care homes and retirement villages available across the Mid-North Island, from Hamilton down to New Plymouth. Extensive indexes of home support providers, along with social, kaumātua and day programmes, can also be found inside.

Where From Here – He Ara Whakamua empowers older people and their whānau with clear, unbiased information. Find anything from financial considerations, how to go about choosing a retirement village or care home, why you should get an Enduring Power of Attorney, and much more. The Eldernet Group have compiled all the facts and figures, and interpreted confusing terms, to enable older Kiwis and their families to make informed decisions with confidence.

Where From Here – He Ara Whakamua is also used by healthcare and community service professionals, such as NASC workers, to help inform the people they work with.

“We provide the Where from here books to all our clients and their families, as well as the general public. We love the section about choosing a rest home; it is incredibly helpful for those who have decided it is time to take the next step in their dementia journey.”

– Samantha McGaw, Dementia Waikato

The Mid-North Island edition of *Where From Here – He Ara Whakamua* is now being distributed by local libraries, healthcare providers, community hubs and more. This book can also be accessed online for those who prefer a digital format.

How to get your FREE copy

A list of local distributors is available **on the Eldernet website – www.eldernet.co.nz**.

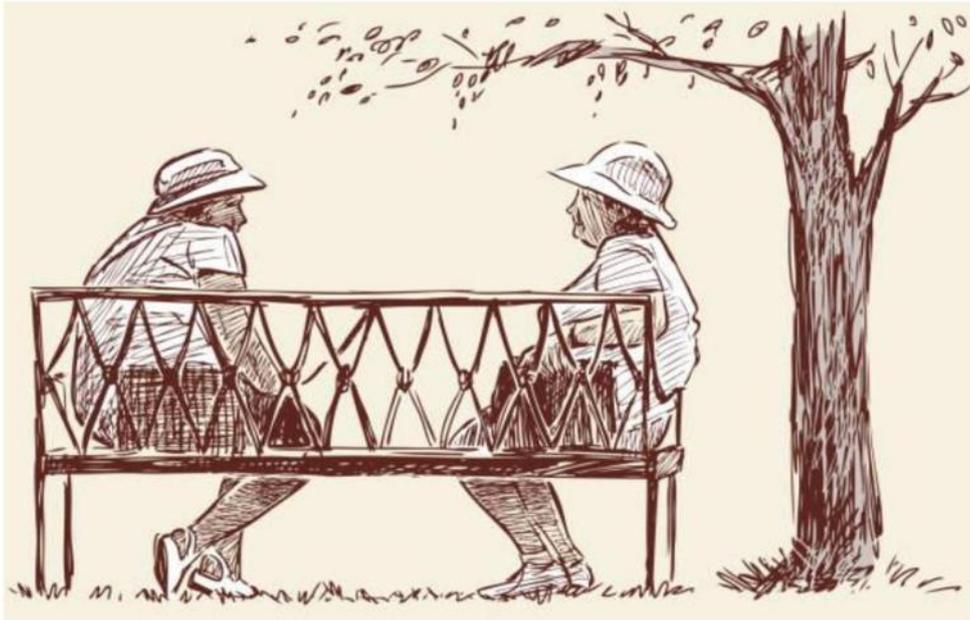
To view it online, or order a printed copy straight to your house, go to our website or **give us a call on 0800 162 706**.

About Us

For nearly 30 years, The Eldernet Group has been helping older Kiwis make informed choices about their lives. Every year, they publish four regional editions of *Where from here*, tailored to different regions of New Zealand. Their website (www.eldernet.co.nz) offers the country’s most up-to-date directory of rest homes — including **real-time** information on which facilities currently have spaces for new residents — and the most comprehensive list of retirement villages and home support services. For even more independent, impartial guidance, Eldernet’s *Knowledge Lab* provides a wealth of articles on topics ranging from financial assistance, to navigating dementia, to tackling ageism, and more.

For further media information, contact Natasha Doré: natashad@eldernet.co.nz

Support Services for Seniors



Join us as a volunteer visitor and make a difference!

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

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

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

To find out more, check out [www. acwhanganui.org.nz](http://www.acwhanganui.org.nz) or give Heidi a call on 345 1799.

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

whanganuilibrary.com

CUPPA & CATCH UP

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

Every third Tuesday of the
month
1.30pm - 3pm



With

Pride
WHANGANUI



Cognitive Stimulation Therapy CST

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

What's the benefits of CST?

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

How to get involved

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

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



Support Services



Inland Revenue Te Tari Taake

Heartlands and Mobile Offices in our region.

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

PalmerstonNorthAdvisoryRequest@ird.govt.nz

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

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

Kaitakawaenga Māori

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

Kaitakawaenga Māori can:

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

How to Contact Us:

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

Email us at:

PalmerstonNorthAdvisoryRequest@ird.govt.nz

How to contact Inland Revenue:

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

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

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

Support Services



MINISTRY OF SOCIAL
DEVELOPMENT
TE HANATŪ WHAKAHIATO ORA

WORK AND INCOME
TE HIRANGA TANGATA

Tēnā koutou

Ministry of Social Development Updates | March 2026

Here's an update on recent changes and initiatives underway at the Ministry of Social Development (MSD). Don't hesitate to get in touch with queries.

Date	Change
January, February and March 2026 <ul style="list-style-type: none">📅 School and start of year payment applications📅 Studylink applications📅 Family Services Directory📅 Changes to boarders' payments📅 Consultation on action plan to support carers	
January	School and start of year payment applications <p>If people are caring for someone else's child and need help with pre-school or school-related costs, they may be able to get the School and Year Start-up Payment.</p> <p>This is a once-a-year payment. For 2026, people need to apply between Monday 12 January and Friday 28 February.</p> <p>Find out more School and Year Start-up Payment - Work and Income</p>
January	Studylink applications <p>We have a new Studylink Outreach Officer Phillippa Peters who started in January. She's based in New Plymouth and works across our region.</p> <p>For more information about financial assistance for those starting or returning to study see the StudyLink website.</p>

Support Services

January	Family Services Directory <p>Is your organisation listed on the Family Services Directory?</p> <p>The directory gathers a range of information about community groups and agencies throughout the country and can be accessed by anyone seeking support in their communities. MSD uses it to keep staff up to date about your services so ensuring your information is current, is important.</p> <p>Family Services Directory</p>
February	Changes to how we assess boarders' payments <p>The way MSD treats board payments is changing. From 2 March 2026, there will be changes to the way we assess board payments a person receives, including for housing subsidies and public (social) housing.</p> <p>This change will only apply to people who get housing support from us or are in social housing and receive board payments from others living with them.</p> <p>This month we started sending letters to people whose payments will change, to let them know the different amount. Find out more Changes to how we assess board payments - Work and Income</p>
March	Consultation on draft Action Plan to support carers <p>MSD is keen to hear from the public on a new draft Action Plan, which will provide a roadmap for the long-term issues New Zealand's unpaid or informal carers face.</p> <p>Consultation is open until 12 March 2026 (it was previously 12 February).</p> <p>There are multiple ways to provide feedback, including community led workshops, public online workshops, written submissions or a quick online survey.</p> <p>Find out more on the MSD website</p> <p>Draft Carers' Strategy Action Plan</p> <p>Consultation begins on Action Plan to support carers Beehive.govt.nz</p>

Support Services

What's coming up?

April

Annual General Adjustment (AGA)

The AGA happens every year on 1 April.

On this day benefits and most other financial support provided by MSD are adjusted to account for the cost of living (inflation).

More information will be added to the Work and Income website.

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

Community Liaison Advisor

Phone: DDI 06 968 6674 | D2D 66674 | M 029 9275 344 | www.msd.govt.nz

Taranaki, King Country & Whanganui Regional Office Dawson House

37 Dawson Street New Plymouth 4310



**MINISTRY OF SOCIAL
DEVELOPMENT**

TE MANATŪ WHAKAHIATO ORA

USE 105 FOR POLICE NON-EMERGENCIES

Support Services

Digital Suite

Your job journey, made simple.

Everything you need to get job-ready - all in one place. From learning to easy CV creation, Digital Suite brings everything together - personalised tools, coaching, and support that fit around you. All for free.



Learn for employment ▶ Grow your skills ▶ Receive coaching ▶ Get certification

Everyone can gain access to the following programmes:

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.

LEARNING PLANET

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

MOBILE VR

Get learning badges in a fun and interactive way, just by using your phone to play some mobile apps.

TE HEKE MAI

Wrap-around app-based support with real-life coaches, for job seekers, trainees and new starts. Plus, create a professional, authentic Cover Letter and CV with support from AI tools - quick and easy.

UMBRELLA WELLBEING

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

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.

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.

FOR HOSPITALITY

INTERNATIONAL CULINARY STUDIO

Barista and Food Safety training, with support into the industry.

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 HEALTHCARE

MYSKILL

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



Start your journey at digitalsuite.co.nz



MINISTRY OF SOCIAL
DEVELOPMENT
TE HANATŪ WHAKAHIATO ORA

Support Services

It all began with a whakataukī: Whiria Te Tangata, which means weave the people together. Through weaving, we create shelter, resting places, ways to gather resources, and strong connectors that keep us grounded. We also develop tools for discovery, remember our history, and enhance the mana of our people. At the Hapori Hub, we strive to cultivate a space that unites our community, creating a valuable resource for our region that helps everyone thrive. The Hapori Hub is here for Hawera

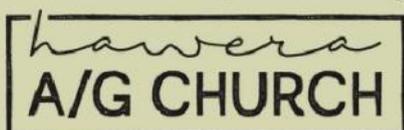
OUR MAHI IS YOUR MAHI

- Network with other community providers to maximise resources.
- Create impact and connection by having a central location.
- Facilitate workshops, team training and information sessions.
- A home base for local community and connection groups.
- Access to community support, resources and knowledge.



Hāwera Community & Connection Hub
Te Hapori Hononga O Te Hāwera

this service is provided by



haporihub.org



202 High Street Hawera



info@haporihub.org



028 8513 2044

Support Services



The Whanganui Budget Advisory Service Inc

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

We can help people who are

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

Free, non-judgmental help.

Assistance is offered without discrimination

Confidentiality is maintained in all matters

Clients' needs and independence are respected

Staff are accountable to the Service and our funders.

Financial Mentors have passed their FMIC training course.

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

wbas@wbas.org.nz

Phone 06 345 3746

Mobile 027 243 3362

Free 0800 1831 83

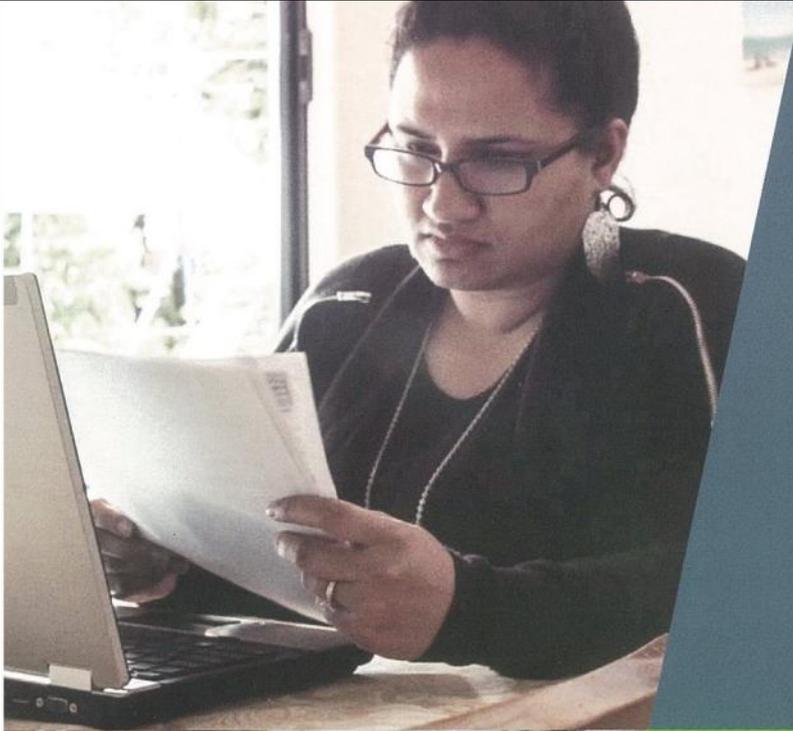
Office hours
Monday to Friday
9.00 am until 2.00 pm

This service does not

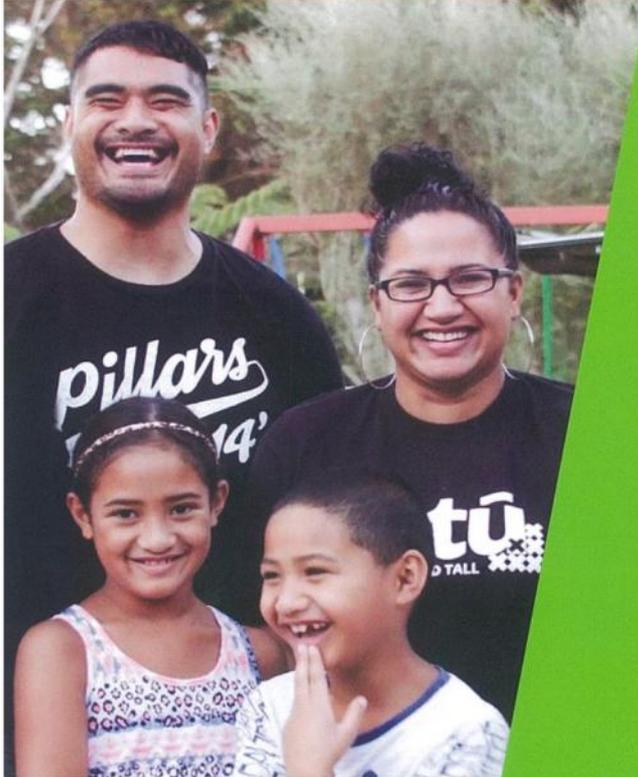
- offer Total Money Management
- hold any money on the premises.
- hold money or cards for clients.
- lend money.



Support Services



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



**GET FREE HELP IN
WHANGANUI**

**Struggling to hold it
all together?**

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

christians
against
poverty

CAP

capnz.org

Support Services



Whanganui Community Living Trust

15 Market Place, Whanganui.

PH: 0800 925 894

www.wclt.co.nz

Support Services:

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

Our services are tailored to the individual/whaiora needs.

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

Email: Admin@wclt.co.nz



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

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

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

Services:

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

'To promote self-empowerment through peer support'.

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

**"I'm here
if you need to vent.
I will be here
whenever you're
ready to talk."**

**It's okay to check in;
you don't need to have all the answers.**

There are no perfect words,
but there are lots of good ones.
Find more ways to start the conversation
on depression.org.nz

DEPRESSION.ORG.NZ

Health New Zealand
Te Whaiti Ora



Support Services

Weekly What's On



Monday	9:30am - 11am	Hope & Co 63A Ridgway Street	Exploring Calm: A relaxed group where we explore different ways of finding calm
	1pm - 3pm	Hope & Co 63A Ridgway Street	The Secret to Mondays: Different topics are explored, including wellness plans, goal setting, confidence, empowerment and independence
Tuesday			Closed - no groups
Wednesday	1pm - 2:30pm	Whanganui Learning Centre 232 Wicksteed Street	Resilience 101: A open course exploring our values, beliefs, goals, wellness tools, communication skills, resilience, self confidence and much more
Thursday	9:30am - 11am	Splash Centre London Street	Splash Centre: Your chance to have a swim, gym, sauna, spa. A Balance ID card is necessary for free entry. Contact Lyn 022 0175605
	11am - 3pm	Whanganui Creative Space Level 2, 76 Guyton Street	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
Friday	10am - 12pm	Salvation Army 4 Indus Street	Addiction Support: 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.

All our groups are tangata whaiora led, are open, there are no fees and everyone is welcome.

E: info@balance.org.nz 06 345 4488 / Freephone 0800 10 25 55
Level 1, Community House, 60 Ridway Street, Whanganui

Support Services



Addiction 101

Understanding addiction and recovery

About the workshop

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

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

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

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

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



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

Across the year, across the country

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

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

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

Co-facilitation

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

Learning outcomes

After attending Addiction 101 participants will be able to:

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

The impact is worth it

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

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

Highest quality learning

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

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

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



Ready to book?

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

Email: info@blueprint.co.nz

Phone: 04 473 9009

Website: www.blueprint.co.nz



Support Services

AL-ANON FAMILY GROUP

CONFIDENTIAL SUPPORT FOR FAMILY AND FRIENDS
OF PROBLEM DRINKERS

Every Tuesday at 7:30pm

Quaker Meeting House

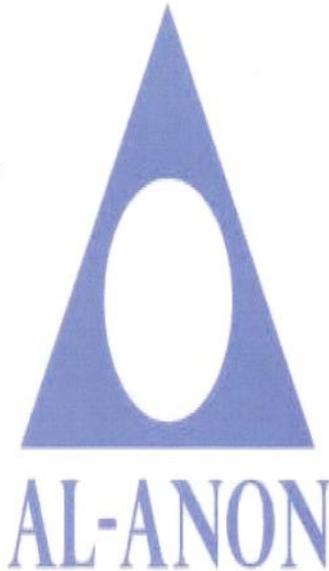
256 Wicksteed Street, Wanganui

Every Friday at 12:30pm

Gonville Library Meeting Room

44 Abbot Street, Wanganui

...just pop on in ☺



Alcoholics Anonymous
NEW ZEALAND

Alcoholics Anonymous

Phone 0800 229 6757

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

AA Wanganui Area Meetings:

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



Addiction Support Relapse Prevention Group

Friday 10am – 12 noon

Held at Salvation Army

4 Indus Street

Whanganui

ph: 06 345 4488

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/>

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

Balance Aotearoa Addiction Support –
Mental Health and Addictions Support Group
Salvation Army, 4 Indus Street: 10am – 12:00pm

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

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

FREE

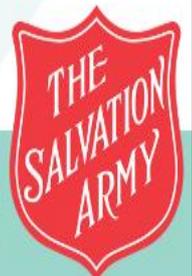
Make your lifestyle a priority



**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



Drivers License Program

Achieve your license safely and easily

Our Driver License Program is tailored for drivers with intermediate driving skills level, who want to obtain the **restricted or full license** (This program is not for beginners).

Our goal is to help you become fully prepared for your **restricted or full license** test and to ensure you're **confident, capable, and work-ready**.

For just \$70 our Driver's License Program supports you every step of the way:

- ✓ 2x Professional Driving Lessons
- ✓ Practical Driving Test
- ✓ Driving & organisational support to help you succeed

Save up to \$238.50!
Restricted License: Save \$238.50
Full License: Save \$169.90

\$70

Contact Us!

✉ jhawley@teorahou.org.nz

☎ 027 346 6783

Support Services – Education

FREE NZQA Approved Qualifications

Whanganui Campus

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

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

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




training for you
Ho Akoranga Māu

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

Need help finding a job?

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

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

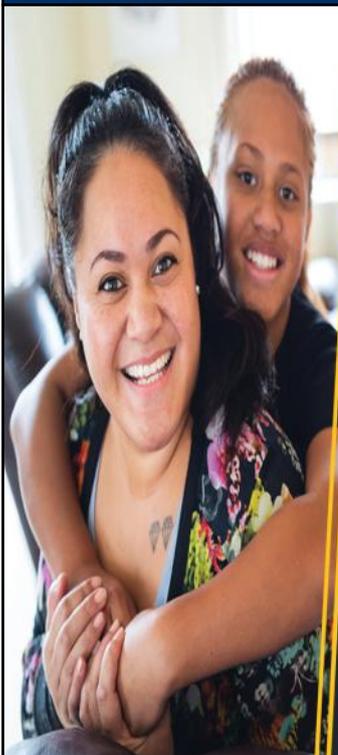
We assist with:

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

Come talk to us today!

Visit our website: Choicesnz.org.nz

choicesnz



Learn basic everyday digital skills

0800 526 672 | www.kanorau.nz


KANORAU
DIGITAL

Powered by
Te Wānanga
o Aotearoa 

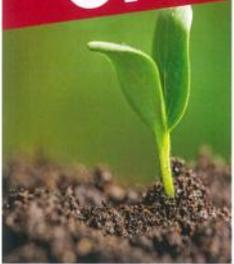
DRIVE

Start the licence journey

drive.govt.nz

Support Services – Education

WANT BETTER JOB OPPORTUNITIES?



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

LAND BASED TRAINING

Get in touch to find out how!

FREEPHONE: 0508 872 466

www.landbasedtraining.co.nz

What's on at WLCT



Literacy and Numeracy Support

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



Passport to Work

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



Complete Confidence

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



Computing and Admin Support

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



Learner Licence

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

232 Wicksteed
Whanganui Learning Centre

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



TUTORS WANTED

Do you have a qualification in teaching adults literacy?

Are you interested in helping others upskill?



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

Email your CV to 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



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

LITERACY
AOTEAROA
WHANGANUI

Road code theory course

MONDAYS 4.00-6.30
LEARNER and CLASS 2 (HT)

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

Teaching your teen to drive made easy

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

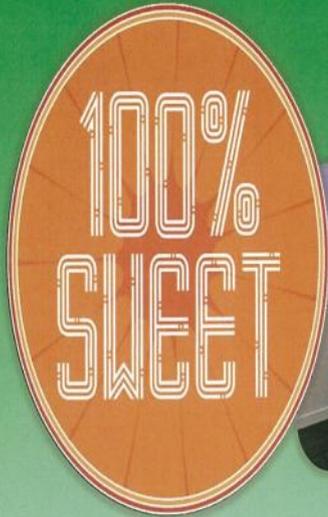
Drive is primarily designed to help young people become confident, capable drivers, and provides clear guidance throughout their journey from before they get their learner's licence through to getting their full license. However, parents and coaches can also take advantage of lots of hints and tips to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

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

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



Support Services – Education



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



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

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

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

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

Work Ready Passport graduates will :

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

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



Finding work?

Don't know where to start?

It starts right here

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

workbridge.co.nz
0508 858 858

Struggle got real?

tahi
whitu
toru
whitu
1737

Support Services

Stroke Education Groups

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



Support for Young People

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

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

Online Café

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



Stroke Groups

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

Other Places to Get Help

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

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

About the Stroke Foundation

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

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



Support available after stroke – we are here to help you

stroke.org.nz

STROKE
FOUNDATION • NZ

STROKE
FOUNDATION • NZ



At the Stroke Foundation we understand just how challenging it can be to recover from a stroke; and we're here so you don't have to go through it alone.

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

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

Quick References

Free helpline:

0800 STROKE (0800 78 76 53)

Email support:

help@stroke.org.nz

Online resources and information about local groups and events:

stroke.org.nz/gethelp

Free counselling for young people:

0800 What's Up (0800 942 8787)

Free Helpline: 0800 STROKE

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



Return to Work Advice and Support

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

Community Stroke Navigators/Kaiārahi

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

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



Online Resources

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

Life After Stroke Seminars/Wānanga

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

Support Services



Whanganui, Rangitīkei, and Waimarino Cancer Society Services

3 Koromiko Road, Gonville, Whanganui

Open 8.30am - 3pm Weekdays

06 348 7402

Our centres offer a range of FREE support services and products to assist cancer clients with any type of cancer as well as their carers, family/whānau and friends, during the cancer journey.

To engage with the Cancer Society you can simply walk in off the street and self refer, or phone us and self refer, your family can refer you, or your medical team can refer you. Come in and have a coffee and chat to see how we can support you. We are available for home visits for support and initial assessments to our service.

What's Available in Your Area

Monthly Groups –

Mens group | every 2nd Monday of the month, 7pm-8:30pm | contact Neville Hudson 021 570 406

Coffee and Chat Whanganui | every 2nd Monday, 10am-11am | contact Jane Bilderbeck 027 285 8411

Coffee and Chat Group Marton | every 1st Monday 10:30-11:30am | contact Jane Bilderbeck 027 285 8411

Simply Meditation | every Thursday 2:30 - 3:30 | contact Jane Bilderbeck 027 285 8411

Therapies – Massage and reflexology.

Consultants – Wigs, bras, breast prosthesis.

Psychologist – From Massey University.

Resources – Breast cushions, hot water bottles, drain bags, and head coverings.

For more information about any of our services please contact our Supportive Care Coordinator on 06 348 7402 or call Jane on 027 285 8411.



www.cancer.org.nz

Scan here for more information



Support Services



PO Box 11067

Manner Street

Wellington 6142

www.parkinsons.org.nz

info@parkinsons.org.nz

Freephone 0800 473 4636



Educator for Whanganui Region

Kelsi Ellis

Contact Kelsi on:
027 301 1700

kelsi.ellis@parkinsons.org.nz



Parkinson's New Zealand

04 801 8850 | 0800 473 4636

parkinsons.org.nz

PO Box 11 067, Manners Street, Wellington 6142

L13, Ranchhod Tower, 39 the Terrace, Wellington 6011

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

ms.
Wanganui

- Information
- Support
- Advocacy



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

Phone: (06) 345 2336 / 027 381 2555

Email: communityadvisor@mswanganui.org.nz

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

www.mswanganui.org.nz



**LIGHT
YOUTH
WHANGANUI**

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

Where: Nga Tai o Te Awa, 142 Guyton St

When: Mondays (Term Time)

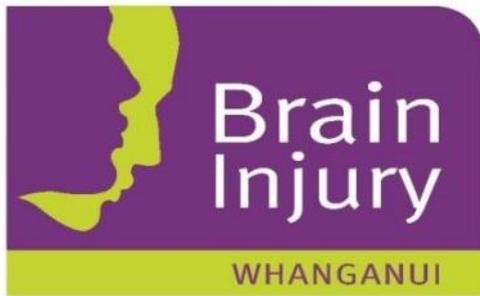
Time: 3.30-5pm

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



@Lightyouthwhanganui

Support Services



We act as a support service for those who need advice, direction, and assistance with their day-to-day management of a brain injury.

- Liaison Officer
- Support Groups for Clients & Whanau
- Information and Resources about Brain Injuries
- Advocacy service

Community House, Room 104,
60 Ridgway Street | PO Box 102,
Whanganui 4541
P 06 347 9721 | M 027 227 1202
E liaison.whanganui@brain-injury.org.nz

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



ARTHRITIS NEW ZEALAND

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



Whanganui Monthly Coffee Group

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

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

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

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



EPILEPSY NEW ZEALAND®

THE NATIONAL EPILEPSY ASSOCIATION OF NEW ZEALAND

kia titiro ki te tangata - see the person

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

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

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

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

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

Meditation – Mindfulness – Calm

AMITABHA KADAMPA MEDITATION CENTRE



Meditation Classes in Whanganui

Thursdays 6 - 7pm
with Kadam Birgit

VENUE: Whanganui Arts Centre, 19 Taupo Quay



drop in class suggested donation \$7
classes include refreshments

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



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

Authentic Living
Coaching



with Linda Codlin



BENEFITS OF A LIFE COACH

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

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

• Are you struggling
with a negative
SELF-IMAGE?

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

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

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

#authenticlivingwithlinda



• Finding **CLARITY**
around your
purpose.

• Creating **CONFIDENCE**
in your style.

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

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

*Helping YOU,
Help Yourself.*

Phone /Text me, Linda Codlin on
027 403 2523

For an introductory Consultation

Buddhist Mindfulness Practice Group

Open to all



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

stopping | calming | resting | healing

Clare: 021 0622 120

www.plumvillage.org

Exploring Calm



A relaxed group where we explore different ways of finding calm. This can involve meditation, mindfulness, mindful movement, breath-work, herbal tea, and anything else that might help us experience calm in our lives and overcome the effects of stress and anxiety.

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

Counselling Services



Jenny Wright

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

Professional Supervision

Counselling -Adults, Children

Relationship trauma

Eft Emotional freedom techniques

IDT Interactive Drawing Therapy

Trauma Health

Anxiety Depression self esteem

Relationship issues Past abuse

Disability .

Counselling in person or online.

Contact jennyg1873@gmail.com

The Counselling Centre (Marton)

www.counsellingcentre.org.nz

located at **18 High Street, Marton**

Phone (06) 327 5245

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

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

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

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

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

Barrie Marsh

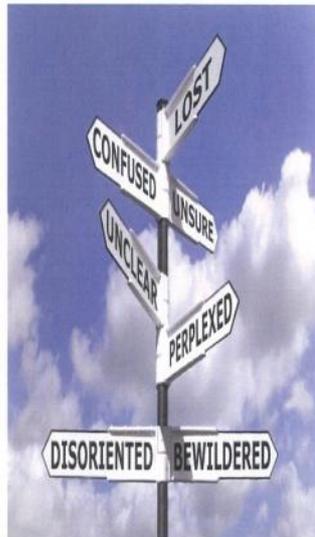
Diploma of Social Work

General Counsellor

*Strict Confidentiality and
Privacy Assured*

Ph (06) 344 3345

Email marshkandb@gmail.com



Fliiss Newton

MNZAC; Dip GINZ; TTC;
Cert Social Work

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

(06) 347 6377

fliiss@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
- ✉ kiaora@christinaemery.co.nz



Whanganui Counselling Services
Self-funded, private practice. Down to earth. No hoops. Accessible now.
whanganuicounselling@xtra.co.nz



**COUNSELLING
CABOODLE**
PROFESSIONAL SUPERVISION SERVICES

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

Whanganui, Bulls, Marton, Palmerston North or via Skype

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

ACC Sensitive Claim and ACC Physical Injury.

Individuals Couples Groups Workshops Education sessions

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

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

Full member of NZAC, Registered DAPAANZ and DAPAANZ approved supervisor

www.counsellingcaboodle.co.nz

Nicola Hartfield

Fellow Arbitrators' and Mediators' Institute NZ

nicola@nicolahartfield.com

www.nicolahartfield.com

Workplace Supervisor / Family Mediator



Health Support Services

SURVIVING GRIEF

KEI TE TAHA | ALONGSIDE
PEOPLE SUPPORTING PEOPLE



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

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

The programme consists of

4 sessions held weekly,
each lasting 2 hours.

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

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

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

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

For more information contact:

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

Support Group For Those Bereaved By Suicide

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

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

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

Gold Coin donation for afternoon tea.

Contact: Neil 022 475 8295

Email: suicidebereavedby@gmail.com

The Compassionate Friends Parents and Men's Grief Support Group

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

We offer one-to-one confidential support sessions.

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

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



Health Support Services



Aoake te Rā

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

The service is:

Free

Brief therapeutic support (at least 6 hours of support)

Available to all ages, at any time following loss

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

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

Available nationwide

Available face to face, online, phone or a combination

Kāhore he pūtea.

He huarahi ki te oranga.

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

Kanohi ki te kanohi me he wānanga ipuranga ngā huarahi.

Refer now

Online

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

Phone

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

Email

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

Find further information at:
aoaketera.org.nz



Free online therapy courses



Free

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



Convenient

Online therapy courses at your convenience. Anywhere, anytime.



Private

Improve your mental health in complete privacy.



Effective

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

Try a FREE course today.

justathought.co.nz



your mind, your way

Health Support Services



Gender Affirming Healthcare

pridewhanganui.co.nz/gender-care-whanganui



ABOUT US

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

THE HOW + THE WHY

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

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

MORE INFO

 healthpridewhanganui.co.nz

 pridewhanganui.co.nz/gender-care-whanganui



GENDER AFFIRMING HEALTHCARE

PEER SUPPORT

APPOINTMENTS

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

ADDITIONAL

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

CHECK INS

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



GP SERVICES

QUESTIONS/ENQUIRIES

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

GENDER AFFIRMING HORMONE THERAPY

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

SURGERY REFERRALS

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



Pride Whanganui

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

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

 64 St Hill Street, Whanganui

 www.pridewhanganui.co.nz

Health Support Services

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

What we offer:

24/7 monitoring 7 days a week including Christmas.

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

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

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

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

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

Accredited in NZ by



Keep in touch

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

Email: info@securely.nz or visit our website

www.securely.nz

if you need more information or have a general enquiry.

Our website is packed full of information about our full range of medical alarms along with Frequently Asked Questions (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

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

Medical alarms for true independence



SECURELY®
Enabling you to live with confidence and independence

What happens when you activate your medical alarm?

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

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

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

Cancelling your alarm

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

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

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

Paying an ambulance bill

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

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

SECURELY
FREEPOST SECURELY
PO BOX 947
TAURANGA 3140

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

Pendant Testing

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

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



When you go away

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

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

Call us on 0800 865 865.

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

What happens if you lose your medical pendant?

Call us on 0800 865 865 to arrange a replacement.



PERS®

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

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

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

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



Family System

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

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

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

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

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

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

Medical alarms that leave the others behind



SECURELY®
Enabling you to live with confidence and independence



Fall Detector Pendant

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

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

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

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

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

GO

Our mobile medical alarm

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

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

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

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

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

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

Contactless delivery

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



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

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

www.securely.nz

Health Support Services

ear360™

How healthy are your ears?

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

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

Ear360 covers:

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

Ear360 by Resonate. For people who love listening.

Curious?

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

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



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 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

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

Te Whatu Ora
Health New Zealand

Te Kāwanatanga o Aotearoa
New Zealand Government

Off you GO safely on your travels!

GO mobile medical alarm works anywhere there is cellphone coverage



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



TE ORANGANUI

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

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

Services include:

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

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

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



— W a i o r a —



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

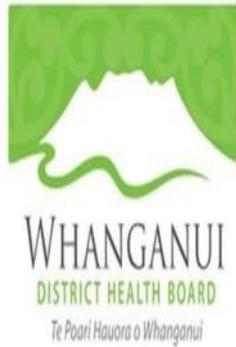
How to Enrol

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

06 349 0002



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



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 for you to refer patients that will benefit for attending these classes. In your email please include the following details: Name, Phone Number, Date of Birth & Email Address.

www.livestronger.org.nz

www.wrhn.org.nz

strengthbalance@wrhn.org.nz

Txt: 027 264 9914 or Ph: 0800 4688 7867



MEN'S HEALTH WEEK TIP SHEET 3

menshealthweek.co.nz

Heart Health

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

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

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

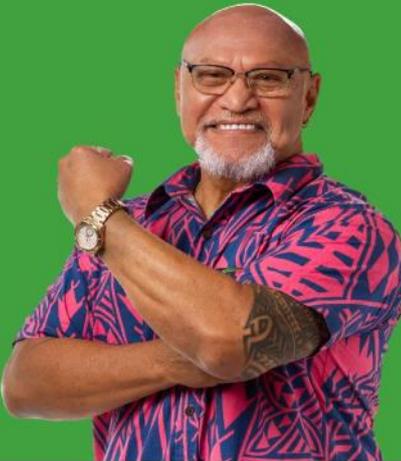
Health Matters



Bowel screening is easy

You've got this!

Free - Do it at home



If you're aged 60 to 74, you can have free bowel screening. A bowel screening test kit will be sent to your home every two years. This simple test can help find bowel cancer early when it can often be successfully treated. **When you get the test, just do it! It could save your life.**

To find out more go to **timetobowelscreen.nz** or talk to your doctor

Te Kāwanatanga o Aotearoa
New Zealand Government

Te Whatu Ora
Health New Zealand



National
Bowel
Screening
Programme

HE2628 - APRIL 2023

UNWELL OR INJURED?

Where should I be?



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



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

1
Home
(Self Care)

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

2
General
Practice (GP)
& After Hours

- Keep ED for emergencies.

3
Emergency (ED)

TOP TIPS

FOR KEEPING YOU AND
YOUR WHĀNAU WELL

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

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

For after hours advice

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

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

June 2022

St John Health Shuttle

St John Health Shuttles operating between Wanganui and Palmerston North



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

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

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

Keeping our communities healthy

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



Ngā Tohu Whakaora e 3 3 Steps for Life

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

- 1. Calling 111**
- 2. Starting CPR**
- 3. Using an AED**



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

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

Supporting independent living

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

An easy way to get to your health appointments

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

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

Well-trained volunteers

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

Special transportation

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



Nationwide Health & Disability Advocacy Service

Ngā Kaitautoko

Promoting Rights & Resolving Complaints

Health & Disability Advocate

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

Free, Independent & Confidential.

CONTACT FOR THE ADVOCACY SERVICE:

Freephone 0800 555 050

Email: advocacy@advocacy.org.nz

www.advocacy.org.nz

Family Violence Support



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



WOMEN'S REFUGE WHANGANUI



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

Email: advocate@refugewhanganui.org.nz

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

JIGSAW WHANGANUI



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

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

AGE CONCERN

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



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

TUPOHO SOCIAL SERVICES

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



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

249 Victoria Avenue
PH: 06 345 2042

CLAW

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



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

NEW ZEALAND POLICE



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

FAMILY WORKS

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

Email: familyworks-whanganui@psc.org.nz
PH: 06 345 6681 179 Wicksteed Street

TE ORANGANUI

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



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

WHANGANUI SAFE AND FREE

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



Email: administration@whanganuisafe.org.nz
52 Nelson Street
PH: 06 343 3416

ORANGA TAMARIKI

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



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

Acknowledgement of Our Supporters

**WE WISH TO ACKNOWLEDGE THE FOLLOWING BUSINESSES
FOR THEIR ONGOING SUPPORT OF OUR MAHI AT
COMMUNITY HOUSE.**



Proud supporters of
Community House
Whanganui



**Thank you.
Your valued support is gratefully acknowledged.
He mihi nui ki a koe mō tō āwhina.**

Thank you to our Funders

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

