



Kia Ora,

Spring has been giving Whanganui some lovely patches of sunshine, and we hope you've had a chance to enjoy them! October is bringing plenty of opportunities to learn, connect and spend time together. Here are a few events to look out for in this month's Com.Chat:

Coming up in October

- **Whanganui Living Well, Ageing Well Expo** — 6 October. See page 11.
- **Lunch & Learn: Navigating Complexities with Jo Voice** — see page 3.
- **Women Network events** — see page 9.
- **Whānau Ora Day 2026** — see page 13.

We hope you find something in this issue that sparks your interest or that you can share with someone else in our community.

He waka eke noa.

We are all in this together.

Community House Team



Rural Networking Meetings

7th October **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: Elizabeth —email: elizmortland@gmail.com

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

Thursday 29th October 2026

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 2 November 2026 Community support closes 26 October 2026

www.whanganuicommunityfoundation.org.nz.

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

TG Macarthy Trust Contestable fund— opens 1st October closes the 31st October 2026 allow 6-8 weeks after closing date. www.publictrust.co.nz.

Four Regions Trust—next funding round closes 31st October 2026. <http://www.fourregionstrust.org.nz>.

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

Lottery Committee Lower North Island (Manawatū, Whanganui, Wellington, Wairarapa) —

Round 3 opens 6 January 2027 and closes on the 2 February 2027 with decision made late April 2027
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

Whanganui District Council's Waste Minimisation Fund Round 2 opens 1 September 2026 closes 13 October 2026. www.whanganui.govt.nz/Community-and-Places/Funding-Opportunities/Waste-Minimisation-Fund

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

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.

Building a More Inclusive Whanganui

Can you Help to create a Sensory Room for Whanganui

Whanganui Community Sensory Room Project

Local organisations, families and whānau, people with disabilities, and community representatives are working together to establish a dedicated sensory room for the Whanganui community.

The project currently involves IDEA Services, IHC Association, Your Way | Kia Roha, Parent to Parent, Autism New Zealand, Arahunga School, Alzheimer's Whanganui, MASH Trust, Te Oranganui Trust, Founders Care Trust, Laura Fergusson Trust, CCS Disability Action Whanganui, and other community representatives.

The sensory room will be an accessible, safe, calming, and inclusive space designed to support disabled people of all ages, including neurodiverse people and those who experience sensory challenges. It will also provide a valuable resource for families, whānau, carers, and support services.

Currently, many Whanganui families must travel to neighbouring centres to access specialist sensory facilities. Establishing a sensory room locally will reduce this barrier and provide people with easier access to support within their own community. It will also encourage greater participation, inclusion, and wellbeing.

The project group meets every two months to guide the development of the sensory room and ensure the project progresses within agreed timelines and budget.

To make this important community resource a reality, the group is seeking sponsorship, grants, and community support to help fund the design, equipment, and fit-out of the facility.

Together, we can create a lasting resource that improves accessibility, inclusion, wellbeing, and quality of life for people throughout Whanganui.

For more information, please contact Nerrily Frith on 027 458 6480.

What's on — mark your diaries!

L & L 2026

LUNCH & LEARN

Come along to our FREE Lunch & Learn sessions every second Wednesday of the month. A relaxed and inclusive space to meet others, enjoy lunch, and learn something new.

Bring your lunch
Tea and Coffee provided

12:00PM – 1:00PM
COMMUNITY HOUSE

hello@cldcollective.org.nz

UPCOMING SESSIONS:

- ✦ **Wed 14 Oct:** Navigating Complexities with Jo Voice. *Responding to complexity, challenging behaviour and barriers to change*
- ✦ **Wed 11 Nov:** Reflect, Reset & Prepare for the New Year with Beth Savage
- ✦ **Wed 9 Dec:** Wellbeing Shared Lunch

Proudly facilitated by the



Community-Led
Development Collective
Whanganui
many voices, shared purpose

What's on — mark your diaries!



The Salvation Army
4-6 Indus Street,
Whanganui

Christmas Planning Course



Amethyst Meade
Community Navigator

What You'll Learn:



Making Memories

- Discuss low-cost traditions to start with your family
- Create personalised mugs for your family
- Make hot chocolate mix to enjoy as part of a Christmas Eve tradition



Handmade Gifts

- Paint a terracotta pot as a gift for someone in your family
- Create a Playdoh kit to gift to one of your tamariki



Thifty Gifts

- Handpick a gift for someone from our second-hand selection
- Gift Wrapping



Festive Feasting

- Roast chicken, roast potatoes, and trifle
- Decorate Christmas decorations

Event Details:



**4 weeks in Sept,
Oct, or Nov**



**1 hour per week:
Mondays 1pm OR
Thursdays 10am**



**6 Indus Street,
Whanganui**

**Plus: Take home a folder
of resources to recreate
the fun at Christmas time**

FREE!

Text: 022 011 2282

amethyst.meade@salvationarmy.org.nz

What's on — mark your diaries!

THIS IS GRIEF

On the Road

Let's talk about grief.

Stories, conversations and connection
across Aotearoa.

Conversations
that matter.
Communities
that connect.



Grief isn't
the end of the story.



Kirsten O'Connor
Author • Founder, This Is Grief



WHANGANUI

UPPER LOUNGE
CHRIST CHURCH ANGLICAN CHURCH



TUESDAY
3 NOVEMBER 2026



2PM – 3.30PM

FREE COMMUNITY EVENT

REGISTRATION RECOMMENDED



Stories, conversations and connection
around grief, loss and what it means to
keep living after life changes.

Register free



OR VISIT

thisisgrief.nz/on-the-road

TO REGISTER

Because grief happens. Connection helps.

What's on — mark your diaries!

BELONGING *Matters*



Mental Health 12-18 | 20
Awareness Week OCT | 26

Simple moments
Deeper connections
Better mental health

Whanganui Budget Advisory Service Inc.
Annual General Meeting
Thursday 29th Oct 2026
at 7.00 pm in the WBAS office
183 Wicksteed St, Whanganui
(behind the Trinity church)



What's on — mark your diaries!



LA FIESTA IS NZ'S BEST WOMEN'S FEST

*La Fiesta number 18 is set to run
from 10 February to 10 March 2027
Brought to you by the wonderful
Whanganui Women's Network*

EXPRESSIONS OF INTEREST ARE NOW OPEN!

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

SUBMISSIONS DUE: 13 NOVEMBER 2026

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



*Facebook pages: La Fiesta NZ
Women's Network Whanganui*

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



What's on — mark your diaries!

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 2027: Expressions of interest now open! Our 18th annual revolution of NZ's Best Women's Fest is set for 10 February to 10 March in 2027. Expressions of interest are now open so get in touch if you have an idea for a fab festival activity, or know someone who does. Our festival theme is: champion women, engage community, lead the way. We'd love to hear from you! Expressions of interest are due by 13 November.

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! **Every month, usually on the third Tuesday, 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, join us on the **first Wednesday each month** for a social meet up. Open to all ages and stages. Whether you live or feel alone, are new to town, or simply want to connect, come along! 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! You can also find us on Instagram @Women's Network Whanganui

What's on — mark your diaries!

The Community-Led Development Conference is back!

Friday 5 March 2027

Interested in speaking or presenting at the conference?

We're looking for people, organisations and community groups who have knowledge, experiences, practical tools, projects or stories they would like to share.

You could lead a workshop, share a community project or success story, facilitate a conversation, deliver a presentation – or suggest something completely different.

You don't need to be a professional speaker. We're looking for real experiences, practical learning and ideas that can support and inspire others working in our communities.

Please copy the link below and fill out the form below and we will be in touch.

Link: <https://forms.gle/w7pyUXFT3aAWzBJN8>

CLD CONFERENCE

MARCH 2027



Community-Led
Development Collective
Whanganui
many voices, shared purpose

SAVE THE DATE

MARK YOUR CALENDAR AND GET READY FOR THE
COMMUNITY-LED DEVELOPMENT CONFERENCE.

05

03

27

SOCIAL MEDIA | @FACEBOOK.COM/CLDCWHANGANUI



What's on — mark your diaries!



Nau mai, haere mai

To our RESPITE CAMP for whānau Māori with Te Iho Tātai-ā-Rongo (FASD).
Join us as we provide respite and sustenance for you and your mokopuna.



ĀHEA: 2pm Friday 16 October 2026 - 2pm Sunday 18 October

KEI HEA: Pūtiki Marae - 30 Takarangi Street, Pūtiki, Whanganui 4500

TE UTU: Kore (No Cost) Kai & Accommodation Provided

- Safe spaces for sharing lived experiences
- Mātauranga Māori-based strategies
- Guidance from other whānau and experts
- Skilled Kaitiaki (Hāpai Ō) to care for your tamariki

For more info contact Kelly Rongonui 022 677 3132 or Te Oraiti Butler (Whanganui) 0204 084 9691

www.teihotataiarongo.org

What's on — mark your diaries!

WHANGANUI
Living Well, Ageing Well
TE ARA KI TE ORANGA | EXPO 2026



6 October 2026
War Memorial Centre
10:00am - 3:00pm

A free community expo celebrating positive ageing in Whanganui.

Discover over 40 local services, activities and community groups, hear from guest speakers, try something new and connect with others.

Whether you're planning ahead or simply keen to see what's happening in our community, there's something for everyone.

Visit whanganui.govt.nz/events for more information.

Made possible with the support of our community:



TE KAUNIHERA Ā-ROHE O
Whanganui
DISTRICT COUNCIL



Whanganui Regional
Health Network



What's on — mark your diaries!



Addiction 101

➤ **FREE workshops | Whanganui**

About the workshop

Addiction 101 is an interactive one-day workshop which will increase your knowledge of addiction and recovery, while giving you the confidence to manage situations and respond supportively.

You'll learn what can lead a person into addiction, what strategies can help them change, when to get professional help, and practical ways to look after yourself.

Our experienced facilitators bring a huge amount of professional and personal experience to the day, running interactive activities and stimulating conversations that bring the learning to life.

Participants receive a workbook full of Addiction 101 notes, additional reading, and a directory for support and assistance, plus access to an interactive e-learning to apply what you learn.



Learning outcomes

After attending Addiction 101, participants will be able to:

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

“

“Attending the workshop is about gaining an understanding about where the person is coming from, and working alongside them.”

Workshop details - Whanganui

Choose the date that suits best.

Monday 5 October, 9am - 4.30pm

Tuesday 6 October, 9am - 4.30pm

Venue: 151 on London Motel & Conf Centre

Scan QR codes to register

October 5



October 6



www.blueprint.co.nz

Health New Zealand
Te Whatu Ora

What's on — mark your diaries!

WHĀNAU ORA DAY

2026



WHEN: Saturday 07 November

WHERE: Springvale Stadium, Whanganui

TIME: 10am - 2pm



NAU MAI HAERE MAI!

For more information: email events@teoranganui.co.nz

What's on — mark your diaries!

our net

NO INTERNET AT HOME?

CHECK YOUR ELIGIBILITY



Fibre-ready home
with **no** active connection
to internet.

\$26 /MONTH
FIBRE INTERNET
FOR ELIGIBLE HOMES

*Available in selected Tuatahi Fibre regions.




UNLIMITED
FIBRE INTERNET


NO
CONTRACT


MODEM
PROVIDED


SET-UP SUPPORT
IF YOU NEED IT



GET CONNECTED TODAY! |  www.our.net.nz

Proudly partnered with

 **Tuatahi**
Fibre

Working together
to keep whānau
connected.



AVAILABLE FOR ELIGIBLE WHĀNAU:



KĀINGA ORA
TENANTS



SUPERGOLD
CARD HOLDERS



HOMES WITH TAMARIKI IN
KA ORA KA AKO SCHOOLS



What is Sunshine Village?



SUNSHINE VILLAGE
It takes a village to grow new pathways

**“An inclusive community that brings
all abilities together”**

**Find us on Facebook
“Sunshine Village Whanganui”
Or contact
Sarah-May 027 423 6526
Or Mereana 027 230 0199
to get information on
upcoming events**

What's on — mark your diaries!



**You are invited to the Whatever
AGM**



Wednesday, 5th November 2026



4:00pm – 5:00pm



39 Drews Avenue, Whanganui

**RSVP BY EMAIL OR PHONE :
admin@whatever.org.nz or 06 348 9935**

RSVP by: Friday 30th October 2026

What's on — mark your diaries!

ANXIETY

Coping Skills Group

MENTAL HEALTH & WELLBEING SUPPORT

This group is for adults who experience anxiety, that is having an impact on their everyday lives.

To work on reducing the impact anxiety holds on your life and working on long-term behavioural changes.

COVERED IN THE ANXIETY COPING SKILLS GROUP:



What is anxiety, and how does anxiety impact us



Understanding our thoughts, and looking at thinking patterns



Exploring behaviour change to reduce impacts of anxiety



Learning helping skills and coping strategies



Developing effective communication skills



Working on self-care



**RUNS WEEKLY
FOR 7 WEEKS**



**FOR AGES
18 OR OLDER**



FREE



PHONE:
(06) 345 3301



EMAIL:
office@mhws.co.nz



WEBSITE:
www.mhws.co.nz



ADDRESS:
210 Wicksteed Street, Whanganui

*You don't have
to manage anxiety alone.*



Join a supportive group, learn practical tools and strategies, and take steps towards feeling better.



LEARN. CONNECT. GROW.

Take the first step towards a calmer, more confident you.



What's on — mark your diaries!

Stay Cyber Safe Whanganui



If something goes wrong
online **ACT FAST!**

Who to contact:

1. Financial scams and fraud.

► Your Bank

2. Immediate harm, threats to life and physical safety, or criminal activity.

► New Zealand Police

3. Online behaviour or posts causing serious emotional stress.

► Netsafe

4. Hacks and scams on social media.

► Your social media platform

More help: classificationoffice.govt.nz
See "How to Report Harmful or Illegal Online Content in New Zealand."



Five Small Habits for Big Protection Online

1. Create long, strong and unique passwords.
► One of the simplest security upgrades.
2. Use two-factor authentication (2FA).
► Stops most account takeovers.
3. Turn on auto updates.
► Updates close security gaps.
4. Set social media to private.
► Protect yourself and your friends.
5. Think before you click.
► Stop. Check. Then decide.

Small habits. Big difference.

Learn more
ownyouronline.govt.nz



What's on — mark your diaries!



HAKEKE ST COMMUNITY CENTRE & LIBRARY

WHAT'S ON *Weekly Programmes*



MONDAY

- 9:30am Hakeke Hub Book Lovers Club – *Last Monday of the Month*
10:00am Quilt & Stitch *BYO Craft*
11:00am Whānau Pēpi *Parents & Babies Group*
12:00pm – 4:00pm Health Bus *Your wellbeing hub.*

TUESDAY

- 9:30am – 11:00am **NEW!** Mummas & Makeup *11 & 25 August*
10:00am Art Group *BYO Craft*
10:00am Eastside Cards
1:00pm Steady As You Go *(NZ\$3)*
2:15pm Steady As You Go *(NZ\$3)*
6:30pm – 8:30pm **NEW!** Adults' Evening Craft *BYO Craft*
Starting Tuesday 28 July

WEDNESDAY

- 8:00am Yoga *(NZ\$15)*
10:00am Let's Get Crafty *BYO Craft*
10:30am Life After Stroke – *Third Wednesday of the Month*
1:00pm Te Kura – Correspondence School Art Class
3:00pm Board Games

THURSDAY

- 10:00am Aphasia – *Third Thursday of the Month*
10:00am Creative Writing
3:00pm PlayLab – *Outdoor sport & activities*

FRIDAY

- 10:00am Over 65s Hub – *First Friday of the Month*
10:30am **NEW!** Storytime

SATURDAY

- Library Open
10:00am – 2:00pm

SUNDAY

- 8:00am Yoga *(NZ\$15)*
Library Closed Sundays.

LIBRARY OPENING HOURS

MONDAY – FRIDAY
9:00am – 4:30pm

SATURDAY
10:00am – 2:00pm

SUNDAY
Closed

65 Hakeke St,
Whanganui East



06 927 6707



admin@hakekest.org.nz



Facebook:
Hakeke St Community Centre & Library

Fundraiser



HAKEKE ST COMMUNITY CENTRE & LIBRARY

WHAT'S ON *Spring School Holidays 2026*



FREE PROGRAMMES & ACTIVITIES

WEEK ONE

MON 28 SEPT COMMUNITY SPORTS 11am – 1pm with Te Ora Hou BBQ Afternoon: Colouring competition starts	TUE 29 SEPT SPRING CRAFTS 1pm – 2pm Afternoon: LEGO	WED 30 SEPT PAPER SCROLL BOOKMARKS 1pm – 2pm Afternoon: Board games	THU 1 OCT PLAY LAB OUTDOOR PLAY 1pm – 2pm Afternoon: Chalk the Hakeke	FRI 2 OCT DR SEUSS A persons a person thumbprint art 10am DISCO 3:30 – 4:30pm (7 & under) 5:00 – 6:30pm (8 & older)	SAT 3 OCT MINECRAFT BOARD GAMES LEGO 10am – 2pm Afternoon: Board games
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WEEK TWO

MON 5 OCT SLIME MAKING 1pm – 2pm Afternoon: Minecraft	TUE 6 OCT SPRING CRAFTS 1pm – 2pm Afternoon: LEGO	WED 7 OCT PAPER SCROLL BOOKMARKS 1pm – 2pm Afternoon: Board games	THU 8 OCT PLAY LAB OUTDOOR PLAY 1pm – 2pm Afternoon: Chalk the Hakeke	FRI 9 OCT DR SEUSS Fox in socks 10am 2pm Colouring competition winners announced	SAT 10 OCT MINECRAFT BOARD GAMES LEGO 10am – 2pm Afternoon: Board games
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65 Hakeke St, Whanganui East

06 927 6707

admin@hakekest.org.nz

Hakeke Community Centre & Library

www.hakekest.org.nz

Hakeke Street Community Centre PRESENTS

DISCO

ALL WELCOME! MUSIC • DANCING • FRIENDS • FUN! CONNECT BELONG THRIVE

\$1 ENTRY FEE

★ 7 YEARS OLD AND UNDER	★ 8 YEARS OLD AND UP
🕒 3.30pm – 4.30pm	🕒 5.00pm – 6.00pm

SAUSAGE SIZZLE / CHANGEOVER: 4.30pm-5.00pm

\$5 COMBO DEAL

ICE CREAM • SAUSAGE • DRINK • GLOWSTICK

DATE: **Friday 2nd October** LOCATION: **Hakeke Street Community Centre**

ICE CREAM \$2	SAUSAGE SIZZLE \$2	GLOW STICK \$2	LOLLIES \$1	DRINKS \$2
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PLUS SPECIAL GUEST APPEARANCES!
SpongeBob & Winnie the Pooh

A SAFE, FRIENDLY AND FUN EVENT FOR OUR COMMUNITY

Put your mobile number on the back so we can contact you if you win!

Have fun!

Grab a colouring sheet from the library and add your:

- Name
- Age
- Suburb

5 WINNERS will be announced **Friday 9 October**. Check our Facebook page.

Enter the **Whanganui East Hakeke St Colouring Competition!**

HAKEKE ST COMMUNITY CENTRE & LIBRARY

First Name: _____ Age: _____

Suburb: _____

Hakeke Street Community & Library



OP SHOP ARAMOHO

now open

THURS- FRI- SATURDAY

9.30am-1.30pm



*Community fundraising to build
two long-term rentals for the elderly*

HOUSEHOLD FURNITURE

CLOTHES -KITCHENWARE – TOYS- BOOKS

TOOLS & MORE

**We have moved to the end of Weka St,
off Brunswick Rd.**

CASH OR BANK PAYMENT ON PURCHASE

Shop with purpose. Give hope. Build homes.

Fundraiser

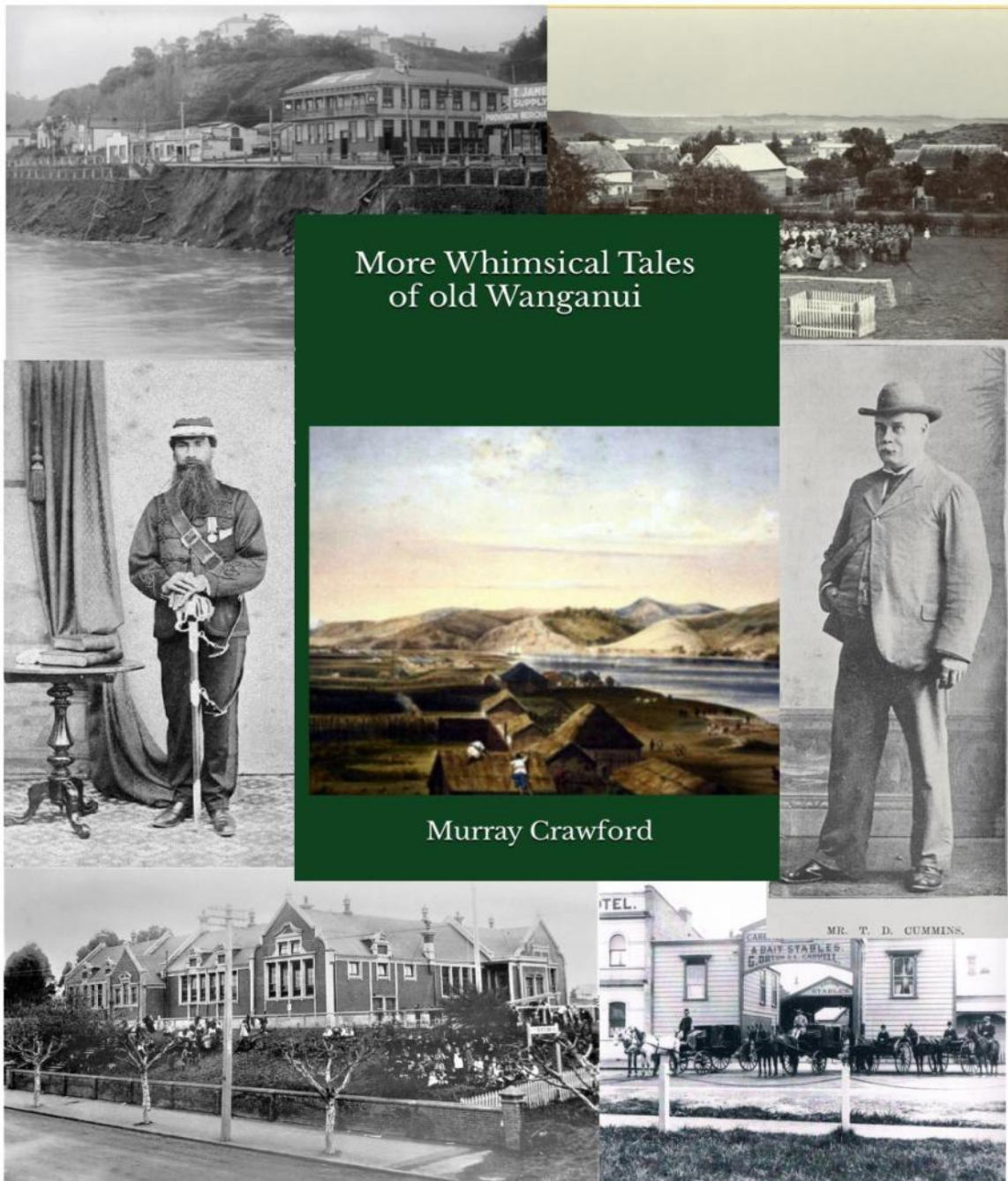
Special thanks to Murray Crawford for producing
More Whimsical Tales of old Wanganui

\$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



Visual description: A purple Whaikaha logo with a QR scan for the NZSL name.

Level 2

Te Puāwai o Te Aroha / Pastoral House
25 The Terrace
Wellington 6011
New Zealand

5 August 2026

Tēnā koe

Last year, I wrote to local government chief executives about the rights of disability assist dogs and their handlers, and the barriers some disabled people continue to face when accessing public transport, public places and services, despite having legal access rights.

Recognising these ongoing barriers, the Ministry of Disabled People – Whaikaha partnered with the disability assist dog organisations, Service Dog Advisory New Zealand, and the Ministry for Cities, Environment, Regions and Transport to develop the National Service Dog ID Card.

The card provides a nationally consistent way to identify trained and certified disability assist dogs and their handlers. It is issued and managed by the organisations responsible for training and certifying disability assist dogs.

The National Service Dog ID Card does not create new rights. Instead, it provides a simple way for businesses, service providers, transport operators and frontline staff to recognise trained and certified disability assist dogs and understand the rights they already have.

As leaders in local government, you have an important role to play in helping ensure disabled people can access public transport, community facilities, services and public spaces without unnecessary barriers.

As the card is rolled out, I encourage you to ensure organisations delivering public transport services on behalf of councils are aware of the National Service Dog ID Card and the legal access rights of disability assist dogs. Please also share this information with council staff, contractors and others responsible for managing community facilities and services.

To support this, we have attached a factsheet and poster for distribution within your organisation and to relevant service providers.

Greater awareness of disability assist dogs and their access rights can help reduce barriers and support disabled people to participate in their communities.

Thank you for helping make council services, facilities and public spaces more accessible.

Ngā mihi nui



Paula Tesoriero MNZM ([pronoun she/her](#))

Te Tumu Whakarae | Chief Executive

Ministry of Disabled People - Whaikaha

Whaikaha.govt.nz

Disability assist dogs are welcome here

Disability assist dogs (also known as certified service dogs) have a legal right to enter public places and businesses, and use public transport. These dogs support disabled people to take part in everyday life. They are highly trained working dogs, not pets.



Where they're allowed

Under New Zealand law, disability assist dogs can go anywhere the public can go, including public transport, shops, hospitality, accommodation, health services, churches and education settings. Disability assist dogs and their handlers cannot be refused entry or asked to leave. They do not need to wear a muzzle.

How to recognise a disability assist dog

Certifying organisations expect dogs to wear a jacket or harness and handlers to carry an ID card.



The disability assist dog sector has introduced the National Service Dog ID card to make it easier to recognise disability assist dog teams.

Not all dogs have the same access rights

Eight specialist organisations are authorised under Schedule 5 of the Dog Control Act 1996 to train and certify disability assist dogs:

- Assistance Dogs New Zealand Trust
- Blind Low Vision NZ
- Hearing Dogs for Deaf People New Zealand
- K9 Medical Detection New Zealand
- Mobility Assistance Dogs Trust
- New Zealand Epilepsy Assist Dog Trust
- Pawsible Service Dogs
- Perfect Partners Assistance Dogs Trust

Dogs certified by K9 Search Medical Detection before 20 December 2024 also have legal access rights but are not eligible for the National Service Dog ID card.

These access rights do not apply to pets, emotional support animals, therapy dogs, or off-duty working dogs.

What you need to do

- Let the handler and dog enter and stay without delay, and make them feel welcome.
- Speak to the person, not the dog.
- Give the dog and handler space.
- Do not ask about the person's disability.
- Do not separate the handler from their dog, charge extra fees, or distract the dog.

mcert.govt.nz/disability-assist-dogs



Scan to learn about disability assist dogs



Community News



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** ie. the know-how to use the internet and digital technology in ways that are appropriate and beneficial.
- NZers need to **trust** in the internet and online services. They need digital literacy to manage their information and avoid scams and harmful information.

Who are we for?

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

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



Improving computer access and digital skills in our communities

MARTON icthub

What can we provide?

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

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

Angela Coleman
Marton Hub Manager and Trust Secretary
021 1234 727

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

Westpac Bank 03 0683 0209259 000

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

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



We're connecting communities in Whanganui.

Stay safe, stay informed.

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

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



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

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/>

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





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@gmail.com
Open Monday-Friday 9.30am-1pm



COMMUNITY LEGAL
ADVICE WHANGANUI
He Ipohanga, He Whakamāramatanga

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)

Would you like to:



Strengthen immunity



Support quality sleep



Improve digestion



Balance hormones naturally



Relieve anxiety



Weight management



Maintain healthy skin

An invitation

to learn how essential oils and supplements can support your health.



Contact
Diane Daniel
for a live demo
or via zoom.



Contact:



Diane Daniel



021 518265



dianedaniel336@gmail.com





**TWO SOLUTIONS,
ONE TRUSTED NAME**

**BECAUSE YOUR
PEOPLE MATTER**

Outsourced Personnel - Your Partner in Recruitment and Safety

As Whanganui's trusted boutique recruitment agency, we specialise in temp, contract, and permanent office roles. Now, we're also your go-to for SOSKits, offering emergency preparedness and first aid solutions.

Whether you need top talent or workplace safety essentials, Outsourced Personnel has you covered!

**CALL US NOW
0210 620 292**



hello@outsourcedpersonnel.co.nz
www.outsourcedpersonnel.co.nz

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 with conferencing system

Available for Hire

Community House Whanganui

60 Ridgway Street, Whanganui

office@communityhouse.org.nz

(06) 347 1084



Halls / Rooms for Hire

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



St Paul's in the City
Corner of Guyton and Cooks Street,
Whanganui.

For more information and bookings call Rachel
at St Paul's in the City-Church Office-
Call the Office (06) 345 9318
Email:- officestpaulschurch@inspire.net.nz
(Office Hours:- Monday to Thursday 07.30am to 3.30pm
Fridays 7.00am-12.00pm)

Rooms for Hire -Three different sized rooms available for hire for meetings,
at very reasonable rates. With option of heating. WIFI & TV for projection
(sound & Audio visual in the Hall)

The Worship Centre/Hall can seat about 100-130 people

Brechin Lounge can seat about 60 people

Small Lounge can seat about 25 people (Theatre style seating- in rows)

The Hall & Brechin Lounge have a serving hatch
access from the kitchen. Also Available
Extra Tables & Whiteboard.

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

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

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



WHANGANUI
Creative
SPACE

whanganuics@gmail.com

Studio Space to Rent

We have Art Studio Space
available for rent.

- Centrally Based
- Price Negotiable
- Ideal for a one- off project
- for a weekly regular spot.

Available

- Monday, Tuesday, Wednesday, Friday, Saturday and Sunday Evenings.
- Thursday, Friday, Saturday and Sunday All Day

Email for more Information

↑ ↑ ↑
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

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"



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

VOLUNTEERS NEEDED!

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

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

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

All volunteers will be police vetted.



Volunteers / Help Wanted



**VOLUNTEER
Whanganui**



BECOME A VOLUNTEER!

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

NEED VOLUNTEERS?

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

WAYS TO GET IN TOUCH

LOCATION

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

TELEPHONE

Sandra or Elizabeth T 06 347 9430

EMAIL

whanganuivolunteercentre@xtra.co.nz

OFFICE HOURS

MONDAY TO THURSDAY

9:00 A.M. – 4:00 P.M.

VOLUNTEER OF THE MONTH

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

Foster Parents Needed



Find out more about foster care with Open Home Foundation

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

Contact our
Whanganui Service Centre
06 345 7043 or Whanganui@ohf.org.nz

www.ohf.org.nz

A Christian Community Response



Are you ready to make a difference?



St John
Here for Life

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

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

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

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

Phone: 0800 266 547

Email: healthshuttle.wmw@stjohn.org.nz

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

Volunteers / Help Wanted



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



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

Laundry/Shower Service

**FREE
SHOWER
SERVICE.**

For those
who do
not have
access to
water.



**WE ARE ALSO
HAPPY TO
ANNOUNCE**



**THURSDAY weekly
10am -12pm.
Harrison St Community
Hall. Corner of
Liverpool & Harrison.**

**HAIRCUT &
FRESH
CLOTHING FOR
CLIENTS ARE
ALSO
AVAILABLE.**



Hopemobileservice@gmail.com



Hope - Mobile Laundry and Showers

Free Food / Meals

Where to find free meals and kai in Whanganui

City Mission Foodbank – 9 Park Place (Central)

Monday-Friday 9am-1pm

Fair Share Kai – Saint Luke's, 34 Manuka Street (Castlecliff)

Pantry: Thursday 12.30pm-1.00pm

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

Community Meal: Monday 5:30pm

Koha Shed – 88 Duncan St (East)

Community Fridge: Monday-Friday 12.30 pm-1.30 pm

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 – 9 am Tuesday 6 pm – 7 pm Soup and buns.

Stone Soup, Te Ora Hou – 32 Totara Street

Pantry: Tuesday 1pm until all food has been given out.

To Be Kai Unity – Harrison Street Community Hall

Free Community meal Thursday 11 am – 12 noon and free food share.

Saturday Free evening meal – 10 Liverpool Street 4 pm – 5 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, Wednesday and Thursday 10 am to 2 pm

COMMUNITY FRIDGE

Monday to Friday 12.30 pm to 1.30 pm



Putting Unity
Back In Community

TKSA
f | THE KOHA SHED AOTEAROA

SHARE
Share garden or Kitchen surplus.
eg. seeds, seedlings, foraged finds, plants, fruit, preserves, cuttings, ferments, baking, pantry excess.

CONNECT
Connect with your community. Bring a friend, your whānau or just yourself. Enjoy a free cuppa, kai and kōrero. All are welcome, if you have nothing to swap - come anyway!

CROP SWAP

ARRIVE AT 10.30AM - 10.45AM
SWAP STARTS 11:00AM SHARP
PLEASE DON'T BE LATE!
HELD ON THE 2ND SATURDAY OF THE MONTH IN 2026

11TH APRIL 9TH MAY 15TH JUNE
11TH JULY 8TH AUGUST 12TH SEPTEMBER
10TH OCTOBER 14TH NOVEMBER
12TH DECEMBER

WHANGANUI KAI HUB
267 ST HILL STREET

WHANGANUI KAI HUB
Connecting people with kai

MORE DETAILS:
[BITLY/KAIHUBCROPSWAP](https://bit.ly/kaihubbropswap)
[KIAORA@WHANGANUIKAIHUB.ORG](mailto:kiaora@whanganuikaihubs.org)

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, 12.30pm to 1.30pm

Pop-up shop at the Koha Shed supports our fundraising and is open as advertised on our Facebook page

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



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

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

Putting Unity Back In Community

TKSA
f THE KOHA SHED AOTEAROA

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

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

Interest Groups

KOHA KNITTERS

WOOL WANTED

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

Call Donna Wallace on 022 083 0901

Wool Wanted

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



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

Singing FOR THE BRAIN

Every Wednesday
10:30am - 11:30am

come sing with us!

LAURA FERGUSON TRUST
115 LIVERPOOL STREET
COLLEGE ESTATE
WHANGANUI

★ No cost
★ Everyone welcome



Proud supporters of
Community House
Whanganui

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



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)*

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



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 – Edwynna - 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



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

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

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





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>](mailto:rivercitypickleballnz@gmail.com)
[facebook.com/rivercitypickleballnz](https://www.facebook.com/rivercitypickleballnz) : 0222329029

Interest Groups

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



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**

  **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
rbfkf.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



The Rebus Club of Wanganui.

Meet at

Kowhainui Retirement Home

88 Virginia Rd. Otamatea Wanganui.

10am...on the 1st Tuesday of each month.

**We have interesting Guest Speakers
every month,
Followed by lunch at a local Restaurant
(optional)**

Rebus is an association of Active "Seniors"
who join together forming clubs.

This provides regular occasions to keep
minds active, expand interests and enjoy the
ready fellowship and conviviality of new
friends and like minded people.



Contacts.

President:-

Jim Hulbert: 0634 54937
email...beverleyandjim@xtra.co.nz
mobile.....0272439572

Vice President:-

Patti Furniss:
email....pfurniss53@gmail.com
mobile.....0272744477

Secretary:-

Paerau T/Mosen: 0634 77731
email...antiquemary@xtra.co.nz
mobile....0272408540

Treasurer:-

Grace Phillips: 0634 45247
email...gracie_w07@hotmail.com
mobile.....0272218837

Committee.

Beverley Tulloch
email...beverleyandjim@xtra.co.nz
mobile...0272439572
Kelvin Adam...
email.jacky.kelvin.adam@gmail.com
mobile:...0274613750
Karen Cook
email...hijakpn@hotmail.com
mobile...0275676173

REBUS WEBSITE
www.rebusnz

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, ie..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.

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 was formed as a Probus Club
and is now in its 42nd year,
in 2015 becoming an affiliate of
Rebus NZ inc,
a New Zealand accreditation agency for
the former Probus Clubs

Interest Groups

JOIN OUR WALKING GROUP!

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

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

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

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



**Retired or semi-retired?
U3A is for you.**

*Socialise in small groups
Share knowledge
Learn
Have fun*

www.u3awhanganui.co.nz
Ph 0211 432770



The Ward Observatory

Wanganui Astronomical Society

for more information visit

www.facebook.com/WanganuiAstronomicalSociety

Tramway Wanganui Trust

Tram Rides

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



Group Bookings Welcome

Phone Bruce 022 123 4535(text)

Email: whanganuitram12@gmail.com

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

Interest Groups and Support Services

TEA AND TOPICS



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

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

whanganuilibrary.com

Need a bit of help?

Using library apps
*Libby *PressReader
*Kanopy
*Beamafilm

Using the
Library
catalogue

Getting
started with
family
history

Using your
phone or tablet
or ereader

Te Taurawhiri
collection
(Maori Information)

Using social
media

Applying for
jobs online

Library tours

Choosing
books

Book A Librarian

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

whanganuilibrary.com



New to Whanganui?

Like to meet new like-minded people?

Always wanted to join a bookclub?

– well now is your chance

A book club with a difference has started up in Castlecliff

THEMES

Venue: Castlecliff Library

Time: 1.30pm until 3pm

Day: 1st Tuesday in each month

Register now

For information and/or registration please contact

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

Whanganui District Library Home Service



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

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



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

Support Services for Whanau & Children



*"I loved becoming a mum, but
I wish I knew where I could
ask for help."*

Connect With Your Village;

Join for FREE:
hub.thevillagenz.org



An Initiative Of The



Wright Family
Foundation

Support Services for Whanau & Children

Help with breastfeeding is just a video call away

We know breastfeeding isn't always easy. But you are not alone. That's why we offer a free breastfeeding service to support you on your breastfeeding journey.

Please contact us for a free and private video call with a Plunket breastfeeding specialist or lactation consultant to help whenever you need it. Have a kōrero with us to get some advice whether its about latching, milk supply or for any questions about breastfeeding.

This is a free service available for all breastfeeding māmā and you don't need to be enrolled with Plunket.

For more information and to book online, please visit www.plunket.org.nz/vcbreastfeeding or call Plunket Line on 0800933922 (free 24/7).



Volunteering for Plunket

Nāu te rourou, nāku te rourou, ka ora ai te iwi.
With your food basket and my food basket, the people will thrive.

'A little help goes a long way'...

Plunket is built on the hard work of its volunteers. They played a crucial role in the establishment and development of the organization.

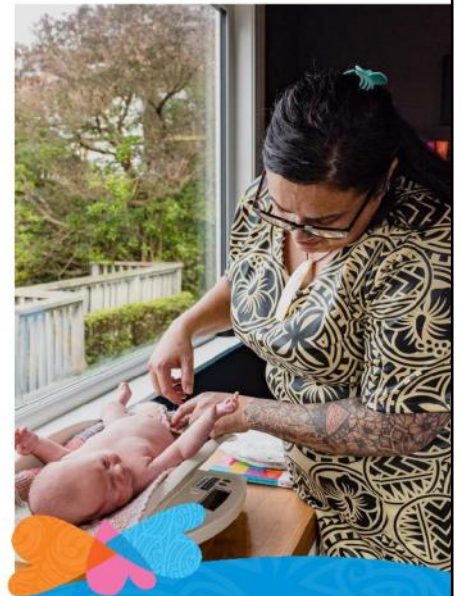
If you have some time to spare time (even just an hour or 2 once a week/fortnight), we would appreciate your support to manage a few tasks at the swap shop like sorting the bags or admin or greeting the parents when visiting the shop and clinics. Ngā mihi nui

Any enquiries regarding Volunteering, Playgroup, Māmā connect or the Swap shop please contact: dipti.pandurangi@plunket.org.nz

At Whanganui Plunket Rooms, we have:

Well child services - Registered Nurses
Kaiāwhina and Health worker
Wānanga and Māmā connect group
Play group - MOE registered
Clothing - Swap shop

All the services are free and everyone is welcome!
For more information visit: plunket.org.nz



Plunket Whanganui



Immunisation and Drop – in clinics

Immunisation clinic
Plunket Centre
6 Bates Street, Whanganui
Thursday 9am-3pm

Come and see us at Whanganui Plunket rooms for your immunisations to stay protected from serious illnesses. Hapu mama immunisations also available. To book and appointment, please talk to your nurse or Kaiāwhina or call our admin line on 0800 184 803

Book an appointment / walk-ins welcome.
Contact kirsty.archer@plunket.org.nz for more details.

All immunisations for tamariki are free on the National schedule including MMR (Measles, Mumps and Rubella), Whooping cough, Chicken pox (at 15 months) and more!

Drop – in clinic: 9am – 12pm
Every Monday (excluding public holidays)

No appointment necessary. If you are wanting to see a health worker to connect and have a chat or check your child's growth, please visit our Plunket rooms. Please contact Heidi on heidi.wright@plunket.org.nz

To book an appointment / for all other enquiries,
Contact: Free Plunket Admin Line - 0800 184 803
Email: Central.Admin@plunket.org.nz



Playgroup / Swap Shop

Plunket Playgroup
6 Bates Street, Whanganui

Ministry of Education registered, community led playgroup for parents and caregivers of children under 5 years. Turn up, set up, play alongside your children, meet others, make new connects.

Monday mornings - 10.00am - 11.30am

Please bring a healthy snack and drink for your child(ren). Parents can use the kitchenette to make a cuppa. Free to attend and everyone is welcome!

Clothing Swap Shop - Plunket Centre
6 Bates Street, Whanganui
Monday - Friday 9.00am – 3.30pm

If you can, please bring in good condition preloved baby and toddler clothing/footwear you no longer need or no longer fit and swap for a bag of clothes. This initiative supports local whānau, reduces waste and build stronger community.

Bring what you can – take what you need!
Nau mai hare mai



Māmā connect and Wānanga

Whānau Wānanga

Wānanga is held monthly at the Whanganui Plunket rooms by our kaiāwhina. A time for whānau to come together, participate in a creative activity and share knowledge/education on relevant health topics, all whānau with tamariki under 5 years of age are welcome. Kai and cup of tea are provided.

Contact kaiāwhina for more information:
samantha.haverfield@plunket.org.nz
natasha.tomlins@plunket.org.nz

Māmā connect - Coffee Group PIN (Parenting in the Neighbourhood)

Come along for an opportunity to meet with other parents, connect and listen to a free series of interesting and informative talks aimed at parents of new babies (0-6 months) in the Whanganui area. This is your space to make new friends and feel supported. We have kaiāwhina to support whānau in this space.

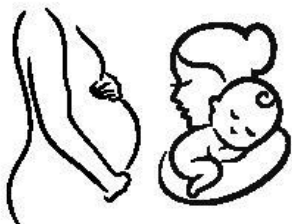
PlunketLine
0800 933 922



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:



Curtains



Ventilation



Heaters



Minor
Home
Repairs



Bedding

+ more!

CONTACT US TODAY!

Email: healthyhomeswhanganui@wise.org.nz

Free Phone: 027 555 0037

Website: www.wise.org.nz



WISE
Charitable Trust



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.

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

SUPPORT OUR MAHI



WOVEN WHĀNAU

office@wovenwhanau.org.nz

WHAT YOU CAN DONATE:

- Food or koha towards our grandparents' dinners and High Tea event
- Donate koha towards our mahi with grandparents in Taihape
- Donate koha towards the deposit to support our whānau to access the social supermarket

HOW YOU CAN HELP:

- Provide a workshop or training presentation to our parents or grandparents groups.
- Serve a meal at our grandparents dinner
- Join our fundraising project team
- Provide a wellbeing activity for our whānau
- Help us find and fund new premises
- Connect us with businesses or a café that can support our mahi

CONNECT WITH US:

- Come along to our once a term Community Kōrero Hui
- Follow us on Facebook @ Woven Whānau Whanganui
- Pop into our space Mon-Thurs 9am - 2pm
- Email any enquiries to: office@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

18/06/2025 12:00 PM

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

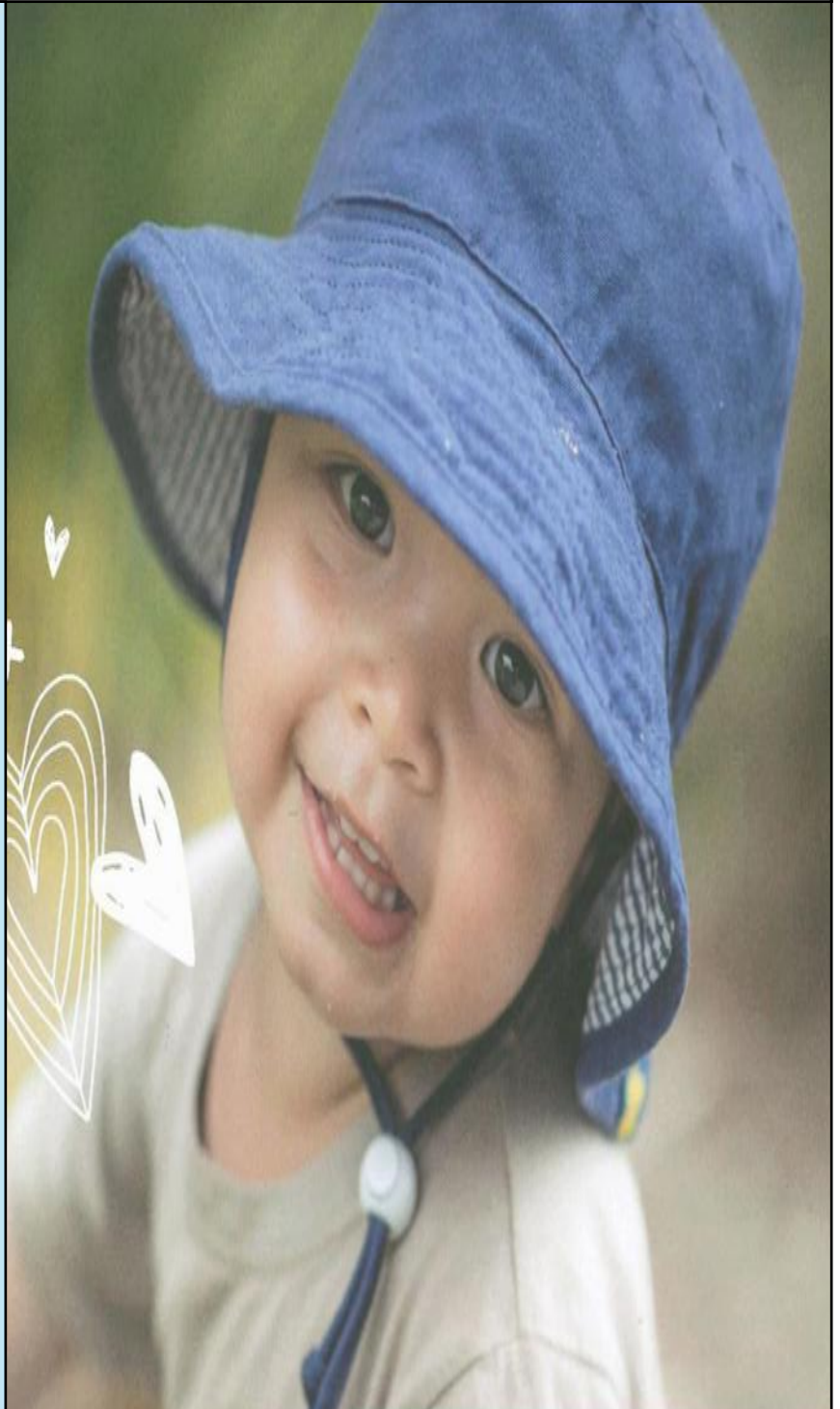
17th December

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

Your Whānau Health Providers in Whanganui

Aramoho • Jabulani • Living Waters



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
HP6227 | Measles under 5 – A5Flyer | 15.09.22

To Whānau Ora
Health New Zealand

Are there any side effects from getting the measles vaccination?

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

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

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

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

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



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

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

PRESCHOOL

Injury & illness treatment and referral information

COUGHS, COLDS & TEMPERATURES

Immediate treatment:

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

Where to refer next

Home (Self Care)

to rest and drink regularly; pain relief for sore throats, earaches and headaches.

General Practice (GP)

if still sick after two days or if child is feverish, miserable and not wanting to drink.

Emergency (ED)

if working hard to breathe and/or floppy.

GASTRO (TUMMY BUGS)

Immediate treatment:

- Rest and drink small amounts often.

Where to refer next

Home (Self Care)

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

General Practice (GP)

if still sick after 24 hours of symptoms or if you are concerned about them.

Emergency (ED)

if floppy and pale or sweaty.

CUTS & WOUNDS

Immediate treatment:

- Clean.
- Cover.
- Check.

Where to refer next

Home (Self Care)

to rest and monitor minor wounds.

General Practice (GP)

if wound has dirt or something inside it or if you are concerned about it.

Emergency (ED)

if large or deep wound, or there is large blood loss.

RASHES

Immediate treatment:

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

Where to refer next

Home (Self Care)

watch for any changes; if existing condition, use prescribed medicine.

General Practice (GP)

if rash is worsening or child becomes unwell.

Emergency (ED)

if trouble breathing or very unwell.

SPRAIN, STRAIN & POSSIBLE FRACTURE

Immediate treatment:

- Get child to rest.

Where to refer next

Home (Self Care)

to rest and follow RICE guidelines if minor swelling or bruising.

General Practice (GP)

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

Emergency (ED)

if in severe pain and limb is pale, cold and/or deformed.

HEAD INJURY

Immediate treatment:

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

Where to refer next

Home (Self Care)

if minor headache after injury.

General Practice (GP)

for assessment if brief loss of consciousness or in pain.

Emergency (ED)

if drowsy, acting strange, vomiting, can't move parts of body, blurred vision, slurred speech.

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

Support Services for Whanau & Children



MARTON OUTREACH CLINIC



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



Weekly on Thursday's



1:00pm-2:30pm



@ Central Baptist
285 Wicksteed Street
Whanganui

Wharenui Room off of the main entrance

Get in touch

📞 Hannah Futter- 027 3753 5000 📞 Rosie McMenamin- 027 381 9509
✉ hannah@wovenwhanau.org.nz ✉ rosie@whatever.org.nz

what ever **WOVEN WHĀNAU**



Hygiene Collection

We're collecting Hygiene products
to help rangatahi who are going
without the everyday essentials

Stock urgently needed:

Toothpaste/ toothbrushes
Shampoo/ conditioner
Soap/ Body wash
Roll on deodorant



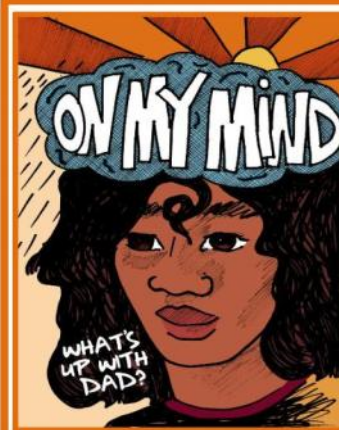
Drop off @ Whatever Whanganui
39 Drews Ave, Whanganui

Or get in touch about pick up!

Thanks, but no thank you to! (We cannot accept)

- Razors
- Aerosol deodorant/ antiperspirants
- Opened & used products

✉ admin@whatever.org.nz
☎ 06 348 9935



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 whanau, 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 whanau 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

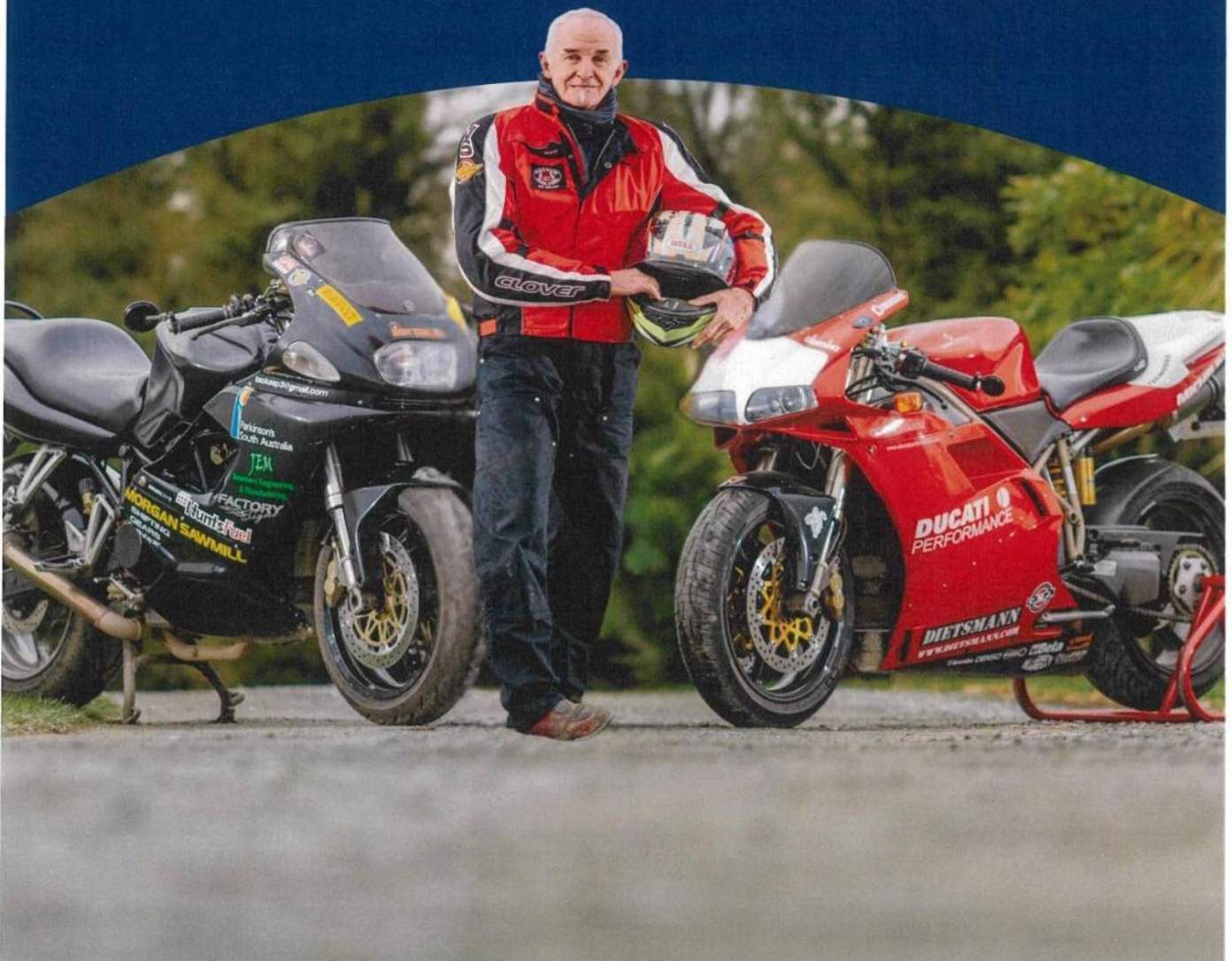
Email: stepbystepstogether2@gmail.com

Call out people's unconscious bias towards ageing.



**AGE
CONCERN
NEW ZEALAND**

International Day of
Older Persons
1 October



Support Services for Seniors



Kōwhai Day Programme

Connection, Choice & Purpose ♥



The Kōwhai Day Programme supports people to continue living well in their own homes while staying connected to their community, families and friends.



For people living alone, Kōwhai Centre provides friendship, companionship, stimulation and laughter. For those living with a spouse or carer, it offers valuable respite, while providing participants with meaningful social connection and activity.



Our approach is centred on **choice, dignity and independence**. Participants are encouraged to make decisions, express their preferences and shape their day around their interests, abilities and strengths.



THE PROGRAMME PROVIDES:



Meaningful activities that create purpose, achievement and confidence.



Cognitive stimulation through conversation, memory activities, problem-solving, storytelling and games.



Gentle physical activity to support mobility, independence and wellbeing.



Nutritious home-cooked meals, with opportunities for choice and social connection.



Practical tasks that allow participants to contribute and use their skills.



Friendship and belonging through shared experiences, laughter and conversation.



A welcoming and inclusive environment where everyone is treated with dignity and respect.



♥
Activities that reflect everyday life, interests and strengths help create purpose, achievement and confidence.



♥
Connections through friendship, laughter and shared experiences nurture wellbeing and a sense of belonging.



♥
Gentle activity supports mobility, independence and overall wellbeing as we age.



Ultimately, Kōwhai Centre is about more than keeping people busy during the day. It is about creating a place where people feel valued, have a sense of purpose, maintain their independence and continue to contribute.



At the heart of Kōwhai Centre is connection – connection with people, purpose, community, and the person they have always been. ♥

Enliven
KŌWHAI
Community Day Programme



Kōwhai Centre, 88 Virginia Road, Otamatea Whanganui



9.30am to 3.30pm – Tuesdays – Wednesdays – Thursdays



Private and Funded options available – enquire for more details



Phone (06) 349 1400 | Email: kowhainui@psc.org.nz





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



Alzheimers Whanganui

Alzheimers Whanganui Inc.

Supporting people and their whanau living with dementia/mate wareware in Whanganui, Rangitikei and Waimarino Districts.

At Alzheimers Whanganui, our trained staff and volunteers work alongside clients and the community to help people live their best possible lives with dementia/mate wareware.

Our dementia Navigators support individuals, families, whanau and other care partners to find solutions tailored to each person's unique situation. Whether you are living with dementia or caring for someone who is, we are here to help. We walk alongside you on your journey – helping you adapt, stay informed and remain connected.

Supporting the organisation at governance level is our Board, made up of community members who strongly support our staff and the work we do.

Dementia cases in New Zealand, currently at around 83,000, are expected to double by 2050. Services such as ours will only increase in demand.

Our primary goal is, as always, is to ensure that we have the appropriate resources to continue the excellent services we provide.



One of those resources is a strong and devoted Board. With several new openings now available, we would like to extend an invitation to join us as a Board Member in supporting the ongoing success of Alzheimers Whanganui Inc. You will be working with engaging, enthusiastic, compassionate and devoted staff and a Board invested in ensuring our community continues to get the support they need. We would be grateful for any expression of interest to be forwarded to: Manager at manager@alzheimerswhanganui.org.nz

“For Family, Friends, Neighbors and Community”

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 or give Heidi a call on 345 1799.

USE 105 FOR POLICE NON-EMERGENCIES

Support Services For Seniors



Whanganui Welfare Guardian Trust

Enquiries:
Marion Sanson
(06) 345 6438

WHO ARE WE?

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

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

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

WHO IS ON THE TRUST?

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

Board members typically have a background in:

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

WHO NEEDS A VOLUNTEER WELFARE GUARDIAN?

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

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

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

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

WHO CAN BE A WELFARE GUARDIAN?

The person the Court appoints must:

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

WHAT DOES A WELFARE GUARDIAN DO?

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

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

B) The Welfare Guardian must, by law

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



Appy Seniors
USING APPS TO IMPROVE EVERYDAY LIFE

TRY A FREE CLASS




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

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

whanganuilibrary.com

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** **AGE CONCERN 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

The Winter Energy Payment ends on 1 October 2026

Your final **Winter Energy Payment for 2026** will be in the week starting **5 October**, and it will be a **part-payment**.



If you need extra support, Work and Income may be able to help in other ways:

- visit **check.msd.govt.nz** to see what other support you might be eligible for
- for more information, go to **workandincome.govt.nz** or **contact us directly**.

The Winter Energy Payment starts again on 1 May next year. If you qualify, you'll get it automatically.



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 HĀNATU WHAKAHIAO ORA

Support Services



The Whanganui Budget Advisory Service Inc

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

We can help people who are

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

Free, non-judgmental help.

Assistance is offered without discrimination

Confidentiality is maintained in all matters

Clients' needs and independence are respected

Staff are accountable to the Service and our funders.

Financial Mentors have passed their FMIC training course.

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

wbas@wbas.org.nz

Phone 06 345 3746

Mobile 027 243 3362

Free 0800 1831 83

Office hours
Monday to Friday
9.00 am until 2.00 pm

This service does not

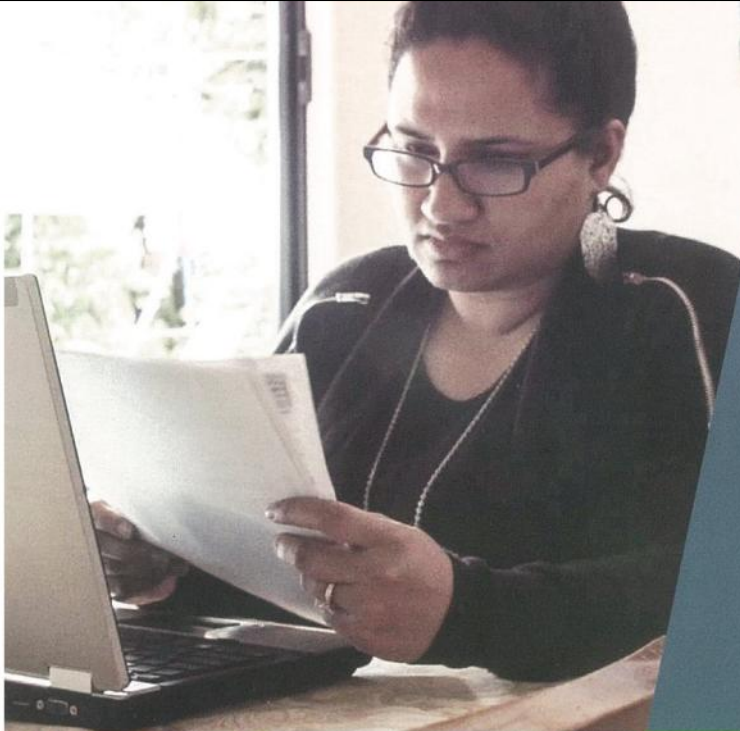
- offer Total Money Management
- hold any money on the premises.
- hold money or cards for clients.
- lend money.



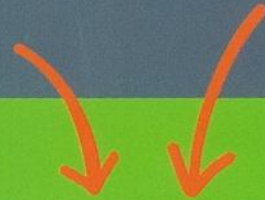
Struggle got real?

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1737

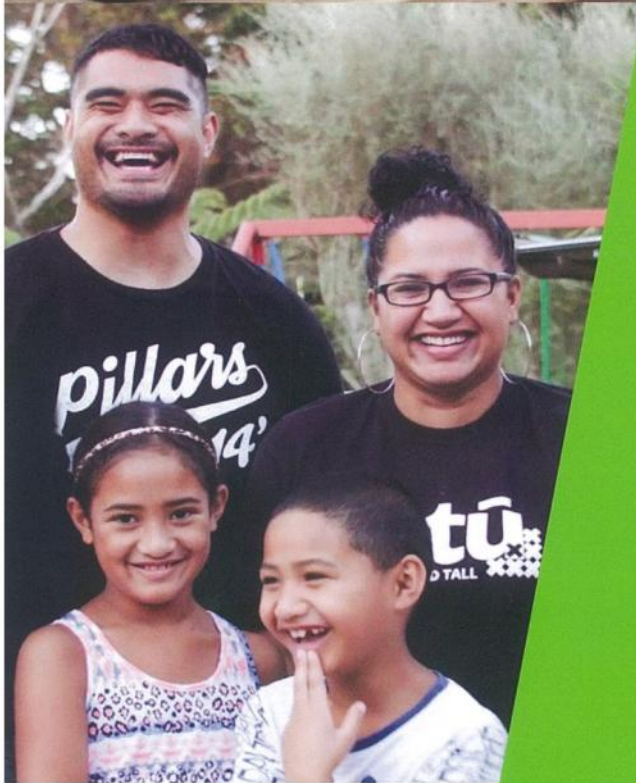
Support Services



**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. /enue, 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
203 Victoria Avenue, Whanganui
(Entrance off Ingestre Street)
Monday to Friday 9:30am - 3:30pm
Membership is 18 years and over

- ✓ Free Membership
- ✓ Activities
- ✓ Peer Support
- ✓ Kai & cuppa

‘To promote self-empowerment through peer support’

LEARN MORE



www.mist.org.nz



mist@mist.org.nz



[MIST Whanganui](https://www.facebook.com/MIST Whanganui)

Support Services

Community Groups



Monday	Taking Charge 10:30-11:30am Hope & Co.	A space to build confidence and take ownership of your wellbeing. Every second month we create WRAP plans together; in between, we explore topics like communication, boundaries, and healthy relationships. <i>Sign-up required, you can sign up to one WRAP group per six months.</i>
	Creative Expression 1-3pm Hope & Co.	A relaxed, open space to connect and get creative. Join in guided art therapy sessions with our Art Therapist or simply enjoy making art alongside others. <i>No sign-up needed, just come along.</i>
Tuesday	Real Life, Real Skills 10:30-11:30am Hope & Co.	An 8-week life skills journey designed to strengthen everyday confidence. Learn practical tools for communication, problem-solving, and self-management in a supportive group setting. <i>Sign-up is required. Participants can register for one group block within a six-month period.</i>
Wednesday	Coffee + Connection 10:30-12pm Hope & Co.	Drop in, grab a drink, and have a kōrero with kaimahi or others in the space. A welcoming spot for genuine connection, or pick a conversation starter from the Kōrero Jar if you'd like a prompt. <i>Open group.</i>
	Resiliency 101 1-2:30pm Whanganui Learning Centre	A guided course exploring values, goals, wellness tools, and communication skills to build resilience and self-confidence. Runs during school terms and pauses over holidays. <i>Sign-up is required. Participants can register for one group block within a six-month period.</i>
Thursday	Splash Activities 9:30-11:30am Splash Centre	Your chance to have a swim, gym, sauna, spa. An I.D card is necessary for free entry, contact Lynn or Balance on info@balance.org.nz
	Piki Ake - Casual 12:30-2pm Hope & Co.	A relaxed, peer-led space to stay connected, build recovery, and support one another through shared lived experience. Whether you're preparing for, currently in, or have completed the 10-week Piki Ake Programme, or just checking it out, everyone is welcome. Grab a coffee, connect with others who understand, and have honest kōrero about addiction, recovery, challenges, and wins. A safe, pressure-free space to belong, give back, gain support, and keep rising.
Friday	Piki Ake 10:30-12pm Hope & Co.	A commitment based 10 week addictions program open to people with any form of addiction. <i>Sign-up required</i>
	Physical Wellness 1-2pm Various Locations	Join us for rotating activities that nurture your Taha Tinana – from walks and group classes to nutrition sessions. Each week offers something new to support physical wellbeing. <i>Open group.</i>

Hope & Co. 63A Ridgway Street

Whanganui Learning Centre

232 Wicksteed Street

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.

The impact is worth it

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

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

Highest quality learning

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

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

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

Ready to book?

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

Email: info@blueprint.co.nz

Phone: 04 473 9009

Website: www.blueprint.co.nz

Learning outcomes

After attending Addiction 101 participants will be able to:

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



Support Services

AL-ANON FAMILY GROUP

CONFIDENTIAL SUPPORT FOR FAMILY AND FRIENDS
OF PROBLEM DRINKERS

Every Tuesday at 7:30pm

Quaker Meeting House

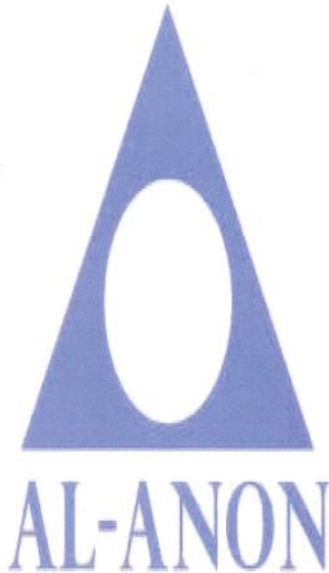
256 Wicksteed Street, Wanganui

Every Friday at 12:30pm

Gonville Library Meeting Room

44 Abbot Street, Wanganui

...just pop on in ☺



Alcoholics Anonymous
NEW ZEALAND

Alcoholics Anonymous

Phone 0800 229 6757

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

AA Wanganui Area Meetings:

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



Pike Ake Addiction Support Groups

CASUAL GROUP
Thursday 12:30 – 2pm

10 WEEK PROGRAM
(Sign-up required)
Friday 10:30am – 12 noon

Held at Hope & Co
63A Ridgway 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

Te Oranganui Addiction Recovery and Support Group
133 Wicksteed St: 10am -11.30am
Phil Smith – 0274677079 OR Katy Wallis - 0274677011
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

Te Oranganui Addiction Recovery and Support Group
133 Wicksteed St: 10am -11.30am

Balance Aotearoa Pike Ake Casual Group
Hope & Co; 63A Ridgway Street: 12:30 – 2:00pm

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 Pike Ake Addiction Support
Hope & Co; 63A Ridgway Street: 10:30am – 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 Brothers in Recovery (Men's Group)
Salvation Army, 4 Indus Street: 6pm, 06 3452343

NA (Narcotics Anonymous)
Saint Paul's Church, 128 Guyton Street: 7pm – 8pm

Support Services

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

stroke.org.nz



**At Stroke
Aotearoa
New Zealand,
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

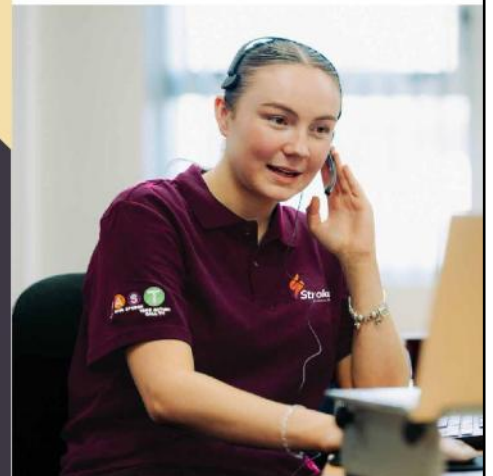
Free counselling for young people:
0800 What's Up (0800 942 8787)

Free Helpline: 0800 STROKE

You can call the free Stroke Aotearoa 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 Aotearoa 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 workshop

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

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 Aotearoa 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 Aotearoa 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 Stroke Aotearoa New Zealand

Stroke Aotearoa New Zealand 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 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)

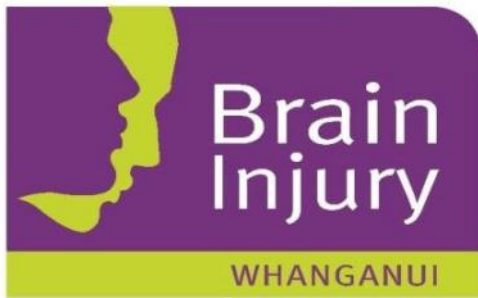
Time: 3.30-5pm

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

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

FREE

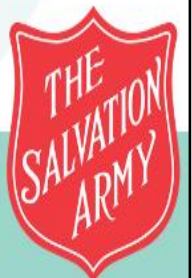
Make your lifestyle a priority



**BUILD SELF-WORTH, SELF-AWARENESS, AND
LIFE-IMPROVING SKILLS IN A SAFE, FRIENDLY,
AND SUPPORTIVE ENVIRONMENT.**

Amethyst Meade
Programme Facilitator
022 011 2282

POSITIVE LIFESTYLE PROGRAMME



Te Ope Whakaora

Support Services – Education



TE ARA KAI – INFO SHEET

12 WEEK LAND BASED PROGRAMME FOR RANGATAHI
PĪWAIWAKA FARM, THE LEARNING ENVIRONMENT

Days and Times:

- Starting Tuesday 22nd September
- Ending Thursday 10th December
- 12 Week Programme
- 3 days per week - Tues, Weds, Thurs
- Transport and Kai provided
- 9am pick ups, drop offs after 4pm

Criteria:

- For rangatahi aged 16 to 24
- Free for eligible participants
- Not actively engaged in education or training
- Eligibility will be confirmed on registration

Learn skills in:

- Growing and harvesting kai
- Native tree propagation and planting
- Sustainability and self sufficiency
- Teamwork, leadership and health & safety
- Caring for the land and caring for ourselves

Along the way you'll:

- Gain 40 NCEA Level 2 credits
- Build confidence and practical skills
- Meet like minded people
- Explore future pathways in conservation, horticulture and environmental work



Alex McKenzie
Lead Facilitator

Born and raised in Whanganui, Alex is a tutor and facilitator teaching land based skills and regenerative growing practices to rangatahi and adults.



Joseph Barber
Rangatahi Support

Joseph is a local artist/designer from the awa (Ngā Paerangi) who has worked in designing, facilitating, and teaching courses with The Learning Environment.



Jade George
Programme Coordinator

Jade is a therapeutic social worker with skills in ecotherapy and permaculture. She supports rangatahi & whānau with their wellbeing needs.

Te Ara Kai is part of **The Learning Environment** at Pīwaiwaka Farm on the banks of Te Awa Tupua, The Whanganui River – a 72ha farm-forest sanctuary featuring wetlands, regenerating forests, orchards, and gardens. These spaces act as outdoor classrooms for community education.

At the Learning Environment, we see the whenua as an active part of the learning process. The gardens, wetlands, orchards, and forests all have something to teach us. Te Ara Kai is a pathway that begins with growing food but has the potential to lead us further and deeper.



Register interest here:
tinyurl.com/TeAraKai



For more info contact:
jade@learningenvironment.nz

Get outdoors at

TE ARA KAI

12 Week Land Based Skills Programme

The Learning Environment

Free for eligible 16-24 yr olds



Grow & harvest food



Conservation skills



Outdoor Learning



Self- sufficiency



3 days per week

22 September - 10 December 2026

Pīwaiwaka Farm, Whanganui

Register
Now



Register here:

tinyurl.com/TeAraKai



For more info contact:

jade@learningenvironment.nz



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
mountain biking GARDEN

CASTLECLIFF BEACH

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 OLD CEMETERY

Opera House ATHERTON PARK

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
He 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!



Get in touch to find out how!

FREEPHONE: 0508 872 466

www.landbasedtraining.co.nz

TUTORS WANTED

Do you have a qualification in teaching adults literacy?

Are you interested in helping others upskill?



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

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

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



IF AN EARTHQUAKE IS
LONG
OR
STRONG
GET GONE



Support Services – Education

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

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

We can help you with:

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



Rural Youth &
Adult Literacy Trust

**RURAL YOUTH & ADULT
LITERACY TRUST**

adultliteracy.ac.nz
0800 891 339



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





//// 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

SKILLS FOR SUCCESS

*Free employment support to help
you get job ready and into work.*

FREE

For Job Seekers




trainingforyou
He Akoranga Māu



BUILD YOUR EMPLOYMENT SKILLS

- ✓ Professional CV & Cover Letter
- ✓ Job Applications
- ✓ Interview Preparation
- ✓ Career Planning



FIND EMPLOYMENT

- ✓ Job Search Assistance
- ✓ Online Job Seeker Profile Creation
- ✓ Ongoing Support
- ✓ Employer Connections and Networking



REMOVE BARRIERS & UPSKILL

- ✓ Driver Licensing
- ✓ Certificates & Training
- ✓ Interview Clothing
- ✓ Safety Gear

WE SUPPORT YOU BEFORE, DURING AND AFTER YOU START WORK.

Who can join?

- ✓ Aged 25 - 65
- ✓ Receiving a Job Seeker Support Benefit
- ✓ Those ready to build their future!

*Enrol
anytime!*

Speak to your
Case Manager
to get started.

Course Details

-  Monday to Thursday
-  9.00am to 2.30pm
-  Free Transport
-  Free Breakfast

 148 Ingestre Street,
Whanganui

 0800 GET T4U

 info@trainingforyou.co.nz

 www.trainingforyou.co.nz

Support Services – Education

LITERACY
AOTEAROA
WHANGANUI

Work Readiness course

TUESDAYS 2.00-4.30
COMMUNICATION,
CV and INTERVIEW PREP

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

LITERACY
AOTEAROA
WHANGANUI

Road code theory course

MONDAYS 4.00-6.30
LEARNER and CLASS 2 (HT)

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

Teaching your teen to drive made easy

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

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

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

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





Finding work?

**Don't know where
to start?**

It starts right here

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

workbridge.co.nz
0508 858 858



MASSAGE THERAPY

client intake form

I am a degree-qualified Registered Remedial Massage Therapist (Level 7) and Movement Support.

I support children's physical well-being by using evidence-based massage techniques for soft tissues, muscles, and the body's natural structures (musculoskeletal system). Drawing on knowledge of anatomy, biomechanics, and age-related characteristics, I help children's bodies develop harmoniously. My work focuses not only on temporary relaxation but also on easing muscular tension to promote more comfortable and freer movement

Professional Standards & Safety

For your peace of mind, my practice fully complies with New Zealand's healthcare standards:

- Safety: Police Vetting (Education Sector standard) & Comprehensive First Aid Certificate.
- Insurance: Fully insured for Professional Indemnity and Public Liability.
- Southern Cross Easy-Claim: My services can be claimed through Southern Cross (depending on your individual policy).
- Official: Registered self-employed provider; official invoices provided for every session.
- Member of Massage New Zealand

Children & Adolescent Support:

I provide gentle, adaptive methodology for children of all ages – from infants to teenagers. My practice supports:

- Supports natural body alignment (posture), eases "growing pains," supports recovery after physical activity, and helps promote comfortable movement patterns.
- Gentle, individualised support for neurodiverse children and children with developmental differences.
- Supports balanced muscle tone, tissue tension, and eases areas of muscular restriction through Fascial Kinetics, Myofascial Release (MFR), and Neuromuscular Therapy (NMT).
- Helping children develop a better sense of their body's position in space, promoting sensory comfort and body awareness.
- I empower parents by teaching simple, safe home-care techniques to reinforce progress. I value a multidisciplinary approach and am happy to work alongside your GP, Physiotherapist or Occupational Therapist to complement your child's care plan.

If you are looking for professional, evidence-based, and compassionate care for yourself or your child, I would love to help.

Please DM for bookings or enquiries.



The QR code links directly to the official registry

ALEVTINA MULINA

E-mail: alyamuly@gmail.com

Phone/What's app/Telegram: +64 223 720 112



Meditation – Mindfulness – Calm

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.

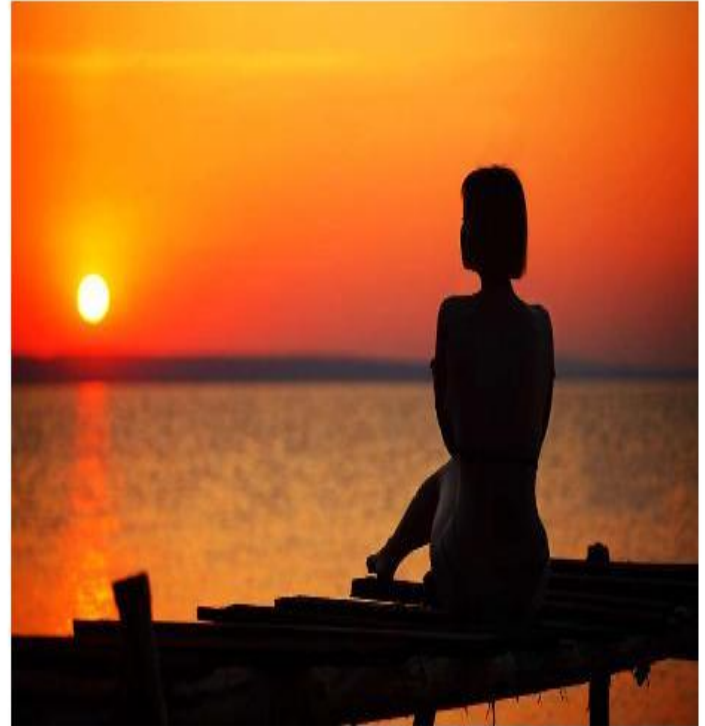
• Creating a **NEW**
BEGINNING after a
major life event.

• 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

Exploring Calm



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

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.

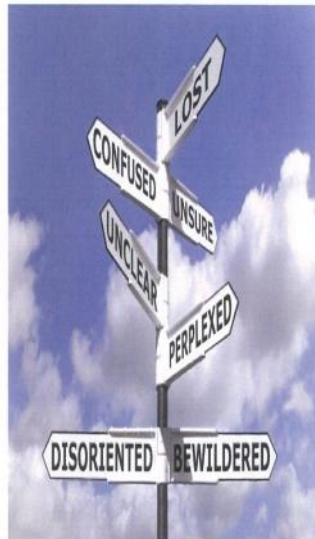
Barrie Marsh

Diploma of Social Work
General Counsellor

*Strict Confidentiality and
Privacy Assured*

Ph (06) 344 3345

Email marshkandb@gmail.com



Fliss Newton

MNZAC; Dip GINZ; TTC;
Cert Social Work

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

(06) 347 6377

fliss@inspire.net.nz



Right Turn

Counselling

Individual & Couples Counselling Services

Arlene Dew
Bachelor of Counselling

To arrange a time to meet with me:

Call/Text: 022 507 5682

Email: rightturncounselling421@gmail.com

All ages welcome

Counselling can help with:

- *improving mental health*, such as processing and reducing anxiety, stress, depression, trauma, grief and loss;
- *life challenges*, such as relationship issues, family conflict, and career changes;
- *personal development*, such as improving self-esteem, increasing self-awareness, and breaking patterns that are unhelpful.

Testimonials:

☺ "Arlene is a compassionate listener and she helped me work through a decision that I needed to make"

☺ "I already knew Arlene before she started counselling me. I felt comfortable with her and she kept matters confidential. It did not affect our interactions outside counselling"

☺ "My session with Arlene helped to process my traumatic experience of giving birth"

I am available by appointment to support you work through current or past challenging issues.

My hope is that our time together encourages and supports you to process and manage the twists and turns of life.

My role is to support you as you explore, gain insight and understanding, and come to terms with issues in a way that works for you.

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

Individuals, couples or groups

Addictions

Relationships

Work place issues

Self discovery

Family dynamics

Medical issues

Anger management

Mental health (depression, anxiety etc)

Sexual Abuse

Grief

Bullying

Managing change

Assertiveness training/communication

And much more!

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

Full member of NZAC, Registered DAPAANZ and DAPAANZ approved supervisor

www.counsellingcaboodle.co.nz

Nicola Hartfield

Fellow Arbitrators' and Mediators' Institute NZ

nicola@nicolahartfield.com

www.nicolahartfield.com

Workplace Supervisor / Family Mediator





NEW SERVICE AVAILABLE

We've teamed up with **EmergencyConsult** so you can talk to a doctor from right here in the pharmacy!



Video chat with an experienced  emergency clinician on-demand

Access treatment, advice,  medication or referrals right here

No enrolment; use the service  as often as required and stay enrolled with your GP

PRICING

Standard Pricing

Children (0-13yrs) - FREE

Youth (14-17yrs) - \$45

Adult (18+yrs) - \$99

International (all ages) - \$180

Community Services Card (CSC) Pricing

Children (0-13yrs) - FREE

Youth (14-17yrs) - \$13.50

Adult (18+yrs) - \$33.00

Health Support Services

SURVIVING GRIEF

KEI TE TAHA | ALONGSIDE
PEOPLE SUPPORTING PEOPLE



- The aim of this programme is to provide support to people through loss and grief.

The programme is:

- Non-judgemental and confidential.
- Open to adults 18 years and older.
- Personal support is available if needed.

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 a changed environment
4. To 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.aoketera.org.nz

Phone

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

Email

Send referral form to
referrals@aokete-ra.org.nz

Find further information at:
aoketera.org.nz



Free online therapy courses



Free

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



Convenient

Online therapy courses
at your convenience.
Anywhere, anytime.



Private

Improve your
mental health in
complete privacy.



Effective

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

Try a FREE course today.

justathought.co.nz



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 LGBTQIA+ Community.

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

 64 St Hill Street, Whanganui

 www.pridewhanganui.co.nz

Health Support Services

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

What we offer:

24/7 monitoring 7 days a week including Christmas.

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

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

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

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

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

Accredited in NZ by



Keep in touch

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

Email: info@securely.nz or visit our website

www.securely.nz

if you need more information or have a general enquiry.

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

Follow us on Facebook and LinkedIn.

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

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

Medical alarms for true independence



SECURELY®

Enabling you to live with confidence and independence

What happens when you activate your medical alarm?

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

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

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

Cancelling your alarm

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

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

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

Paying an ambulance bill

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

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

SECURELY
FREEPOST SECURELY
PO BOX 947
TAURANGA, 3140

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

Pendant Testing

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

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



When you go away

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

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

Call us on 0800 865 865.

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

What happens if you lose your medical pendant?

Call us on 0800 865 865 to arrange a replacement.



PERS®

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

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

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

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



Family System

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

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

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

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

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

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

Medical alarms that leave the others behind



SECURELY®

Enabling you to live with confidence and independence



GO

Our mobile medical alarm

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

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

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

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

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

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

Contactless delivery

When you order GO, we'll call you to get everything sorted. GO will be couriered to your home (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 Whanganui

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 behaviour 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 Whanganui / 06 347 9743
35 Dublin Street Whanganui 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



24/7 Monitoring



HELP BUTTON & Fall Detection



4G Cellular Coverage



Hands Free Speaker Phone



FREE Ambulance Call Outs



2 Months FREE Monitoring



FREE Demonstration

VitalCALL Go

Learn more at vitalcall.co.nz

0800 10 20 30

Health Matters

Off you GO safely on your travels!

GO mobile medical alarm works anywhere there is cellphone coverage



SECURELY®
Enabling you to live with
confidence and independence



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



TE ORANGANUI

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

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

Services include:

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

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

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



Whanganui Regional Health Network

WRHN Services

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

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



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

06 348 0109

wrhn.org.nz

info@wrhn.org.nz

Entrance 3, 100 Heads Rd
Whanganui 4510

Find us on
Social Media



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

Whanganui Dementia Pathway Te Tukanga Mate Wareware O Whanganui



29 Jun 26

Each persons journey will be different, people may be engaged in multiple stages at the same time, or in a different order. You and your whānau are always at the centre of the journey.

He mokopuna taku iti, he kaumātua taku rahi
I am a mokopuna, so my family is important to me. I have mokopuna, so I am important to my family.

Brain Health Group Education Series **2026**

Join our Brain Health Education Series and discover simple, everyday ways to strengthen your brain and protect your future. Learn what's normal (and what's not) when it comes to memory, explore habits that boost brain health, and gain practical tools like Advance Care Planning and Enduring Power of Attorney to feel confident about the road ahead. Empower yourself with knowledge that makes a real difference to your wellbeing.



Sessions...

11 am - 12:30pm

Session 1: Wednesday 29th July or 21st October

Session 2: Wednesday 5th August or 28th October

Session 3: Wednesday 12th August or 4th November

The sessions are designed to be stand alone, attend one session or all three. Limited to 20 participants per session

Where? @ The Whanganui Regional Health Network, Gate 2, 100 Heads Rd.

Registration

To secure your place:

Email: info@wrhn.org.nz

Tel: 06 348-0109

Jul/Aug Programme
Oct/Nov Programme

Session One: Healthy brain, healthy life: Why your brain matters and how to take care of it (29th July)

Session Two: Know the signs: Understanding memory and thinking changes (5th August)

Session Three: Be prepared: Planning and protecting your future (12th August)

Session One: Healthy brain, healthy life: Why your brain matters and how to take care of it (21st October)

Session Two: Know the signs: Understanding memory and thinking changes (28th October)

Session Three: Be prepared: Planning and protecting your future (4th November)

Learn simple, everyday ways to keep your brain healthy and create your own personal action plan.
You will learn:

- What do normal memory and thinking changes look like
- What can increase the risk of memory or thinking problems
- What habits and activities help protect brain health
- How to create your own plan to keep your brain healthy

A supportive session to help you recognise what's normal, what's not, and what steps you can take if you're concerned.
You will learn:

- The difference between normal ageing, mild cognitive impairment, and dementia
- Warning signs to look out for and when to ask for help
- How to prepare for a GP appointment and talk about your concerns
- How to share experiences and get support in a safe, understanding space

A practical workshop introduces the tools and supports available to help you plan ahead with confidence.
You will learn:

- Why Advance Care Plans are important
- Why having an Enduring Power of Attorney matters
- What services and resources can help you navigate health and support systems

Proudly Presented by the Whanganui Regional Health Network

Our education series aims to create a network of education sessions run by experts with an aim to tackle all of the serious issues facing our aged community.



Whanganui Regional Health Network

Advanced Care Planning Workshop

Make your wishes known, plan ahead for future health care

Planning ahead can make a big difference.

Join our Advanced Care Plan Workshop to learn how to record your wishes for future health care and give peace of mind to you and your whānau.

This supportive workshop will guide you step-by-step through the process, explain things in plain language, and give you the opportunity to ask questions in a relaxed friendly environment. You don't need any prior knowledge - just come as you are.

An **Advanced Care Plan** is a written plan that lets others know what is important to you if you become unwell or unable to speak for yourself. Having an Advanced Care Plan can:

- Give you peace of mind
- Support your whānau and loved ones to make decisions with confidence
- Ensure your care reflects your values, beliefs and choices
- Reduce stress and uncertainty during difficult times

**Wednesday
19th August**

10:00-11:30am
Age Concern Whanganui
164 St Hill St
Whanganui

**Wednesday
11th November**

REGISTER: Email: info@wrhn.org.nz Tel: 06 348-0109



Whanganui Regional
Health Network



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)

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

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



Whanganui Regional
Health Network



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](https://www.timetobowelscreen.nz)** or talk to your doctor

Te Kāwanatanga o Aotearoa
New Zealand Government

Te Whatu Ora
Health New Zealand



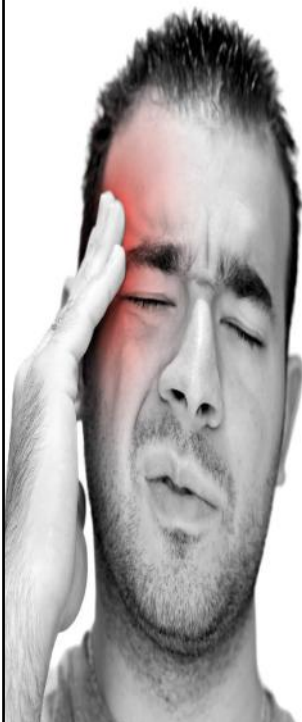
National
Bowel
Screening
Programme

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.



Halo Hone
St John

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.

Free Wellbeing Apps



Whanganui Regional
Health Network

Emotional Wellbeing

Clear Fear

Website: <https://clearfear.stem4.org.uk/>

A free app based on Cognitive Behavioural Therapy (CBT) designed to help people understand and manage anxiety. Features include breathing exercises, mindfulness tools, mood tracking, and strategies for changing unhelpful thoughts and behaviours.



Smiling Mind

Website: <https://www.smilingmind.com.au/smiling-mind-app/>

A completely free mindfulness and meditation app developed by psychologists. It offers guided meditations, mental fitness programs, sleep support, stress management tools, and wellbeing resources for adults, young people, and families.



Insight Timer

Website: <https://insighttimer.com/>

One of the world's largest free meditation platforms, offering guided meditations, relaxation exercises, sleep stories, music tracks, and mindfulness courses to support mental wellbeing, stress reduction, and better sleep.

Visit Website to access

MindShift CBT

Website: <https://mindshiftcbt.com/>

A free anxiety support app that uses evidence-based CBT techniques. It includes thought journals, coping tools, relaxation exercises, anxiety management plans, and progress tracking.



Daylio

Website: <https://daylio.net/>

A simple mood and habit tracking app that helps users monitor emotional wellbeing, identify patterns, set goals, and build positive routines without needing to write lengthy journal entries.



Physical Wellbeing & Activity

Google Fit

Website: <https://www.google.com/fit/>

Tracks daily physical activity, walking, exercise, and heart health goals. Users can monitor progress and receive personalized activity recommendations to support a healthier lifestyle.



Nike Training Club

Website: <https://www.nike.com/ntc-app>

Provides hundreds of free fitness workouts including strength training, yoga, mobility, stretching, and cardio sessions. Suitable for beginners through to advanced users.



FitOn

Website: <https://fitonapp.com/>

A free fitness and wellness app offering on-demand workouts, yoga, meditation, strength training, HIIT, and healthy lifestyle programs that can be completed at home.



Map My Walk

Website: <https://www.mapmywalk.com/>

Helps users track walks, running, cycling, and other activities using GPS. Includes goal setting, route planning, and progress monitoring to encourage regular physical activity.



Samsung Health

Website: <https://www.samsung.com/global/galaxy/apps/samsung-health/>

Tracks daily physical activity, walking, exercise, and heart health goals. Users can monitor progress and receive personalized activity recommendations to support a healthier lifestyle.



Apple Health

Website: <https://www.apple.com/health/>

Apple's built-in health platform that brings together information on physical activity, sleep, fitness, and health metrics from multiple apps and devices in one place.



Sleep & Recovery

Medito (NZ app)

Website: <https://meditofoundation.org/medito-app/>

A non-profit, completely free meditation app with no subscriptions or advertisements. Offers guided meditations, sleep stories, breathing exercises, mindfulness courses, and stress management tools.



BetterSleep

Website: <https://www.bettersleep.com/>

Supports better sleep through relaxing sounds, guided meditations, sleep stories, breathing exercises, and sleep tracking features. Useful for people experiencing sleep difficulties or stress.



Groov App (NZ based)

Website: <https://www.groovnow.com/groov-app>

A free mental wellbeing app available to New Zealanders. It offers practical tools for stress management, resilience building, sleep improvement, mood tracking, and AI-assisted wellbeing support available 24/7. Originally developed by Sir John Kirman and partners under Mentemia.



Recommended "Starter Pack"

If someone is new to wellbeing apps, a good combination is:

- **Smiling Mind** for mindfulness and stress management.
- **Nike Training Club** for physical activity.
- **Daylio** for mood and habit tracking.
- **Groov** for New Zealand-specific mental wellbeing support.



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.

