Com.Chat November 2026

A Newsletter distributed to Community Groups in Whanganui and surrounding Districts.

Newsletter Issue 281 November 2026

Supporting Our Community Together



COMMUNITY HOUSE WHANGANUI

SUPPORTING OUR COMMUNITY TOGETHER

Intro Page

CONTENT

Kia ora,

Welcome to the new-look Com.Chat!

This issue marks a new chapter for Com.Chat: our first edition created using Microsoft Word. With support for Microsoft Publisher ending in October 2026, we have moved to a new format.

Com.Chat remains easy to access, read and print. Individual pages can also be printed separately, making it easier to share relevant information with clients without printing the entire newsletter.

While Com.Chat may look a little different, you can still expect the same community news, events, funding information and helpful updates each month. We hope you enjoy our new look!

Our December 2026 issue will be the last Com.Chat for the year, with the next issue out in February 2027. Please send through no later than 30th November any information, events or notices for December 2026 and January 2027 to be included in the December issue.

He waka eke noa.
We are all in this together.

Community House Team

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COMMUNITY HOUSE WHANGANUI
SUPPORTING OUR COMMUNITY TOGETHER

WĀHI HAUMARU SAFE SPACE

Deadline

To include new information in the December issue of Com Chat, please email our office by the 30th of November 2026.

Disclaimer: 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 purpose 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 organisations directly to confirm details or seek professional advice where appropriate.

FUNDING

COGS—annual funding round - opens 15 April 2026 closes 13 May 2026 decision by the 30 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 February 2027 closes 28th February 2027 allow 6-8 weeks after closing date. www.publictrust.co.nz.

Four Regions Trust—next funding round closes 28th February 2027. http://www.fourregionstrust.org.nz.

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

Lottery Committee Lower North Island (Manawatu, 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

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

Rural Networking Meetings

2nd December **Taihape** (1st Wednesday of every second month/ **12:30pm** even months Feb/April/June/August/October/ December)
REAP, 1 tui Street Taihape
Zoom attendance available
Contact: Elizabeth
Email: elizmortland@gmail.com

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

The Salvation Army
Te Ope Whakaora
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

amethyst.meade@salvationarmy.org.nz

FREE!
Text: 022 011 2282

What's On – Mark your Diaries



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 11 Nov:** Reflect, Reset & Prepare for the New Year with Beth Savage
- **Wed 9 Dec:** Wellbeing Shared Lunch
- **Jan 2027:** We're taking a little break!
- **Wed 10 Feb 2027:** Back for the New Year - Stay tuned!

Proudly faciliated by the

Community-Led Development Collective Whanganui
many voices, shared purpose

What's On – Mark your Diaries

A SPECIAL EVENING FOR THE WHANGANUI COMMUNITY

THE PORRITT LECTURE

BETTER SLEEP, BETTER YOU

Discover how better sleep can support a better you.



DR TONY FERNANDO

Psychiatrist | Sleep Specialist
Former Buddhist Monk

An engaging talk about sleep, wellbeing and everyday life.

COME ALONG AND BRING A FRIEND

THURSDAY	TIME	VENUE
19 NOVEMBER	6.45 PM	WHANGANUI COLLEGIATE SCHOOL AUDITORIUM

FREE COMMUNITY EVENT • ALL WELCOME

PUBLIC ACCESS VIA GREY STREET

PARKING	Public parking can be found along Grey Street itself.
ENTER	Through Godwin Gate, located near 103 Grey Street.
FOLLOW	The Drive into the campus.
AUDITORIUM	Adjacent to Grey House and the school swimming pool.

WHANGANUI COMMUNITY • THURSDAY 19 NOVEMBER • 6.45 PM

What's On – Mark your Diaries

15 CHAPS FOR CHANGE

BIG BROTHERS BIG SISTERS OF MANAWATŪ

ONE HOUR. ONCE A WEEK. ONE LIFE

Big Brothers Big Sisters of Manawatū

Tuakana Teina

Calling local Manawatū chaps!



Almost 70% of the young people on our waitlist are **young boys** so we're on the hunt to find 15 local chaps to become **Big Brothers** before the end of October.

Call or email to enquire:

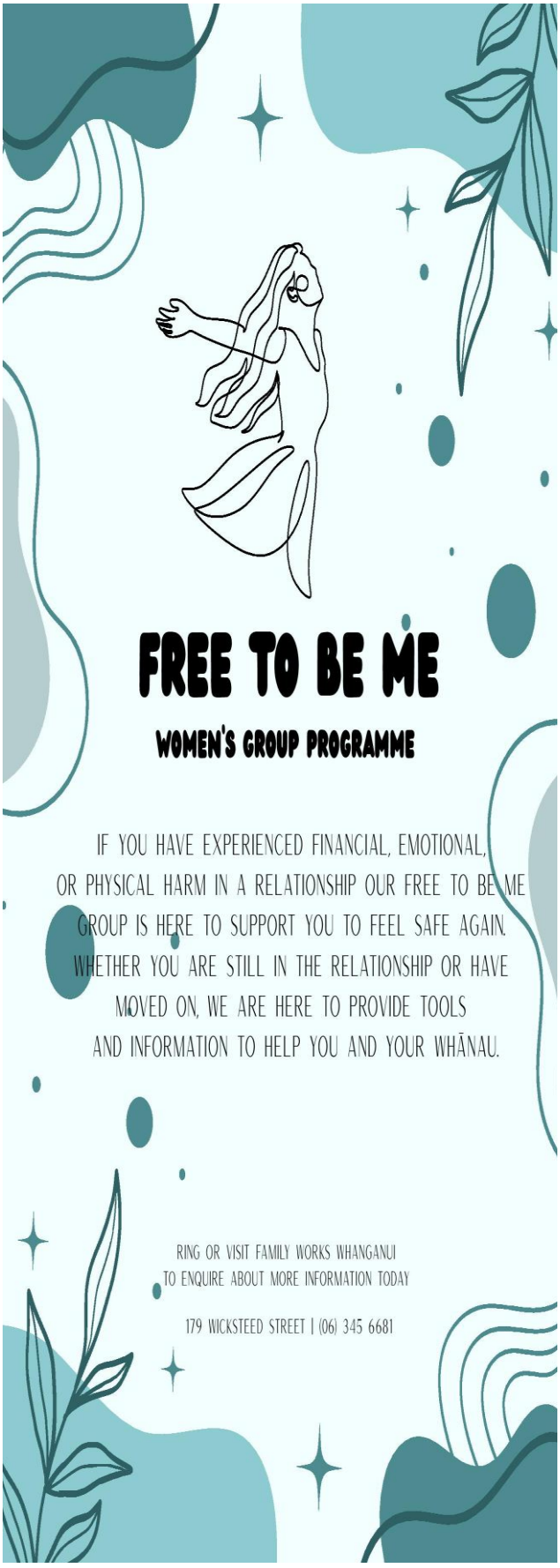
06 358 1204 - manawatu@bigbrothersbigsisters.org.nz

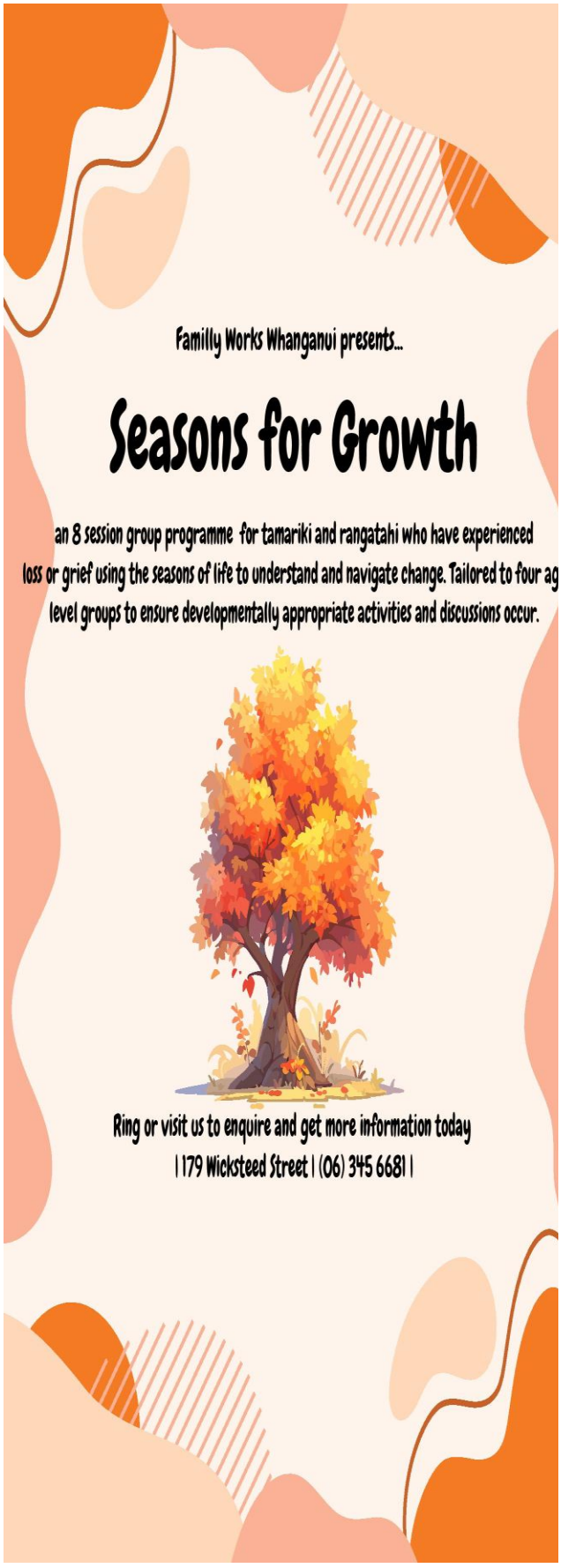
PCL Group

PRINT CONSULTANTS • FISHER PRINT
GRAVITAS MEDIA • WELLINGTON BUSINESS FORMS

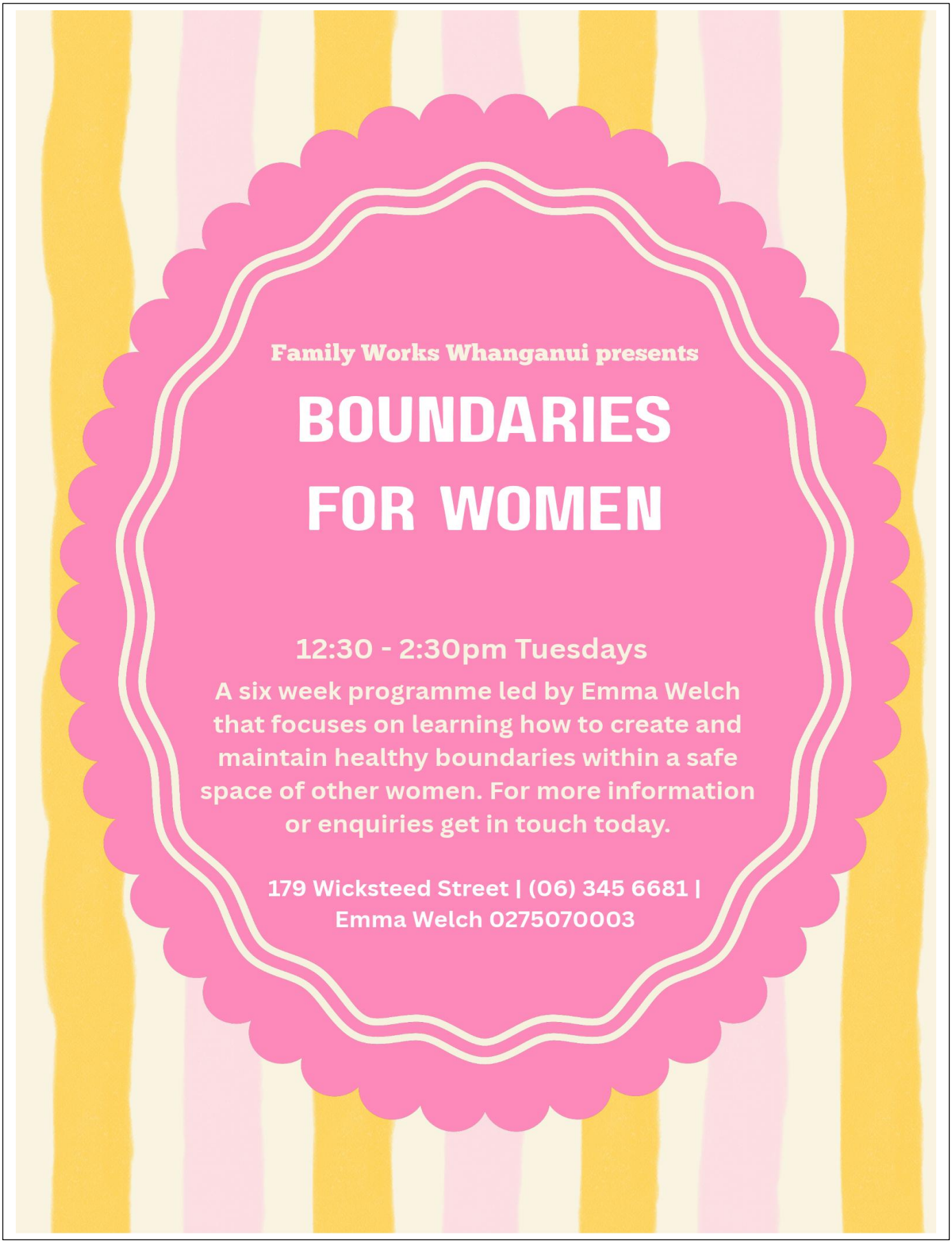
www.bigbrothersbigsisters.org.nz/manawatu

What's On – Mark your Diaries





What's On – Mark your Diaries



What's On – Mark your Diaries



What is Sunshine Village?

Whanganui Disability Community

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

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



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 are 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 meet-ups: 9am at Frank 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

Stay Cyber Safe Whanganui

SENSE WHANGANUI Digital Safety Drop-Ins

FREE

SAFE · EDUCATED · NAVIGATING SECURE · EMPOWERED

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.*"

SENSE WHANGANUI Digital Safety Drop-Ins

SAFE · EDUCATED · NAVIGATING SECURE · EMPOWERED

FREE

Gonville Library Mondays 10am to Midday

visit us on Facebook

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

SENSE WHANGANUI Digital Safety Drop-Ins

SAFE · EDUCATED · NAVIGATING SECURE · EMPOWERED

Gonville Library Mondays 10am to Midday

FREE

visit us on Facebook

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

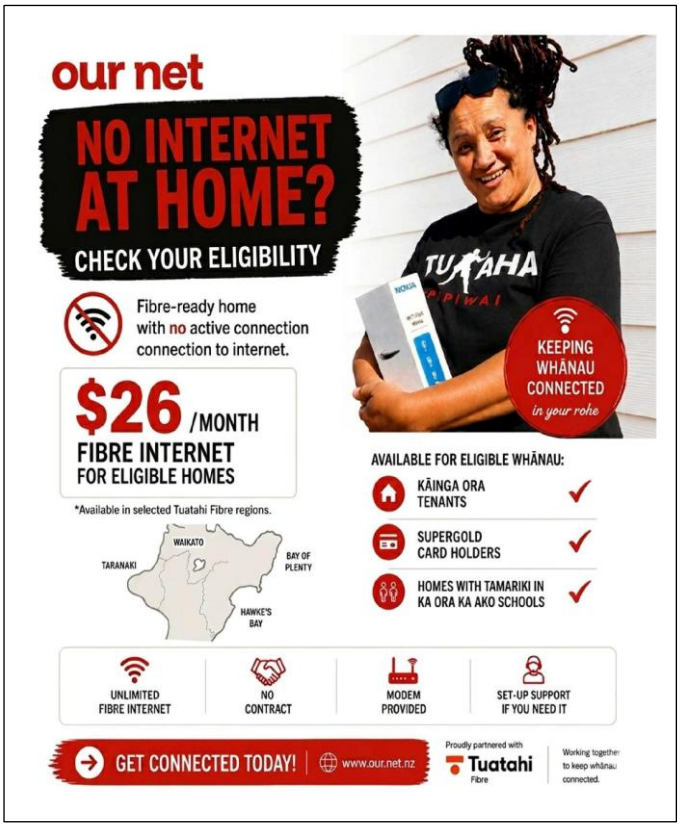
MONDAY – FRIDAY
9:00am – 4:30pm

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

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Fundraiser


JUST LOOKING PRESENTS
A NIGHT TO REMEMBER
WITH KAREN WALKER
5th November 2026
Doors Open 5.30pm
Runway Show Starts 6.00pm
$50 Ticket
All proceeds supporting
Alzheimers Whanganui
Join us for bubbles, canapés and a runway show featuring Karen Walker styles alongside other favourite labels. Enjoy a goodie bag and giveaways, plus the chance to meet Karen herself.
KAREN WALKER
JUST LOOKING
ALZHEIMERS NEW ZEALAND
Whanganui

Fundraiser

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

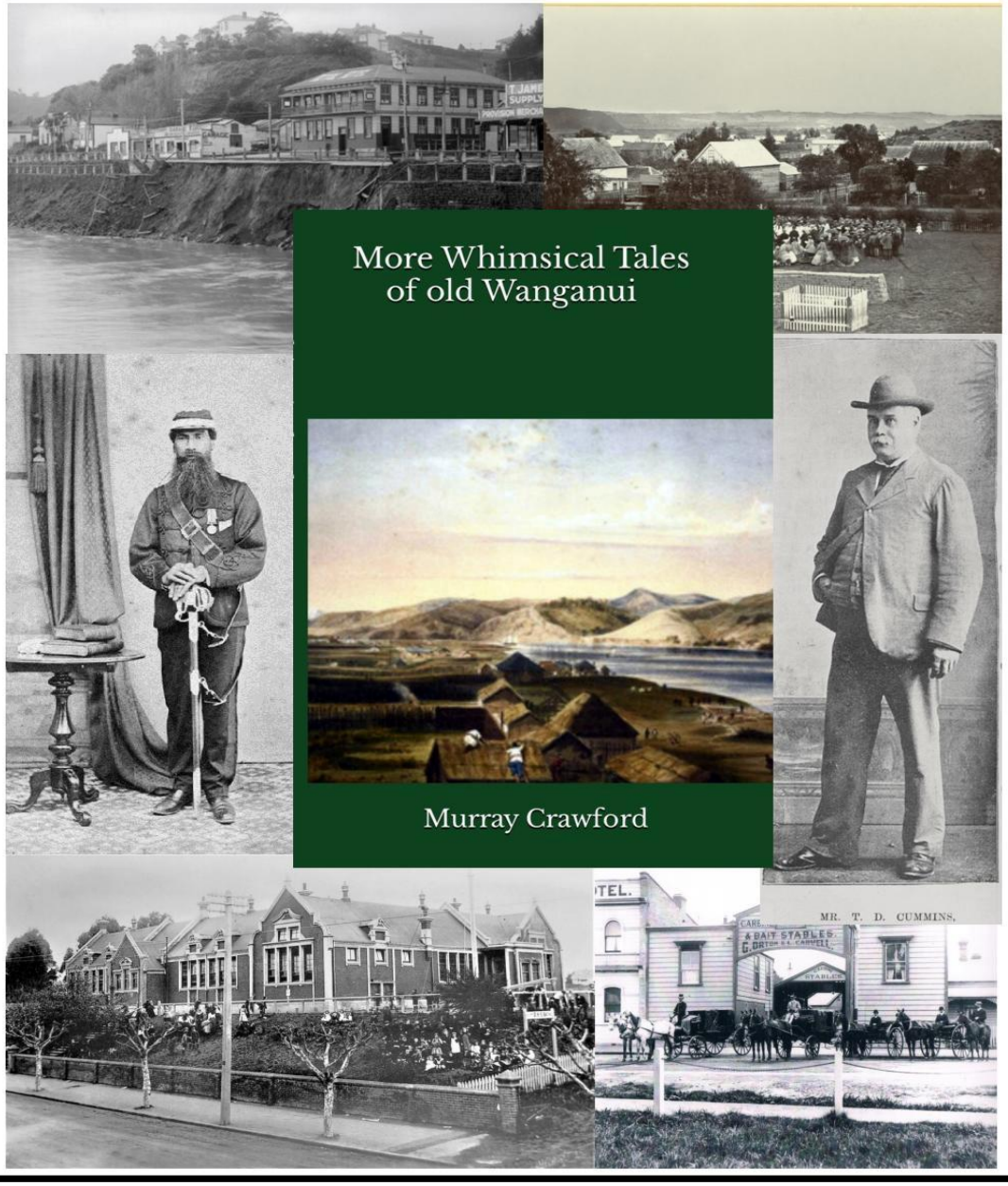
$40.00 per book

(all proceeds to Alzheimers Whanganui)

Alzheimers New Zealand Whanganui

Alzheimers New Zealand Whanganui

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



New Zealand Government
Te Kāwanatanga o Aotearoa

Whaikaha
Ministry of Disabled People

Community News



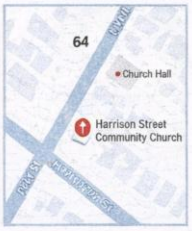
Community News

Repair Café Whanganui

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

Repair Café Whanganui

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!

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

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

eco school

Whanganui District Council

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.

GREEN BIKES

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

Community News

MARTON icthub

Who are we?

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

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

Who are we for?

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

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



Improving computer access and digital skills in our communities

MARTON icthub

What can we provide?

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

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

Angela Coleman
Marton Hub Manager and Trust Secretary
021 1234 727

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

Westpac Bank	03 0683 0209259 000

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

Insulation & Heating Solutions

energySmart

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**
www.gravesidecarenz.weebly.com

Community News

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 whanganuimulticultural.co.nz

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Citizens Advice Bureau

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

LAW COMMUNITY LEGAL ADVICE WHANGANUI
He Tūrohanga, 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



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

Community - Business



Elevate Your Life

Real Conversations • Practical Solutions • Whole-Person Wellness

You're Invited!

Bring a friend or 2!

Join me for a series of friendly, informative wellness talks designed to help you feel better, look better and live better — naturally.

22nd Oct



Your brain needs a break!

Simple, natural ways to support your mind, reduce stress and feel more balanced.

5th Nov



From bloated to balanced

Support your gut, boost your energy and feel lighter, healthier and happier.

19th Nov



Your skin is talking... are you listening?

Learn what your skin is trying to tell you and how to support it with pure, safe, natural solutions.

Where: Gonville Community Room

When: 2pm

Watch this video: https://bit.ly/48fZpTj

Contact:
Diane Daniel
+6421518265
dianedaniel336@gmail.com

Good health is a journey...
and it's so much better when we do it together.

SOS kit

out personnel sourced

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.

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.

COMMUNITY HOUSE WHANGANUI

SUPPORTING OUR COMMUNITY TOGETHER

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



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



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

FIND THEM ON OUR COMMUNITY ORGANISATIONS DATABASE

www.community house.org.nz

or call us on (06)347 1084



Community House Rooms for Hire

COMMUNITY HOUSE WHANGANUI
SUPPORTING OUR COMMUNITY TOGETHER

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





COMMUNITY HOUSE WHANGANUI
SUPPORTING OUR COMMUNITY TOGETHER

Sir Robert Martin Boardroom

with **Conferencing System**

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



COMMUNITY HOUSE WHANGANUI
SUPPORTING OUR COMMUNITY TOGETHER

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



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.

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).



Halls / Rooms for Hire



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

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



Volunteers Wanted

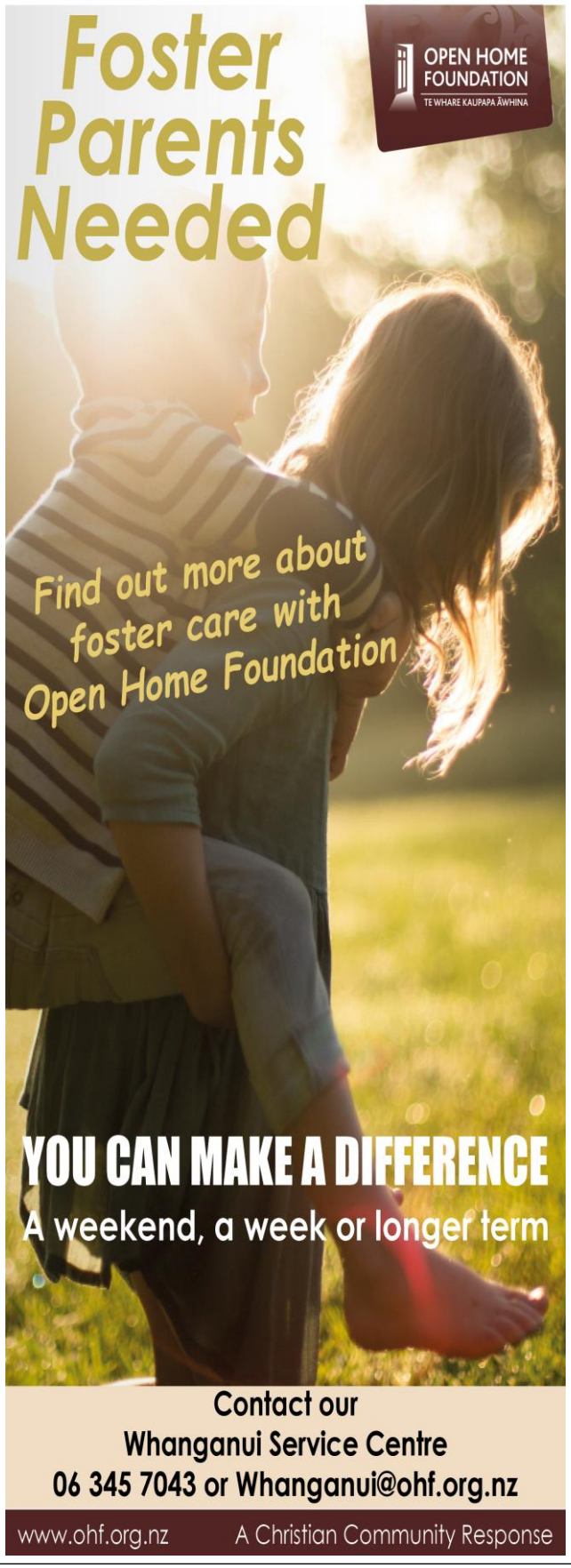








Volunteers Wanted





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 Wanted





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 / Mobile 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

Tuku Kai – Te Puna Wai Ora 10 Liverpool Street
Community Breakfast the last Sunday of each month 8.30 am – 9.30 am
Gold coin Koha

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, Tawhero47 Akatea St, Gonville

Free Food / Meals

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

CITYMISSION WANGANUI

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

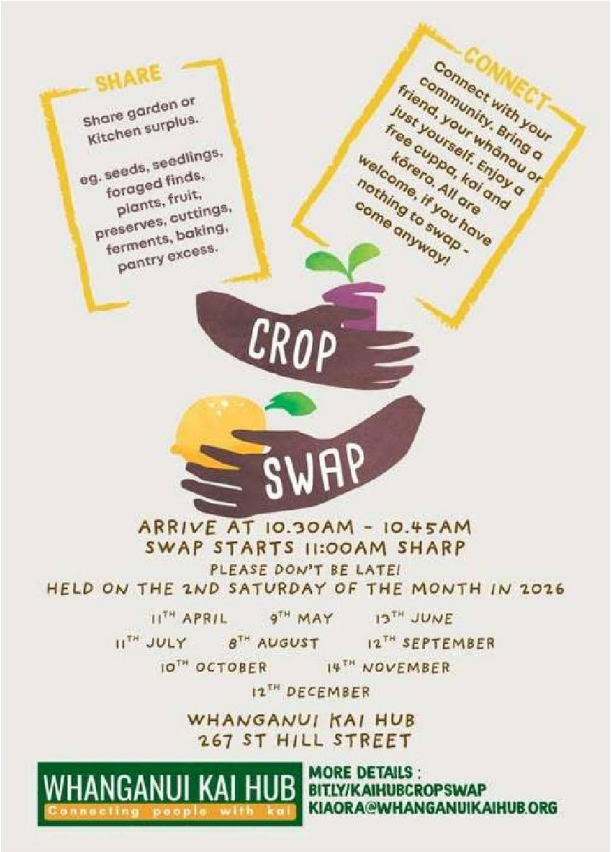
COMMUNITY FRIDGE

Monday to Friday 12.30 pm to 1.30 pm

Putting Unity Back In Community

TKSA

THE KOHA SHED AOTEAROA



Free Food / Meals

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

Putting Unity Back In Community

TKSA

THE KOHA SHED AOTEAROA

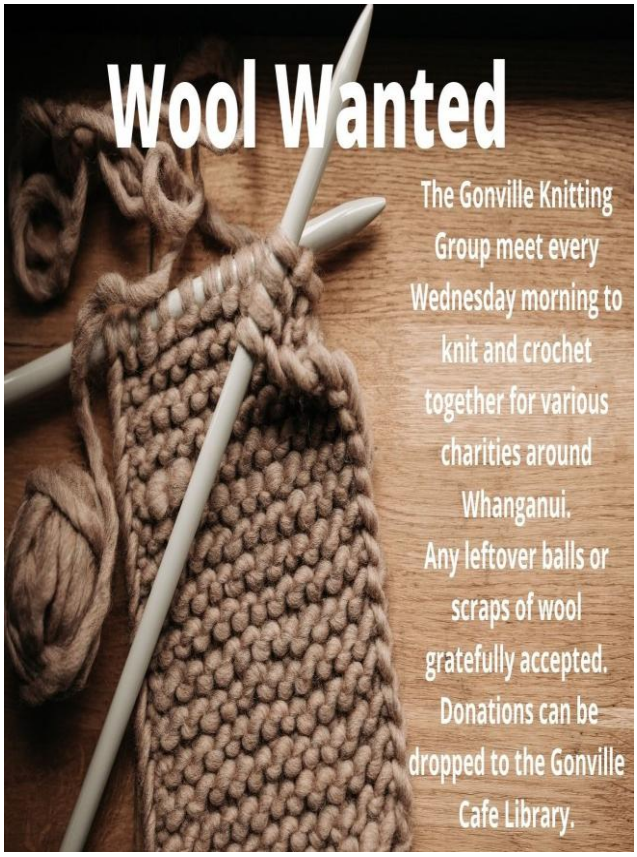
Relying on the dedication of volunteers - managing and stocking the shop, fundraising, maintenance, gardening, governance, emergency response, event management, transport

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

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

Interest Groups









Interest Groups

Enjoy Singing?

The Whanganui Male Choir Needs You!



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



Anything! Just come and sing!

When? Every Tuesday 7.00 pm Where? Jane Winstone Chapel

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

whanganuimalechoir@gmail.com

Wanted!!
Musicians





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



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



Singing FOR THE BRAIN

Every Wednesday
10:30am - 11:30am

come sing with us!

LAURA FERGUSSON TRUST
115 LIVERPOOL STREET
COLLEGE ESTATE
WHANGANUI

★No cost
★Everyone welcome



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)*

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 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

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

WHANGANUI CreaTivE SPACE

Community Art

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

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

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

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

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

River City Artists



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

EVERY THURSDAY 9.30 AM - 4 PM 243 WICKSTEED ST

FROM BEGINNERS TO ESTABLISHED ARTISTS - ALL MEDIUMS, AIR - CONDITIONED ROOMS AND FREE OFF ROAD PARKING.

Contact:

Val Donkervoort - 06 343 6316 - 027 4599 448

or Sue Cleeve 021 0484 035





Interest Groups

THE WANGANUI COMMUNITY CHOIR

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

The choir is a mixed choir singing four-part harmony – Soprano, Alto, Tenor & Bass. The choir's Musical Director is Caleb Arthur.

Come along and join us if you love the joy of singing – you will not need to audition.

PLEASE NOTE CHANGE OF REHEARSAL VENUE

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

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

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



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



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

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

Interest Groups

PRIME TIME

Fellowship, Fun & Hospitality

LAST THURSDAY OF THE MONTH
10.30AM

4 Indus Street, Whanganui

Te Ope Whakaora



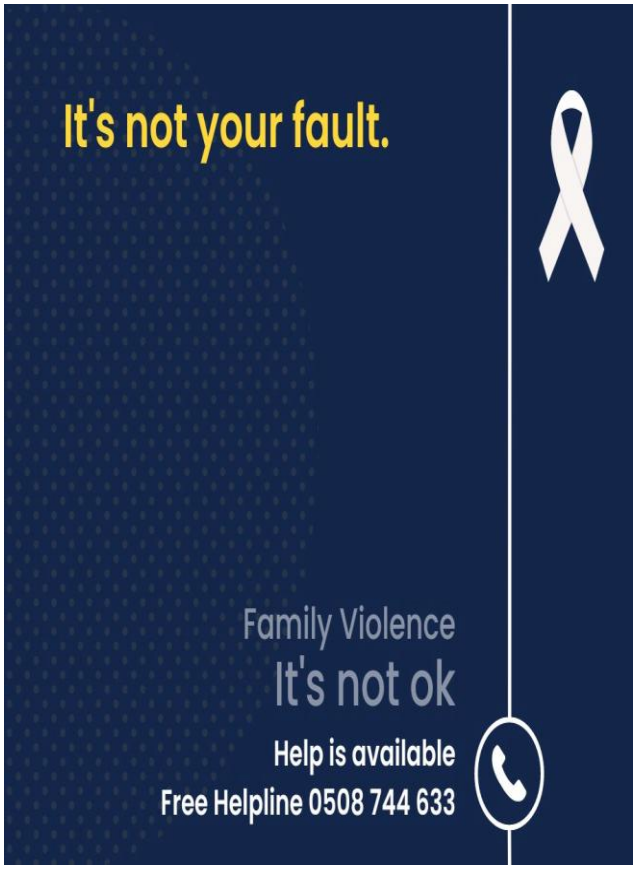
Whanganui Corps

Te Ope Whakaora

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'



Interest Groups



Interest Groups

RED BOAT KUNG FU WING CHUN

Self Defence Classes Available Now

We are located
Red Boat Kung Fu Wanganui
159 Wickstead Street

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

Please contact us and register

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

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

RED BOAT KUNG FU WING CHUN

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

REBUS NZ INC.

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.**

REBUS NZ INC.

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.



sport whanganui leaders in sport

Club G.O.L.D.



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



Retired or semi-retired?
U3A is for you.

Socialise in small groups
Share knowledge
Learn
Have fun

www.u3awhanganui.co.nz
Ph 0211 432770

Interest Groups

TEA AND TOPICS



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

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

whanganuilibrary.com

Need a bit of help?



Book A Librarian

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

whanganuilibrary.com



New to Whanganui?

Like to meet new like-minded people?

Always wanted to join a bookclub?

– well now is your chance

A book club with a difference has started up in Castlecliff

THEMES

Venue: Castlecliff Library

Time: 1.30pm until 3pm

Day: 1st Tuesday in each month

Register now

For information and/or registration please contact

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

Whanganui District Library Home Service

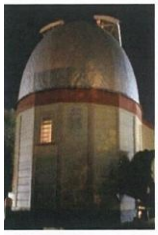


Can't Access the library?
We'll bring it to you



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

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



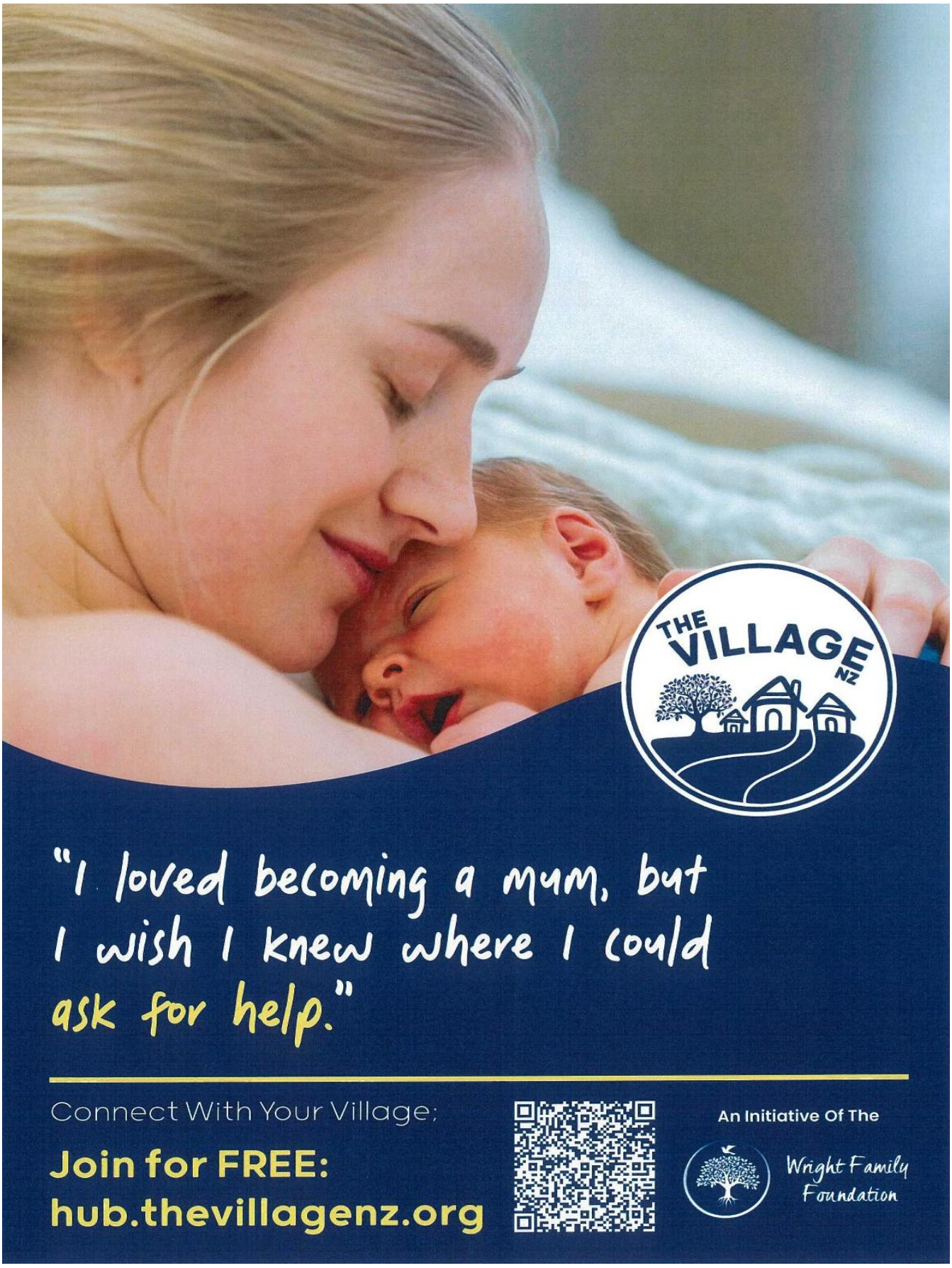
The Ward Observatory

Wanganui Astronomical Society

for more information visit

www.facebook.com/WanganuiAstronomicalSociety

Support Services for Whanau and Children



Support Services for Whanau and Children

DYSLEXIA SCREENING & SUPPORT

Affordable screening and practical support to help people thrive with dyslexia

📖 Reading 🧠 Learning ⭐ Confidence

❓ Do you struggle with:

- Reading
- Spelling
- Writing
- Processing information
- Confidence in learning or work

💡 Why Identification Matters

- Explain learning challenges
- Reduce frustration & self-doubt
- Improve study/work confidence
- Access appropriate support
- Build strategies for YOUR brain

🔎 Expert Dyslexia Screening

Mike Styles – Dyslexia Consultant & New Zealand Authority. Screening and tailored support for adults and older children (11–16 years).

You are NOT lazy. You are NOT 'not smart'. And you are NOT alone.

✨ Clarity Changes Everything ✨

📩 **ENQUIRE NOW**

📧 Mike-styles@dyslexia-consulting.com

📞 021 504 774

🌐 www.dyslexia-consulting.com

Support Services for Whanau and 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.or.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.

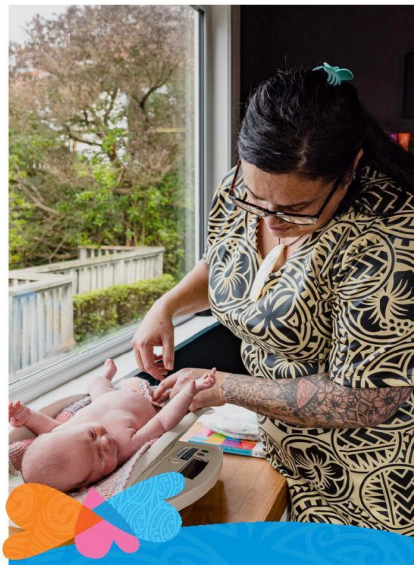
If you have some time to spare time (even just an hour or 2 once a week/fortnight), we would appreciate your support to manage a few tasks at the swap shop like sorting the bags or admin or greeting the parents when visiting the shop and clinics. Ngā mihi nui

Any enquiries regarding Volunteering, Playgroup, Māmā connect or the Swap shop please contact: dipti.pandrangi@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

whānau āwhina plunket



Plunket Whanganui

whānau āwhina plunket

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 Kaiawhina 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.

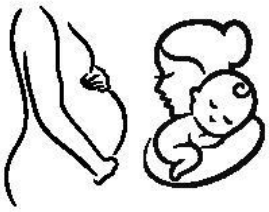
PlunketLine
0800 933 922

Support Services for Whanau and Children

IS YOUR WHARE COLD AND DAMP?

DOES YOUR TAMARIKI GET SICK OFTEN?

Are you hapū or have a newborn?



OR

Do you have tamariki aged 0-5?



AND...

Lower income or eligible for a community services card?



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

WE CAN SUPPORT WITH THINGS LIKE:



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

Support Services for Whanau and Children

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 Services for Whanau and Children

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

Support Services for Whanau and Children



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

0800 224 733
and ask to speak with your local Kaiārahi

kaiarahi@justice.govt.nz

Support Services for Whanau and Children

Barnardos

An Aotearoa where every child shines bright

www.barnardos.org.nz

Kia eke ai te hunga taitamariki ki ngā rangi tūhāhā

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



Support Services for Whanau and Children

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

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

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.

Playcentre Wanganui Association

Playcentre

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

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

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

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

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

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

3 FREE visits

www.Playcentre.org.nz

Whānau tupu ngātahi - families growing together

Support Services for Whanau and Children



THE SALVATION ARMY
Te Ope Whakaora

MONDAY 10-11.30AM

Donation for morning tea

4 Indus Street, Whanganui



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"

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

Support Services for Whanau and Children



Parent to Parent

connect · inform · support

Freephone 0508 236 236

www.facebook.com/parent2parentnz

www.parent2parent.org.nz

Support Services for Whanau and Children



Support Services for Whanau and Children



Are your children under 5 protected against measles?

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

What is measles?

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

How effective is the measles vaccine?

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

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

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

Te Kāwanatanga o Aotearoa
New Zealand Government

Te Whatu Ora
Health New Zealand

HP8227 | Measles under 5 – A5 Flyer | 15.09.22

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**

Maternal Health Services

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



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

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

Vaccincations for whooping cough and influenza will be available to pregnanct women



NO ALCOHOL, NO RISK

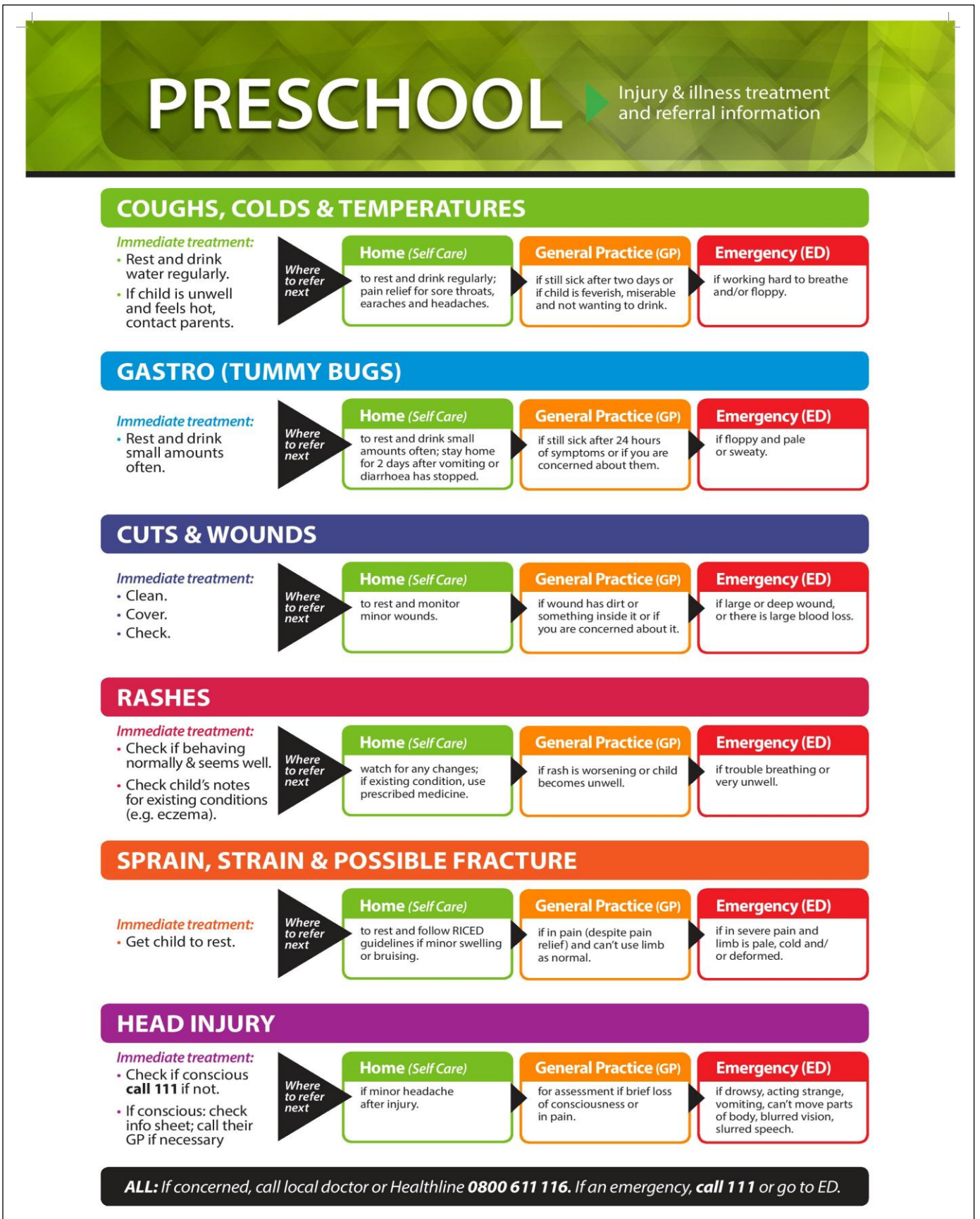
Fetal Alcohol Spectrum Disorder (FASD) is 100% preventable

- FASD Support Group for families/whānau living with FASD.
- Meet every 1st and 3rd Tuesday of the month at 48 Alma Road, from 10am – 12pm.

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

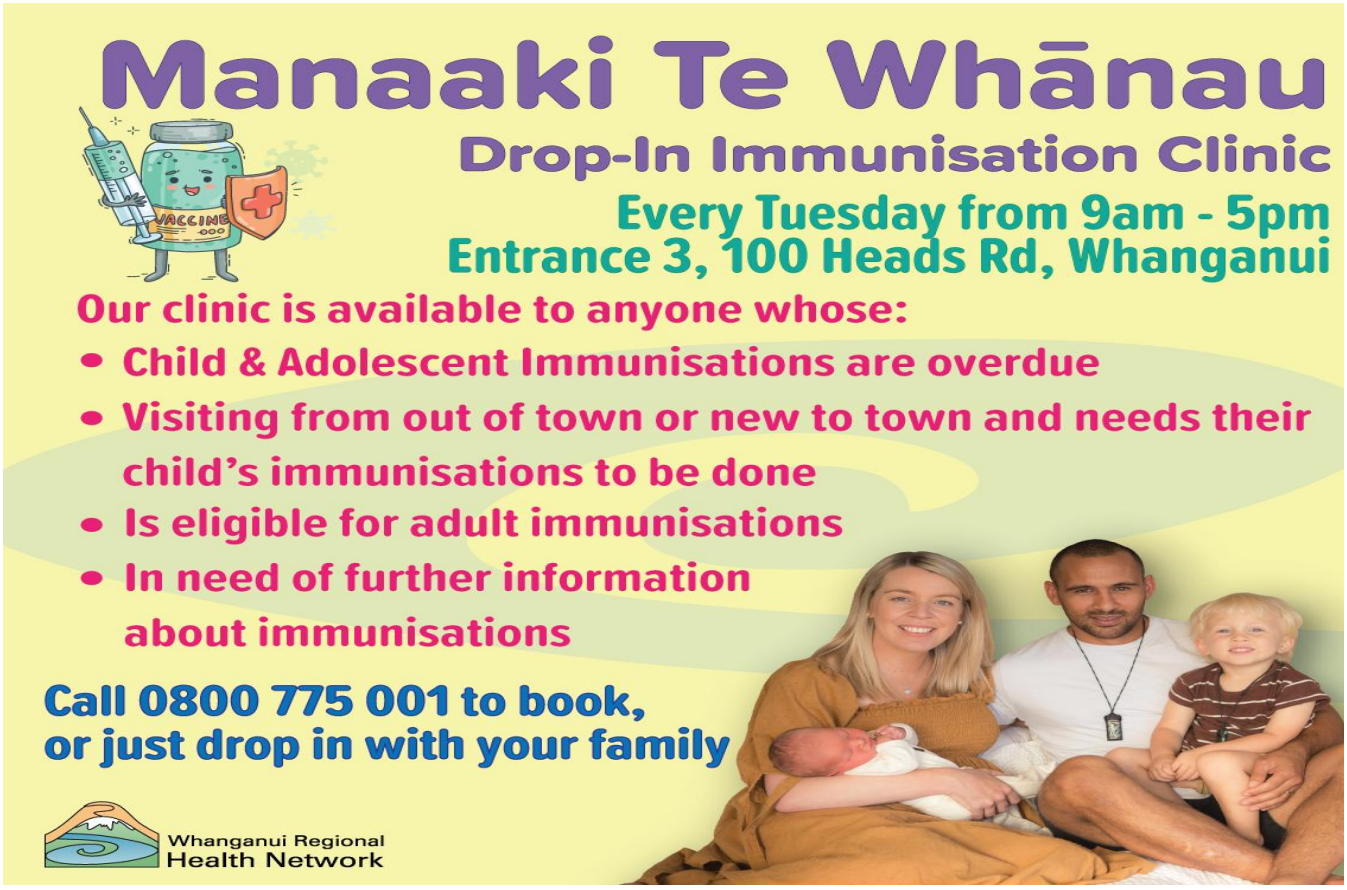
Red Shoes Rock TOGETHER
We're Unstoppable

Support Services for Whanau and Children



Support Services for Whanau and Children





Support Services and Information for Youth

whatever

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

Neuro Spicy Connections Group

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

whatever WOVEN WHĀNAU

whatever

Hygiene Collection

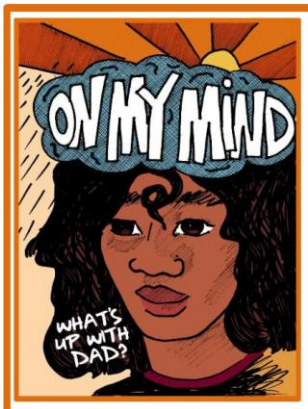
We're collecting Hygiene products to help rangatahi who are going without the everyday essentials

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: stepbysteptogether2@gmail.com**

Support Services for Seniors

Kōwhai Day Programme

Connection, Choice & Purpose

enliven KŌWHAI CENTRE



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

Support Services for Seniors

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

Whanganui Welfare Guardian Trust

Enquiries:
Marion Sanson
Ph; (06) 345 6538

WHO ARE WE?

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

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

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

WHO IS ON THE TRUST?

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

Board members typically have a background in:

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

WHO NEEDS A VOLUNTEER WELFARE GUARDIAN?

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

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

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

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

WHO CAN BE A WELFARE GUARDIAN?

The person the Court appoints must:

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

WHAT DOES A WELFARE GUARDIAN DO?

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

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

B) The Welfare Guardian must, by law

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





Support Services for Seniors



Cognitive Stimulation Therapy

CST

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

What's the benefits of CST?

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

How to get involved

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

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

Support Services for Seniors

AGE CONCERN WHANGANUI
He Manaakitanga
Kaunihera Aotearoa



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.

Support Services for Seniors

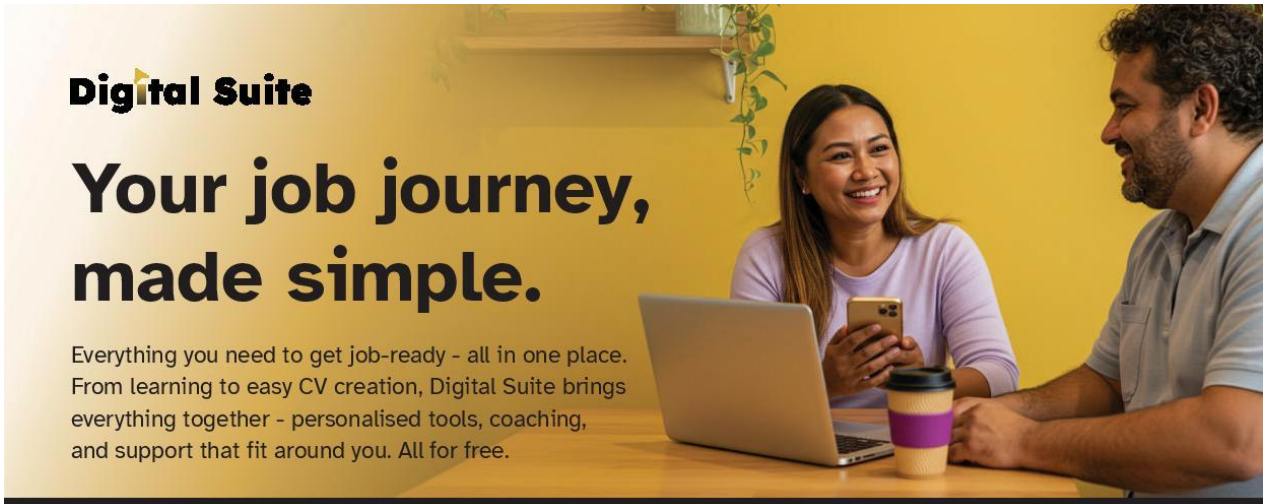


Support Service

Inland Revenue
Te Tari Taake

Heartlands and Mobile Offices in our region. To make an appointment call us on 0800 775 247 or email us at PalmerstonNorthAdvisoryRequest@ird.govt.nz	Do you have any queries or need to see us in your area we have regular days we are in the community: • Taihape Heartlands Office 98B Hautapu Street Taihape 1st Wednesday monthly. • Foxton Heartlands Office 9 Lady's Mile Foxton 2nd Wednesday monthly • Tararua Heartlands Office 11 Mangahao Road Pahiatua 3rd Tuesday monthly • Whanganui Work and Income Office 153 St Hill Street Whanganui 4th Wednesday monthly
Kaitakawaenga Māori	We can visit you at home or in the workplace (or you can come and see us if you prefer). Kaitakawaenga Māori can: • provide one-to-one tax advice and information • provide tax training and seminars to Māori groups • provide tax agencies at resource centres or marae • supply information booklets on a range of different tax obligations.
How to Contact Us:	To contact or request a visit from one of our Community Compliance Officers or our Kaitakawaenga Māori Officers **Email us at:** **PalmerstonNorthAdvisoryRequest@ird.govt.nz**
How to contact Inland Revenue: As part of our commitment to providing the best service to our customers, we record most of the calls made to our contact centers.	If you need to ring Inland Revenue, our 0800 Contact phone numbers are: • Personal income tax 0800 775 247 • Business income tax 0800 377 774 • Working for Families 0800 227 773 • Child Support 0800 221 221 • Student Loans (NZ Based) 0800 377 778

Support Service



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.

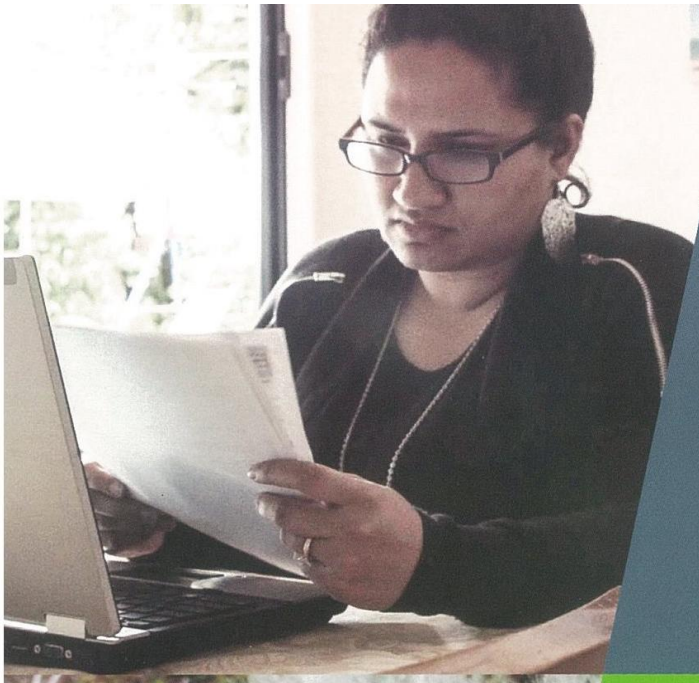
FOR HEALTHCARE

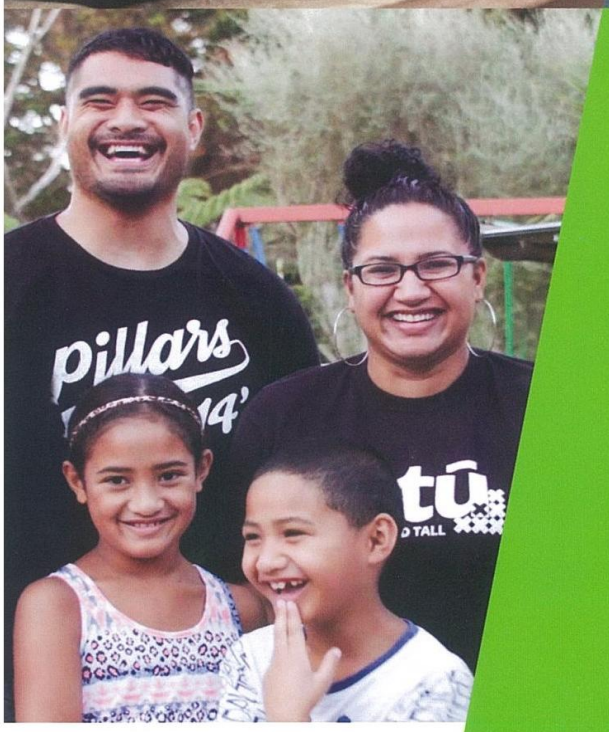
MYSKILL
Get started with a NZ Certificate in Health and Wellbeing (L2) and get job placement support.

Start your journey at **digitalsuite.co.nz**

MINISTRY OF SOCIAL DEVELOPMENT
TE MANATŪ WHAKAHIATO ORA

Support Service





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 Service

The Whanganui Budget Advisory Service Inc

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

We can help people who are

★ Wanting to know how to manage their money better.

★ Wanting to sort out their debts.

★ Want help in setting and attaining financial and family goals.

Free, non-judgmental help.

Assistance is offered without discrimination

Confidentiality is maintained in all matters

Clients' needs and independence are respected

Staff are accountable to the Service and our funders.

Financial Mentors have passed their FMIC training course.

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

wbas@wbas.org.nz

Phone 06 345 3746 Mobile 027 243 3362 Free 0800 1831 83

Office hours
Monday to Friday
9.00 am until 2.00 pm

This service does not

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



Support Service

WCLT

WHANGANUI COMMUNITY LIVING TRUST

Whanganui Community Living Trust

396a Victoria Avenue, 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.

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

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

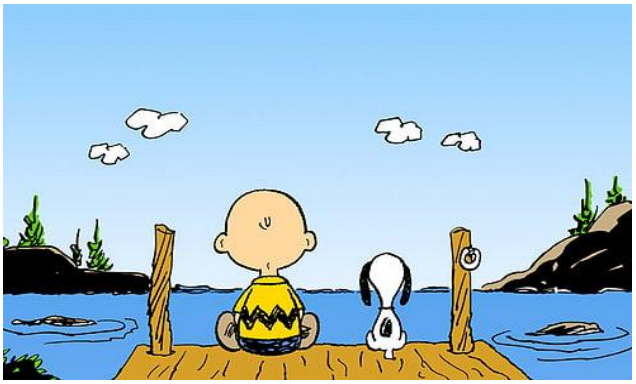
- Monday to Friday 9:30am to 3:30pm
- Membership Fee is a Koha
- Membership is 18 years and over.

Services:

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

'To promote self-empowerment through peer support'.

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





Support Service

Community Groups

balance AOTEAROA
Peer Support and Advocacy

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. *Sign-up required, you can sign up to one WRAP group per six months.*
	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. *No sign-up needed, just come along.*
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. *Sign-up is required. Participants can register for one group block within a six-month period.*
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. *Open group.*
	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. *Sign-up is required. Participants can register for one group block within a six-month period.*
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. *Sign-up required*
	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. *Open group.*

Hope & Co. 63A Ridgway Street | Whanganui Learning Centre 232 Wicksteed Street

Support Service

Alcoholics Anonymous

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**

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 ☺

AL-ANON

Balance

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/

Parkinson's New Zealand

The Parkinsonism Society of New Zealand (Inc.)

PO Box 11067
Manner Street
Wellington 6142
www.parkinsons.org.nz
info@parkinsons.org.nz
Freephone 0800 473 4636

Parkinson's New Zealand

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
L 13, 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.

Support Service

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

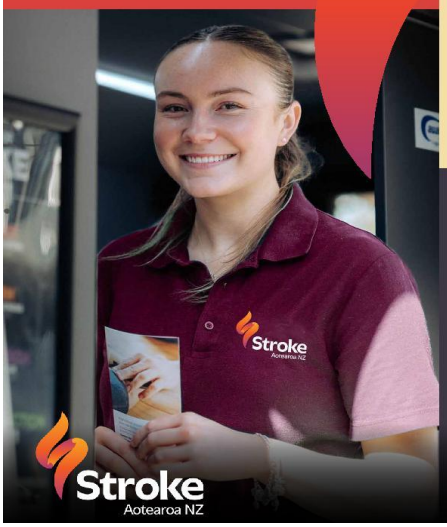
NA (Narcotics Anonymous)
Saint Paul's Church, 128 Guyton Street: 7pm – 8pm



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

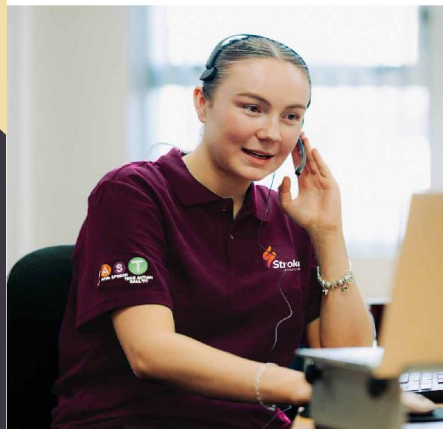
Free counselling for young people:
0800 What's Up (0800 942 8787)

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**

Stroke
Aotearoa NZ

Support Services

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

Cerebral Palsy Society
freedom & choice

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

Brain Injury
WHANGANUI

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
KAIPONAPONA AOTEAROA

ARTHRITIS NEW ZEALAND

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

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.

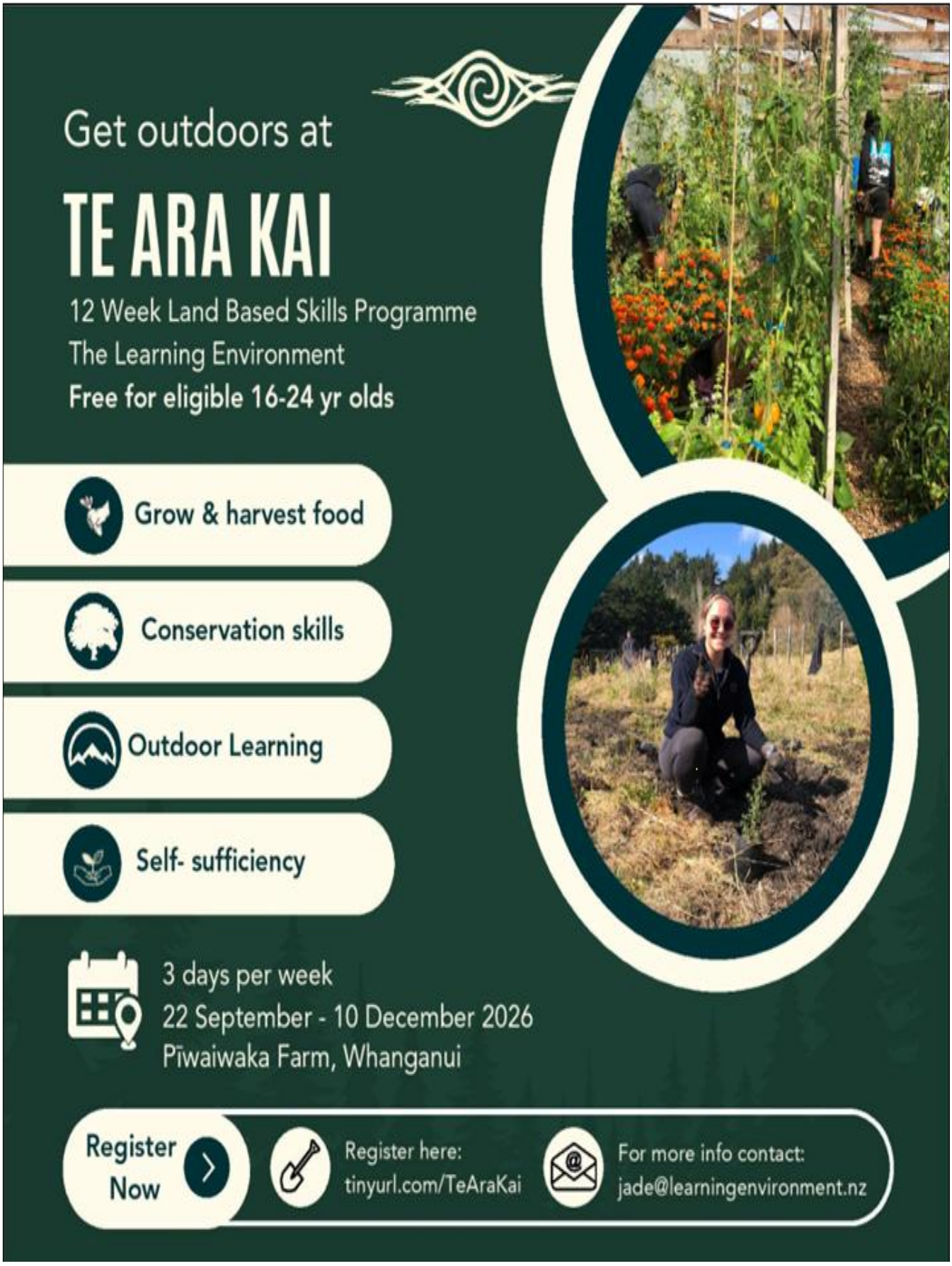
Te Ara Kai is part of **The Learning Environment** at Pīwaiwaka Farm on the banks of Te Awa Tupua, The Whanganui River - a 72ha farm-forest sanctuary featuring wetlands, regenerating forests, orchards, and gardens. These spaces act as outdoor classrooms for community education.

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

Support Services - Education



Support Services - Education

TUTORS WANTED

Do you have a qualification in teaching adults literacy?

Are you interested in helping others upskill?

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

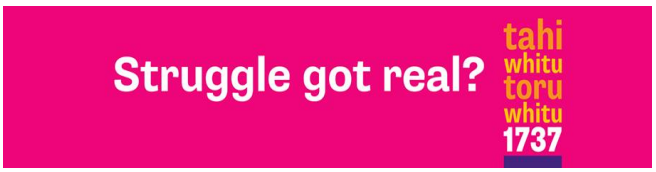
Email your CV to kelvin.280@literacy.org.nz











Support Services - Education

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

What's on at WLCT

Whanganui Learning Centre

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
LIKE US ON facebook



- WHANGANUI -

CIVIL CONSTRUCTION, BEEKEEPING, & HORTICULTURE COURSES RUNNING NOW!

LAND BASED TRAINING

Get in touch to find out how!
FREEPHONE: 0508 872 466
www.landbasedtraining.co.nz

AGC TRAINING FOR INDUSTRY
CHALLENGE YOUR FUTURE | WHAKAAEHIA TE WERO

Free Course

8 Weeks Intensive Literacy & Numeracy
with a focus on Carpentry, Animal Care or Farming
5 Days a week- 5 hours per day
Pathway to further study.
Improve your DIY Skills,
and build confidence with your numbers & communication!



Start Date to be advised

Contact: Phone or text Amelia 021 755 668

Support Services - Education

te ora hou
with young people

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

$70

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

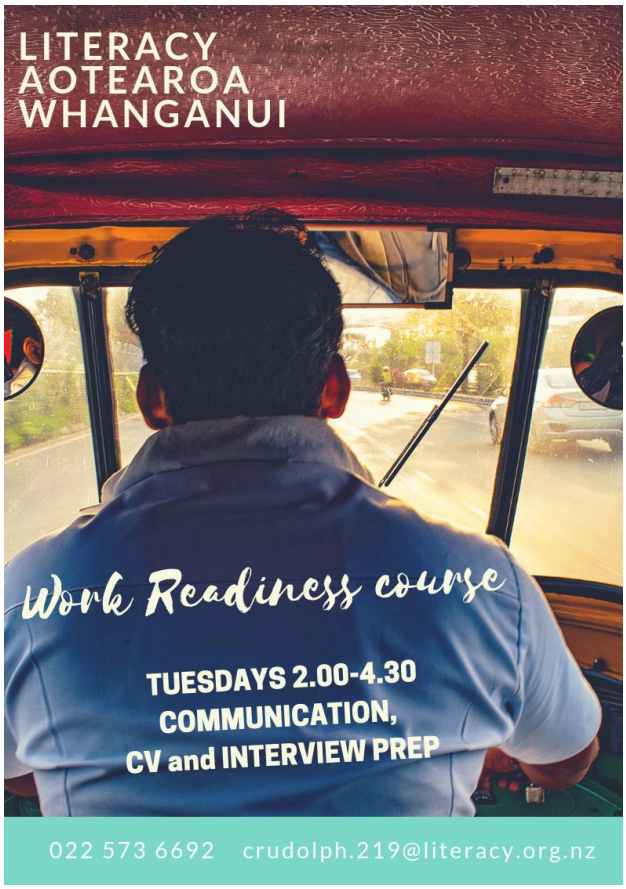


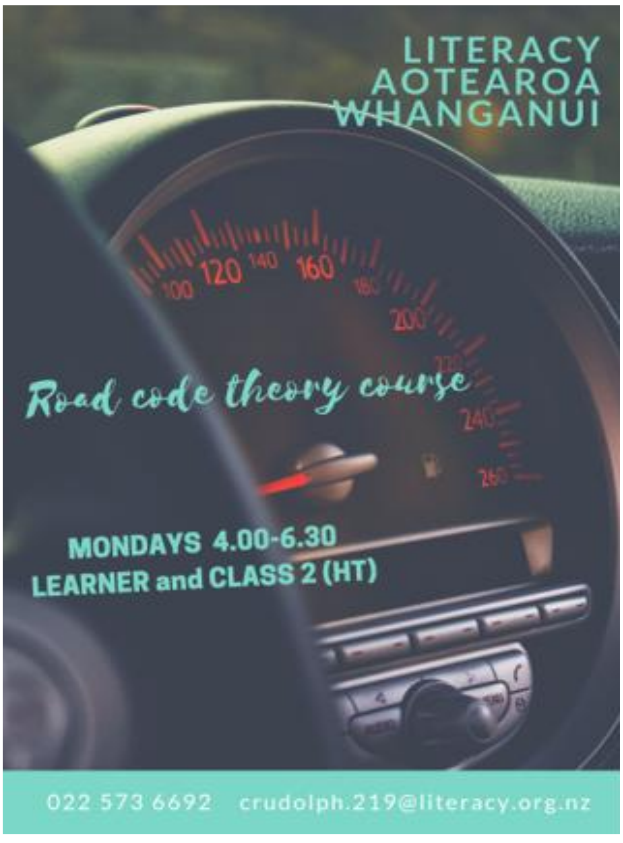
Contact Us!

jhawley@teorahou.org.nz

027 346 6783

Support Services - Education







Support Services - Education



It starts right here

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

workbridge.co.nz
0508 858 858

Support Services - Education

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)





Meditation – Calm - Mindfulness



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

massage aotearoa new zealand

Meditation – Calm - Mindfulness

Buddhist Mindfulness Practice Group

Open to all



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

stopping | calming | resting | healing

Clare: 021 0622 120
www.plumvillage.org

Exploring Calm



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

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

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?



- 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.

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

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

#authenticlivingwithlinda

Helping YOU, Help Yourself.

Phone /Text me, **Linda Codlin** on
027 403 2523
For an introductory Consultation

Health Matters - Counselling

Barrie Marsh

Diploma of Social Work
General Counsellor

Strict Confidentiality and Privacy Assured



Ph (06) 344 3345
Email marshkandb@gmail.com

Jenny Wright Counselling
The journey begins

Jenny Wright
Diploma Prof Counselling,BSW,NZAC Supervisor,
EftInternational 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.

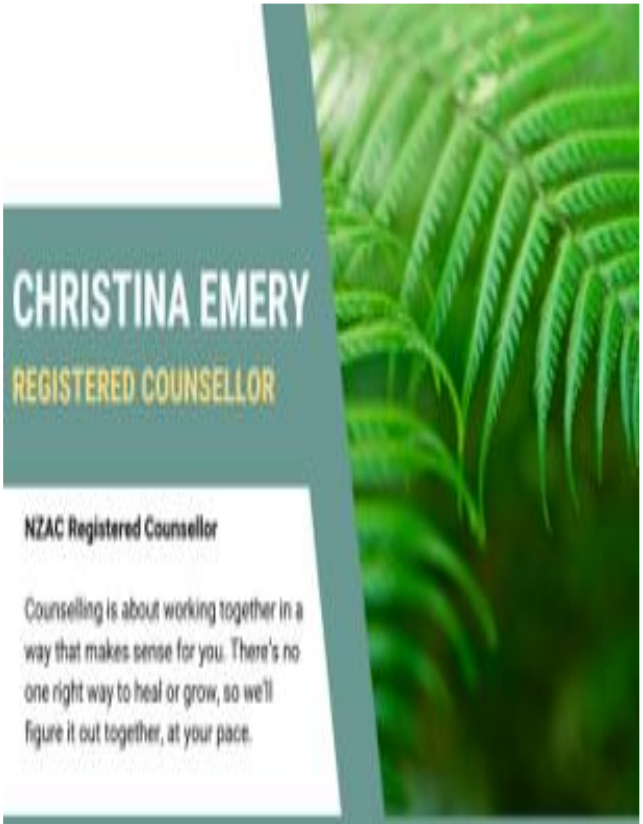


Fliss Newton

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



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.

"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".

Contact:

027 363 6333
www.christinaemery.co.nz
kiaora@christinaemery.co.nz

Health Matters - Counselling

COUNSELLING CABOODLE

PROFESSIONAL SUPERVISION SERVICES

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

Whanganui, Bulls, Marton, Palmerston North or via Skype

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

ACC Sensitive Claim and ACC Physical Injury.

Individuals Couples Groups Workshops Education sessions

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

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

Full member of NZAC, Registered DAPAANZ and DAPAANZ approved supervisor

www.counsellingcaboodle.co.nz

Nicola Hartfield

Fellow Arbitrators' and Mediators' Institute NZ

nicola@nicolahartfield.com

www.nicolahartfield.com

Workplace Supervisor / Family Mediator



Whanganui Counselling Services

Know, See, and Speak your Truth

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

Struggle got real? tahi whitu toru whitu 1737

Health Matters

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 Matters

Emergency Consult
Virtual Healthcare On-Demand

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

NO ONE CHOOSES DIABETES

KĀORE TE TANGATA E KŌWHIRI I TE MATE HUKA

No single cause. No simple fix. No off switch.

Health Matters









Health Matters

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:

MINISTRY OF SOCIAL DEVELOPMENT
TE MANATŪ WHAKAHIATO ORA

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@securelynz or you can visit our website and attach a photograph or scanned copy of your invoice on our Contact Us page.

Pendant Testing

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

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



When you go away

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

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

Call us on 0800 865 865.

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

What happens if you lose your medical pendant?

Call us on 0800 865 865 to arrange a replacement.



PERS+

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

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

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

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



Family System

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

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

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

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

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

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

Medical alarms that leave the others behind



SECURELY®

Enabling you to live with confidence and independence



Fall Detector Pendant

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

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

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

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

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

GO

Our mobile medical alarm



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

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

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

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

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

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

Contactless delivery

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



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

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

www.securely.nz

Health Matters

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™

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

life unlimited Hearing Therapy

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.

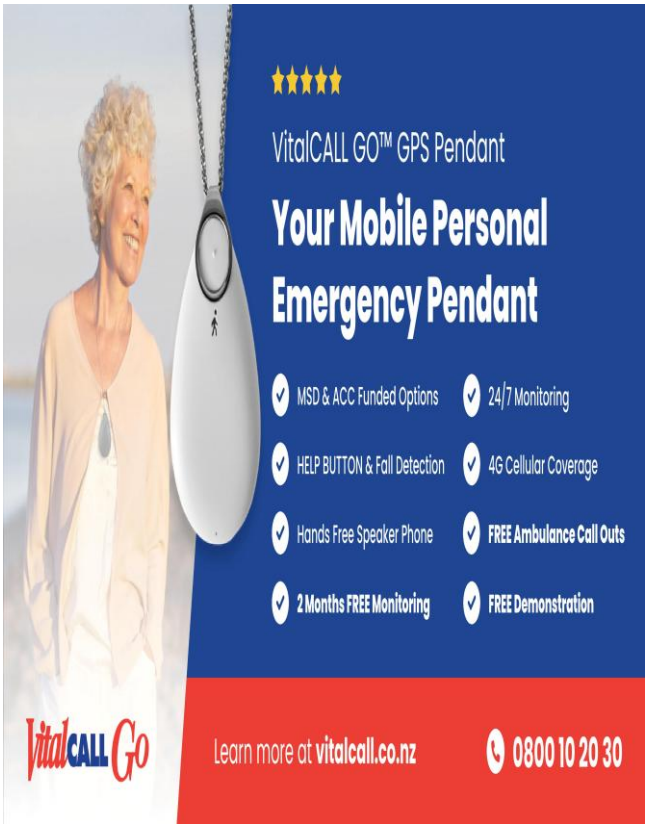
If you, or someone you know has a hearing loss it could be worthwhile checking if they can hear their conventional smoke alarm especially during the night.



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.



Health Matters



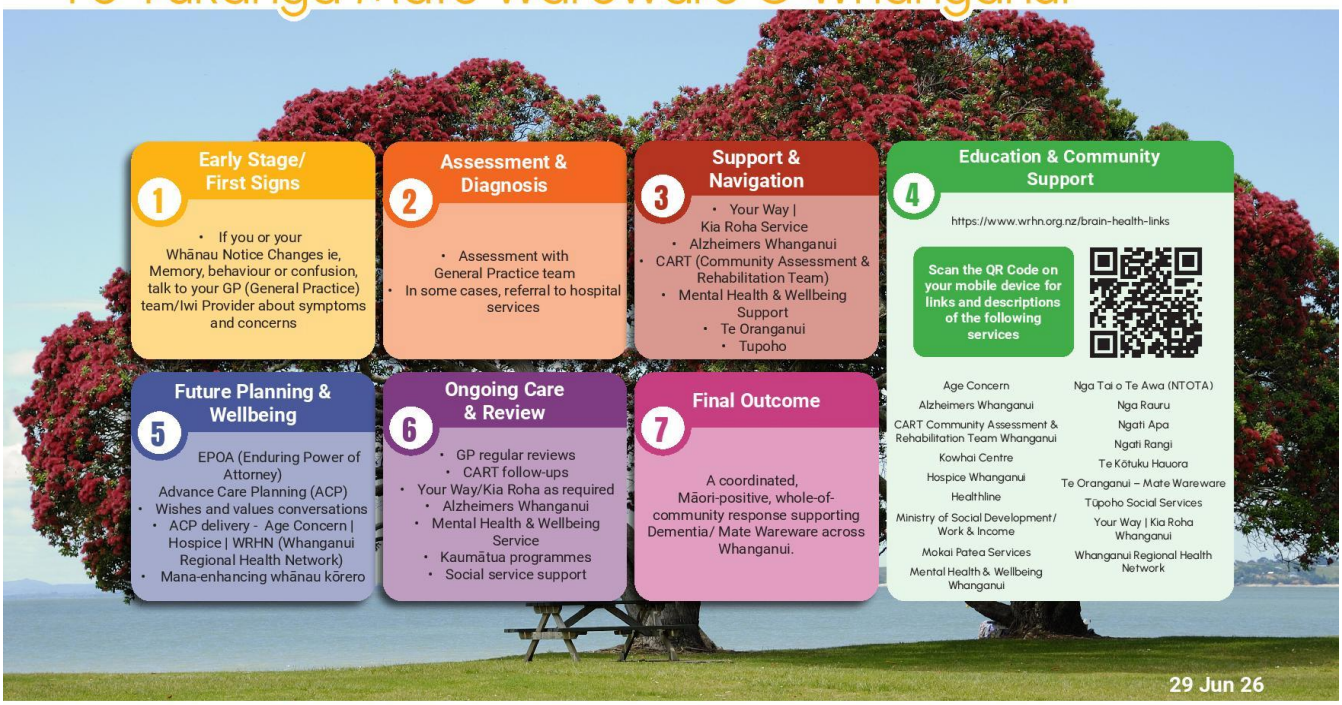






Whanganui Dementia Pathway

Te Tukanga Mate Wareware O Whanganui



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	**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)**
Oct/Nov Programme	**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

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.
GET IT ON Google Play

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.
GET IT ON Google Play

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.
GET IT ON Google Play

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.
GET IT ON Google Play Available on the App Store

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.
GET IT ON Google Play

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.
GET IT ON Google Play

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.
Available on the App Store

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.
GET IT ON Google Play

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.
GET IT ON Google Play

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.
Available on the App Store

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.
GET IT ON Google Play

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.
GET IT ON Google Play

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.
GET IT ON Google Play

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.

Health Matters

MEN'S HEALTH WEEK TIP SHEET 3

menshealthweek.co.nz

Heart Health

WHAT'S YOUR SCORE? HEARTLAND

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

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

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



Risk factors for coronary artery disease

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

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

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

Get a check - it's easy

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

The check lets you know what yo 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 ju save your life.

When should men have a heart and diabetes check?

You should get a heart and diabe 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 o heart problems***

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

MASTE BUILDE

MEN'S HEALTH WEEK TIP SHEET 4

menshealthweek.co.nz

Blood Pressure - the silent killer

WHAT'S YOUR SCORE? HEARTLAND

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



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

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

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

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.

There is no cure for high blood pressure, but it has proven many times over as you can see, 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 treating 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 these.
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 (top number)	Diastolic (bottom number)
Normal	<120	and <80
Elevated	120 - 129	and <80
High Blood Pressure (Hypertension) Stage 1	130 - 139	or 80 - 89
High Blood Pressure (Hypertension) Stage 2	≥140	or ≥90
Hypertensive Crisis	>180	and/or >120

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

CONTACT US

Phone Number: 06 348 7474

Website: www.gmc-chiropractors.co.nz

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THE COMPUTER EXPERTS

Proud supporters of Community House Whanganui

Health Matters

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

AGE CONCERN NEW ZEALAND

Whanganui Regional Health Network

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

LIVE STRONGER FOR LONGER
PREVENT FALLS & FRACTURES

Nymbl

WHANGANUI DISTRICT HEALTH BOARD

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

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

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

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

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

Our clinic offers FREE:

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


Bowel screening is easy
You've got this!
Free - Do it at home
If you're aged 60 to 74, you can have free bowel screening. A bowel screening test kit will be sent to your home every two years. This simple test can help find bowel cancer early when it can often be successfully treated. When you get the test, just do it! It could save your life.
To find out more go to timetobowelscreen.nz or talk to your doctor
Te Kāwanatanga o Aotearoa New Zealand Government
Te Whatu Ora Health New Zealand
Time to screen
National Bowel Screening Programme
HE2628 - APRIL 2023

UNWELL OR INJURED?

Where should I be?

1 Home (Self Care) | 2 General Practice (GP) & After Hours | 3 Emergency (ED)

Call Healthline 0800 611116 for free medical advice 24 hours a day



1 Home (Self Care)

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

2 General Practice (GP) & After Hours

- 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.

3 Emergency (ED)

- Keep ED for emergencies.

TOP TIPS

FOR KEEPING YOU AND YOUR WHĀNAU WELL

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

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

For after hours advice

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

For more helpful information visit:
www.healthnavigator.org.nz
June 2022

Health Matters

St John Health Shuttle



St John Health Shuttles operating between Wanganui and Palmerston North

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

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

Hato 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.

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.

3 STEPS FOR LIFE

St John Here for Life

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**.


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, whanau 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.

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CHARTERED ACCOUNTANTS

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Dave Hoskin
CARRIERS LTD

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.