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Community Networks Wellington Newsletter August/Here-turi-kōkā 2025

COMMUNITY NETWORKS WELLINGTON AUGUST/HERE-TURI-KŌKĀ NETWORK MEETING

Nau mai, haere mai!

Kei te tino karangahia koe / You are warmly invited to our
August/Here-turi-kōkā Network Meeting

Speaker and Network Round

Ian Gault, Senior Social Worker from [Catholic Social Services](#) will do a short presentation, show casing their 'Game On' parenting programme for dads. This will be followed by a network round. Please join us to share the mahi your organisation is doing, share resources, kōrero and connect with like-minded groups or just listen to what's happening out in the community.

Date: Wednesday 20 August 2025

Time: 11am—12pm (join us for morning tea from 10:40am)

Venue: St Peters Church Garden Room 211 Willis Street (Entrance is on Ghuznee Street)

To RSVP [click here](#): 20 August 2025 Network Meeting

Or for more information contact

Debbie Delaney by email at: office@cnw.org.nz or visit www.cnw.org.nz

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COMMUNITY NETWORKS WELLINGTON HOME PAGE

SAVE THE DATE for:

COMMUNITY NETWORKS WELLINGTON 50TH ANNUAL GENERAL MEETING 17TH SEPTEMBER 2025

Kei te tino karangahia koe / You are warmly invited to
our Annual General Meeting

The meeting will be in person and also by zoom.

Wellington City Council Speaker Panel:

We are inviting Wellington City Council Mayoral candidates for this year's local election to be on a panel at our AGM with the opportunity to talk about *'their vision for Wellington's social and community issues and how will they make that happen?'*

Date: Wednesday 17 September 2025

Time: 11am to 12pm (join us for morning tea from 10:30am)

Venue: St Peters Church 'Garden Room' 211 Willis Street (*Entrance is on Ghuznee Street*)

Nominations welcome for

Community Networks Wellington Executive
CNW is seeking nominations for the executive committee from any organisation that is a full financial member.

(The Nomination form and executive role description can be found on the last page of this newsletter) or [you can download and view the forms here](#)
CNW is all about our communities - help us be stronger.

You can korero with [Debbie](#) or [Diana](#) if you want to know more.

Click here for: [Executive Committee nomination form](#)

For more information contact Debbie Delaney
by email at: office@cnw.org.nz or
visit www.cnw.org.nz

UPCOMING RADIO SHOW

6 August 1.30pm (Replay) - [Parent 2 Parent](#) - Host Judith Parkington talks with Meredith Dyer, a co-ordinator for the Wellington Region branch of Parent 2 Parent. P2P supports and informs families living with members with disabilities and neuro-diversity. Find out about the many supports and resources they have.

13th August 1.30pm—[Wellington City Mission](#)—Host Judith Parkington talks with Isabel Hanley, a Social Worker in the Registered Community Practitioner Team at Wellington City Mission. She talks about her role and updates us on how things are working at Whakamaru since its opening last year. **Replays 20th August**

Join us at 1.30pm, (every second Wednesday) on [Wellington Access Radio](#) 106.1FM

Listen to previous shows :

<https://www.cnw.org.nz/nga-whakahirahira-a-nga-mema--members-highlights.html>

If you would like to be involved in our radio show contact office@cnw.org.nz

A STEP FORWARD: BETTER BANKING OPTIONS FOR NON-PROFITS

[CNA](#) are proud to share a positive outcome of our [Better Banking for All research](#): a new initiative from [First Credit Union](#)* (FCU) to improve banking access for Non-Profits.

After reading our report, [FCU](#) reached out to CNA directly—wanting to understand the sector's challenges and find ways to help. They've since launched tailored accounts for community organisations, supported by staff who understand our unique needs.

This is not financial advice, and [CNA](#) doesn't endorse specific institutions—but we are proud to see real change sparked by our mahi and your voices.

*First Credit Union Incorporated is not a registered bank. For more information about who they are visit www.firstcu.co.nz.

FCU's solution includes:

- A dedicated contact person for Non-Profit clients
- Everything can be done online (e.g. signatories can be approved online).
- Online sign-ups, ID verification, and admin support
- A commitment to reducing unnecessary barriers

CNA trialled the system for a year and found it significantly improved our own banking experience. In [our latest blog](#), CNA Chair Holly Snape shares her firsthand experience trialling FCU's new approach to Non-Profit banking.

You can learn more below or explore FCU's offering directly via their website.

[FCU Non-Profit Services](#)

[Download the info pack here](#)

LIGHT AND LOVE IN THE HEART OF WELLINGTON

by Rosemary McLennan ([Daily Encourager](#))

Light and love-filled facility in the heart of Wellington is Whakamaru, the City Mission's new headquarters in the suburb of Mount Cook.

The five-level new build aims to reshape the way Wellington gives support to those who need it. The \$50m project opened late last year, debt free thanks to many generous individual and corporate donations, grants and \$23m from the Government's shovel-ready scheme.

Appropriately, the hub of the five-level new building is Craig and Gail's Café. Payment is by whatever contribution you can afford – or not. It's a place for locals from all walks of life to hang out, perhaps on their way to paid work or to talk to someone from The Mission about the challenges they are facing.

A home away from home

For some it is a home away from home if they live alone. A popular pastime in the café is tackling the many large jigsaw puzzles that beckon.

A goal of Whakamaru is tackling the growing disconnect many people are experiencing in urban life – surrounded by people but in reality isolated and lonely.

The café space is connected to other Whakamaru facilities including free showers and laundry services and the social supermarket.

For part of the week the café doubles as a crisis recovery centre open 24 hours and a safe and welcoming space for people needing one.

For people in mental distress it is often a cosy alternative to the hospital emergency department. It also found another purpose during a recent storm in

Wellington, being offered as a safe haven and somewhere to charge phones for those without electricity.

Catering service a mission fundraiser

The café has just launched a catering service delivering to Wellington city, Porirua and the Hutt Valley as a Mission fundraiser.

These are designed for corporate and business consumption. Menu choices include sandwiches, filled baguettes, sweets and mixed platters.

It is marketed as indulging your tastebuds "while contributing to a cause that truly makes a difference".

Whakamaru is in Oxford Terrace, off Adelaide Road. Its innovative design uses steel framing (and 15,000 bolts) and floors made from cross-laminated timber for seismic strength and fire resistance.

It has a full fire sprinkler system and an electronic database of all services (such as water and electricity). Solar panels on the roof provide a sustainable source of electricity for the centre.

Emphasis on youth

Whakamaru's transitional housing of studio units and two-bedroom units are filling up, providing safe and warm surroundings for people, mostly youth, who may have been homeless or couch surfing with friends.

At Whakamaru there is wraparound support from staff, able to help address the many challenges people are dealing with at the same time.

Joe Horsman from The Mission says the long-term goal is to support them finding permanent homes when the time is right.

Wellington City Missioner Murray Edridge, writing in a supporters' newsletter and reflecting on the stunning South Island scenery he saw during a summer road trip, says that;

He believes the dignity, care and compassion shown to manuhiri coming to The Mission, contribute significantly to their growing hope and wellness, despite often difficult circumstances.

Facilities for free hire

Other facilities open to both people living on site and visitors include the chapel's quiet space and a boardroom that can be hired at no cost.

On the complex's second floor is a garden, a green space created against the boundary fence Whakamaru shares with Government House, home to the King's representative and Governor-General Dame Cindy Kiro who officially opened the whole facility last November.

A medical centre, which relocated from nearby, is now housed in Whakamaru.

Personal stories

Robert is a volunteer helper at Whakamaru after initially contacting The Mission following the fire two years ago at Loafer's Lodge, where he lived. Until the fire he had been sober for 10 years but returned to alcohol to dull the pain of losing five people he lived with.

Robert says the people he met at The Mission helped him get past the fire and gave him something to hold onto. In gratitude he asked if there was anything he could do to help and began volunteering in the kitchen. A couple of years later he carried on his volunteering as a host when they moved to Whakamaru.

"I can see what The Mission wants for our community with Whakamaru, and it's having a big impact.

"It accommodates everyone, there's a lot of space, and it's got good opening hours. It's even bringing in people who are on their laptops or having work meetings.

"It's nice that we can all be here having a coffee and a meal together, and that all are welcome to be cared for," Robert says.

Robert says that being part of Whakamaru has been good for him.

Tala turns 94 this year and is a regular visitor to Craig and Gail's Café. In the late 1970s she became New Zealand's first Pasifika councillor when she was elected to Wellington City Council. She led a busy life until her husband passed away in 2012 and she found it lonely living on her own.

"But I am so happy that I can come to a place like Whakamaru.

"The Mission has always given people a place to go when you are alone, and Whakamaru is just the best ... your loving support provides us with a beautiful

place and excellent services and makes us want to be here.

"This isn't just a beautiful building, it has a beautiful feeling. Whakamaru is my home too, and I thank you for opening your doors to people like me."

If you liked this story, join the Daily Encourager Media Facebook page by [clicking here](#)

ARTICLES OF INTEREST

[Strategy to prevent and minimise gambling harm 2025/26 to 2027/28](#)

This strategy sets out New Zealand's approach to funding and coordinating services to prevent and minimise gambling harm. It strengthens alignment with mental health priorities by providing additional funding to improve access to services and treatment, focus on prevention and early intervention, and enable more effective service support. *Source: Ministry of Health New Zealand*

[Homelessness as a public health emergency: learnings from crisis](#)

This research looks at public health responses to homelessness during the COVID emergency in Australia. It identifies barriers, adaptations and lessons learned from increased teamwork between public health and homelessness sectors. It investigates how these partnerships formed and how they can continue with ongoing adequate funding, staffing and logistical support. *Source: Australian Housing and Urban Research Institute*

[Suicide Prevention Action Plan 2025–2029](#)

The Suicide Prevention Action Plan 2025–2029 is the second Government suicide prevention action plan under the strategy, and it sets out the 21 health-led actions and 13 cross-agency actions that agencies will undertake from 2025 to 2029 to prevent suicide. It builds on the current suicide prevention system and the ongoing initiatives from the 2019–2024 action plan. Development of the action plan was led by the Ministry of Health, including the Suicide Prevention Office, and is informed by insights from suicide prevention evidence, previous engagements, and public consultation in late 2024. Engagement on the action plan included with community organisations, a diverse range of population groups, people and families with lived experience, and many government agencies who have a role in preventing suicide. *Source: Ministry of Health New Zealand.*



FREE WELLBEING SEMINAR: UNDERSTANDING CHANGE, LOSS AND GRIEF

Join us for a transformative experience

What will you learn during this seminar?

Explore the **impact of change and loss**, develop emotional resilience, and learn tools for personal growth.

- Why change and loss impact us
- The ripple effect of grief
- Ways to strengthen emotional resilience
- How to support friends (and yourself)
- Tools for personal and professional growth

Register Now



🕒 3-Hour Seminar | Date TBC

📍 132 Tory Street, Te Aro

💰 FREE to attend – just \$15 for your personal workbook

✅ Certificate of Attendance available

Who should come?

Open to all university students – especially those studying education, social work, health, counselling, psychology, or anyone interested in wellbeing.

 **Jess**

seasons@wn.catholic.org.nz

021 374 405

<https://forms.office.com/r/YHJm4t9bhu>

REGISTER NOW



LEADING WITH CARE

Author: Aly McNicoll - LEAD Director

Leading with Care: Why Coaching, Mentoring & Supervision Are Essential in Preventing Vicarious Trauma

Working in the not-for-profit sector is often a calling rather than just a career. People come into these roles with deep compassion, a drive to make a difference, and a willingness to walk alongside those experiencing hardship, trauma, and systemic injustice. But while the mission is meaningful, the emotional toll can be significant.

Vicarious trauma - also known as secondary trauma - occurs when staff are repeatedly exposed to the traumatic stories, pain, or suffering of others. Over time, this can lead to emotional exhaustion, burnout, compassion fatigue, and even PTSD-like symptoms. The cost isn't just personal; it can impact workplace culture, client outcomes, and organisational sustainability. As a leader in a not-for-profit, your role is not just to manage people - it's to safeguard their wellbeing. One of the most effective ways to do this is through structured **coaching, mentoring, and supervision** practices.

The Invisible Weight Staff Carry

Imagine a youth worker hearing stories of abuse daily. Or a domestic violence counsellor supporting a survivor while grappling with their own personal challenges. Or a refugee case manager trying to hold hope in the face of repeated stories of trauma and displacement. These professionals are strong, resilient, and passionate - but they are not invincible. Without proper support, the accumulation of emotional exposure can erode their mental health and job satisfaction. That's where you come in.

Coaching: Developing Resilience and Capability

Coaching is not about giving answers; it's about unlocking potential. In the not-for-profit context, coaching helps staff identify goals, develop coping strategies, and improve their own problem-solving skills. It's especially powerful when tailored to individual development, helping people find purpose and direction amidst emotionally demanding work. Regular coaching fosters resilience. It encourages reflection, builds emotional intelligence, and supports staff to manage boundaries - key factors in protecting against vicarious trauma. Coaching conversations create a space for staff to voice struggles, explore solutions, and stay connected to their values. For leaders, investing in coaching also sends a clear

message: We care about your growth and your wellbeing.

Mentoring: Building Trust and Belonging

Mentoring provides a relational anchor, especially for new or early-career staff. It connects less experienced team members with seasoned professionals who can share wisdom, encouragement, and a sense of perspective. In a sector often stretched thin on resources and high on emotional demand, having someone to turn to - who gets it - can be a lifeline. But mentoring is not just about passing on technical skills. It's about holding space for honest conversations, validating emotions, and modelling healthy coping behaviours. It helps staff feel less alone in their experiences and more confident in their role. When staff feel seen and supported, they're more likely to stay - and to thrive.

Supervision: Holding the Ethical and Emotional Frame

Supervision is the formal, structured space for reflection, accountability, and professional development. In the therapeutic or case management context, it's essential. But its value goes beyond clinical roles - anyone working closely with human suffering can benefit. Effective supervision isn't just a tick-box exercise. It's a crucial touchpoint to explore emotional responses, ethical dilemmas, and case complexities. It allows staff to process the impact of their work in a safe, supportive setting.

Done well, supervision helps staff:

- Decompress emotionally
- Identify signs of burnout or trauma exposure
- Reflect on practice and boundaries
- Reconnect with professional values and standards

As a leader, ensuring quality supervision is a critical duty of care. It demonstrates a proactive approach to staff mental health and models a healthy culture of reflection and growth.

A Culture of Care Starts at the Top

Leaders set the tone. If coaching, mentoring, and supervision are seen as optional or reactive, staff will feel pressure to "soldier on" in silence. But when these practices are embedded in the fabric of the organisation, they create a culture of care, safety, and sustainability.

Here's how you can start:

- Prioritise training for supervisors, coaches, and mentors to ensure they are skilled

- Allocate time and resources for regular, meaningful sessions -not rushed or “when things get bad.”
- Model vulnerability yourself - leaders need support too, and sharing your own learning journey can empower others to engage.
- Evaluate and adapt your support systems regularly. Are they working? Are staff using them? What could be better?

The Cost of Not Acting

Neglecting the emotional wellbeing of staff doesn't just affect individuals - it weakens the whole system. Burnout leads to high turnover, absenteeism, reduced effectiveness, and diminished client outcomes. It erodes the very mission your organisation is built on. By investing in coaching, mentoring, and supervision, you're not only preventing harm - you're nurturing the very heart of your organisation: your people.

Final Thoughts

In not-for-profit work, your staff are your greatest asset - and your most vulnerable. The work they do matters. So does the way we support them to do it. Embedding coaching, mentoring, and supervision isn't just best practice - it's essential. Not just to prevent vicarious trauma, but to build thriving, resilient teams who can continue their vital work with strength, compassion, and clarity.

Lead with care. Lead with intention. Because when you care for your people, they can care better for the world.

Aly McNicoll, LEAD Director also runs courses in coaching, mentoring & supervision. The following courses are coming up:

- **Coaching & Mentoring Skills** – half day, online course Aug 20 1pm-4.15pm \$195 plus GST to LEAD newsletter subscribers. Click <https://www.coachingmentoring.co.nz/training/courses/coaching-mentoring-skills> to register and put LEAD in the promo code
- **Supervision Skills for Health & Social Service Professionals** – NZQA Micro-credential level 5, 5 credits. Details are [here](#)

Plus **LEAD** has a team of trained, professional coaches who have been vetted by LEAD and are all experienced not for profit leaders themselves.

Email sandy@lead.org.nz for details and bios.

IMPLICATIONS OF THE INCORPORATED SOCIETY CHANGES ON YOUR BANK ACCOUNTS!!

What happens to an incorporated society's bank account if they don't re-register by 6th April Next year? (Warning ... you may not like the answer!)

Check out this informative podcast between CNA Host Ros Rice and Rachel Woodhouse from the BNZ.

Collaborative Voices Podcast
[Rachel Woodhouse from the BNZ](#)

Collaborative voices is a 4 weekly CNA broadcast on Wgtn Access Radio.

SAFETY POINTS TRIAL AIMED AT MAKING STREETS FEEL SAFER

Safety Points, clearly marked intercoms that connect people to help immediately if they're feeling unsafe or need support in the city, have been installed in three different locations in Wellington's central city. [Read about the trial on Our Wellington.](#)

RECYCLING BAG DELIVERIES TO ELIGIBLE HOUSEHOLDS

WCC have now finished delivering recycling bags to all eligible homes. If you didn't receive any bags and your household fits the criteria, please let them know no later than 31 August so they can arrange delivery.

Each eligible household receives a pack of 52 clear recycling bags per annum. Visit the WCC [website](#) for more information.

MENTAL HEALTH FOUNDATION'S WORKING WELL GUIDE AND RESOURCES

The Mental Health Foundation's [Working Well Guide](#) is packed with practical tools to support mental health and wellbeing in the workplace—whether you're a manager, team leader, or part of a small community organisation.

From creating a positive team culture to managing stress and preventing burnout, this resource is a great place to start or revisit. [Find resources here](#)

NOTICES

EVERYBODY EATS WELLINGTON AUGUST EVENTS

Next Gen Cook Off is back for it's 4th year. Join us every Monday in August between 6-8pm for a delicious 3 course dinner prepared and cooked by an up and coming young chef from around Wellington. No bookings, walk-ins only. Pay-what-you-want. Every Monday in August. Details and chef line up can be found [here](#)

Thursday 7th August. Join us for a **pay-what-you-can** delicious boil-up dinner by renowned Kiwi chef Josh Hunter of Whakapapa of your Kai. Very special dinner event. More details [here](#)

And our big final event is a massive joint fundraiser with Kaibosh. Celebrate the final day of Welly on a Plate with a delicious bowl of Mac N Cheese for just \$10! We are aiming to serve 2000 bowls across Sunday 31st August from 1pm to 8pm. Dine in or takeaway.

You can pay it forward on the day or ahead of time. Any support is welcome. All the details are here Or contact jack@everybodyeats.nz or alex@kaibosh.co.nz for more info.

IRD NOTICE

Two-step verification compulsory for all myIR users by 5 October 2025. Since 28 April 2025, two-step verification (2SV) in myIR has been compulsory for tax agents, intermediaries and some of your clients.

[Find out more here](#)

REPAIR CAFE

16 August - 1 – 4pm Sustainability Trust
Come along to our third Repair Cafe for 2025. [Book your spot](#) online and bring along one item for repair or maintenance - lightweight household items, small electrical appliances, tech for repair, gardening tools for sharpening, or that general item you've been meaning to have repaired. Our skilled volunteers will be here to assist you with fixes such as electrical faults, broken clasps, union/wedding ring repair, welding or general fix-up repairs.

[Find out more here](#)

NEED HELP NAVIGATING THE FAMILY COURT?

Stewart Guild, Kaiārahi – Family Court Navigator, is available **every 2nd Monday** at **Strathmore Community Centre from 10:30am to 1:30pm**.

This **free service** supports whānau/families with helpful information and guidance on their journey through the Family Court.

Stewart can assist with:

- Care of Children information
- Protection Orders
- PPPR (Protection of Personal and Property Rights) applications
- ...and more

Please note: Stewart does **not** provide legal advice.

Contact Stewart stewart.guild@justice.govt.nz
027 204 0492

Come in for a kōrero — support is just around the corner.

WELLINGTON FREE AMBULANCE ONESIE APPEAL VOLUNTEERS

Volunteers are the absolute bedrock of our annual street collection. It's people like you, giving your time, which means we can raise vital funds to keep ambulance services free of charge in our communities.

One or two hours of your time makes such a difference to the frontline crews of Wellington Free Ambulance who are saving and changing lives 24/7, every day and night of the year. Your support to raise the \$200,000 we must raise this September during our Onesie Appeal will go towards ensuring our crews have the essential vehicles and specialist equipment they need to respond to our communities at a moment's notice.

Will you please support our team by giving your time this September as a volunteer street collector? This year's collection days are Thursday 11 and Saturday 13 September in Wellington and Friday 12 and Saturday 13 September in Wairarapa.

[Sign up today](#) on our website and choose the day, time and location that suits you best – knowing that by giving this time you're helping to support ambulance services in your community.

*While wearing a onesie is encouraged, it's completely optional! You don't have to wear a onesie to be a Street Collector.

[Click here to sign up](#)

WAKING UP TO WHITENESS 3—5 AUGUST

[FIND OUT MORE HERE](#)



WAKING UP TO WHITENESS

Identity Matters, Not Another Course On Culture

Join us for an insightful two-day course that explores the impact of 'white culture' on shaping Aotearoa/New Zealand society.

Understand the historical blend of Māori, colonial, and Pākehā influences and join the discussion on how these have contributed to social issues like racial inequities, family violence, and health disparities.

By recognising the dominant cultural narratives, we aim to foster a deeper understanding and create a fairer society.

Don't miss this opportunity to see how this cultural dynamic affects both you and our nation.

The course will be facilitated by

- [Adreanne Ormond](#)
- [Madeleine Taylor](#)



www.peopleskillsconsulting.co.nz



027 211 6469



Madeleine@peopleskillsconsulting.co.nz



SOCIAL WORKERS REGISTRATION ACT REVIEW

The Social Workers Registration Board | Kāhui Whakamana Tauwhiro (SWRB) is in the process of reviewing the operation of the [Social Workers Registration Act 2003](#) (the Act) to ensure it is still fit for purpose. NZCCSS is on the External Advisory Board to support this work and we want to encourage member and social sector engagement to help shape the next steps.

This is an important opportunity to check that the Act is doing what it was designed to do - both now and into the future. [NZCCSS](#) strongly support this review, and encourage you to have your say. Options for engagement include online hui, a feedback form, or email. The **consultation closes on 31 August, 2025**. For further information and to participate please see [here](#).

TWO NEW WRAPAROUND HOUSING SERVICES FOR PEOPLE USING VIOLENCE

Two new Wraparound Housing Services have now opened in the Bay of Plenty and Wellington. They join our existing providers delivering services across Auckland, Waikato and Christchurch.

Wraparound Housing services are for people who have been issued a Police Safety Order (PSO) or are at risk of using violence. The Wraparound Housing Service includes:

- 24/7 supported accommodation
- a risk and needs assessment to identify the level of risk and need for all PSO bound people and where possible, their whānau
- access to general support and/or therapeutic interventions
- kaimahi outreach to work with PSO bound people who do not require supported accommodation.

Last year, we completed an open tender process for two new providers to deliver Wraparound Housing Services

Following Auckland, Waikato and Christchurch, the Wellington and Bay of Plenty regions were identified as having the highest unmet needs for PSO-bound people. The tender process ran in those locations and two new providers were commissioned.

The two new Wraparound Housing Service providers are:

- Wellington region: Kōkiri Marae Keriana Nelson Trust
- Tauranga region: Tauranga Women's Collective (Te Whakaruruhau o Tauranga Moana)

Since contracts were awarded, the new providers have been recruiting new kaimahi and developing operational policies. Their teams have been engaging in wānanga, training, and networking opportunities in preparation to open their Wraparound Housing service. We can confirm that these services are now operational and are open to supporting men who use violence, predominantly those who have been issued a PSO.

If you have any questions about this service, please email us at Family_Violence_CPP@msd.govt.nz.

HELP US NORMALISE ASKING: “ARE YOU OK?”

MSD released a video on 30 July across all our socials (Instagram, YouTube, TikTok and Facebook) as well as advertising across cinema and TV.

This campaign encourages New Zealanders to ask a simple but powerful question: “Are you OK?” Not as a dramatic intervention, just as something caring people do. We are aiming to normalise asking our friends and loved ones as an act of care and friendship.

<https://www.areyouok.org.nz/videos/lets-start-asking>.

SALVATION ARMY SPEAKS OUT AGAINST RISING HOMELESSNESS

One in every 1000 Kiwis are now without shelter, and member organisation The Salvation Army has spoken out to call for a co-ordinated response to the growing scale of homelessness in our country.

Speaking to NZ Herald, Lieutenant Colonel Ian Hutson said Aotearoa needs to work towards having enough affordable housing for everyone to live with dignity. Read more on this issue [here](#).

ENLIVEN'S ADAPTIVE CLOTHING RANGE

Enliven, part of Presbyterian Support, sees how difficult it can become to assist people to dress as their mobility declines.

Check out the new Enliven Adaptive Blouse – [click here](#)

THIS IS NOT YOURS TO CARRY



She Is Not Your Rehab founders, Mataio and Sarah Brown have released a new book, aimed at supporting children growing up around family violence.

The story follows Tai, as he learns to let go of the adult burdens that are not his to carry.

It will be available in bookstores from August, and donations can be made via [She is Not Your Rehab](#) to provide copies to schools, refuges and those who need them.

KEEP COMMUNITY VOICES ON WELLINGTON ACCESS RADIO!

Wellington Access Radio is the station that is BY, FOR and ABOUT our communities. We exist to remove barriers to broadcasting and to make sure that everyone in our community gets a voice.

However, it's getting harder to keep our space accessible to everyone.

This year we're facing increased costs - transmission, rent, insurance and more - but we have no extra funding.

We are running a Givealittle campaign which finishes on the 7th of August. Check out the video in the link below and find out how you can help <https://givealittle.co.nz/cause/keep-community-voices-on-wellington-access-radio>

AWARENESS DATES

AUGUST/HERE-TURI-KŌKĀ

1-7 August World Breast Feeding week
<https://worldbreastfeedingweek.org/>

3-9 August Cook Islands Constitutional Day, & language week begins <https://www.mpp.govt.nz/programmes-and-funding/pacific-languages/pacific-language-weeks/cook-islands-maori-language-week/>

9 August International Day of the World's Indigenous Peoples <https://dayspedia.com/nz/calendar/holiday/3104/>

10 August World Day of Laziness
World Lazy Day is an informal holiday, it is dedicated to the idea that rest and time for oneself are just as important as the work and effort we put into our daily lives.
<https://dayspedia.com/nz/calendar/holiday/906/>

11—17 August Womens Health Week
We are dedicated to empowering all wāhine to prioritise their health and wellbeing.
<https://www.womenshealthweek.nz/>

12 August International Youth Day
Youth Day reminds society of the importance of youth as the primary driving force behind future changes. <https://www.myd.govt.nz/young-people/youth-week/index.html>

13 August International left-hander day
International Left Handers Day is an international day observed annually on August 13 to celebrate the uniqueness and differences of left-handed individuals.
<https://dayspedia.com/nz/calendar/holiday/627/>

17—23 August Tongan language week begins
<https://www.mpp.govt.nz/programmes-and-funding/pacific-languages/pacific-language-weeks/tonga-language-week/>

29 August Daffodil Day
Daffodil Day is our country's chance to work together and change the experience of cancer for every New Zealander. <https://daffodilday.org.nz/>

1 September
[Random Acts of Kindness Day](#)

EMPLOYMENT OPPORTUNITIES

MANAHAUTŪ (CHIEF EXECUTIVE) FULL-TIME DOWNTOWN COMMUNITY MINISTRY

About the role

DCM (Downtown Community Ministry) is a trusted, values-led organisation and Wellington's leading social service focused on supporting people experiencing, or at risk of, homelessness. Working alongside some of the most marginalised in our community, DCM provides wraparound support that helps individuals secure and sustain housing, improve wellbeing, and reconnect with whānau and community. Guided by the principles of te Tiriti o Waitangi and a commitment to upholding mana, DCM works collaboratively across sectors to create lasting, systemic change and build stronger, more connected communities.

We are seeking a Chief Executive who is a strong, visible, and inclusive leader, bringing strategic clarity, a mana-enhancing approach to service delivery, and outstanding skills in building and maintaining relationships across the sector and with key stakeholders.

Reporting to the Board, you will lead the development of DCM's strategic direction and oversee the core services and performance of the team. You'll champion DCM's purpose and impact, inspire and motivate staff and stakeholders, and continue to strengthen DCM's reputation, relationships, and resources.

Applications Closes Sunday 10 August 2025

[Read the full Job description and find out how to apply here](#)

COMMUNICATIONS AND ADMINISTRATION ASSISTANT NEW ZEALAND COUNCIL OF CHRISTIAN SOCIAL SERVICES PART-TIME

Job Description

Kaiāwhina Whakawhitinga, Whakahaere
Communications and Administration Assistant

- Flexible 16 hour part-time (.4 FTE) role

- Part of a values-based umbrella organisation committed to justice and compassion in Aotearoa
- Hybrid role supporting effective communications and administrative duties

Our organisation:

Our mission is to call forth a just and compassionate society for Aotearoa, through our commitment to our faith and Te Tiriti o Waitangi. NZCCSS represents over 100 organisations providing a range of social support services across Aotearoa.

Our role as an umbrella organisation is to advocate for changes that improve the lives of the people our members support, coordinate across our members, undertake research and new resource creation and amplify the voice of the community to decision makers.

[Read the full job description or apply here](#)

KAIMANAAKI - MEAL SUPPORT WORKER SISTERS OF COMPASSION PART-TIME

Job Description

Position Title: Kaimanaaki - Meal Support Worker
Reports to: Compassion Soup Kitchen Manager
Location: Compassion Soup Kitchen, Suzanne Aubert Compassion Centre, 132 Tory St, Wellington
Employment: Permanent Part Time - Hours; Saturday 3pm to 6pm (3 x hours per week). With potential for other hours on a casual basis.

Position Summary - He Whakarāpōpotanga mō te Tūranga

The core mission of the Soup Kitchen is to provide hot nourishing meals 6 days a week, in a safe and hospitable environment and all other services and purposeful activities we provide are there to support this essential service.

The Kaimanaaki will work alongside other Soup Kitchen employees and volunteers to provide a safe, positive, and supportive environment at the Soup Kitchen, treating all who come to the kitchen with respect and dignity.

[Read the full job description or apply here](#)

Attachment and Emotional Communication

A Framework for Change

with Dr Wendy Kelly



Children and young people who need love the most often ask for it in the most unloving ways. Young people with disrupted attachment, traumatic backgrounds and experiences of neglect or separation crave care and connection, but emotionally communicate this with mistrust and aggression, often rejecting those who are trying to support them.

This seminar explores attachment theory through a developmental lens, discussing how children of different ages negotiate the tasks of attachment relationships, both when things go well and when children are affected by adverse events. The role of attachment in helping children regulate their emotions and cope with stress will be discussed, along with how children perceive both psychological safety and threat, using polyvagal theory.

Some of the key themes that Wendy will discuss during this day long workshop will include:

- The ways that disrupted attachment and traumatic stress change the way that children view themselves and others, often longing for connection but acting in ways that push people away.
- Aspects of contemporary life such as parent use of cell phones, gender roles, non-western views and the impact of social conditions such as poverty and racism on the development of attachment will also be covered.
- Wendy will use her own model, the Relational Learning Framework, to show how the young person's past adverse experiences can create a negative view of themselves and the people around them e.g. that they are unlovable and that parents hurt you and leave you.
- How this framework can help parents, educators and therapists to provide the child with the corrective experiences of trust and connection they need and to put these into words to help the child develop a more positive view of themselves and others.
- The importance of adult self-regulation and the influence of our own attachment style
- Ideas for working with people with different attachment styles and ways to encourage more effective emotional communication.



Dr Wendy Kelly is a Clinical Practice Advisor with the Clinical Psychology program at Victoria University. She is the author of 'Understanding Children in Foster Care' and completed her PhD on the topic 'Looking after children in care: What psychological factors affect the foster parent-child relationship?'. She also runs a private practice and provides supervision and consultation services for professionals working in the area of child maltreatment and trauma. She has worked in the child protection and mental health fields for over 30 years. Wendy has developed this new workshop to reflect the significant amount of new research and knowledge in this field of practice. Wendy's engaging and interactive presentation style combined with her contemporary knowledge and practice wisdom in this topic area mean this workshop is a must for all professionals who engage with children in their work.

Tour Details:

- 📍 **WELLINGTON:** 17 September 2025, Mövenpick Hotel Wellington
- 📍 **AUCKLAND:** 8 October 2025, Naumi Hotel Auckland Airport
- 📍 **HAMILTON:** 29 October 2025, Novotel Tainui Hamilton
- 🕒 9:00am - 3:00pm
- 💰 \$310 (incl. GST). Price includes lunch and tea break catering and presentation notes
- 📞 Contact the Compass Seminars team on 06 7591947 or office@compass.ac.nz

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3 Ways to Register:

 www.compass.ac.nz

 office@compass.ac.nz



Scan Me

TRAINING OPPORTUNITIES

TRANSFORMATIONAL LEADERSHIP: INSPIRING INITIATIVE AND SOLUTIONS FROM WITHIN THE NFP ORGANIZATION

Date: August 14

Time: 10am to 11.30am

Venue: On Zoom

Presenter: [Hilary Star Foged \(LEAD\)](#)

Cost: \$65

Short Outline: This session explores transformational leadership—using the metaphor of a *waka* to inspire initiative, shared responsibility, and a people-first culture where innovation and engagement can thrive.

Outline

Transformational leadership is about inspiring initiative and solutions from within—fostering an environment where people are empowered to think, contribute, and grow. In this session, we explore transformational leadership through the metaphor of a *waka*, navigating together towards a shared mission. The session introduces practical ways to build a people-first, empowering culture that supports innovation, responsibility, and deeper engagement across your team.

Key Takeaways

- Understand what transformational leadership is and how it differs from other leadership styles
- Explore the qualities of empowering and engaging leaders
- Use the *waka* metaphor to reflect on team alignment and direction
- Learn practical approaches to create an empowering team culture
- Discover how to mentor and coach others while staying values-led
- Build an environment where accountability and initiative can thrive

Why Attend?

This session supports leaders and managers to deepen their leadership approach and create conditions where others can lead from within. You'll walk away with insight and tools to build a culture of trust, mutual responsibility, and growth. Perfect for those wanting to shift from top-down leadership to enabling leadership that is collaborative and change-ready.

Who Should Attend?

- Programme and team leads in non-profits or community organisations

- Managers working to build staff engagement and initiative
- Coordinators seeking to grow a more empowering leadership style
- Leaders interested in deepening their influence through coaching and mentoring
- Anyone responsible for shaping positive, accountable workplace culture

[Find out more or register here](#)

GOVERNANCE BYTES WORKSHOP SERIES 2025: THE GOVERNANCE TOOLKIT: FOUNDATIONS FOR EFFECTIVE BOARDS

The Governance Toolkit: Foundations for Effective Boards

Date: August 6 @6:15 - 7:45pm Online via Zoom

Facilitator: Garth Nowland-Foreman

Is your board set up for success? This foundational workshop will explore what good governance looks like in action, how boards truly add value, and how to clarify roles and responsibilities for board members and for staff. Packed with practical advice, this session will also help you foster deeper engagement from your board members -beyond just filling seats. Equip your team with the tools to thrive.

[Find out more and register here](#)

POLICY MATTERS: CRAFTING EFFECTIVE GOVERNANCE POLICIES

Policy Matters: Crafting Effective Governance Policies

Date: September 3rd @6:15 - 7:45pm

Online via Zoom Facilitator: Garth

Effective policies are the backbone of effective governance - but are yours working as they should? Here's our toolkit for crafting policies that guide your organisation's success

[Find out more and register here](#)

More Governance Bytes Workshops

[Navigating Board Dynamics: Building Stronger Relationships and Decisions](#) Date: October 1

[Measuring what Matters: A Guide to Impact Reporting](#) Date: November 5

INSIGHT: INCLUSION AND DIVERSITY

"Diversity is asking someone to a party. Inclusion is asking them for a dance."

If you are interested in inclusivity with your volunteer teams and with people you work with this is the INSIGHT session for you.

Logan Amer will be leading a discussion about the things to be aware of when working with people with disabilities. He will reflect on his own experiences and what strategies workplaces can develop to promote a positive environment where people with disabilities have their voices heard, and can contribute to the growth of an organisation.

Where: Teams

When: Wednesday 24th September

Time: 10.00am - 11.00am

Fees: Free

Facilitator: Logan Amer is the Manager of Whitford Brown Community Trust. The Trust, located in Titahi Bay, is a community participation and transition service for adults with disabilities. Logan has been with Whitford Brown for nine years, originally as a volunteer for a year, then moving into a paid position as the Community Inclusion Coordinator and last year stepping into the role of Centre Manager. Logan is also Chair of Special Olympics Mana and is an experienced lawn bowler.

[Find out more or register here](#)

WORKSHOP: ESSENTIAL SKILLS FOR SUPERVISION

(a strengths-based and collaborative approach)

This workshop will spend time:

- Defining professional supervision and the context of supervision within Aotearoa/New Zealand;
- Considering relationship building and collaborative contracting as the heart of supervision;
- Looking at developmental dynamics in supervision, reflective practice and harnessing our learning styles;
- Exploring skills, tools and processes for working together in supervision,
- Considering how to hold an ethical stance in supervision together.

Who is this workshop for?

- Are you currently supervising or looking at a

supervision role?

- Are you looking at developing your skills for working in supervision in a collaborative and strengths-based way?
- Are you working across the health, social service and education sectors as a youth worker, nurse, social worker, occupational therapist, counselor, RTLB, youth worker, team leader or in some other helping profession?

This 3-day workshop is for you!

Please also note: This workshop will be confirmed to proceed once minimum numbers have been reached and you will be added to a waitlist once maximum numbers are reached. Thank you for your understanding. Registrations close on 29 August 2025.

16—18 September 2025

Mt Victoria, Wellington

Cost \$925 inc GST (Includes Materials and Catering)

[Find out more here](#)

GETTING STARTED WITH AI

Thursday 14 August 12:10 pm NZST

What to expect

This isn't just another theoretical discussion about AI. You've heard the hype, tried ChatGPT, but are left wondering – where do I actually start? What tool do I start with? And how can I get more than just generic rubbish as an output?

In this live session you can expect three humans giving you our tips and suggestions for getting started today, in a way that meets NZ law, and fits within most organisations' AI policies.

What you'll learn:

- The three stages of AI and where we are today
- Our four principles for getting the best outputs from Generative AI tools
- What models you should be using right now to get you started (and how to set them up for best results)
- Practical demonstrations of tools and how these principles can be applied
- Live Q+A

[Find out more or register here](#)

DIGITAL SKILLS FOR SENIORS

Foundation Skills, 5 weekly sessions

8 Aug 2025 - 5 Sep 2025

Fridays 10am-12pm Venue: Porirua Library

Better Digital Futures is for older people aged 65+ (Māori & Pasifika 55+) wanting to build their digital skills and online confidence.

Cost: FREE

[Find out more or register here](#)

Social Networking, 5 weekly sessions

18 Aug 2025 - 15 Sep 2025

Mondays 1-3PM Venue: Porirua Library

Better Digital Futures is for older people aged 65+ (Māori & Pasifika 55+) wanting to build their digital skills and online confidence.

Cost: FREE

[Find out more or register here](#)

LOSS OF INTIMATE CONNECTION IN AGED CARE: BALANCING CARE, CONSENT AND DIGNITY

Tuesday 26th August 1:00pm - 3:00pm NZST

Online (New Zealand)

Catherine Cook, RN, PhD, M.Counselling,
Chris Sinclair, RN

Overview

Commonly, very frail older adults, including people living with dementia, move to residential care homes. Maintaining significant intimate relationships can be challenging. With communal living, new relationships may also flourish that may unsettle the expectations of staff, families and other residents. Residential facilities typically want to uphold a person-centred philosophy, yet without education and support for staff and families, there can be increased loneliness and diminished opportunities for intimacy.

Residents' expressions of intimacy and sexuality can be compromised by confusion around staff expectations, the role of the EPA and consent. Dementia adds complexity to this decision-making. Clinical leaders are central in ensuring policies and practice enhance social and sexual belonging and rights. This includes having organisational support of a practical policy accompanied by staff, resident, and family education and role modelling.

[Find out more or register here](#)

SUSTAINABLE ME: HOW DO PROFESSIONAL CARERS CARE FOR OURSELVES?

On-demand webinar

Online (New Zealand)

Dr Susan Crozier

Overview

Those of us who work in caring roles are well aware of the need to look after ourselves - we are often reminded of the need to exercise, socialise, drink water, have fun, take breaks, meditate etc. It's a basic expectation that we are supposed to be good at.

But sometimes the tasks of self-care can feel like extra work or effort in our already busy lives and they can slip off the list of priorities. Or perhaps we feel sure we have self-care all figured out and then find ourselves in a season of overload where it seems like the plan just isn't working like it used to.

This webinar invites practitioners in caring roles to take a fresh look at self-care by exploring some important questions.

[Find out more or register here](#)

MANAGING & LEADING COMMUNITY ORGANISATIONS

LEADERSHIP PROGRAMME FOR LEADERS OF COMMUNITY ORGANISATIONS

Friday, 5 September—14 November

9:00 am - 5:00 pm

Online (Zoom link will be sent on registration)

About the Programme

Are you an leader of an NGO, not for profit or community organisation seeking to strengthen your leadership skills and make a greater impact? Our Leadership Programme is designed specifically for leaders of small to medium-sized community organisations, equipping you with the tools, confidence, and strategies to lead effectively in today's dynamic and evolving environment.

Whether you're new to leadership or looking to take your skills to the next level, this programme will help you become a more intentional, impactful, and inspiring leader.

[Find out more or register here](#)

FUNDING

Four Winds Foundation

Four Winds have a paper-based application that needs to be received at their office by 4.30pm on or before the last working day of the month. They are considered at the following month's meeting (generally held on the last week of each month). A maximum of four applications per applicant will be considered in any 12-month period regardless of grant outcome and only 1 application per month will be considered. [Find our how to apply here](#)

Lottery Community Fund / Te Tahua Whakatinana Papakāinga (round 1) Closing 6 August 2025

<https://www.communitymatters.govt.nz/lottery-community>

Support will be given to service providers that demonstrate collaboration, are actively engaged and contributing to the following social outcomes in their community: Vulnerable people are supported, Building food resilience systems, Māori, Pasifika and Ethnic Communities are empowered, connected and achieving their aspirations.

Lottery Community Facilities Fund / Te Tahua Hapori Ngā Whakaurunga is now open, Closes 12 November 2025

Lottery Community Facilities provides grants: to improve or build new community facilities, or for feasibility studies to work out if plans to improve or build community facilities can be achieved and will benefit the community. <https://www.communitymatters.govt.nz/lottery-community-facilities>

NZCT - Always Open - Our grants criteria

Find out what we do and don't fund for the purposes of sport, motor vehicles, salaries, social activities, advertising, and education.

See the Criteria Here Website <https://www.nzct.org.nz/grants/>

The Lion Foundation

The Lion Foundation are pleased to welcome applications for funding. Before you apply please check that you are eligible and that your project matches their [criteria](#). or [Find out more here](#)

The Tindall Foundation The following Programme Areas have been identified as a focus for donations: supporting families & social services; enterprise and employment; caring for our environment and preserving biodiversity; strengthening the 3rd sector;

promoting generosity and giving.

Always open EMAIL: admin.ttf@tindall.org.nz

WEB: <http://www.tindall.org.nz>

Wellington Venues Subsidy

This subsidy helps local community groups hold special events in certain Council-owned venues. Applications accepted at any time - **Always Open** Decision: Two weeks after the end of the month of application Find out more [here](#)

DIA Funding

<https://www.communitymatters.govt.nz/>

Wellington City Council Funding

<https://wellington.govt.nz/community-support-andresources/community-support/funding>

Hutt City Funding

<https://www.huttcity.govt.nz/people-andcommunities/community-funding/funding-calendar>

Porirua City Funding

<https://poriruacity.govt.nz/services/communitysupport/>

Nuku Ora Funding

<https://www.nukuora.org.nz/funding/grant-fundingoverview-for-wider-wellington-region/>

Kapiti Coast Funding

<https://www.kapiticoast.govt.nz/services/grants-and-funding/>

This Newsletter is produced by
Community Networks Wellington Inc. (CNW)
<http://www.cnw.org.nz>
email office@cnw.org.nz

The opinions expressed in the CNW Newsletter are not necessarily those of the CNW Committee. Every effort is made to ensure accuracy of facts and information. However, we cannot accept responsibility for error.

**Community Networks Wellington Inc.
gratefully acknowledge the financial
support we receive from The
Wellington City Council and COGS**



P O Box 11-706, Manners Street, Wellington, NZ

Website: cnw.org.nz

Email: office@cnw.org.nz (general enquiries)
newsletter@cnw.org.nz. (newsletter items)

NOMINATION FORM
CNW Executive Committee 2025-26

- CNW welcomes nominations for the executive committee from any organisation that has been a member (preferably) for at least one year.
- The **organisation holds the executive seat** and ensures ongoing representation throughout the year.
- The representative of the organisation **must be able to attend executive meetings** throughout the year, as well as being available to work on specific initiatives as they arise.

(PLEASE PRINT CLEARLY)

ORGANISATION:.....

ADDRESS:.....

WHO WILL BE REPRESENTING YOUR ORGANISATION ON THE CNW EXECUTIVE COMMITTEE:

.....

(The reps) WORK PHONE:**MOB:**

(The reps) EMAIL ADDRESS:.....

NAME AND POSITION OF WHO IS NOMINATING ABOVE REPRESENTATIVE:

.....

(must be from the nominating organisation –print name and sign)

SIGNED:

DATE:

Please forward your nomination to Debbie at: office@cnw.org.nz

Community Networks Wellington Incorporated

EXECUTIVE MEMBER JOB DESCRIPTION

Role of the Executive

The Executive is responsible for the Governance of CNW: for developing CNW policies, providing strategic guidance to the staff and monitoring their performance. The specific responsibilities are set out below. The paid staff are responsible for the management of CNW.

Responsibilities

The Executive must ensure that its activities, decisions, relationships and approach to all matters are consistent with its obligation to act in the best interests of all of CNW's members (and the communities they serve), employees and stakeholder.

Executive members are responsible for taking collective decisions in accordance with the previous paragraph, taking collective responsibility for those decisions and ensuring that they are implemented impartially.

Executive members are expected to function collegially instead of as representatives of the particular organisation that they come from, and to be prepared to put the collective interest of members ahead of any sectional and local interests.

Strategic Direction

The Executive must ensure that CNW has a strategic plan that is consistent with any obligations arising from a contract for service negotiated with its stakeholders. The strategic plan will set out CNW's purpose, vision and its objectives.

The Executive must also ensure that CNW has an annual plan that is consistent with the strategic plan and with requirements specified in any contract for service with primary stakeholders.

Policy

The Board is responsible for setting CNW's policies and ensuring that they are implemented.

General Accountability

The Executive is responsible for establishing a framework for management of responsibilities - who does what. This is a clear statement of responsibilities, limitations and reporting requirements. The Executive receives and approves reports on management responsibilities and is responsible for regular staff performance reviews.

Financial Accountability

The Executive is responsible for

- Approving an annual budget.
- Monitoring financial performance against the budget and implement remedial action when necessary.
- Ensuring that an annual audit is completed.
- Giving direction to efforts by management to secure additional and/or alternative funding
- Ensuring the long term financial viability of CNW
- Approving capital expenditure plans.

Effective Communication

The Board has an obligation to communicate effectively with paid staff. This responsibility includes:

- Ensuring that staff are informed about and understand the aims, the vision, the objectives and the rationale for decisions that affect them.
- Ensuring that staff have the opportunity to:
 - discuss issues with Board members and to question the Board
 - put forward ideas and suggestions
 - have concerns answered
 - be satisfied that they have been fully consulted and informed
 - have regular performance reviews
- Ensuring that CNW communicates effectively with CNW members, the Wellington community; external stakeholders; local City Councilors; local MPs and the media. Ensure the operation of the Executive Committee recognizes the Treaty of Waitangi within the service offered in the Wellington area Create opportunities for CNW to expand where there is a need, and to focus where it is most useful. Ensure the presence of CNW is known by appropriate organizations/stakeholders and in its community of interest. By attending relevant meetings in the social service sector. Liaise and communicate effectively with other organisations which have similar and on-going service interests.

Legal Requirements

The Executive must ensure that its organisation, operations and arrangements are consistent with its obligations under the law including the requirements in Employment Relations, Occupation Health and Safety, Privacy and Human Rights legislation.