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Community Networks Wellington Newsletter
October 2018

Community Networks Wellington in partnership with Wellington City Council

invite you to the

WELLINGTON CITY SOCIAL FORUM

What are Wellington's biggest social issues? What are we currently doing about them and what more can we do - especially if we harness the collective impact of our community organisations, our city council, and our government agencies?

Nau mai, haere mai to Wellington's first social sector forum, an opportunity for community organisations to come together with local and central government agencies to address some of our city's key social issues. We'll explore what's happening now, identify gaps, search for solutions, and build our understanding of - and commitment to - how we can work together to make a difference.

When: Wednesday 17 and Thursday 18 October 2018

Where: Michael Fowler Centre, Wellington

Find out more and register at: <https://wellington-city-social-forum.eventbrite.co.nz>

For all queries, please contact socialforum@cnw.org.nz

*See the Wellington City Social Forum article on page 1
to learn more about Wellington City Councillor Brian Dawson's vision for the forum*

COMMUNITY NETWORKS WELLINGTON (CNW)
P.O. BOX 11-706 MANNERS STREET
WELLINGTON 6011

COMMUNITY NETWORKS WELLINGTON HOME PAGE

Wellington City Social Forum have you registered?



Councillor outlines vision for social forum

Wellington City Councillor Brian Dawson¹ has been working on the idea of a social forum for some time. It's important, he says, that Council policy is based on the advice of as many people as possible. That's why he's thrilled that Community Networks Wellington (CNW) is partnering with Wellington City Council to deliver next month's [Wellington City Social Forum](#).

"One of the great things that CNW does", he says, "is come up with an annual list of priorities. I'm keen to delve deeper into the four priorities being addressed by the forum, and learn how well community priorities match those of Council."

Speaking at last week's CNW network meeting, Councillor Dawson shared two key outcomes he's hoping for from the forum.

The first is to gain a big picture view of Wellington's social sector.

Using the analogy of the dance floor and the balcony, Councillor Dawson says community organisations are out on the dance floor doing their vital work. "They're focused on their dance and their dance partners – what they're doing and who they're doing it with. The role of Council is to view the entire dance floor from the balcony, making sure everyone's dancing to the same tune."

It's also to find the gaps, he says. "Who's dancing by themselves, who's not dancing at all; where are the holes where there needs to be a dancer and there isn't one at the moment?"

Council wants to get a really clear idea of what community organisations believe is important and what they believe the city's social priorities should be – and to make sure that Council priorities match as much as possible. Gaining that bigger picture means Council can more effectively use its resources to help community organisations 'do their dance'.

The second outcome Councillor Dawson hopes for is strong relationships.

"This is a great opportunity for relationship-building. When we're engaged in that dance on the floor it's really hard to get to know people dancing next to you sometimes, because you're really busy. But actually it's really important that you know each other because none of us can do all of the work by ourselves – we need to work together."

Wellington City Social Forum is about connecting, collaborating and building understanding so that we can deliver great services for our community. Make sure you're part of it –

[find out more and register now.](#)

For any queries, please contact socialforum@cnw.org.nz

¹*Councillor Dawson looks after the Wellington City Council Social Development and Housing portfolios. According to his twitter handle, he's a "priest, politician, activist, stirrer, lurking with intent in Wellington city"! CNW is delighted to be working alongside him in organising this event.*

Community Networks Aotearoa Hui



The Community Networks Aotearoa Hui for members is on 30 October in Wellington.

Members should have received registration information, if you're a member and haven't yet received your registration form please email

info@communitynetworksaotearoa.org.nz

ONE NIGHT ONLY!

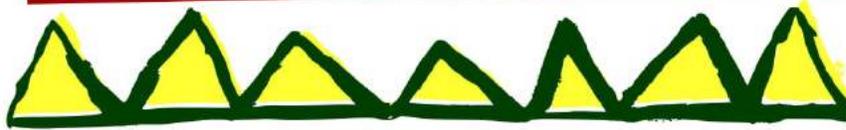
Pablos

FANTASTIC

2018

ART AUCTION

Friday October 26th
At the New Zealand Portrait Gallery



CONTRIBUTING ARTISTS INCLUDE:

Dick Frizzell, Nigel Brown, Matt Gauldie, Basia Smolnicki, Gavin Chilcott, Yukari Kaihori, Liam Barr, Sam Bee, Gail Gauldie, REMO, Anna Stitchbury, Janna van Hasselt, Juliet Best, Jane Blackmore, Vincent Duncan, Rieko Woodford-Robinson, Sam Brood, Sue Lund, Lara Gilks, Robin Slow, Pat Unger, Paula Kerlake, Sara Rogers, Martin Doyle, Nestor Opetala, Ewan McDougall, Margaret Elliot, Di Conway, Tony Rush, Tatyana Kulida. Also featuring the fabulous work of Pablos Artists and many, many more.



Presale tickets
Kiwi \$20
\$25 at the door



Viewing from 5:00pm
Auction Begins 6:30pm



PROUDLY SPONSORED BY:

Ricoh, Eftpos, Exhibit A, Art Frames, Speedy Signs, Paqi Craig Ltd, NZ Portrait Gallery, Capital Productions, Gordon Harris, Just Paterson, WREDA Venues, Artisan Screen Prints, Moore Wilsons, Tupari Wine Ltd, Tqatora Brewing, Nautilus Estate

Purchase tickets at ROAR! Gallery cnr Vivian and Victoria Street WGM
roargallery.org.nz. Ph (04) 385 7602 or Pablos (04) 382 8885



Good Business Sense and Ethical The Case for Employing Refugees

September 12, 2018

Nicola Sutton

Chief Executive | English Language Partners New Zealand

While New Zealand's welcome for refugees is warm, our nation's employers are less inclusive when it comes to offering jobs to newcomers from other countries. With persistent reports of skills shortages by employers, and a government commitment to increasing New Zealand's refugee quota to 1,500 people, it is timely to discuss employing refugees.

Philippe Legrain, international economist and commentator on migration, said during his recent speaking tour in New Zealand that getting refugees into work quickly should be a top priority as it fast tracks their integration and helps neutralise the claim they are a burden to society. New Zealand's skill shortages could be relieved by skilled refugees filling skilled roles and the less-skilled filling jobs that locals are reluctant to do.

Legrain's report on refugees says 'As well as being good for society, working benefits refugees themselves. While they have suffered immensely, they typically do not want to be treated as victims or charity cases. They want to start rebuilding their lives and become self-reliant again. In addition to providing an income, work makes refugees feel valued and proud that they are giving something back. An entry-level job can also be a stepping stone to better things.'

We can help increase employment rates for refugees by: opening up access to training programmes, including English language learning; work placements and internships; wage subsidies; and support with finding work (taking into account the particular way New Zealand employers find staff).

English Language Partners' centres around the country teach English to former refugees and migrants. We daily see the benefits as both employers of former refugees and as providers of English language programmes for the businesses we work with. XLam, a timber manufacturing company in Nelson, is one example where 30% of their workforce are former refugees. They say their employees are loyal and hardworking and the company would not be as efficient without them. English Language Partners

works with XLam to improve the language skills of their staff so they have the right English to communicate effectively and to function productively and safely. It is a win-win for the staff and the company.

So, next time you decide to recruit new staff, give some thought to broadening your recruitment to attract former refugees. The Red Cross has specialist refugee resettlement staff in all the government's settlement locations: Auckland, Waikato, Palmerston North, Wellington, Nelson, Christchurch, Dunedin and Invercargill. Red Cross staff can connect you with appropriately skilled refugees.

For more about English language learning opportunities for your staff (most of them free of charge) visit www.englishlanguage.org.nz

Scoop.co.nz

Pay rates for NGO social workers should not be left behind

September 25, 2018

Press Release – NZ Council of Christian Social Services

NZCCSS welcomes the announcement today that Oranga Tamariki social workers have reached agreement on a pay equity settlement.

"Recognition of the value of social work in supporting family, whānau and community wellbeing is long overdue. However, it is critical pay rates for NGO social workers are not left behind", says Trevor McGlinchey, Executive officer, NZ Council of Christian Social Services.

"The NGO sector employs 28% of registered social workers, compared with 20% in Oranga Tamariki. They operate within the same employment market and in many cases work with the same clients".

"An increase in pay for Oranga Tamariki social workers will have a serious impact on the ability of the NGO sector to recruit and retain social workers, particularly given that services have not seen a funding increase in 10 years, while the volume and complexity of clients' needs have significantly increased" says Trevor McGlinchey.

"We are already hearing from NZCCSS members about the challenges of finding and retaining experienced

social workers based on existing pay gaps of 20%. This problem is set to intensify if equity between NGO social workers and Oranga Tamariki social workers is not addressed”.

The sustained underfunding of the NGO sector and the impact of the pay equity claim on the sustainability of services are key sector issues NZCCSS and sector partners have raised with government and officials.

“NZCCSS understands that work within Oranga Tamariki is currently underway to identify key impacts on the NGO sector. This is a positive step forward and we look forward to being involved in this work and in further discussions on how equity across pay rates for Oranga Tamariki social workers and NGO social workers can be remedied within the short-term”.
Ends

Content Sourced from scoop.co.nz

Payday Filing Starts Soon Get Ready Now

All employers will need to file PAYE information each payday from April 2019. Over 400 employers have already started so do you know what you need to do to get ready?

Through September and October, Inland Revenue is holding over 300 free seminars for employers on payday filing across the country.

These seminars are designed to support all employers – both large and small. In around 90 minutes, each seminar will cover what payday filing is, how it works, and what you should do to get ready. And there will be plenty of time to ask more specific questions.

This is a big change for some employers, but it’s important. The more accurate and timely information Inland Revenue gets as a result of payday filing will give New Zealand families more certainty about what support they’re entitled to and what their payment obligations are.

Over time, payday filing will help integrate tax into standard business processes, particularly for businesses that use payroll software. Make sure you talk to your software provider to find out when they’ll be offering payday filing-compatible software.

So to make sure you are ready and if you’ve got questions – [register today](#) for a free payday filing seminar with Inland Revenue.

You can also find more information about payday filing at www.ird.govt.nz/payday, or email questions to IRTransformation@ird.govt.nz.

Work Begins on the Permanent Bus Hub in front of Wellington Hospital

Work will begin on the permanent bus hub in front of Wellington Hospital in the week starting 24 September and continue until early November.

During the construction period, pedestrian access to the hospital front steps will be strictly controlled.

Carparks in front of the hospital on the eastern side of Riddiford Street will be removed. Alternative parking is available in the hospital underground carpark.

Southbound traffic on Riddiford Street will be reduced to one lane through the work area between the two pedestrian crossings as marked on the map above.

Pedestrian access will be maintained to the hospital’s front entrance with a barriered walkway. For the duration of the works, Metlink services will continue to operate out of two temporary stops on the hospital side of Riddiford Street. These temporary stops are to the south of the main steps to the hospital entrance and will be clearly signposted.

Until bus hub works outside the hospital are complete our temporary bus hub stops are:

Stop A (#6055), approximately 70 metres to the south of the hospital entrance. High frequency services arrive at this stop from Wellington and depart to Island Bay and Lyall Bay

Stop B (#7017) under the Ronald McDonald House veranda. Services arrive at this stop from the southern and eastern suburbs and depart to Wellington

Stop C (#6017), approximately 115 metres to the south of the hospital entrance. Local services arrive at this stop from Wellington and depart to Houghton Bay and Island Bay

Please follow any signage on site.

NOTICES

Newtown on Film

A series of film clips showcasing Newtown (and beyond) through the years compiled by Nga Taonga Sound and Vision, the NZ film & television archive. The silent parts of the film series will be accompanied by live music.

2-3pm, Tuesday 23rd October, 2018 & 6-7pm, Tuesday 23rd October, 2018

Newtown Community & Cultural Centre, Corner Rintoul & Colombo Streets, Newtown

Cost: \$5

Tickets from www.eventfinda.co.nz/2018/newtown-on-film-wellington-heritage-week/wellington

Epilepsy First Aid Book

Krystle Crimmins has written an Epilepsy First Aid Guide to dispel the myths around Epilepsy.

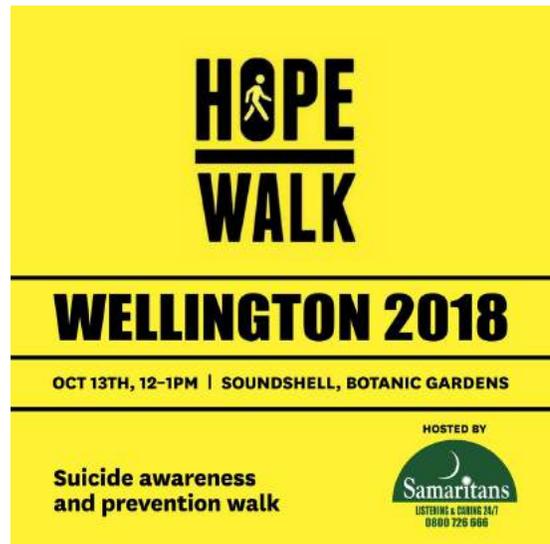
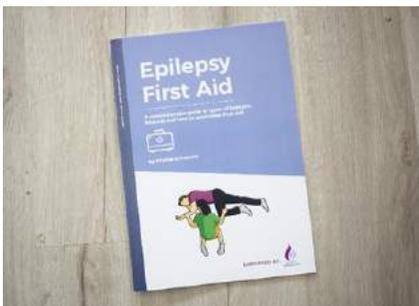
Her handbook, Epilepsy First Aid, provides practical information on how to recognise a seizure and how to assist the patient. Rather than shy away from the unknown, she would like New Zealanders to be empowered with the skills to practically assist.

“There’s also a common misconception that there are just two types of seizures,” says Krystle. “The book gives an up to date overview of the eight common seizure types, their signs and symptoms and how to approach each one.”

With the support of medical specialists and Epilepsy New Zealand, the guidebook, along with an accompanying website. I am now looking to promote to different organisations and workplaces.

The book cost -\$20

For more information go to www.epilepsyfirstaid.com



HopeWalk Wellington

HopeWalk Wellington suicide awareness and prevention walk is a free event hosted by Samaritans Wellington

The aim of the HopeWalk is to raise awareness of the devastating effect suicide has on families in our community and to raise awareness of suicide prevention support available. Last year 668 people in NZ died by suicide. No one person or group has the solution to suicide prevention, but we are [#StrongerTogether](https://www.facebook.com/StrongerTogether).

This year, to mark Mental Health Awareness Week, join us at HopeWalk Wellington on Saturday 13 October, from 12-1pm at the Soundshell, Wellington Botanic Gardens. If your organisation is interested in being involved please contact Jo Leahy from Samaritans on marketing@samaritans.org.nz

Sustainability Trust Christmas Market

Christmas at our place!
Calling For Stall Holders



We are seeking early expressions of interest from stallholders keen to attend our 2018 Christmas market, scheduled for Saturday 1 December. Potential stallholders should make sure their products or services align with at least one (or more) of our [EcoShop values](#), and drop a line to [our events coordinator Kate](#) to express their interest on kate@sustaintrust.org.nz



Changing lives.

UNDERSTANDING NON-SUICIDAL SELF INJURY

Supporting young people, friends, and whānau

Professor Marc Wilson, Gloria Fraser, and Kealagh Robinson are part of Victoria University of Wellington's Youth Wellbeing Study. They are a team of researchers and clinicians working towards better understanding the wellbeing of youth and rangatahi in Aotearoa New Zealand. Their research with young people is primarily in secondary schools, where they gather information about how young people are doing, what their needs are, and what resources would be most helpful to them and their communities.

In this two-part workshop, the team from the VUW Youth Wellbeing study first present an overview of their research on adolescent non-suicidal self-injury, discussing who self-injures, and why. They will then explore how we can best support those who self-injure, as well as their friends and whānau. This includes an overview of risk assessment for self-injury, grounding techniques, and boundary setting.

October 23rd 2018: 6:30-8:30PM

St John's Church Hall (Corner of Willis and Dixon Street) Wellington

Cost: Koha

Please RSVP to libby@youthline.co.nz with your name and organisation by Monday the 15th October.

**Absolutely Positively
Wellington City Council**
Me Heke Kī Pōneke



CHINESE AND KOREAN
PARTICIPANTS WANTED
FOR:

One bar a day for
diabetes prevention
(1BARDDP(study

*Aims to normalize glycaemia
in overweight, pre-diabetic
Asian adults through dietary
intervention.*



<https://redcap.fmhs.auckland.ac.nz/surveys/?s=JMAJ3RECER>



Are you 25 – 65 years
old?

Are both your
parents
Chinese/Korean?

Are you slightly
overweight, but not
diabetic?

Interested in a
dietary intervention
Research Study?

Aims to improve
bloods sugar levels
in prediabetes

CONTACT:

Michelle Hennessy (research
nurse)

Phone: (04) 8062458

Email:

michelle.hennessy@cedhb.org.nz

Centre for Endocrine, Diabetes and
Obesity Research

Level 5, Grace Neill Building,
Wellington Regional

Centre for Endocrinology, Diabetes and Obesity Research at Wellington Hospital are looking for **Asian men and women with prediabetes** to take part in a **dietary Intervention Research study**. The study aims to reduce blood glucose levels and therefore may help reduce the risk of developing type 2 diabetes. The study will run over **12 weeks with five visits to Wellington Hospital**. You would be randomised to one of two possible study bars and asked to eat them as either a snack replacement or a breakfast replacement throughout the study.

To see if you may be eligible scan the QR code (above) or follow link to the online survey

<https://redcap.fmhs.auckland.ac.nz/surveys/?s=JMAJ3RECER>

Email michelle.hennessy@ccdhb.co.nz for more information

Business Continuity Planning Workshop

Emergencies can happen at any time, that's why it is important for your workplace to be prepared with a business continuity plan.



Participating means you'll get to meet others from your community, share stories and lessons learned from past and recent events.



Attending will give you the time and space to start the planning process using our *It's Easy* guide and support from our staff.



Leave with the confidence that you have the foundations to complete and implement a business continuity plan for your business / organisation.



Register for the next available workshop near you by visiting:

www.getprepared.nz/businesses



WELLINGTON REGION
EMERGENCY MANAGEMENT

OFFICE

Friday 12 October, 10:00AM – 12:00PM
Newtown Community & Cultural Centre
Corner of Colombo St & Rintoul St, Newtown

EMPLOYMENT OPPORTUNITIES

Exciting Job Opportunity At The Newtown Community Centre

The Newtown Community & Cultural Centre is looking for a new Coordinator to help manage their busy and vibrant Community Centre while one of the current coordinators takes maternity leave for up to 12 months. This is a paid, fixed term, part-time position of 31.5 per week, starting early December – working a few weeks until our summer break, then continuing in the New Year. We'll be closed from December 21st and open again on Monday 7th January 2019.

The two Coordinators work closely to manage the Centre venues, various community projects and to facilitate community development in Newtown. This is a fun and varied role that would be ideal for a 'people person' with a passion for community development, excellent communication and organisational skills, strong initiative, and a sense of humour.

To apply, please visit <https://dogoodjobs.co.nz/jobs/community-centre-coordinator-2/> to view the job description then email your CV and a cover letter to eryn@newtowncommunity.org.nz by Monday October 8th at 5pm.

Part-Time - Finance Officer Bellyful New Zealand

Bellyful is growing and so is our volume of financial transactions.

Bellyful now requires a Finance Officer for 20-25 hours per week, who will be responsible for financial reporting to the Board, preparing end of year accounts, payments, bank reconciliations and GST returns.

You will be working from home as part of a small management team, supporting 23 Bellyful branches around New Zealand.

Read more about this job at <https://dogoodjobs.co.nz/jobs/finance-officer-2/>

Applications Close Sunday 14 October

ESOL Teaching Vacancies

McLASS have new vacancies listed for ESOL Teachers (adults) for our Empowering Families classes in Term 4.

You can find the full job ad on SEEK and on our website at <https://www.mclass.org.nz/vacancies>. Please feel free to forward to any interested colleagues.

Applications close next **Wednesday, 3 October 2018**.

Casual Sexual Abuse Prevention Network Programme Facilitator- Casual Contractor

Are you passionate about making a difference in other people's lives? Do you want to empower others to be their best? Do you want to contribute to the development of safer and more socially engaged society? Do you want to work for an organisation that values and respects their workers?

The Sexual Abuse Prevention Network is a leading provider of workplace and community based sexual abuse and sexual harassment prevention training. We are committed to providing support, respect and dignity to the people we work with, empowering them to become ethical agents of social change.

The Position:

Sexual Abuse Prevention Network is seeking an experienced group facilitator to join our education team on a casual contracting basis. The applicant would join our diverse team of educators who deliver a variety of programmes to a wide range of people including youth, professionals in a range of workplaces, community organisations and the hospitality industry. This casual contract role will be contracted according to demand for programmes, therefore the number of hours per week varies greatly.

For More details go to: <https://dogoodjobs.co.nz/jobs/sexual-abuse-prevention-network-programme-facilitator-casual-contractor/>

Job description available on request by emailing info@sexualabuseprevention.org.nz

To apply send through a cover letter and CV to info@sexualabuseprevention.org.nz by 5pm Friday 5th October

CAN YOU HELP?



Samaritans is recruiting
telephone counsellors for our
helpline.

APPLY NOW!

wellington@samaritans.org.nz

www.samaritans.org.nz

04 472 3676



LET'S GET LEGAL

Community Advocacy Training: Homelessness

We will focus on legal rights and responding to the legal challenges our homeless whānau face, including speakers on work and income benefit entitlements and tenancy rights.

Date: Friday 16th November, 9.30-1.30

Venue: Walter Nash Centre, Taita, Lower Hutt

Cost: \$40 (or ask for a free space)

To register: Email Rosie@wclc.org.nz

New Legal Advice Service for Tenants: Community Law Wellington & Hutt Valley

In the past two years at Community Law, the number of clients requiring legal advice about tenancy agreements has shot up. And yet, for every client we see, we know there are many more that won't raise concerns about poor or unsafe housing conditions, or unethical letting practices, for fear they could be evicted. This is why we've created a new service specifically for tenants. Every Monday from 5.30pm to 7pm at our Wellington office we will have lawyers who specialise in Residential Tenancy Law providing free legal advice. No appointment necessary, but please arrive early to secure a place in line. Doors open at 5pm. For more information please visit wclc.org.nz

Legal Resources for Community Organisations

Has your community group ever needed legal advice? Do you need assistance with governance issues or administration? Treaty of Waitangi policy, privacy issues or complaints procedures? Community Law Wellington & Hutt Valley is currently in the process of updating its very popular resource "[Managing a Community Venue](#)" which covers these and many other issues. The aim is to create an online toolkit for community organisations that is practical and easy to use. We would like to invite input from community groups in Wellington to help us develop this resource to ensure it is current and full of useful content. If you would like to be part of our consultation hui, please contact nadine@wclc.org.nz. We are interested in all your feedback and wish-lists!

Wellington Community Law Refugee and Immigration Service (RILAS)

Our RILAS team continues to provide critical support to refugees to navigate the complicated maze that is our immigration service. Last month, we welcomed family members from two different cases who had successfully met the criteria for immigration under the Refugee Family Support Category (RFSC).

In one case, the family had been separated for more than a decade. There's nothing more satisfying in our work than the moment we see families reunited, especially after such a long time.

If you would like to assist former refugees in preparing Immigration New Zealand applications please contact the RILAS team on (04) 4604461 or RILAS@wclc.org.nz.

Please also check our [outreach clinic timetable](#) for services in your suburb.

Reform of the Residential Tenancies Act 1986 Submissions Close 21 October

The Government has announced a set of proposals aimed at improving renting conditions.

The discussion document and a link to an online submission survey are available [here](#). Consultation closes at 5pm, 21 October 2018.

Healthy Homes Standards Submissions Close 22 October

The Government has released a discussion document on proposed standards to create warmer, drier rental homes (the healthy homes standards), following the passing of the Healthy Homes Guarantee Act in December 2017.

A copy of the discussion document and a summary of the proposed standards are available [here](#).

Submissions are open until 6pm on Monday 22 October 2018.

Newtown Lecture Series presents:

NOBODY GETS OUT ALIVE

Tuesday 16th October, 6-8pm

Newtown Community & Cultural Centre

Corner Rintoul & Colombo Streets, Newtown

Contact Renee – info@newtowncommunity.org.nz
or 3894786 for more info.

Registration not necessary, just show up.

Cost: Donation

In a world where a basic funeral costs \$10k, death can be an expensive and stressful time for some families. This evening features a series of small talks which will cover the things you need to think about to ensure your passing is peaceful and stress free for you and your family.



TRAINING OPPORTUNITIES

Volunteer Wellington Training Workshops for October

Managing Staff Performance

Lower Hutt 10am to 12pm Monday 29 October

How do you address staff performance issues and maintain the dignity of your valuable staff - paid and unpaid?

In this workshop Keith Vaughan will focus on managing staff that do not meet the requirements of their roles and provide tools on how to address the performance issues without time consuming adversarial process. *'Very useful and I will use these strategies as soon as I get back to work!'*

Health and Safety

Are you up with the play?

Wellington 10am to 11am Tuesday 6 November

This seminar will provide information on how the Health and Safety at Work Act (HSWA) applies to volunteers and the organisations that they volunteer for.

It will explore what volunteers can expect from the organisations they work for, and will use practical examples to explore ways that both parties can meet their duties and obligations under the HSWA. Join us to make sure you are up with the play!

Leadership and Wellness

Wellington 10am to 4pm Tuesday 13 November

Building and sustaining wellness have increasingly become significant challenges for people who work in the not for profit/community sector.

This workshop will look at what creates and supports workplace wellbeing, explore strategies for addressing unhealthy work environments, including toxic behaviours and bullying.

Join us for an inspirational and interactive workshop where you will create a wellness plan to support and apply your learning in your organisation.

Find out more about these workshops and register:
https://www.volunteerwellington.nz/index.php/news-events/vw_training

One Day Training 5 Critical Skills for Supervisors and Team Leaders

Date: Wednesday, 3rd October, 2018,
9.00am-12.00 noon

Where: Hutt Valley Chamber of Commerce,
Level 3, 15 Daly Street, Layer3 Training Room.

Presenters: Carol Speirs, M.ED., PMP, ABINZ

Fee: Members \$140 (incl GST)
Non-members \$160.00 (incl GST)

More Info: [Click here](#) for more information

RSVP: For enrolments
contact Carol@onedaytraining.co.nz

Please note: Course fee is 100% payable in advance to secure booking. Substitute participants will be accepted. For no-shows or half session attendance, no refund will be provided

Hutt Valley Chamber of Commerce POLITICAL SERIES

Lunch with Rt Hon Jacinda Ardern, Prime Minister of New Zealand

Date: Thursday, 18 October, 2018,
12.00 noon-1.30pm

Where: Lower Hutt Events Centre, Laings Road,
Lower Hutt

More Info & to register: [Click here](#) for information

Fee: Members \$66 +GST Non-Members \$86 +GST

12 Tips to Stay Safer Online Webinar

October 16, 11 a.m. Pacific time: Proper digital security is an essential piece of building a trustworthy organization. In this webinar, Michael Enos, Senior Director of Community and Platforms at TechSoup, will teach you practical tools that your organization can use to ensure online security.

We'll cover several major areas of digital security, including social media safety, safety in the cloud, data privacy and protection, and more.

[Click Here to Register](#)

NLP CONFERENCE

NEURO-LINGUISTIC PROGRAMMING

SAT 03 NOV & SUN 04 NOV
WELLINGTON

REGISTER NOW!

www.nzanlp.org.nz

CONTACT FOR QUESTIONS

mel@empowertherapies.co.nz

AN EXCITING LINE-UP OF WELL-RESPECTED NLP SPEAKERS IN
NEW ZEALAND, PLUS FRESH NEW PRESENTERS FROM OTHER DISCIPLINES!

KEYNOTE SPEAKER RICHARD BOLSTAD



Richard has 2.5 hours of fascinating new info to share with you - NLP and the brain. Plus he will teach a 3 hour workshop on how to improve resilience.

REGRESSION AND THE NOW MEREDITH MCCARTHY



With 25 years experience in hypnotherapy, Meredith will share how she has developed regression, using the NOW and a form of timelessness, plus post-hypnotic suggestion and client led metaphors.

THE SCIENCE OF THOUGHT AND BODY CONSCIOUSNESS MEL ABBOTT



Mel will share the latest quantum energy research demonstrating that your thoughts are far more powerful and creative than you ever imagined! See a demo and receive Mel's adapted NLP scripts for bringing body consciousness into NLP processes.

CONSCIOUS CONNECTION: ENRICHING RELATIONSHIPS YVONNE PAULING



Yvonne will teach you the basic principles of Imago Relationship Therapy - how childhood experiences influence the way we are in relationships. Learn imago dialogues to improve your communication.

SOCIAL MEDIA TONY CUTTING



Do you need more clients? Know your social media isn't up to speed? Tony Cutting will cover the basics of Digital Marketing as well as how to best use Social Media marketing for your business.

EARLY BIRD (END OF SEPT)

members: \$325
non-members: \$385 (includes 6 months free membership!)

FULL PRICE (AFTER SEPT)

members: \$385
non-members: \$445 (includes 6 months free membership!)

FOOD & ACCOMODATION

Lunch, morning tea and afternoon tea included. Dinner will be subsidised if we sell enough tickets, so spread the word!
Accommodation is available onsite at Home of Compassion.

CONFERENCE TIME

Sat 3 Nov 8.45 - 6pm (followed by dinner), Sun 4 Nov 8.3 - 4.3pm

AWARENESS WEEKS

OCTOBER

World Habitat day

1 October 2018

For more information, see the [UN Habitat](#) website.

Stroke Awareness week

1 October 2018 to 6 October 2018

For more information, see the [Stroke Foundation of NZ](#) website.

Health Literacy month

1 October 2018 to 31 October 2018

For more information, see the [Health Literacy month](#) website.

Breast Cancer Awareness month

1 October 2018 to 31 October 2018

For more information, see the [Breast Cancer Foundation NZ](#) website.

Stoptober 31 day quit smoking challenge

World Vegetarian month

1 October 2018 to 31 October 2018

For more information, see the [NZ Vegetarian Society](#) website.

World Day of Older Persons

1 October 2018

For more information, see the [Age Concern](#) website.

World Cerebral Palsy day

3 October 2018

For more information, see the [World Cerebral Palsy day](#) website.

World Teachers day

5 October 2018

For more information, see the [Education Council NZ](#) website.

World Smile day

5 October 2018

For more information, see the [World Smile day](#) website.

Big Blood Pressure Awareness day

6 October 2018

For more information, see the [Stroke Foundation NZ](#) website.

Mental Health Awareness week

9 October 2018 to 15 October 2018

For more information, see the [Mental Health Foundation of NZ](#) website.

Baby Loss Awareness week

9 October 2018 to 15 October 2018

For more information, see the [Sands](#) website.

Mental Health Awareness day

10 October 2018

For more information, see the [Mental Health Foundation of NZ](#) website.

World Homeless day

10 October 2018

For more information, see the [World Homeless Day](#) website.

World Obesity day

11 October 2018

For more information, see the [World Obesity day](#) website.

World Sight day

12 October 2018

For more information, see the [International Agency for the Prevention of Blindness](#) website.

World Arthritis day

12 October 2018

For more information, see the [Arthritis NZ](#) website.

World Hospice and Palliative Care day

13 October 2018

For more information, see the [Worldwide Hospice Palliative Care Alliance](#) website.

World Osteoporosis day

20 October 2018

For more information, see the [Osteoporosis NZ](#) day.

World Stuttering day 22 October 2018

For more information, see the [Stuttering Treatment and Research Trust](#) website.

United Nations day

24 October 2018

For more information, see the [United Nations](#) website.

World Psoriasis day 29 October 2018

For more information, see the [Psoriasis Association](#) website.

Volunteer to help families

Passionate about parenting?

USE YOUR SKILLS AND KNOWLEDGE

Our national parenting helpline (0800 568 856) supporting families with parenting concerns, is looking for volunteer telephone support workers

- Gain listening and helping skills through our training
- Opportunity for personal development
- Utilise your own positive parenting experiences
- Ongoing support and training
- Qualified counsellor supervision
- Great friendly team of people

WORK FROM HOME AT TIMES THAT SUIT YOU

All you need is a few hours a week, or fortnight, and a private space to listen to callers

CONTACT US

Phone: 04 802 5767

E-mail: admin@parenthelp.org.nz

www.parenthelp.org.nz

INFO EVENING

8 Oct 2018

7 - 8.30pm



Open –Anxiety Management Training Opportunity with Dr Rob Shieff

(Proudly supported by Atareira and Tū Ora Compass
Health PHO)



**Anxiety: Everything you wanted to know but
were afraid to ask. Tips and tools to help
your clients manage their anxiety that you
can use tomorrow**

Dr Rob Shieff is a general adult psychiatrist, working in full time private practice in Ponsonby, Auckland. His key areas of interest are the assessment and treatment of Mood Disorders (Depression and Bipolar Disorder) and problematic anxiety. Rob has an extensive knowledge of the pharmacological management of psychiatric disorders, and is comprehensively trained in a number of evidence based, short term and practical forms of psychotherapy, including CBT and applications of Mindfulness. Rob has been actively involved in lecturing and providing workshops covering a wide range of mental health issues, particularly for primary practitioners and allied health professionals.

Date: Friday 9 November 2018

Time: 9.30 am – 3.35 pm

Cost (Inc. of Gst): \$95.00 (Lunch included)

Venue: Boulcott Farms Conference Centre, 33 Military Road, Lower Hutt (free parking on site)

For an application form to register

Email Alexia at : officeadmin@atareira.org.nz

or call PH: (04) 499 1049

**Post Traumatic Success
Solution-Focused Approaches
To Trauma & Grief
A Two Day Intensive Training
with Michael Durrant**

Seminar Overview

Traditionally, a lot of professional attention has gone into diagnosis and recovery from the psychological damage associated with traumatic experiences.

Specialist therapies with a primary focus on past events are the norm and Post-Traumatic Stress Disorder is increasingly seen as an almost inevitable consequence of experiencing trauma. However trauma work can be approached from a different angle. Several studies show that traumatic experiences need not be this debilitating and that most people can and will progress to a new stable pattern of healthy functioning and positive emotions with the help of appropriate future focused interventions.

This does not mean ignoring the reality of pain and trauma but rather utilising a therapeutic approach that builds on and values, hope, possibility and strength. From a Solution-Focused perspective, the focus in treatment shifts from post-traumatic stress to post-traumatic success.

This practical and experiential 2 day workshop focuses on working with adolescents and adults who have experienced traumatic events such as sexual abuse, violence, natural disasters, and significant loss, who present with difficulties of guilt, depression, grief, self esteem, relationship problems, etc.

It offers a practical framework for intervention derived from Solution-Focused Brief Therapy and positive psychology, providing attendees with direction and skills for assisting people struggling to recover. It includes exercises that can be used with individuals or groups that aim to identify, strengthen and harness personal strengths and resources in the wake of traumatic experiences.

Date: Thursday 1st to Friday 2nd November 2018

Price: \$499

Venue: James Cook Hotel Grand Chancellor, 147 The Terrace, WELLINGTON

Details: 9:00am - 4:00pm

(Morning Tea and Lunch are provided)

Click [here](#) to view more about this seminar

FUNDING

WCC Social & Recreation Fund

2018-2019 priority: meaningful activities
Projects delivering meaningful activities with a positive impact for vulnerable individuals and the community are a priority for the fund. The activity should be able to engage people with different interests and needs and lead to various pathways for its participants. There will be a strong collaborative and coordinated approach within the city for these projects to produce outcomes that align with our priorities. Closes 31 October 2018 Find out more: <https://wellington.govt.nz/services/community-and-culture/funding/council-funds/social-and-recreation-fund>

John Ilott Charitable Trust To help charitable, educational & community groups fund preventative educational projects, projects assisting with problems of women & young children, literacy and advanced training programmes for those involved in community work **Closing 31 October 2018** John Ilott Charitable Trust, PO Box 13 425, Wellington 6440 PH: 04 904 4156 FAX: 04 904 4158 EMAIL: rcw@opalsoft.co.nz

Maori Womens Transfer Fund To support activities and projects for Maori women in the Wellington region. **31st October 2018** Manager YWCA of Greater Wellington, Maori Women's Transfer Fund. EMAIL: enquiries@wgtnywca.org.nz WEB: <https://wgtnywca.wordpress.com/whatwedo/mwtf/>

Winton & Margaret Bear Charitable Trust Primarily to assist young New Zealanders in the Wellington region in their training for life. **Closes 31st October 2018** To apply email at beartrust@trustees.co.nz or call 0800 Trustees (0800 878 783) https://www.trustees.co.nz/Portals/0/Public/Witon_and_Margaret_Bear_Application_Guidelines2017.pdf?ver=2017-03-08-172940-560

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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.