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**Community Networks Wellington Newsletter
February 2020**

Community Networks Wellington February Network Meeting

Nau Mai, Haere Mai!
You Are Warmly Invited

Our First Network Hui for 2020 will be held at 11am on Wednesday 19th February

We look forward to seeing you there!

Date: Wednesday 19th February

Time: 11am – 12 noon (morning tea from : 10:45am)

Venue: St Peters Church, The Garden Room, 211 Willis Street.

To RSVP or for more information contact Debbie Delaney Phone 385 3518

office@cnw.org.nz or www.cnw.org.nz

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

COMMUNITY NETWORKS WELLINGTON HOME PAGE

CNW MEETING DATES FOR 2020

- February 19th
- March 18th
- April 15th
- May 20th
- June 17th
- July 15th
- August 19th
- September 16th - **AGM**
- October 21st
- November 18th
- December - **No meeting in December**

Our 2020 meetings will be held at St Peters Church,
New Garden room , 211 Willis Street, Wellington
11 AM - 12 PM.

(Morning tea is provided from 10:45 AM.)

To RSVP or for more information
contact Debbie Delaney Phone 385 3518
office@cnw.org.nz or www.cnw.org.nz

Learn Now Me ako inaianei

Nicola Sutton

Chief Executive | English Language Partners New Zealand

“Anyone who stops learning is old, whether twenty or eighty. Anyone who keeps learning stays young. The greatest thing you can do is keep your mind working.”
Henry Ford

2020 is the Year of Lifelong Learning. According to Wikipedia, lifelong learning is the ongoing, voluntary and self-motivated pursuit of knowledge for either personal or professional reasons. It not only enhances social inclusion, active citizenship, and personal development, but also self-sustainability, competitiveness and employability.

Deliberate learning takes place in all manner of ways with technology providing options for those who miss

out due to the availability of programmes. The human desire to share skills and knowledge has given rise to a plethora of You Tube videos and online learning for those with immediate learning needs or who want to learn in their own time at home. One of my sons constantly amazes me with his ‘just in time’ attainment of new skills and knowledge. It has allowed him to carry out complex car repairs, plan and plant an orchard, and replace the rotten floor in the old farmhouse.

For others, taking a class with a skilled teacher and a group of peers creates an opportunity to acquire new skills and knowledge while connecting socially. This is important for building community and addressing loneliness and isolation. With an aging population, the value of lifelong learning should be recognised as a worthwhile means for supporting independent living and better wellbeing.

Community organisations frequently include learning as a tool for improving the lives of their clients. For example, budget services teach and coach people in financial management, aged care services use exercise programmes and crafts, and family services deliver parenting classes. This year your community organisation could take up the call to action **Me ako inaianei – Learn Now** by encouraging and supporting clients, staff, and volunteers to deliberately take up a new learning opportunity.

For a FREE A2 multilingual poster encouraging people to LEARN NOW email English Language Partners at natoffice@englishlanguage.org.nz . Free postage for folded posters or \$10 p&p for unfolded posters.

The 5 key messages for this year are:

- Lifelong learning is one of four pillars identified as vital for wellbeing and positive ageing.
- Lifelong learning reduces health and social costs.
- Lifelong learning empowers adults by giving them the knowledge and skills to better their lives, their families and communities.
- Intergenerational learning where generations learn and study together to gain skills, values and knowledge, builds social cohesion.
- Me ako inaianei – Learn Now.

Learn more about the Year of Lifelong Learning at www.aceaotearoa.org.nz/year-lifelong-learning



Addiction Education for Family and Whanau

Having a family, friend or Whanau member go through addiction can be a frustrating and scary time and it can be hard to know how to support someone through it. In order to support you, Atareira have developed a four week group aimed at helping people affected by their loved one's addiction in gaining some education around addiction and support from others who are experiencing similar issues.

The four weeks will consist of:

- Week 1: The origin and biology of addiction
- Week 2: Looking at individual substance and the effects they have
- Week 3: Treatment options
- Week 4: How to support someone throughout recovery

The group will be run in Kapiti from the 4th February 2020 from 5:30pm-7pm for four consecutive Tuesdays.

For further information and to enrol, please contact Emma Hurst on 021 038 6060 or emma@atareira.org.nz

This course will then be supplemented with an ongoing support group once a month on the first Thursday of the month in Porirua. You are welcome to attend this support group for as long as needed.

NOTICES



“HEI KANOHI MATAARA, HEI RINGA WHITI” *EYES WIDE OPEN, READY FOR ACTION*

Te Tiriti-based futures:Anti-racism 2020 is an innovative (inter)national, online and offline, Tiriti-based, anti-racism and decolonisation event hosted in Aotearoa.

It will start with a one-day hui March 21, Race Relations Day 2020, hosted by Te Rūnanga o Ngāti Whātua in Tāmaki Makaurau, and run for 10 days. Webinar topics include institutional racism and anti-racism, decolonisation, building Tiriti-based futures and transforming our constitution. Overseas presenters will also discuss lessons for Aotearoa from their experiences with these issues.

Speakers include Dr Moana Jackson, Dr Anne Milne, Annette Sykes, Meng Foon, Associate Professor Chelsea Bond, Professor Yin Paradies, Julia Whaipooti, Ruth De Souza, Dr Heather Came, Pania Newton and many more.

This is a great opportunity for workplaces, community groups, corporations and whanau to get access to free, up to date training, information and resources from the leading experts both nationally and internationally. The open-access webinars have been posted on-line, where they will become permanent resources. New anti-racism, decolonisation and Tiriti resources, both printed and online, will also gradually be added to the site to support ongoing education and training.

This project also has the tautoko of over 45 partners including Te Rūnanga o Ngāti Whātua, Tuu Tama Wahine, Waka Oranga, Digital Indigenous, Te Rūnanga o Aotearoa—NZNO, Te Ha Oranga, Ngā Mana Pou, Taupua Waiora Centre for Māori Health Research Auckland University of Technology, Action Station, Mental Health Foundation, Public Health Association of NZ, Treaty Education, Te Rau Ora, Health Promotion Forum of New Zealand and many more.

With your help and support, we hope that Te Tiriti Based Futures:Anti-Racism 2020 will become an

biennial event.

This is a formal invitation to ask that you share this conference opportunity with your colleagues, friends and families. It is also an opportunity to promote continued professional practice development with the health workforce that acknowledges and responds to the obligations of *Te Tiriti o Waitangi* and the *New Zealand and Public Health and Disability Act 2000*, so that our health workforce is in the best position to provide care and support that is socially and culturally acceptable and exceptional.

There are a variety of ways that you can support this event in your workplaces, organisations, institutes and homes:

- Host “watch parties” in your workplace and after-match debrief functions
- Share the event with your networks and friends
- Use your social media platforms to support the promotion of this event
- Post up photos, videos, posts on your social media platforms of your hosted event
- Use the resources and recorded webinars for future workforce training and development
- Start a competition with your workplace to come up with an innovative, catchy hashtag for this event and be in to win a prize. Please get in touch with us for more details.

Tiriti-based futures Anti-racism 2020 has a small pocket of funding that can be used for community groups to host events to help with kai/venue. Please get in touch if you would like more details.

Tiriti-based futures Anti-racism 2020 asks that you use the following hashtags in your social media stories to get the event trending: #Tiritibasedfutures2020 #Antiracism2020 #decol2020 #VisionTiriti2040 #givenothingtoracism – and feel free to come up with your own for the competition!

If you would like any further information about the event, please feel free to get in touch at: contact.ngapoumana@gmail.com

We look forward to hosting this event, and would love your support!

Ngā mihi,

Roxanne Waru

Ngā Pou Mana Tangata Whenua Allied Health
Tiriti-based futures Anti-racism 2020 Partners

2020 Retreat

“Growing resilient children from toddlers to teens in an age of overindulgence.”

Facilitated by Madeleine Taylor, People Skills Consultant.

Member ANZASW, Cert Level 2 Org Coach, Certified Mediator, Conflict Partnership Facilitator.

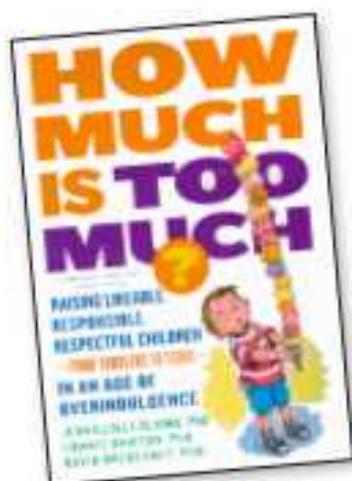
Monday 17th February – Friday 21st February 2020

VENUE: Riversdale Beach, Masterton, New Zealand

Are you a parent/parent educator/teacher/early childhood teacher/group worker/counsellor/social worker/youth worker? Then this workshop is for you.

Cost for five nights' accommodation, three meals a day, 40 hours training and a complementary “How much is too much?” book – \$995 incl GST.

Early Bird Rate: \$500 if booked and paid by 30th November 2019.



Madeleine's accreditation for “How much is too much?”

- 2013 Five day training in “How much is Enough?” USA
- 2014 Teaching Certification
- 2015 Training Rights in NZ
- 2016 Inaugural Train the Trainer Course
- 2017-2019 Train the Trainer Retreat

What the course covers:

- Facilitation and group skills
- Research into the impact of overindulgence
- Practical learning for presenting the 6 sessions
- Self-care, growth and development.

Contact: Madeleine ph 027 211 6469, email: madeleine.f.taylor@xtra.co.nz, or www.peopleskillsconsulting.co.nz for enrolment and secure your place now.



**Madeleine Taylor
People Skills Consultant**



Hui E! Appoints New Leader

January 29, 2020

Press Release – Hui E Community Aotearoa

There's a new leader for Hui E! Community Aotearoa with the board appointing Rochelle Stewart-Allen as Pou Kaiārahi – General Manager.

Hui E! contributes to thriving communities through Hui (gatherings), Āwhina (support) and Kōrero (conversation) across the Community Sector.

Their focus is on bringing people together to test ideas, developing practical support for the sector, and helping frame the conversation.

"I'm looking forward to connecting with our members this year, hearing about their successes and challenges, and discussing how Hui E! can assist them to bring about lasting change in Aotearoa," says Rochelle Stewart-Allen, Pou Kaiārahi.

"I'm passionate about building a robust and active civil society where we all work together to develop and deliver effective solutions to our ongoing systemic social and environmental issues. This work is needed now more than ever," says Rochelle.

The Hui E! Board is currently undertaking a reset of its organisational priorities.

It has worked solidly over the past six months to review the organisation's focus and increase its stability going forward.

It is planning a series of consultation hui this year with its members to ensure Hui E! continues to represent and meet members' needs.

"The Board is delighted to be bringing Rochelle on-board to lead the organisation," says Pania Coote, Chair of Hui E! Community Aotearoa. "As an experienced leader across the community and government sectors, Rochelle brings a unique set of skills which will add a great deal of value to our work promoting, strengthening and connecting the Community Sector."

[Content Sourced from scoop.co.nz](#)

Just Listen is a Seven-Part Mental Health Podcast Series

SOCIAL EQUITY — NOV 27, 2019

Explore how to support a person in serious and ongoing mental distress.

[What does self-care really mean?](#)

In this final episode of the Just Listen mental health podcast, host Juliette Sivertsen speaks with psychologist Anna Friis and psychiatrist Dr Tony Fernando.

[When grief leads to depression](#)

In this episode of the Just Listen mental health podcast, host Juliette Sivertsen speaks with Newstalk ZB newsreader and marathon runner Niva Retimanu and how she learnt to live with depression.

[Navigating relationships when one person has PTSD](#)

In this episode of the Just Listen mental health podcast, host Juliette Sivertsen speaks with sexual abuse survivor Tamara Waugh and her experience with post traumatic stress disorder, and dealing with multiple mental health diagnoses. Tamara is also the creator of the gratitude movement called 'The Happiness Experiment.'

[The difference between feeling anxious and anxiety](#)

In this episode of the Just Listen mental health podcast, host Juliette Sivertsen speaks to Auckland man Mathew Nuttall about living with anxiety.

[What is high-functioning depression?](#)

In this episode of the Just Listen mental health podcast, host Juliette Sivertsen speaks with entrepreneur Philip McDonald about his journey with depression.

[Bipolar disorder](#) is just a label In this episode of the Just Listen mental health podcast, host Juliette Sivertsen speaks with Samantha Adams about navigating her life through grief, a bipolar diagnosis, depression, drug abuse and psychosis.

[OCD: It's not about a fear of dirt](#) In this episode of the Just Listen mental health podcast, host Juliette Sivertsen speaks with nutritionist Francesca Eldridge about living with and recovering from obsessive compulsive disorder, and how to support a partner with OCD.

[PODCAST HERE](#)



Tiaki Tangata.

Mosaic

Mosaic (www.mosaic-wgtn.org.nz) presents a significant 5-day clinical training event:

'Male Trauma and Sexual Abuse Recovery'

5-Day Wellington Symposium

10-14 February 2020

Victoria University Wellington



Facilitated by international expert on male trauma and sexual abuse recovery: Rick Goodwin – clinical services director of 'Men and Healing', Ottawa Canada.

This is a vital training event for psychologists, counsellors, psychotherapists, healthcare professionals, case managers, addictions workers, justice workers, as well as other front-line staff who have some clinical engagement with male clients.

For more information go to:

www.mosaic-wgtn.org.nz/2020-symposium

Community Meeting Rooms for Hire

Citizens Advice Bureau (CAB) offer three meeting rooms for hire at Central CAB, James Smith Building, corner Cuba and Manners Streets.



Room rates

	Room rate incl GST p/h
Community Groups	\$20.00
Commercial	\$25.00
Private event	\$35.00
Commercial private	\$45.00
Bond for after hours	Varies
Venue security check	\$50.00
Key bond	\$20.00

Capacity

- Rimu 10 seated around a table
- Rata 10 seated around a table
- Kowhai Room 25 seated, no tables;
15 seated around tables

Availability

Monday	9.30	to	5.15
Tuesday	9.30	to	6.30
Wednesday	9.30	to	6.30
Thursday	9.30	to	6.00
Friday	9.30	to	3.30
Saturday	11.00	to	1.00

Bookings outside these times by arrangement

Bookings are essential

Facilities

Tables, chairs and whiteboard;
Small kitchen with small fridge and microwave;
Access to locked toilets by arrangement (key bond required); Public toilets available outside the building

Access

Mid-town location, close to bus stops, no parking available

Bookings

To request a booking please email wellingtoncentral@cab.org.nz

2020 Karori Community Liaison Meeting Dates

4th Monday of the Month
at
Karori Community Centre Room 1
12noon – 1pm

- 24 Feb
- 23 March
- No meeting in April (27 April - ANZAC Day transferred)
- 25 May
- 22 June (NB: Five Mondays in June)
- 27 July
- 24 August (NB: Five Mondays in August)
- 28 September
- No Meeting in October (26 October is Labour Day)
- 23 November (NB: Five Mondays in November)

Performance Arcade is Back

10am-11pm, 20-23 Feb, 27 Feb-1 March
Waitangi Promenade, Wellington Waterfront
Free

The Performance Arcade is returning to Wellington waterfront in February 2020, with an entirely FREE programme of live art, music and performance.

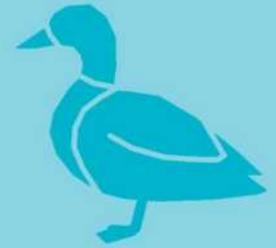
The exciting schedule of events and installations is available now. [Find out more](#)

Free Home Assessments

With support from Wellington City Council, the Sustainability Trust is offering free, impartial advice on ways to make your home warmer, healthier and more energy efficient.

And now's the time to get an assessment, so you can get any work done before next winter.

[Find out more and book an appointment](#)



Lining up the Ducks

From Wills, rental agreements, funeral planning and more – join us at your local Lining up the Ducks seminar and together, we'll get your ducks in a row.

Wednesday 19 February, 10am-1pm
Miramar and Maupuia Community Centre
27 Chelsea Street, Miramar, Wellington

Free to attend, please register your attendance by contacting Hazel by email at hazel.neser@marypotter.org.nz or call 04 801 0006.

For more information please visit www.marypotter.org.nz

City Gallery Seniors

City Gallery Seniors is a new, free programme launching in February for those aged 65+.

Wednesdays, 10.30am
Free

These regular mid-morning talks and tours will be followed by morning tea.

Don't worry if you have no knowledge of contemporary art - you'll learn lots on your visit!

February is already booked out, so get in quick for March. Bookings can be made by calling (04) 913 9032 or visit the [City Gallery](#) website.

Te Rā o Waitangi

Thursday 6 February

10am, Te Wharewaka o Pōneke
12–7.30pm, Waitangi Park

Celebrate our national day with friends and whānau. There'll be kai and kapa haka, as well as live music to keep you entertained. For the full line-up and more info visit the [Waitangi events](#) page.

Chinese New Year 2020

1-2 February

Celebrate Chinese New Year, the Year of the Rat, next weekend across numerous sites and venues around the city.

Wellington will be bursting at the seams with Chinese culture and celebration.

There'll be food, music, dance, colour, parades, fireworks and activities for the whole family to enjoy.

Visit chinesenewyear.co.nz for more information.

Waitangi Day at He Tohu

Tēnā koe,

Happy New Year from the National Library of New Zealand, Te Puna Mātauranga o Aotearoa whanau.

As you may know, The National Library are joint

kaitiaki with Archives New Zealand, of three important documents that have helped shape New Zealand; He Whakaputanga – Declaration of Independence, Te Tiriti o Waitangi – The Treaty of Waitangi and the 1893 Women's Suffrage Petition, through the exhibition *He Tohu*.

With Waitangi Day approaching, our wish is for people from all walks of life to engage with Te Tiriti o Waitangi (The Treaty of Waitangi) as it has been a pivotal part of the story of Aotearoa – New Zealand.

This Waitangi Day, 6 February 2020, the National Library of New Zealand Te Puna Mātauranga o Aotearoa invites you to Waitangi Day at *He Tohu*, the exhibition featuring the original Treaty of Waitangi.

The day will also comprise craft activities for children, an opportunity to have your say on the Treaty, and Apirana Taylor telling stories at He Matapihi Wellington City Library pop up within the National Library.

'Walking backwards into the future' — is an expression that asks us to use our past experiences to build a positive future. Bring the family to the National Library on Waitangi Day and see the Treaty of Waitangi. Learn about New Zealand's constitutional past to help imagine the future.

Time: 9am to 5pm. *He Tohu* tours will run every half hour from 9:30am. Tours are 20 mins long. Last tour at 4pm. Bilingual tours at 11am and 2pm.

Location: Te Ahumairangi (ground floor), National Library, corner Molesworth and Aitken Streets, Thorndon

Here is the link to the invitation on our website if you would like more information: <https://natlib.govt.nz/events/waitangi-day-at-he-tohu-walking-backwards-into-the-future-february-06-2020>

Please check out and share our Facebook event: <https://www.facebook.com/events/891651731237348/>

Please don't hesitate to contact us if you have any questions: events.natlib@dia.govt.nz

Ngā mihi maioha / with appreciation,
The National Library

VOLUNTEER TO HELP FAMILIES

Join Parent Help's team of Telephone Support Workers giving support and advice to parents calling the parenting Helpline

WORK FROM HOME

All you need is a few hours a fortnight and a private space to listen to callers. Shift times can be flexible.

FULL TRAINING PROVIDED

- Use your own positive parenting experiences
- Opportunity for personal development and growth
- Supervision by a qualified counsellor
- Give back to your community

INFO EVENING

MONDAY 24 FEB

at 7pm - 8.30pm

Parent Help, Level 4,
175 Victoria Street, Wlgt

TO REGISTER:

chris@parenthelp.org.nz | www.parenthelp.org.nz | phone: 04 802 5767



**Parent
Help**
For Parents and
Family Support

Exciting Innovation Pilot

Skylight has received a funding grant from Vodafone New Zealand Foundation to develop two specialised resources:

A training package for existing providers to increase the capability of meth-related support services:

A Trauma, and Methamphetamine Exposure Programme that covers:

- the impact of Methamphetamine exposure on tamariki and rangatahi
- how to work in a trauma informed way with whānau, to be inclusive of tamariki and rangatahi
- the needs and resources required, for tamariki and rangatahi.

An e-learning kete of e-resources that parents and caregivers can easily access online:

- This will include accessible tools to help manage behaviour
- Fact sheets and helpful hints on developmental needs
- Short film clips from caregivers, parents or young people sharing journey strategies for learning and managing complex needs

VOLUNTEERS WANTED

Volunteer Counselling Position Available

The **Wellington Women's Health Collective** runs an established counselling service which offers free counselling to women on low incomes.

We receive referrals from a range of providers and also accept self-referrals.

Our service is in strong demand.

We currently have **an opening starting early 2020**. This is a voluntary position however, there are some advantages to counselling at WHC:

- Clients who present with a range of diverse issues
- Paid supervision
- Generous volunteer expenses to cover travel costs
- A friendly team of counsellors and support workers

- A peer supervision group for counsellors within the service
- A central city location.

We need you to be qualified, and to have some practical experience, an ability to work well within a team and a reasonable level of skill and confidence. Counsellors come in for a set day or half-day per week, taking 3 or 4 clients each. You may be working towards registration, or be semi-retired and like the idea of a small caseload.

If you have any questions, please ask us.

Note: This position is not suitable for students on placement.

If you would like to know more, or send a CV, contact Robyn Goldsmith or Genevieve Scase on 04 384 7709 or on email info@wwhc.org.nz. Our website is at www.wwhc.org.nz for more information about our service.

Volunteer at the Newtown Branch of the Citizen's Advice Bureau

- Would you like to be more involved in your community?
- Are you a good listener? A creative problem solver?
- Do you have, or want to develop, computer skills?
- Care you good at keeping records and following protocols?

The Newtown Citizen's Advice Bureau needs more volunteers to maintain and improve our service.

We need people who can spare a morning (9.30 – 12.00) or afternoon (12.00 – 3.00) on a weekly or fortnightly basis to work in our bureau.

You can find out more about who we are and what we do on our website <https://www.cab.org.nz/> .

We offer full training, a supportive work environment, interesting work, and even Timebank Credits.

If you are interested please call 04 389 8347 and leave a message, email us at manager.newtown@cab.org.nz , or just pop into the bureau and pick up a volunteer information pack.

We hope to hear from you soon,
The team at Newtown CAB

WE NEED YOU!

VOLUNTEER TO COLLECT

Wellington
Rape Crisis



STREET APPEAL

27th March

TO VOLUNTEER GO TO

 wellingtonrapecrisis.org.nz

 Wellington RapeCrisis

 @WgtnRapeCrisis

Volunteer collectors needed! Wellington Rape Crisis Annual Appeal is happening again on the 27th of March 2020, and we need collectors! If you have a spare half hour or so, please sign up to collect, and please share with your networks. Sign up here: <https://tinyurl.com/yx8b23z3> Follow us on Facebook, Instagram & Twitter for more info: www.facebook.com/wellingtonrapecrisis @WgtnRapeCrisis



Therapeutic Social Worker

Permanent part time role - 30 hours per week

Catholic Social Services is seeking a Therapeutic Social Worker to join our team. Our office is based in Wellington, but you will work with local communities across the North Island boundaries of the Catholic Archdiocese of Wellington.

In this role you will work with children, young people and families

The successful applicant will

- Have a social work qualification and be registered with the Social Workers Registration Board
- Have a sound and proven understanding of current counselling theories and practice
- Possess well developed case management skills and experience working with issues of family violence, and protection of children
- Have an interest in working with homelessness, refugees and migrants
- Have at least two years post-graduate experience working as a social worker
- Be resourceful and solution focused, an excellent communicator with well developed interpersonal skills and have an understanding of bi-cultural and multi-cultural environments.

This is a challenging and rewarding position. You will have the chance to play a key role in the development of Catholic Social Services as an agency actively working for justice and peace which is motivated by the principles of Catholic Social Teaching to provide a community outreach to all in need.

How to apply:

For a copy of the job description or additional information please email reception@wn-catholicsocialservices.org.nz or phone 04 385 8642 Applications close at 5pm on Thursday 27th February 2020.

Please email your CV with clinical referees and covering letter to reception@wn-catholicsocialservices.org.nz.



Programme and Relationship Lead

Part-time 30 hours per week, Central Wellington

Are you passionate about supporting communities to create sustainable, long-term social change for children, young people and families?

The Todd Foundation is a philanthropic family foundation providing funding to community organisations nationwide. The Programme and Relationship Lead role is to help maximise our contribution to our vision of “Whakawhāiti Aotearoa, hei oranga wairua, oranga tāngata – An inclusive Aotearoa New Zealand where all families, children and young people can thrive and contribute”

The role includes:

- o Researching social issues relevant to children, families and communities
- o Making funding recommendations to our Board and managing funding relationships
- o Working alongside selected communities to help maximise impact and to collect and apply what is learned.

We need an adaptive and collaborative team player with a can-do attitude who has:

- o 3- 5+ years’ experience working with communities aligned with our vision
- o Experience working with Māori
- o Excellent interpersonal and written communication skills.

We offer: a small close-knit team, flexible part-time hours, work that is challenging, enjoyable and offers constant learning, excellent conditions and benefits, central city location, and the opportunity to contribute to a thriving Aotearoa New Zealand.

Interested? A full position description is available at <http://www.toddfoundation.org.nz/jobs>. If you have any questions, please contact Sophia Max, Senior HR Advisor on 04 901 7045. To apply, please email careers@toddcorporation.com with:

- o Your CV
- o A covering letter or email stating a) why you are interested in the position and b) why you think you would be good at this role.

Closing date: 9am on Wednesday 5 February 2020

ATAREIRA

Children Understanding Mental Health Programme

Is a free education/activity based programme for children aged 8 to 12 who have a member of their family or whānau experiencing mental health and or addictions concerns



mental health support for family/whanau

Start: 11th February 2020, running for 8 weeks
When: 3:30 pm—5:00 pm
Where: Lower Hutt
Email: anne@atareria.org.nz

TRAINING OPPORTUNITIES

Three Top Training Events from Volunteer Wellington

Growing Great Volunteer Teams Thursday 20 February

Do you wish you had more people helping out, more often? Do you attract a steady stream of volunteers but find they never stick around for long?

When it comes to volunteering, people are spoiled for choice. There is no shortage of organisations to get involved with, so in order to attract volunteers and keep them on-board, you need to offer them the best possible experience. Learn what drives people to volunteer and discover simple strategies for ensuring your volunteers get what they need to stay involved. Further information and registration [here](#)

Governance for Not for Profit Organisations Tuesday 17 March

Leadership in a not for profit organisation sits within the CEO – Board partnership and good relationships, clear roles and great communication are key components to success. This workshop looks at governance from both the Board and the CEO's point of view. It will clarify the role of the board, look at responsibilities of both parties in maintaining good governance plus provide 7 tips for building and maintaining the right partnership. Further information and registration [here](#)

Managing Staff Performance Wednesday 25 March – Lower Hutt

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

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 processes.

Further information and registration [here](#)

Co-Design for Well-Being

In our new webinar on 24th February, 'Co-Design for Well-being', Angie Tangaere and Dr Penny Hagen will describe their work empowering whānau to be active participants in their well-being by leading the co-design process to develop systems and services that support their tamariki to have the best start in life.

They will share key insights about their learnings from this approach, as well as the emerging opportunities and challenges.

Here is a link to our webpage on the webinar: <http://www.communityresearch.org.nz/co-design-for-well-being/>

Date: 24th February, 11am.

Book now! <https://www.eventbrite.co.nz/e/co-design-for-well-being-tickets-86281469197>

Website page

<http://www.communityresearch.org.nz/co-design-for-well-being/>

And our Facebook page

<https://www.facebook.com/CommunityResearchNZ/>

Sector-Specific Training from the LEAD Centre for NFP Governance & Leadership

Building the CEO–Governance Partnership

17 March, **Wellington**

\$170 (or \$140 for members of Volunteer Wellington)

Not for profit leadership sits within the CEO – Board partnership and good relationships, clear roles and great communication are key to success.

This workshop with **Aly Mc Nicoll**, looks at governance from both the Board and the CEO's point of view.

<https://www.lead.org.nz/events/2020/3/17/workshop-wellington-building-the-ceo-governance-partnership>



Say 'Goodbye' to Anxiety & Stress Workshop

Wellington: Two dates: Saturday 15th February & Wednesday 19th February

Overview

Many people don't realise just how anxious and stressed they are until it detrimentally impacts their lives either mentally or physically. Perhaps you're one of them?

- Are you tired of feeling like anxiety and stress always have the upper hand in your life?
- Does anxiety and stress ruin your day, evenings and weekends?
- Do you have a desire to control your anxiety and stress and to start enjoying life again?

If you answered 'Yes!' to any one of these questions then this workshop was designed for you. The skills and techniques you learn are guaranteed to reduce your stress and anxiety levels.

Just think - how would your everyday life be different if you stopped feeling anxious or stressed?

Who Should Attend?

This (five hour) workshop is open to anyone who would like to experience less anxiety and stress in their lives.

Benefits of attending

Here are just three of the things you're really going to love about this workshop:

1. instantly making a positive change in the way you think, feel and behave
2. getting to really understand how and why you feel anxiety and stress
3. gaining a large range of effective, easy to use anxiety mastery tools and techniques

About the Workshop

We are constantly told that anxiety and stress are an inevitable part of life. This isn't true. The truth is our thinking and emotions are the source of the anxiety and stress we experience. This is great news, because it means we have within us the ability to take back control over our thoughts and feelings. During the workshop you are going to practice using a range of simple, proven, practical, evidence-based tools and techniques designed to help you take back control and gain mastery over your anxiety and stress.

Workshop facilitator

Tony Yuile is an experienced life coach, specialising in anxiety and stress management. For over seven years he's helped hundreds of people to regain control over their stress and anxiety and to begin living calmer, healthier, happier, lives again.

Your Investment

Just \$149 per person (inc. GST and booking fee, refreshments and workbook. Lunch not included). Note - the venue has plenty of **free parking**.

Buy your ticket today by visiting - Eventbrite: <https://www.eventbrite.co.nz/e/say-goodbye-to-anxiety-stress-tickets-88606856493>

Questions - contact Tony by email tony@tycoaching.nz or mobile: 021 056 8389



Inside The World Of Girls

A Workshop For People Working With Girls 8 Years & Up

with Michelle Mitchell

Our girls have been born in a unique time in history and have a unique culture which defines them. They have been given experiences and opportunities that former generations could have only dreamt about, yet they are also facing challenges which have not confronted any other generation in the same way. As professionals it can be challenging to know how best to respond and support girls, especially given the increasingly early presentation of many of these concerns. Families and the wider community are also increasingly turning to the professional community for direction and guidance.

This day long workshop is designed to assist helping, caring and education professionals gain a deeper understanding of the contemporary challenge's tweens and teens face, by giving them an inside look at the world of girls. Using case studies and video footage, this workshop will explore this generation's key influences and vulnerabilities, and the issues which are defining teenage culture.

Participants will walk away with new insights and proven, tailor made strategies that promote resilience, respect, happiness, self-control and responsibility; aiming to see each one of our girls free to pursue their unique potential and be a positive catalyst for change in their world.

Some of the key areas Michelle will explore include:

- Teenage culture. What is 'normal' for pre-teen and teenage girls today?
- Influences and vulnerabilities. An in-depth look at social media, sexuality, anxiety, emotional regulation, self-harm and friendship issues, and their influence on wellbeing.
- Targeted early intervention and prevention strategies to promote resilience, responsibility and happiness for girls.
- Connection as the core of influence. Practical strategies for engaging girls in meaningful conversations with relevance and credibility;
- De-coding girls early 'at risk' behaviours and promoting protective support networks;
- The future. How challenges, fears and disappointments can be the catalyst for positive change in girl culture.

Michelle Mitchell is a tweens and teens specialist. Based in Brisbane, she is an Educationalist and author of five highly acclaimed books including "Parenting Teenage Girls In The Age Of A New Normal" and "What Teenage Girls Don't Tell Their Parents" and "Self-Harm: Why Teens Do It And What Parents Can Do To Help". Michelle founded the Australian charity Youth Excel delivering group programs and mentoring to thousands of teenagers each year. She is a regular contributor on Australian network television and other media on issues relating to young people. Her practical tone, down to earth humour and hands on experience mean she has a unique way of captivating her audience and taking them into the inner workings of the minds of teenage girls.

Date: Wednesday 11th March 2020
Time: 9:00am - 3:00pm
Where: InterContinental Hotel, 2 Grey Street, WELLINGTON
Cost: **Only \$245.** Price includes lunch and tea break catering and presentation notes
Queries: Contact the Compass Seminars team on **06 7591647** or **office@compass.ac.nz**
Registration confirmation & invoice/receipt will be sent by email (please provide below)



Registration form for "Raising Resilient Girls" Wednesday 11th March - Wellington

Register Today!

Choose from one of these options:

- Register online at: www.compass.ac.nz
See website for Terms of Trade
- Email the required details to: office@compass.ac.nz
- Post to: **Compass Seminars,**
PO Box 18018, New Plymouth 4360

Name:
 Position:
 Organisation:
 Address:
 City: Post Code:
 Email:
 Phone: Mobile:

- \$245 Seminar fee enclosed** (make payable to Compass Ltd), or
- Please invoice to the above address**

AWARENESS WEEKS

February

Aotearoa Bike Challenge Month

1 February 2020 to 29 February 2020

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

Heart Awareness Month

1 February 2020 to 29 February 2020

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

World Tinnitus Awareness Week

3 February 2020 to 9 February 2020

For more information, see the [National Foundation for Deaf and Hard of Hearing](#) website.

World Cancer Day

4 February 2020

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

Safer Internet Day

4 February 2020

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

Congenital Heart Defect Awareness Day

14 February 2020

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

Big Heart Street Appeal

21 February 2020 to 22 February 2020

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

Rare Disease Day

29 February 2020

For more information, see the [Rare Disease Day](#) website.

FUNDING

JR McKenzie Trust Regional Fund:

The J R McKenzie Trust makes grants to community organisations in New Zealand, mainly in the areas of social services, health services and community development. You can check out whether your organisation might be eligible for a grant, and download our application forms on the website. The Trust has two major areas of focus for the next five years: Disadvantaged children and their families,

and; Māori development.

Applications with a focus on other especially marginalised groups may also be considered.

Closes 2 March 2020 PH 472 8876 FAX 472 5367

EMAIL: info@jrmckenzie.org.nz

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

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

The Tindall Foundation, PO Box 33 181, Takapuna,

North Shore City 0740. PHONE: (09) 488 0170

FAX: (09) 486 2365 EMAIL: admin.ttf@tindall.org.nz

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

Workbridge Support Fund: Training- to support people with disabilities in training opportunities. Self Start Fund- to help people with disabilities set up their own business. Job Support Fund- to help people with disabilities move into employment

Always open

Workbridge Wellington PO Box 31 687 LOWER HUTT 5040 PH: (04) 499 7350 FAX: (04) 499 1460

EMAIL: Wellington@workbridge.co.nz

WEB: <http://www.workbridge.co.nz>

Generosity New Zealand

Funding information **givUS** offers access to more than 1,200 grants and schemes for communities, volunteer organisations, schools, groups, sport clubs and Iwi.

Find assistance for nearly everything <http://generosity.org.nz/giv-us/>

This service can be accessed **free** from a public library

This Newsletter is produced by
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However, we cannot accept responsibility for error.

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