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## Community Networks Wellington Newsletter March/Poutū-te-rangi 2025

### COMMUNITY NETWORKS WELLINGTON MARCH/POUTŪ-TE-RANGI MEMBER CELEBRATION

Nau mai, haere mai!  
Kei te tino karangahia koe / You are warmly invited to our  
March/Poutū-te-rangi Member Celebration

#### PLEASE NOTE THIS EVENT REPLACES OUR USUAL NETWORK MEETING

The RT Hon Dame Cindy Kiro, GNZM, QSO, Governor-General of New Zealand, together with Community Networks Wellington invite you to morning tea to recognise the inspiring mahi of the CNW network and acknowledge your commitment to Wellington's most vulnerable people.

We look forward to seeing those who RSVP'd to this event on:

**Date:** Wednesday 19th March 2025

**Time:** 10.30am—12pm (please arrive between 9.45am – 10.15am)

**Venue:** 1 Rugby Street, Newtown, Wellington 6021

#### **RSVP's for this event have now closed!**

Or for more information contact Debbie Delaney  
by email at: [office@cnw.org.nz](mailto:office@cnw.org.nz)

## COMMUNITY NETWORKS WELLINGTON HOME PAGE

### Upcoming Radio Show

#### 26 February 1.30pm - [Dwell Housing Trust](#)

Host Judith Parkington speaks with Elizabeth Lester, CE of Dwell Housing Trust. Elizabeth talks about their community housing projects, the successes they have had housing people in Wellington and some of the housing issues facing our community. **Replays 5 March 1.30pm**

#### 12 March 1.30pm— [H Caped](#)

Host Judith Parkington talks to Jonathon Davies from 'Caped H'. He sheds light on the struggle that faces non-profits and community groups in managing IT, digital communications, and marketing while staying focused on their mission. **Replays 19 March 1.30pm**

#### 26 March 1.30pm—[Kilbirnie/Lyall Bay Community](#)

**Centre.** Host Judith Parkington talks with Kathryn Easter, co-ordinator at Kilbirnie/Lyall Bay Community Centre. We hear about the importance of the centre within this community and the programmes they run to keep folk connected. **Replays 2 April 1.30pm**

Join us at 1.30pm, [Wellington Access Radio](#) 106.1FM  
Listen to previous shows : [Here](#)

If you would like to be involved in our radio show  
contact [office@cnw.org.nz](mailto:office@cnw.org.nz)

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### Members Mahi

(A snapshot of some great member mahi in 2024)

### Wellington Curtain Bank

**Wellington Curtain Bank numbers are in, showing that in 2024 we dispatched:** 1,400 pairs of curtains, to 381 where/households, with 330 curtain tracks being upcycled.

This was made possible with 3,600 volunteer hours! Please join us in a massive thank you to our amazing volunteers who: plan, wrangle spreadsheets, sort, cut, sew, refurbish tracks, box and deliver our curtains. If you can spare a few hours to join our roster, to contribute to this life changing service, please [contact us](#). Or if you're renovating, please do think of us for donations when rehoming any [pre-loved curtains or tracks](#)

### Kaibosh Food Rescue

Over the months of spring, September - November 2024, [Kaibosh](#) rescued and distributed **203,740kg** of good surplus food to our local communities in Te Whanganui-a-Tara, Te Awa Kairangi, Kāpiti and Horowhenua. This equates to **452,756 meals worth of good kai** getting to people who need it, while averting **539,911kg CO2e** in greenhouse gas emissions as we stop food from going to landfill.

### Community Networks Aotearoa & The Salvation Army

CNA was represented at the launch of the State of the Nation report—the annual publication from The Salvation Army's Social Policy and Parliamentary Unit. This year's report focused on the basics—Kai, Kāinga, and Whānau (Food, Housing, and Family). Unfortunately, the findings were sobering. Across all measures, we're seeing worsening conditions for many in Aotearoa. Alongside [CNA's State of the Sector Report](#), the State of the Nation report continues to provide the sector, politicians, and relevant agencies with vital, in-depth data to inform their work. CNA applauds the excellent work of the Salvation Army in highlighting these critical issues. You can [Read the full report here](#)

### Wellington City Mission

Between July 2024—September 2024 [WCM](#) supported 937 whānau and individuals supported through our Registered Community Practitioner Team. We welcomed 6,000 manuhiri into Tā te Manawa, our community lounge, where we served home cooked meals and great barista coffee. We supported 1,307 shoppers through our Social Supermarket

### Newtown Budgeting and Advocacy Service

In 2024 [NBAS](#) provided over 1700 client sessions and we currently have over 320 active clients. The work has expanded and we now have 6 paid financial mentors (3.25 FTEs) well supported by 12 dedicated volunteers. The service is governed by our Governance Committee who meet monthly.

NBAS serves the Wellington South community. This is a diverse community with a range of ethnicities and cultures represented. NBAS's client base reflects this diversity with 35% (2024) of our clients either migrants or former refugees. To assist in our work with Arabic speaking refugees, in 2023 NBAS hired an Arabic speaking financial mentor.

## E Tū Whānau publishes three innovative kaupapa Māori measurement tools

In mid-November 2024, E Tū Whānau kaimahi, community partners, researchers and experts celebrated the publication of three innovative kaupapa Māori measurement 'tools'.

Developed alongside E Tū Whānau communities, these wānanga and kōrero-based resources are designed to empower whānau on journeys of positive change.

E Tū Whānau kaimahi, hapori, researchers and subject-matter experts worked together over several years to develop, pilot and refine these scientifically robust measurement tools.

Together, the three tools offer rich data and insights about whānau and community resilience, transformation and readiness to mobilise for sustained positive change:

- Te Pikitia a te Whānau – The Whānau Wellbeing Tool assesses and enhances whānau wellbeing
- Te Whakaoreore Aromatawai Hāpai ki te Hapori – The Community Mobilisation Assessment Tool
- E Tū Whānau Tikanga Rangahau – Community Kete

You can find the tools and read more about them on the E Tū Whānau website below: [Read about the E Tū Whānau measurement tools – E Tū Whānau website](#)

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## Getting help for family violence this summer

Over the summer there can be a lot of stress placed on families, it is sadly one of the busiest times of year for Police attending family violence.

Family violence can affect anyone. Financial pressures, unemployment, increased alcohol consumption, feeling like you are 'spread too thin' with social/school/family engagements, difficult relationships, decisions about where to spend holidays can all add extra pressure and stress at this time of year.

Inspector Natasha Allan, National Manager Family Harm Prevention, says "Violence is not okay. Police takes family and sexual violence seriously and want all victims to be assured if they come forward, their case will be treated with sensitivity and respect."

Inspector Allan's message to anyone who is fearful for their safety, or the safety of others, is "Trust your instinct – if something doesn't feel right, seek help. You have the right to be safe."

If you or someone else is in danger, call 111. If you're unable to speak, stay silent, and follow the operator's instructions. If you're in danger and you cannot call 111, leave and get out of harm's way. Your safety comes first. Get to a safe distance and then call 111 or get somebody to call for you.

Inspector Allan recommends "We also know there are people who know their behaviour is unacceptable and don't want to harm their loved ones. Walk away and take a moment so you don't do something you'll regret to someone you love."

If you feel like it's time to change, be courageous and get in touch with [Change is Possible](#) to start your journey today."

For further support and information:

- [Women's Refuge](#) crisis line | 0800 733 843 - 24 hours
- [Sexual Harm. Do you want to talk](#) | Safe to talk – the sexual harm helpline | 0800 044 334 – or text 4334
- [Family violence information line](#) | 0800 456 450
- [Shine National Helpline](#) | 0508 744 633 -9am to 11pm
- Shakti – for migrant and refugee women | 0800 742 584 - 24 hours |
- [National network of stopping violence](#) | 03 391 0048
- Elder Abuse Helpline | 0800 32 668 65 - 24 hours
- [Gandhi Nivas](#) – supporting men to be free from violence | 0800 426 344 |
- [Change is Possible](#) – supporting men to be free from violence
- [Hohou te rongo kahukura](#) – outing violence - building rainbow communities free from violence
- [Takatāpui & Rainbow People: Family Violence Support | Are You OK](#) – promoting healthy queer, trans and takatāpui relationships
- [Sensitive Claims ACC](#) | 0800 735 566 |
- [Pet Refuge](#)

Feel free to share this information with your colleagues, networks and communities.

[Getting help for family violence this summer | New Zealand Police](#)

## NOTICES

### WCC Open Engagements

#### Flinders Place Play Area—3 March

We're creating a new play area for Flinders Place in Johnsonville and we'd like to hear your feedback on the draft designs. Feedback closes on 3 March 2025. To find out more and provide feedback, click the link below

[Find Out More Here](#)

#### Traffic Resolutions— April 2025

Wellington City Council is asking for feedback on 5 proposed new traffic resolutions. A traffic resolution is the formal record of a decision made by a council to change how a road or traffic is managed in a particular area - for example, they may relate to bus stop or parking changes. Visit the consultation page to take our quick survey. Consultation closes at **midnight on 7 March 2025**.

[Find out more here](#)



### Have your say about the future of Disability Support Services

Community consultation will open on 10 February and run until 24 March 2025.

This consultation is about the essential disability services and support that people may get after an assessment from a Needs Assessment and Service Co-ordination organisation, or an Enabling Good Lives site.

While everyone is welcome to participate, Disability Support Services especially want to hear from people receiving these services and whānau, carers, and advocates.

They want your feedback on:

- clearer assessment and allocation processes
- options for changes to flexible funding

There are options to attend in-person and online, and your feedback will build on the DSS survey from late last year.

For more info including dates and locations, check out the DSS website: <https://www.disabilitysupport.govt.nz/consultation>

Your feedback will help Government to make decisions to stabilise and strengthen disability support services.

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### Everybody Eats Wellington Up Coming Events

Everybody Eats Wellington serves a daily changing 3 course menu every Sunday to Wednesday from 6-8pm on a pay-as-you-can basis. Open to everybody for dinner. Can book through the website [www.everybodyeats.nz](http://www.everybodyeats.nz)

On Thursdays you can book out our restaurant for a private dining space and we also do catering. Get in touch with [jack@everybodyeats.nz](mailto:jack@everybodyeats.nz) for more information.

#### We have some fun events coming up:

Seaweed Dinner. Tuesday 4th March 6-8pm. A collaboration between Mountains to Sea Wellington, The Travelling Kitchen & Everybody Eats to host a 3 course informative dinner highlighting the incredible resource found abundantly along our city's coastline.

Wellington Pride Festival. We are excited to announce two amazing dinner & drag evenings. Thursdays 13th & 20th of March from 6pm. Tickets must be secured for these events by going through this link <https://events.humanitix.com/dinner-on-the-dancefloor-a-disco-drag-extravaganza>

Cuba Dupa 2025: We're thrilled to announce that Te Aro Eats is back for its third year at Cuba Dupa! This incredible collaboration unites amazing organisations like Kaibosh, The Free Store, Seeds to Feeds, BGI, Wellington Timebank, EKTA, FillGood and more. Join us on Dixon Street for an unforgettable weekend filled with music, entertainment, delicious kai, and the vibrant spirit of community.

# Kaiārahi

## Family Court Navigator

Do you need help with Family Court proceedings?



**Every 2<sup>nd</sup> Wednesday starting 26<sup>th</sup> February 2025**

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**9:30am to 12:30pm**

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**Whakamaru – Wellington City Mission**

**Level 1 Room 3 (Kōwhai)**

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Family Court Kaiārahi is here to support you:

- Understand processes and outcomes of Family Court proceedings.
- Access out-of-court services
- Remain engaged and involved in Family Court proceedings.
- Our service is FREE.
- We do not give legal advice.

Contact: [Stewart.guild@justice.govt.nz](mailto:Stewart.guild@justice.govt.nz) 027 204 0492



## Consultation on taxation for not-for-profits

Inland Revenue has released public consultation seeking feedback on whether certain tax concessions for charities and not-for-profits continue to be effective. It also explores whether tax obligations can be simplified and compliance costs minimised.

The closing date for submissions is 31 March 2025  
[Consultation for Taxation and the not-for-profit sector](#)

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## Climate Kōrero

Join us for Climate Kōrero, an inspiring event dedicated to highlighting the incredible work of individuals and organisations working in the climate action space!

We will be joined by six passionate speakers who will share their stories and insights, providing inspiration and practical ways for you to get involved in making a difference.

The event will follow the Pecha Kucha style, where each presenter will showcase 20 slides that automatically transition every 20 seconds. This fun visual format is a great way to share stories and also keeps everyone on their toes!

### Why should you come along?

Get inspired: Hear from leaders and changemakers in the climate action community.

Free Kai: Enjoy delicious, free kai while you listen and kōrero with us!

Meet some mates: Connect with like-minded individuals and build a network of climate champions.

Find out about other activities: learn more about how you can get involved, including getting a project funded through the Climate and Sustainability Fund.

We are absolutely delighted to have the following local legends come and share their stories with us:

- Lucy Shand, Te Matarau a Māui
- Kaeden Watts, Ministry of Health
- Kena Duignan, Ngaio Climate Club
- Kodrean Eashae, Voice of Aroha
- Rose Dohig, Kaicycle
- Ryan O'Connell, Switched on Bikes

Arrive at the venue between 5:00-5:30pm to enjoy some free kai and read some information about climate action in Poneke, the presentations will kick off at 5:30pm. Thursday 13 March.

Come and kōrero with us! [Find Out More](#)

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## Fundraising Opportunity

The Sprig and Fern pub in Thorndon is looking for a couple of small local charities who would like to benefit from their fundraising quiz nights on Tuesday evenings, 7 - 9pm approx.

Every month February - November, a charity provides 2 people to do the marking of the quiz, and to run a raffle. The patrons pay a koha to enter the quiz, and all proceeds from this and the raffle go to the charity. You would need to provide a raffle prize on weeks 2, 3, 4 (and 5 if it's a 5-Tuesday month).

Please contact Colin, the Sprig and Fern landlord on 0275104235 if you are keen, and you can contact me [Kirsty@caninspire.org.nz](mailto:Kirsty@caninspire.org.nz) if you want to know anything from the point of view of the charity helper.

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## Sustainability Trust Events in March

[Menstrual Mates](#) – No Strings Attached

Saturday, 1 March 2025

10:00 am - 12:00 pm

Te Aro Zero Waste (Sustainability Trust)

Drop in for a morning of making reusable period products, kōrero and empowerment. With opportunity for everyone to get involved, experience is not necessary.

[Just Sew](#)

Saturday, 1 March 2025

1:00 pm - 4:00 pm

Te Aro Zero Waste Centre (Sustainability Trust)

Bookings advised but not compulsory

Learn new skills and make new friends along the way.

[March Community Clean-Up](#)

Wednesday, 19 March 2025

12:00 pm - 1:00 pm

Te Aro Zero Waste Centre (Sustainability Trust)

Join us for our monthly community street clean in Wellington!



## **EVENTS FOR SENIORS - WELLINGTON**

### **SOCIAL CONNECT HUBS**

**4 March 10am - Omai Fa'atasi, Salvation Army Hall, Porirua**

**5 March 10:30am - Seatoun Village Hall**

**11 March 1pm - Kapi Mana Bridge Club, Linden**

**18 March 10am - Omai Fa'atasi, EFKS Hall 2 Louisa Grove,  
Porirua**

**27 March 10:30am - Te Pokapū Hapori, Manners St, Wellington**

Join us for a social cuppa and chat with other seniors in the area.

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### **STAYING SAFE REFRESHER DRIVER COURSE**

**Thursday 6 March - Y Central Te Pokapū Hapori, 105 Manners  
St, Wellington 10am-2pm**

**Wednesday 19 March - Upper Hutt Cossie Club, 11 Logan Street,  
Upper Hutt 10am - 2pm**

**Wednesday 26 March - Karori Community Centre, 7  
Beauchamp Street, Karori 10am - 2pm**

Bookings are essential 04 4996646 or via  
[www.acwellington.org.nz/events/staying-safe](http://www.acwellington.org.nz/events/staying-safe)

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### **PUKEAHU NATIONAL WAR MEMORIAL TOUR**

**Tuesday 25 March - 10am-12pm**

**Meet at the Pukeahu Education Centre, 191 Tory street.**

Parking available by the Education Centre. Turn into 191 Education  
centre's driveway, parking is on the side.

Bookings are essential 04 4996646 or via  
[www.acwellington.org.nz/events](http://www.acwellington.org.nz/events)

## Newtown Festival

Enjoy the last day of summer at Newtown Festival  
Sunday 2 March Newtown

Said to be the last day of Pōneke summer and showcasing over 150 musical acts, Newtown Festival is a glorious bazaar of street food, stalls, free kids activities and more. Come along this Sunday to get amongst it.

Check out more information on their [website](#).



At Newtown Fair this Sunday our **Vinnies team** has lots planned. Our Riddiford Street op shop will be open, plus we'll have a stall out front with retro and craft goodies.

To ensure there's something to suit every budget, we'll also be running "Fill-A-Bag" with adult, kids and baby clothing. Vinnies is focused on sustainability and supporting our communities.

Every dollar raised helps us provide services for people who are struggling, including our food bank and baby and kids assistance programme.

We look forward to seeing you on 2nd March, at Vinnies op shop in Riddiford Street, Newtown.

Mark your calendar, bring your whanau and join us for a day of celebration in the heart of Newtown! For more info, please visit our website [www.vinnies-wellington.org.nz](http://www.vinnies-wellington.org.nz).

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## SAFE GUARDING CHILDREN

With various training, strategies, advocacy and resources, Safeguarding Children ([Home - Safeguarding Children](#)) offer practical, evidence-based, frontline-tested solutions, specifically tailored for those with responsibility towards children.

Don't miss out on these upcoming safeguarding and child protection training and advocacy opportunities: [Training Calendar - Safeguarding Children](#)

## Yoga in the Park: Pukeahu

Thursday 20 March  
5.30PM - 6.30PM  
Pukeahu ANZAC Square

Enjoy summer evenings at Pukeahu with an evening yoga class among the beautiful gardens and memorials.

This free 50-minute session, led by Beyond Yoga, is designed for all experience levels. Just bring a mat, towel, or blanket, and get ready to stretch, breathe, and relax.

[Book your spot now!](#)

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## Legal Issues and Volunteers

### Are you up with the play?

So many laws touch on how to treat volunteers and laws are constantly changing. Make sure you are up with the play with this free online workshop we're offering in partnership with [Community Law Wellington and Hutt Valley](#).

This is a great introduction to all areas of law that touch on volunteers in the workplace.

It includes the distinction between employees and volunteers and how to maintain it, health and safety, human rights and privacy concerns.

**Where:** Teams

**When:** Tuesday 11th March 2025 - 10am - 11am

**Fees:** Free

[Register Here](#)

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## Quake upgrades for social housing

Earthquake-remediation work will take place across several Wellington City Council social housing complexes.

The Council and Te Toi Mahana, which manage the tenancies at the properties, have informed tenants across six social housing complexes that earthquake-strengthening will be carried out.

Read more on [Our Wellington](#).



# VINCENTS CELEBRATES THE YEAR OF THE SNAKE

AT  
NEWTOWN FESTIVAL

**SNAKES  
FOR SALE  
\$33 EACH**

VINCENTS STALL  
SUNDAY  
2<sup>ND</sup> MARCH  
CNR CONSTABLE  
& RIDDIFORD STS

**ARTS - CRAFTS - CERAMICS**

CONTACT: 04 4991030  
EMAIL: [VINCENTSARTWORKSHOP@XTRA.CO.NZ](mailto:vincentsartworkshop@xtra.co.nz)



Contact Us: [vincentsartworkshop@xtra.co.nz](mailto:vincentsartworkshop@xtra.co.nz)

## Phasing out low-user power plans

If you're on a low-use power plan, your daily fixed charge may increase in April by up to 30 cents.

This is part of the phasing out of the low fixed charge tariff regulations, which began in 2022 and is being applied gradually over the next five years.

Removing the regulations does not change power companies' ability to continue to offer plans with low fixed charges. The regulations only set the maximum amount that can be charged. Power companies may choose to set lower rates for their fixed charges for low-use households.

The maximum amount a power company can charge for low users will be

- 1 April, 2025: \$1.50 a day
- 1 April, 2026: \$1.80 a day
- 1 April, 2027: regulations removed. Power companies are no longer required to offer customers a low fixed charge.

[Read More](#)

## Powerswitch: comparing power plans

If you're unsure whether you are getting the best deal on your bills, Powerswitch is here to help.

Powerswitch is a free and independent service, provided by Consumer NZ.

The market is always changing, so it pays to check often to get the best deals out there.

The Powerswitch calculator compares over 3,000 residential power plans from 16 providers, covering 98 percent of the market.

Over 90 percent of people who use Powerswitch to check their home energy bills find they can save money.

How to use Powerswitch

- Go to Powerswitch
- Type your address or share details from your last bill
- Compare prices
- If you see a deal you like, click switch and your new retailer will be in touch.

[Read More](#)

## Check Out Toast Electric

The [Toast Electric](#) team is working out how we can minimise these price rises, especially for our low-income households. Behind the scenes we're having conversations with other social retailers, to secure long-term affordable prices for those really struggling with power costs.

**Why this matters:** For families who are living hand to mouth, the uncertainty of unpayable bills is a real worry. Basics such as a warm, dry home and hot water can be out of reach. Our mission is work with industry and government to get reduced pricing and home upgrades for vulnerable houses, so no-one has to choose between heating and eating.

**How you can help:** If you're yet to join our Toast Electric whānau and want to make a difference for those experiencing energy hardship – then please do [sign up today](#).

*For the same cost as your current retailer (or lower), you can make a huge difference just by paying your electricity bill with Toast.*

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## Belonging conversations: January - May 2025

Inclusive Aotearoa Collective Tāhono are hitting the road again and want to hear about your experiences of belonging!

This year marks the third series of Belonging Conversations.

In this longitudinal project, they ask communities around Aotearoa, New Zealand, about their sense of belonging and what they would change to improve things.

These conversations provide a platform for people to share their experiences, challenges, and aspirations.

Their conversations with people are taonga, and are all kept entirely anonymous, establishing a platform for people's voices to be heard while retaining the mana of those who contribute their stories.

[Follow this link to visit their website](#) for information about the when and where (including in-person, online sessions or online form participation options).

SUPPORTING CHILDREN, YOUNG  
PEOPLE, AND ADULTS THROUGH

# Change and Loss

## PROGRAMS AVAILABLE



**Children and  
Young Persons'**



**Stormbirds**  
Natural Disaster Response



**Parent Programs**



**Adult Programs**

Help build a resilient  
and understanding  
community

## **FOR TRAINING DATES AND MORE INFORMATION**



**VISIT:** <https://catholicsocialservices.org.nz/seasons-for-growth/>



**Email** [seasons@wn.catholic.org.nz](mailto:seasons@wn.catholic.org.nz)



**Call** 021 374 405

## TRAINING



### **WHO IS IT FOR?**

Professionals working with children, young people, or adults who have experienced significant life changes.



### **WHAT IT INVOLVES**

A 2-day workshop equipping you to lead small group sessions supporting children, young people, or adults through change, loss, or grief. Gain skills in companioning, group management, and creating safe spaces.

*(Parent and Stormbirds training are only 1 day).*



### **WHAT WILL YOU GAIN?**

Certification as a Seasons for Growth Companion.

Resources, skills and tools to companion the program.

# register today

**Catholic  
Social Services**  
people helping people āwhina tātou



**Seasons  
for Growth®**

When: Monday, 17th March & Tuesday, 18th March Time: 9:30 AM – 4:00 PM each day  
Where: NET Pasifika Hub, 2 Dudley Street, Hutt Central Registrations Close 7 March

## AWARENESS DATES

### Purple Day 26 March - Epilepsy Awareness Day

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.”

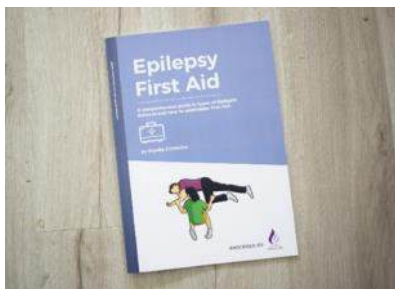
With the support of medical specialists and Epilepsy New Zealand, the guidebook, along with an accompanying website.

Krystle is available to do speaking events. Workshops are also available. T/C apply.

Snowy’s Talent is also available now. A children’s book about Snowy and his special talent. A great read for all ages.

The books cost -\$25 plus shipping For more information go to [www.epilepsyfirstaid.com](http://www.epilepsyfirstaid.com) Email- [epilepsyfirstaid@hotmail.com](mailto:epilepsyfirstaid@hotmail.com)

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



### MARCH – POUTŪ-TE-RANGI

- 1 – 31 SunSmart in March [www.sunsmart.org.nz](http://www.sunsmart.org.nz)
- 1 – 31 Hearing Awareness Month (3) World Hearing Day [www.nfd.org.nz](http://www.nfd.org.nz) [www.worldhearingday.org](http://www.worldhearingday.org)
- 1 – 31 13 Kidney Health Month World Kidney Day [www.kidney.health.nz](http://www.kidney.health.nz)
- 1 – 31 Endometriosis Awareness Month <https://nzendo.org.nz/nzendo-events/>
- 1 Neighbours Aotearoa <https://neighboursaotearoa.nz/>
- 2 National Children’s Day [www.childrensday.org.nz](http://www.childrensday.org.nz)
- 3 World Wildlife Day [www.doc.govt.nz/news/events/nationalevents/world-wildlife-day](http://www.doc.govt.nz/news/events/nationalevents/world-wildlife-day)
- 4 HPV Awareness Day [www.direct.hpv.org.nz/resources/hpv-awarenessday](http://www.direct.hpv.org.nz/resources/hpv-awarenessday)
- 8 International Women's Day [www.internationalwomensday.com](http://www.internationalwomensday.com)
- 8 - 9 Pasifika Festival [www.aucklandnz.com/pasifika](http://www.aucklandnz.com/pasifika)
- 10 – 16 Brain Awareness Week <https://neurological.org.nz/get-involved/brainawareness-month>
- 14 World Sleep Day [www.sleephealth.org.nz](http://www.sleephealth.org.nz)
- 15 International Long Covid Awareness Day <https://longcovidsupport.co.nz>
- 17-23 Neurodiversity Celebration Week <https://www.neurodiversityweek.com/>
- 20 World Oral Health Day [www.worldoralhealthday.org](http://www.worldoralhealthday.org)
- 21 International Day for the Elimination of Racial Discrimination [www.un.org/en/observances/end-racism-day](http://www.un.org/en/observances/end-racism-day)
- 21 World Down Syndrome Day <https://www.worlddownsyndromeday.org/2025-theme>
- 21 – 25 World Immunisation Week
- 24 World Tuberculosis Day [www.stoptb.org](http://www.stoptb.org)
- 26 Epilepsy Awareness Day—[Purple Day](#)

# Working with Anxiety in Children and Teens

## A Very Practical Two-Day Workshop

with Karen Young



Anxiety is increasingly stifling the potential of young people, with its prevalence continuing to rise. Thankfully, we are now better equipped than ever to support them in living courageously and embracing their full potential. However, the growing impact of anxiety calls for a new, more comprehensive approach.

This engaging and innovative workshop, with highly regarded, leading expert, Psychologist Karen Young offers practitioners a groundbreaking perspective on addressing anxiety in children and adolescents. Far from being "just another anxiety workshop," it brings together neuroscience, evidence-based strategies, and respected therapeutic models to empower anyone who works with Children and Young People with fresh, effective tools for immediate and lasting change.

Karen will explore anxiety from the ground up, creating a practical and transformative therapeutic roadmap. This will include essential insights, powerful strategies, and actionable steps to redefine how we support young people in overcoming anxiety.

### Key Topics Covered by Karen

- The Neuroscience of Anxiety: Understanding anxiety's neurobiological foundations and using this knowledge therapeutically to foster resilience and courage.
- Shifting the Relationship with Anxiety: Why reframing anxiety is critical for young people and their caregivers, and how to achieve this.
- Recognising Anxiety-Driven Behaviours: Identifying when anxiety fuels behaviour and responding effectively.
- Avoiding Counterproductive Techniques: Understanding popular behaviour management strategies that worsen anxiety and learning what to do instead.
- Co-Existing Concerns and Look-Alike Conditions: Differentiating anxiety from other conditions and addressing them effectively.
- Manifestations of Anxiety: Exploring how anxiety presents in young children and adolescents, and tailored responses for each.
- Anxiety in Learning and Performance: Strategies to reduce anxiety's interference in academic and social success.
- Understanding School and Separation Anxiety: Effective responses to school refusal and related concerns.
- Breaking the Cycle of Anxiety in Families: Helping parents move past inadvertent behaviours that fuel anxiety, with step-by-step guidance.
- Responding to Anxiety in the Moment: Strategies to foster calm and courage in real-time.
- Building a Practical Toolbox: Equipping practitioners with tools to diminish anxiety and cultivate brave behaviour.
- A Comprehensive Therapeutic Roadmap: Bringing all the pieces together for lasting change.

This workshop will inspire and equip professionals who work with Young People with the knowledge and tools to revolutionise their approach to anxiety in young people, ensuring meaningful and enduring outcomes. Join us to learn how to make a profound difference in the lives of the children and adolescents you support.



Karen Young has worked as a Psychologist in private practice, and organisational and educational settings. She is now a sought-after speaker, educator and consultant both at home in Australia and internationally. Karen is the founder of 'Hey Sigmund', an internationally acclaimed online resource that provides contemporary, research-driven information on Anxiety and the neurodevelopment of children. She has written three books, including the best-selling 'Hey Warrior' and 'Hey Awesome'. Karen is one of Compass Seminars most acclaimed and requested presenters.

### Tour Details:

Brought to you by:



- 📍 ROTORUA: 5th - 6th March 2025, Distinction Hotel, 390 Fenton Street
- 📍 DUNEDIN: 10th - 11th March 2025, Dunedin Public Art Gallery, 30 Octagon
- 📍 WELLINGTON: 12th - 13th March 2025, James Cook - Grand Chancellor, 147 The Terrace
- 🕒 9:00am - 4:00pm each day
- 💰 \$675 (incl. GST). Price includes lunch and tea break catering and presentation notes
- 📞 Contact the Compass Seminars team on 06 759 1647 or [office@compass.ac.nz](mailto:office@compass.ac.nz)

### 3 Ways to Register:

[www.compass.ac.nz](http://www.compass.ac.nz)

[office@compass.ac.nz](mailto:office@compass.ac.nz)



Scan Me

## TRAINING OPPORTUNITIES

### Child Protection Leads

Organisations now recognise the importance of having a child protection lead, also known as child protection officer or designated person for child protection. If you are in the role of child protection lead in your organisation this course will help you understand what the responsibilities of that role are and how to meet those responsibilities.

This course will give you a deeper understanding of appropriate responses to child protection concerns by working through scenarios relevant to your sector.

Wed 19 Mar 2025

10am - 12.30pm

\$60

[Find Out More and Register Here](#)



### Lead with Confidence, Navigate Complexity. Make a Bigger Impact

Leadership isn't just about running an organisation - it's about knowing how to motivate, adapt, and make real change in your organisation and community. The Managing and Leading Community Organisations Leadership Development Programme 2025 is here to help you do just that.

This 10-week journey is designed for leaders at all levels who want to strengthen their skills, gain clarity in their leadership approach, and build a solid foundation for leading in today's ever-changing landscape.

#### What Makes This Programme Different?

- Purpose built for not-for profit-leaders – You will unpack the uniqueness of not-for-profit and community leadership, including its challenges and opportunities
- Designed for real-world leadership – This isn't

theory for theory's sake. Every module is packed with practical strategies you can apply immediately.

- Learn together, grow together – You'll engage in small group discussions, large online workshops, and peer connections that keep you motivated and accountable
- Focused on the challenges leaders face today – We go beyond traditional leadership training to explore what it means to lead in complexity, navigate change, and create real impact.
- Personalised support – From one-on-one coaching to individual feedback, we make sure you're not just learning, but actually growing.

#### What You'll Gain:

- \* A clearer leadership vision – Define what kind of leader you want to be and build a personal development plan to get there.
- \* Stronger decision-making skills – Learn to lead with confidence in uncertain and shifting environments.
- \* Tools to lead people and organisations effectively – From managing teams to influencing change, you'll walk away with a toolkit you can use immediately.
- \* A network of like-minded leaders – Connect with others who understand the challenges of community leadership and build relationships that last beyond the programme.

#### Programme Snapshot:

- Kicks off March 14, 2025 – Access the online learning platform and start your journey.
- Five Modules Over 10 Weeks – Covering everything from leading self and others to leading organisations and communities.
- Final session May 16, 2025 – Walk away with a [LEAD](#) Certificate of Completion and a clear roadmap for your leadership growth.

When: Wed March 14 - May 16, 2025

Where: Online: zoom (link sent prior )

Cost: \$595+GST. \$500 for the second and subsequent people from the same organization

If you're serious about stepping up, building your confidence, and making a real difference, this is your chance.

[Find Out More Here](#)

# LEAD

CENTRE FOR  
NOT-FOR-PROFIT  
GOVERNANCE & LEADERSHIP

# CHATGPT FOR NOT-FOR-PROFITS WORKSHOP - 2025

Learn how to use AI to boost your organisation's efficiency, communication, and engagement - save hours each week!

Join Us

**WEDNESDAY MARCH 19  
2025 @ 10:30 - 12:30PM**



Cost: \$120+GST



Location: Online, via Zoom



## Learn how AI can help:

- Improve Efficiency:** Discover how ChatGPT streamlines administrative tasks
- Streamline Communication:** in email, social media, & stakeholder engagement
- Time Savings:** Write draft applications and other text documents
- Data Management:** Generate reports and manage data effectively with ChatGPT
- Volunteer Coordination:** Improve volunteer coordination and communication




 [www.lead.org.nz](http://www.lead.org.nz)

 [info@lead.org.nz](mailto:info@lead.org.nz)

 [@lead.org.nz](https://www.instagram.com/lead.org.nz)

 [@lead.org.nz](https://www.facebook.com/lead.org.nz)

 (022) 572 6398

## Intercultural Competency

Designed by the Centre for Applied Cross-cultural Research, this course develops the knowledge, skills and attitudes that prepare professionals to work effectively with people from cultures other than their own, including clients and co-workers.

This 1-day workshop includes discussion, peer learning, and practical activities. The programme uses action-learning principles. This practical course allows you to use real-time activities to test out and extend individual cultural competency.

Discounted course fee: The fee for this workshop is usually \$895 but thanks to the generous support from the **Ethnic Community Development Fund** we have been able to offer a large discount to our members.

Limited Numbers: The numbers for this course are limited to 16 so be in quick to secure a place. Registrations are limited to one person per organisation.

**Where:** Rutherford House, 23 Lambton Quay, Wellington

**When:** Wednesday 26th March - 9.00am - 4.30pm

**Food:** Lunch, morning and afternoon tea provided

**Fees:** \$95.00

Facilitator: Sam Pobog-Jaworowski, MSc, ICF  
Accredited Coach: Sam is passionate about creating systems and spaces for diversity to thrive and for people to discover more authentic ways of relating to one another. She has a background in Cross-Cultural Psychology, Learning and Organisational Development. Sam has extensive experience as a facilitator and a coach in public, private, and not-for-profit sectors.

[Register Here](#)

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## Computer Basics

Monday 3 March 2025

4:30 PM - 6:30 PM (2 hours)

Or

Wed 5 Mar 2025

2:30 PM - 4:30 PM (2 hours)

The basics of computer hardware, settings, updates, and backing up your files.

[Find out more or Register Here](#)

## March Courses at the Lower Hutt Women's Centre

### [Anger as a Strength](#)

Anger is a misunderstood emotion and energy. This course provides opportunities and techniques to express anger using tools of assertiveness.

Tuesdays 4 March - 8 April

Time: 10am-12pm, for 6 weeks

Facilitated by Kay. Waged \$40, low or unwaged \$20

Book online [here](#) or call us 04 920 1009

### [Resilience – The identification and use of resilience in everyday life](#)

Resilience is the ability to have difficult feelings, experiences, mistakes, disappointments or loss and to be able to move through them in constructive ways that allows us to maintain our authenticity and grow from the experience.

Thursdays 6 March - 10 April 10am-12pm 6 weeks

Facilitated by Stephanie. Waged \$40, low or unwaged \$20

Limited numbers book online [here](#) or call 04 9201009

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## WEBINAR—Navigating the Evaluative Journey: From Insight to Impact

Evaluation isn't just about reports – it's about creating impact.

This session explores how commissioners and evaluators can guide stakeholders through each stage of the process, ensuring insights translate into real-world action.

Learn how to navigate complexity, engage meaningfully, and keep momentum beyond the final report.

- How evaluators act as brokers between clients, data, and outcomes
- Practical strategies to maintain engagement across all evaluation stages
- Common pitfalls that derail evaluation efforts—and how to avoid them

Thursday 13 March 2025 | 12:10-12:55 p.m. NZT | 10:10-10:55 a.m. AEST

[Register Here](#)



## EMPLOYMENT OPPORTUNITIES

### Operations Manager – Special Projects Fixed Term

Organisation: New Zealand Audiological Society  
Job Summary: Be at the heart of ensuring the seamless operation of NZAS while driving key strategic projects that shape its future direction and sustainability.

- New role with plenty of interesting projects to get stuck into
- 30 hours per week, 24 month fixed term contract
- Remote office, work from home with occasional travel within NZ

[Read Full Job Description Here](#)

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### Religious Education Advisor Full Time

Organisation: Archdiocese of Wellington  
Job Summary: Support the Catholic Schools Education Services (CSES) Office to ensure effective educational services, enhancing teachers' religious capabilities.

- Contribute to education, positively impacting learners, teachers & schools
- Unique and rewarding opportunity for both professional and personal growth
- Permanent, full-time role based on Thorndon Quay, Wellington.

[Read Full Job Description Here](#)

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### National Manager, Practice and Advocacy Full-Time

Organisation: Barnardos Aotearoa  
Job Summary: To complement a united Executive Leadership Team, Barnardos is looking for a chief in social work and advocacy.

- Significant leadership experience, mana, and sector credibility
- Exceptional communication, relationship-building, and advocacy skills
- A passion for continuous improvement and innovation

[Read Full Job Description Here](#)

### Senior Advisor Māori Partnership & Engagement | Kaitohutohu Matua Kōtuitanga & Te Tuituinga Māori Full-Time

Organisation: Stats NZ  
Job Summary: The roles primary focus is to provide strategic and operational assistance to the work programme, facilitating the effective achievement of both internal and external deliverables within the Māori Partnerships and Engagements team.

Join an organisation contributing to meaningful outcomes, About Aotearoa, for Aotearoa - data that improves lives today and for generations to come.

[Read Full Job Description Here](#)

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### Administrative Manager Part Time

Organisation: Kaicycle Inc  
Job Summary: We are looking for someone with great communication skills, tech competence, knack for streamlining processes and help boost our positive impacts.

We are looking for someone with great communication skills, tech competence and a knack for streamlining processes, to join our small team and help us boost our positive impacts.

[Read Full Job Description Here](#)

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### Young Athletes Weekend Programme Volunteer

Organisation: Special Olympics New Zealand  
Job Summary: Support Special Olympics New Zealand to deliver play and movement sessions to tamariki aged approximately 2-10 years old with intellectual disabilities in the Wellington region.

Applicants must be able to commit to a 3-hour slot every week for 6 weeks (Saturdays from 1 March).

Slot options:  
Lower Hutt (9am-12pm)  
Tawa (1-4pm)

[Read the Full Job Description Here](#)

## WWH is seeking a part time Manager

Our wonderful Manager is heading off on Parental Leave and we are looking for someone to step into these shoes for a period of 12 months.

### The House

[Wellington Women's House](#) is a truly unique place: begun in 1992, the House is located in Mount Victoria and provides low-cost, comfortable, supported transitional accommodation to 16 women. The service is inclusive and secular.

The manager takes overall responsibility for the provision of a safe, clean, supportive and culturally responsive environment for the residents. This role reports into the Management Committee, which is a small group of passionate volunteers who provide governance and management functions for the House.

Our Manager leads our small but mighty team of staff (our Social Worker, Coordinator and Cleaner); overseeing the full spectrum of operations of the House; and building relationships with stakeholders, others in the sector and community to raise the profile of the House.

### The Role

The overarching purpose of this role is to deliver on the kaupapa of the House and our vision for every woman-identified individual having a home. This means all tasks and responsibilities must contribute to, and prioritise, that Kaupapa.

If you have any of the following skills and experience we would love to hear from you:

- Experience in leading a small team of staff
- Experience of developing, maintaining and sustaining excellent relationships with partner organisations.
- Desirable to have knowledge of homelessness and its challenges, particularly in relation to women. If you have experience in Social work this would also be beneficial.
- Comfortable with managing finances (including systems) and applying for grants. You are supported to complete these functions by our House Coordinator and relevant Management Committee members.
- Experience of working with Management Boards is desirable but not necessary

### What else?

The role is part time approximately 32 hours a week.

There is some flexibility as to when these hours can be worked (eg school hours or flexibility of days/times of). We are open to considering applicants with varying experience from a range of sectors, provided you have a passion for making a difference to women experiencing homelessness and can demonstrate how you would apply your experience to achieve this purpose.

Please note, the successful applicant will be required to complete a Police check, along with all staff who work at the House.

Please contact us at [emma.bevin@wwbh.org.nz](mailto:emma.bevin@wwbh.org.nz) if you would like a copy of the job description or further information.

Link to job on Seek: <https://www.seek.co.nz/job/82155705>

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## Disability Support Worker Job x 2 Etta's Disability Support Crew

[Weblink](#)

Etta Bollinger, local freelance writer and disabled community advocate, is looking for 2 part-time support workers.

For more information about the role and to apply, check out the [Do Good Jobs weblink](#).

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## Manaaki/Hospitality Manager Vogelmorn Community Group

Vogelmorn Community Group is looking for a Manaaki/Hospitality Manager (previously Bar Manager) to coordinate an eclectic range of community events at Vogelmorn Upstairs and Cafe and to make Vogelmorn a warm, welcoming place for all!

32-35 hours per week (negotiable)

Community programming and hospitality role at Vogelmorn

[Read Full Job Description Here](#)

## FUNDING

### Arts and Culture Fund

This fund supports arts and cultural projects that deliver outcomes that support the Aho Tini vision and focus areas. **Closes: 13 March**

[Find out more here](#)

### C H Izard Bequest

To be eligible, projects must:

be for educational purposes or to support needy, disadvantaged groups in the community

be an application from a group or organisation (individuals are not eligible)

be within the Wellington city rate-paying area

**Closes: 13 March** [Find out more here](#)

### 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](#)

### Living Wage For Events Fund

This fund supports non-Council event organisers to enable them to deliver events that provide the living wage for their staff and contractors.

**Closes: 13 March** Decision: 21 May. [Find Our More](#)

### 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/>

### Social and Recreation Fund

This fund aims to support projects and organisations that deliver outcomes that improve community resilience, harm reduction, community safety and social wellbeing. **Closes: 27 March** [Find Out More Here](#)

### 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](mailto: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/>

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

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