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Community Networks Wellington Newsletter  
May 2018

## COMMUNITY NETWORKS WELLINGTON INC (CNW) MAY NETWORK MEETING

### ALL WELCOME

Come join us this May network meeting for a panel discussion on Justice issues.

Speaking to us will be Mike Hinton from Restorative Practices Aotearoa and Dr. Ian Lambie, Chief Science Advisor to the Justice sector, plus other speakers to be confirmed.

Keep an eye out for our email supplements for more details.

We look forward to seeing you at the meeting!

**Date: Wednesday 16 May 2018**

**Time: 10.45am – 12 noon**

**Where: Committee Room 2, Wellington City Council, 101 Wakefield Street**

**For more information Contact Debbie Delaney Phone 385 3518**

**[office@cnw.org.nz](mailto:office@cnw.org.nz) or [www.cnw.org.nz](http://www.cnw.org.nz)**

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

# COMMUNITY NETWORKS WELLINGTON HOME PAGE

Tēnā koutou e hoamahi hapori mā, ngā mihi mahana ki a koutou katoa. Hello to you my community work friends, warm compliments to you all. Thank you to Erin from the Electoral Commission and Simon, Sean, and Stefan from Regenerate Magazine for talking to us about their work at the April meeting and to all the people who came, shared, and connected - it was certainly a buzzy meeting! You can read more about the Electoral Commission's current project and Regenerate Magazine later in the newsletter.

As promised last month, here are CNW's top 5 priorities for the year. Thank you to everyone who took part in the Hui and helped form our message and work programme for this year:

## COMMUNITY NETWORKS WELLINGTON – TOP 5 PRIORITIES 2018

### 1. Mental Health and Addictions:

- Not enough services
- Inadequately funded
- Complexity of access
- Only crisis provision not enough longer-term therapeutic support
- No strategic approach to liquor/gaming licensing

### 2. Housing & Homelessness:

- Lack of the following types of housing:
  - Emergency
  - Permanent
  - Specialist
  - Social
- High rental costs
- Poor housing quality
- Lack of information on housing services

### 3. Social Isolation:

- Across generations
- Urban and sub-urban
- Across cultures
- Isolation of former refugees

### 4. Poverty and Financial Inequality:

- Growing/new poor due to rising costs of living
  - Working poor
  - Separated families
  - People on low wages coming up to Retirement

- Child poverty
- Reduced access to dental and medical care
- Transport costs
- Lack of sustained support for vulnerable groups e.g. former refugees, homeless, Mental Health and Addiction service users

### 5. Funding for the Community Sector:

- Underfunding:
  - 10 years since any review
  - Fully funded statutory services vs. partially funded NGOs
  - Lack of money to cover costs e.g. technology, enough staff, training
  - Pay equity, staff are overworked and underpaid
- Time spent on applying for funding
- Time spent on government reporting

The top 5 were also the basis of our first meeting of the year with Wellington City Council and CCDHB Board Members. CNW Executive Members presented each priority and there was consensus among all that we need to work together to address all the interconnected priority areas presented.

Outside of our quarterly meetings, which are informative in nature, we are also working on ways in which our network can input in both Wellington City Council and CCDHB processes - and I will be sharing more information on how you can participate in both as soon as I can.

Some things to note:

- Wellington City Council are working to increase housing availability in Wellington and together with Housing New Zealand's increases there will be an addition of approximately 1000 units in the next 2-3 years. The Council are aware that that the need is very high.
- The Mental Health Inquiry is releasing information on ways to engage with them. For more, go to: <https://www.dia.govt.nz/Mental-Health-update-to-all-stakeholders>

In other exciting news, a very warm welcome to Mike Hinton from Restorative Practices Aotearoa and Geoff Curson from Newtown Budgeting and Advocacy Service to the CNW Executive Committee. Nau mai kōrua!

That's all we can fit from me in the newsletter this month but you can always kōrero mai/talk to me at: [projects@cnw.org.nz](mailto:projects@cnw.org.nz).

Anna Symons,  
Special Projects Coordinator - CNW

## Public Consultations

- Greater Wellington Regional Council - [10-Year Plan](#) - 29 April
- Department of Internal Affairs - [DIA Identity Services Approved Information Sharing Agreement](#) - 4 May
- Inland Revenue Department - [Ring-fencing rental losses](#) - 11 May
- Wellington City Council - [10-Year Plan](#) - 15 May
- [Corrections Amendment Bill](#) - 17 May
- [Privacy Bill](#) - 24 May
- [Local Government \(Community Well-being\) Amendment Bill](#) - 25 May

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## Regenerate Magazine

Simon Dodd, the Director of Regenerate Magazine, came to speak to community organisations at the April CNW Network Meeting. Regenerate Magazine is a Wellington-based publication created to assist people experiencing homelessness and poverty by providing them with work opportunities.

The magazine offers free training to sellers, a zero-dollar start, and a reasonable buying-off (\$2.50) and reselling price (\$5). It aims to help people increase their income, enable their reintegration into the community, and create positive interactions with pedestrians. The magazine has connected with Wellington City Council and businesses in the city, for locations to sell their magazine. They also collaborate with the Wellington Night Shelter and Compassion Soup Kitchen.

Regenerate Magazine is co-created by people from diverse backgrounds including, authors and artists of homeless experience, published authors, and professional journalists and is specific to the Wellington community focusing on arts, culture, and day-to-day Wellington life.

Sellers of Regenerate Magazine, Sean and Stefan also spoke to the group and shared their positive experience with the Magazine. They expressed that the magazine helped them regain confidence and become more financially capable and that they were very supported by Simon. (Director of Regenerate Magazine)

### Help Regenerate Magazine

If you would like to help Regenerate Magazine through volunteering, have a location where the magazine can be

sold, would like to sponsor or purchase advertising space in a magazine that has a wide and varied readership base then please contact Simon at:

[Simon@regeneratemagazine.co.nz](mailto:Simon@regeneratemagazine.co.nz)

For more information about the magazine, visit:

[www.facebook.com/Regeneratemagazinenz/](http://www.facebook.com/Regeneratemagazinenz/)

Xiaotong Yang,

Writer - CNW

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## Reframe Aotearoa Affordable Facilitation and Conflict Services

Reframe Aotearoa is a new social enterprise offering affordable facilitation and conflict services in the Wellington region.

The organisation connects individuals and organisations who need affordable facilitation and conflict services with skilled, experienced practitioners who have agreed to provide their professional services at significantly reduced fees. These fees are generally between \$75 and \$200 per hour of facilitation time (plus GST), and vary depending on the financial position of the people or organisation(s) requesting the services, and the kinds of services requested.

Reframe Aotearoa's services include:

- facilitation (organisational, relationship, family, interpersonal)
- mediation (between colleagues, family members, friends, volunteers)
- conflict coaching
- training in communication and conflict skills

Reframe Aotearoa's work is grounded in the belief that everyone should have access to the same quality of support for the conflicts they experience – regardless of whether they can afford market rates for these services. Reframe Aotearoa is particularly interested in making this support available to the community, not-for-profit, NGO, social enterprise and small business sectors.

### To enquire or ask for a quote for services

contact Reframe Aotearoa on (04) 213 9768 and [info@reframe.org.nz](mailto:info@reframe.org.nz).

To learn more about the service, visit

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

You are also welcome to contact Tim Foote, the founder of Reframe Aotearoa, with any questions or queries. You can reach him on 0204 075 2468 or at [tim@reframe.org.nz](mailto:tim@reframe.org.nz).

## What the Healthy Homes Act could mean for Landlords and Tenants

The Healthy Homes Guarantee Act has been law since December last year, and the finer details will be decided soon. Sustainability Trust Chief Executive Philip Squire talks about what the new regulations could mean for both landlords and tenants.

Rental property standards are about to be transformed. [The Healthy Homes Guarantee Act](#) (HHGA) has the potential to eliminate or dramatically minimise the misery of cold, damp rental properties.

The HHGA will set and define [six key areas to help ensure all rental properties are warm and dry](#), and that they can be heated or cooled to healthy levels, and kept dry by tenants at a reasonable cost.

The HHGA will come into force on July 1, 2019 and will likely require all new tenancies to meet the regulations by or after that date.

### So what does this mean?

Right now the regulations are being developed. There will be a public consultation in April/May where everyone has the chance to submit their views on what should be in, out, and to what extent properties should be upgraded. The consultation is likely to include how the Act could be enforced, including what carrots and sticks could help encourage compliance. Due to the complexity and high levels of interest a Select Committee may review feedback and request further information from submitters before drafting final regulations.

At Sustainability Trust, we are very excited that the HHGA has been passed. This is a historic and groundbreaking opportunity to improve housing standards and tackle housing-related health issues. It does pose some challenges for landlords, which is why as members of [Community Energy Network](#) we will be providing a thoughtful, joint submission that will benefit both landlords and tenants.

While the regulations have yet to be developed, we think the following are likely to feature:

**Insulation:** At the very least, all rentals will need ceiling and underfloor insulation to [NZ Building Code standards](#). This will increase the minimum level of ceiling insulation from R1.9 to R2.9. Depending on insulation material, this means an increase from current minimum of 70-100mm to 150-200mm thick (70-130mm thicker).

**Heating:** At the very least, an efficient heating unit (such as a heat pump) in the living area and provision for efficient heating in all bedrooms. It is possible that full home, energy-efficient heating, will need to be installed so the whole home can meet the World Health

Organisation's safe temperature of 18C so that tenants can heat the house to this temperature at a reasonable cost.

**Ventilation:** Extractor fans in the kitchen and bathroom, with provision for natural or forced ventilation in all other rooms.

**Draughts:** Minimisation of gaps around windows, doors, chimneys and other sources of draughts.

**Moisture ingress:** Ground vapour barriers in all rentals with damp basements, as well as ensuring that the external cladding is watertight.

**Drainage:** Ensuring that there is no water pooling beneath or beside the house, and that all stormwater is drained to an appropriate sump or stormwater system.

It is clear that some significant changes could be made to transform the quality of rental properties.

The government will need to be attentive to cost implications and reasonable timeframes. Some landlords may need support to cover costs of essential upgrades, and tenants need to be protected from unaffordable rent rises. There will likely be other impacts on the rental market, such as from property sales.

Compliance and enforcement are also areas that will need careful scrutiny. A robust HHGA will need to ensure that tenants are not placed in the vulnerable position of having to hold their landlords to account if the property is substandard. Tenants also need education on how to maintain the healthy home that is provided.

We also believe the government needs to follow [overseas standards](#) to ensure that the HHGA does indeed Guarantee a Healthy Home.

<https://sustaintrust.org.nz/blogs/news>

*Sustainability Trust News and Comment March 2018*

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## Lunchtime Event

### Dear Oliver by Peter Wells

Unity Books, 57 Willis St, Wellington  
Thursday 3 May 2018 12:00pm – 12:45pm

Join Unity Books Wellington & Massey University Press as author Peter Wells discusses his new book Dear Oliver with Tilly Lloyd. A fresh way to look at New Zealand's history. ....Peter Wells constructs a novel and striking way to view the history of Pākehā New Zealanders.

Read more at <https://www.eventfinda.co.nz/2018/lunchtime-event-dear-oliver-by-peter-wells/wellington>

# Charity Ball

## IN AID OF YOUTHLINE WELLINGTON

**SATURDAY, SEPTEMBER 8<sup>TH</sup> 2018**

5.30 pm – 11.30 pm

### **MASSEY UNIVERSITY – TEA GARDENS**

EAST ENTRANCE, DOMINION MUSEUM BUILDING

BEHIND THE NATIONAL WAR MEMORIAL

Mt COOK, WELLINGTON

\*FORMAL ATTIRE

\* 3 COURSE DINNER \* COMPLEMENTARY WINE \* CASH BAR

\* LIVE BAND \* LIVE ENTERTAINMENT

\* CHARITY RAFFLE \* FREE CAR PARK

**TICKETS \$60**

TICKETS & ENQUIRIES

ANSELM MARTYN 022 456 3627

VINO MARTYN 021 318 466

Email : [avfundingyouth@gmail.com](mailto:avfundingyouth@gmail.com)

**Youthline**

*Changing lives.*

## Māori Roll or General Roll? Now is your time to choose.

The Māori Electoral Option is being held this year and is when Māori voters can choose to be on the Māori roll or the general roll. It's an important choice for anyone of Māori descent because it decides which roll you'll be on for the next two general elections.

If you are on the general roll you will vote for a candidate in a general seat, and if you are on the Māori roll you will vote for a candidate in a Māori seat. When it comes to the party vote, it makes no difference which roll you are on, you get to choose from the same list of political parties.

If you identified yourself as Māori when you enrolled you will get an information pack in the mail in April reminding you which roll you are on – the Māori roll or the general roll. If you are happy being on that roll, you don't need to do anything. If you want to switch rolls, you'll need to sign and return the letter.

It's easy to return the letter. It can be photographed or scanned, then emailed back or uploaded to [www.maorionoption.org.nz](http://www.maorionoption.org.nz). It can also be posted back in the return envelope in the pack.

Māori voters who don't receive a pack in the mail still can take part and make their choice by filling in an enrolment form. To get an enrolment form or to find out more about the option, visit [www.maorionoption.org.nz](http://www.maorionoption.org.nz) or call 0800 36 76 56.

The Māori Electoral Option runs from 3 April until 2 August. The next opportunity to switch rolls will be in 2024, so it's important people think now about the roll they are on. Māori roll or general roll? Now is your time to choose.

For more information on how to help spread the word, go to: <http://www.elections.org.nz/events/maori-electoral-option-2018/help-spread-word>

The Wellington Registrars team is available to work with you to empower your clients to make their choice.

We can help in a number of ways, providing resources, training staff to educate your clients or coming and speaking directly to your clients, in whatever way you feel would work best.

Please contact Erin Marsh for more information. [Erin.marsh@elections.org.nz](mailto:Erin.marsh@elections.org.nz), 04 382 9580 or 027 541 2092

## Rārangi Māori, rārangi Whānui rānei? Koinei te wā mōu ki te kōwhiri.

Kei te whakahaerehia te Kōwhiringa Pōti Māori i tēnei tau, ā, koinei te wā e āhei ana ngā kaipōti Māori ki te kōwhiri mēnā me eke ki te rārangi Māori, rārangi Whānui rānei. He kōwhiringa nui tēnei mā ngā uri Māori i te mea koinei te whakatau mō te rārangi ka eke atu koe mō ngā pōtitanga whānui e rua e whai ake.

Mēnā kei runga koe i te rārangi Whānui ka pōti koe mō tētahi kaitono i tētahi tūru Whānui, ā, mēnā kei runga koe i te rārangi Māori ka pōti koe mō tētahi kaitono i roto i tētahi tūru Māori. Mō te taha ki te pōti rōpū, kāore he rerekētanga ahakoa kei tēhea rārangi koe, ka whiriwhiri koe mai i taua rārangi kotahi o ngā rōpū tōrangapū.

Mēnā i tohu koe he Māori koe i tō rēhitatanga ka whiwhi koe i tētahi mōkī mōhiohio i rō mēra ā te Paengawhāwhā e whakamahara ana i a koe kei tēhea rārangi koe, arā, te rārangi Māori, te rārangi Whānui rānei. Mēnā e pai ana ki a koe te rārangi kei runga koe, kāore he mahi atu anō māu. Mēnā e hiahia ana koe ki te huri rārangi, me haina e koe ka whakahoki i te reta.

He māmā noa iho ki te whakahoki i te reta. Ka taea te whakaahua, te karapa rānei, ka īmēra atu, tukuatu rānei ki [www.maorionoption.org.nz](http://www.maorionoption.org.nz). Ka taea anō te mēra mā te kōpaki whakahoki kei te mōkī.

Ka taea tonu e ngā kaipōti Māori kāore i whiwhi mōkī i rō mēra te whakauru mai me te tuku i tā rātau kōwhiri mā te whakakī i tētahi puka rēhita. Hei tiki atu i tētahi puka rēhita, te rapu kōrero anō rānei mō te Kōwhiringa, me toro atu ki [www.maorionoption.org.nz](http://www.maorionoption.org.nz), waea rānei ki 0800 36 76 56.

Ka haere te Kōwhiringa Pōti Māori 2018 mai i te 3 o Paengawhāwhā ki te 2 o Hereturikōkā. Hei te tau 2024 anō ka āhei ki te huri rārangi, nō reira he mea nui kia āta whakaaroarohia e ngā tāngata ināianei mō te rārangi kei runga rātau. Rārangi Māori, rārangi Whānui rānei? Māu tonu e kōwhiri.

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## LUX Light Festival

Wellington Waterfront, Wellington  
Friday 18 May 2018 – Sunday 27 May 2018  
6:00pm 10:00pm

The dark nights of winter will bring this year's brightest experiences when LUX Light Festival transforms Wellington's Waterfront into a fantastical array of stunning light art this May.

<https://www.eventfinda.co.nz/2018/lux-light-festival/wellington>

## PPSEAWANZ Empowering Women Scholarship

Pan Pacific South East Asia Women's Association (PPSEAWA) is an International Organisation.

PPSEAWA Wellington established a Scholarship in 2016 called "PPSEAWANZ Empowering Women Scholarship". We believe education empowers women and will allow them more choices in their life.

This \$1,000.00 Scholarship is for a woman who is doing tertiary level study in the Wellington area.

**Please Note there is applicant criteria.**

Scholarship applications are now open.

For more information or to request an application you can contact PPSEAWA Wellington President Marianne Bishop at [president.ppseawanz@yahoo.com](mailto:president.ppseawanz@yahoo.com)  
Or P.O Box 13-513 Johnsonville 6440, Wellington

**Applications close 25<sup>th</sup> May, 2018**

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## Wellington Region Emergency Management - Free Business Continuity Planning Workshop in Lower Hutt

**Date:** Tuesday 1 May, 2018, 9.00am-11.00am

**Where:** Hutt Emergency Operation Centre, Upstairs,  
25 Laings Road, Hutt City

**Fee:** Attendance is free but limited to 25

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

**RSVP:** Places are limited to 25 so please register [here](#)

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## Can You Help?



**Youthline is recruiting  
Counsellors and Youth Workers.**

Apply now!

[wellington.youthline.co.nz](http://wellington.youthline.co.nz)

04 801 6924

[Volunteer.wgtn@youthline.co.nz](mailto:Volunteer.wgtn@youthline.co.nz)

**Youthline Wellington is recruiting  
Volunteers for Events and Fundraisers**

Apply now!

[wellington.youthline.co.nz](http://wellington.youthline.co.nz)

04 801 6924

[events.wgtn@youthline.co.nz](mailto:events.wgtn@youthline.co.nz)

## Wellington Post Budget Event 2018

Please join us for our nationwide Post Budget Breakfast events to learn how the Government's 2018 Budget affects children and young people, especially those in the most precarious social and economic situations. CPAG will provide child-focused analysis and commentary on the Budget which is being announced on May 17.

This year CPAG is holding post budget events in Auckland, Wellington (joint event with PHA) and Christchurch on May 18. In Nelson and Whangarei the post budget event will be held on May 23. A detailed invite will be sent out soon.

Wellington - 18 May, 7:15am - 8.30am  
The Boat Shed, Taranaki Street Wharf

[RSVP](#) here by 17th May or go to

<http://www.cpag.org.nz/the-latest/upcoming-events/>

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## Stories of Chinese New Zealanders Radio Programme

The "Stories of Chinese New Zealanders" is a series of interviews with descendants of Chinese people living in Aotearoa New Zealand. The programme looks at the history of their hard work, their settlement and development, integration into New Zealand society, and dedication to contribute and actively promote Chinese culture.

The programme also introduces first generation Chinese New Zealanders' experiences in studying, working and living in Aotearoa New Zealand.

The programme explores the stories of 15 people, all residing in the Wellington region. The programme will be launched on air Friday 9 February at 9-10pm and each interview will be repeated the following week. The programme is in English.

We are grateful to the Chinese Poll Tax Heritage Trust and the Wellington City Council for their financial support, and Wellington Access Radio for supporting and hosting the programme. The programme "Stories of Chinese New Zealanders" will be on air from 9 February to 31 August.

Tune in to listen to the 15 interviewees' unique stories. You can listen to the programme at <http://www.accessradio.org.nz/stories-of-chinese-new-zealanders.html>

**Wellington Access Radio 106.1FM  
Fridays between 9am and 10am**

For More Information go to:

<https://www.eventfinda.co.nz/2018/stories-of-chinese-new-zealanders-radio-programme/wellington>

# EMPLOYMENT OPPORTUNITIES

## Facilitator Wanted (Paid Position, Contract)

Wellington Women's Health Collective and Birthright Wellington are looking for a qualified and experienced therapeutic facilitator to run their upcoming group. This is an excellent opportunity to develop a programme in a supportive environment. The details of the group are as follows:

**Why:** Recognising a need in the community, at the point that the two organisations' demographics intersect.

**Participants:** Solo female primary caregivers, potentially solo pregnant women.

**Theme:** Self-esteem, confidence and coping with anxiety. Therapeutic rather than didactic.

**Where:** Birthright Wellington.

**When:** After July 1st 2018. Length of programme and sessions are negotiable. Weekly, during the day.

**Fees:** We invite quotes that include time taken to design the programme. Please send these as a PDF with your application.

If you are interested, please email your CV, quote and a proposal briefly outlining what you would do to [info@wwhc.org.nz](mailto:info@wwhc.org.nz).

Include in your proposal how long the sessions would be and how many weeks it would run. What is your ideal number of participants? (Max 8)

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## Part-Time Co facilitator At CoLiberate

Want to be paid to create tangible positive change in the world? Want to work for a company that values its people's mental health at the very core of operations?

CoLiberate's mission is to create a positive culture around mental health. A world where we have healthier processes to support one another, where asking if someone is OK doesn't have to be scary, because mental health is valued and accepted.

We deliver a certified Mental Health First Aid course that is equipping individuals and organisations to be part of this change, and to help save lives.

Since delivering our first course in October 2017, feedback has been overwhelmingly positive and this course is now in high demand. We are ready to expand our team, making possible the facilitation of even more of these courses.

This is a unique co-facilitation role that provides different challenges & learnings with each group. Experience in Facilitation / Teaching or Mental Health Support work is an advantage but not essential as full training will be provided.

Our Co-facilitator is a part time role that plays a vital part in the safety and success of our courses. You will not only support our Lead Facilitator with set up, pack down and your strong grounded presence throughout the day, you will also support the entire room as you transfer your own Mental Health First Aid knowledge to the group. While providing snacks, drinks and a listening ear, you will create a human safety net for participants who may experience tough emotions alongside the heavier topics included in this course. This role has potential to evolve into leading facilitation as your confidence increases.

We are looking for one special human:

- You are passionate about a positive approach to mental health!
- You are comfortable and confident holding space for a wide spectrum of emotions.
- You don't shy away from hard conversations.
- You are a highly effective communicator.
- You are all about teamwork.
- You listen non-judgementally;
- And you basically exude love!

We also like to have fun and be a little bit silly from time to time so be prepared – this is not your regular office job!

The following experience would be a bonus:

- Teaching
- Mental health / mental illness support work
- Group facilitation / group work
- Education in the fields of psychology, psychotherapy, psychiatry, social work or similar
- Knowledge of Te reo / Te Tiriti o Waitangi

### How to Apply

Email your CV and cover letter to [mhfa@coliberate.co.nz](mailto:mhfa@coliberate.co.nz) by the end of the day on 03/05/18

Please put 'Job Application: Co-facilitator role' in the subject line of your email.

If you have questions about the role, please send them to [mhfa@coliberate.co.nz](mailto:mhfa@coliberate.co.nz) by the end of the day 01/05/18 to ensure a reply.

# CAN YOU HELP?

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Youthline Wellington is recruiting volunteers for our upcoming Annual Street Appeal on Thursday 24 May 2018.

**Apply now!**

[wellington.youthline.co.nz](http://wellington.youthline.co.nz)

04 801 6924

[streetappeal.wgtn@youthline.co.nz](mailto:streetappeal.wgtn@youthline.co.nz)



**Youthline**  
*Changing lives.*

# TRAINING OPPORTUNITIES

## Governance in NFP Organisations

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.

### Topics covered in this workshop include:

- The difference between governance and management
- How Boards can add value
- The roles and tasks of the not for profit governance Board
- The CEO – Board partnership – getting the best from your Board
- Keeping it legal
- How to have effective Board meetings
- Board reports – how to create Board engagement without inviting micro management

**Where:** The Dowse Laings Road Lower Hutt

**When:** Monday 14 May - 9am to 4pm

**Food:** BYO lunch. Morning and Afternoon tea provided

**Costs:** Members - \$135.00 / Non-Members - \$160.00

**Facilitator:** Aly McNicoll is a Director of the LEAD Centre for Not for Profit Leadership and has extensive experience working with individuals, boards and entire organisations as a professional facilitator and not for profit consultant. She taught governance and management skills on the Graduate Diploma in Not for Profit Management at Unitec Institute of Technology and is a regular presenter at conferences both in NZ & internationally.

She has a particular interest in ensuring boards work as teams to fulfil the collective leadership role they hold in not for profit organisations and that they work hand in hand with the CEO or co-ordinator to deliver on the important missions that the organisation is trying to deliver on.

To Register or for more information go to  
[https://www.volunteerwellington.nz/index.php/news-events/vw\\_training](https://www.volunteerwellington.nz/index.php/news-events/vw_training)

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## Setting Boundaries

- Would you engage the services of an unsuitable volunteer rather than have no-one at all?
- Do you often say “yes” when you’d really like to say “no”?

- Do you procrastinate when it comes to initiating a difficult conversation?
- Do you put up with situations for longer than you should?
- Can you put professional standards before self-interest?

Boundaries or healthy limits are vital when managing and leading staff, both paid and volunteers, for reasons of safety, wellbeing and to eliminate risk to the organisation. However, it can be a real challenge to set boundaries when volunteers are giving freely of their time and skills to support your organisation.

For managers to be effective, it is important to feel confident and empowered to take control of situations and cope with the challenges that inevitably arise when boundaries are unclear or broken. By giving some prior consideration to the possible scenarios that can erupt, a difficult situation or even a crisis may be prevented.

Creating a shared understanding around boundaries helps make for healthy relationships, reduces conflict and promotes wellbeing at work.

### On completing the workshop, participants will:

- Know what boundaries are and why they are essential for paid and voluntary staff
- Learn simple techniques and strategies to create safe limits or boundaries.
- Build confidence and ability to use boundaries and approach tricky situations
- Be able to improve their own performance and use the tools to support others

**Where:** Level 4 Pember House Hagley Street Porirua

**When:** Monday 18 June - 9am to 1pm

**Food:** Morning Tea Provided

**Costs:** Members - \$50.00

Non-Members - \$80.00

**Facilitator:** Sandi Champaneri is a highly experienced and qualified training facilitator who is passionate about empowering people. In her own training business “Over the Fence” she equips people to establish and maintain personal and professional boundaries.

Sandi has been working in the not for profit sector for 15 years and has significant cross cultural knowledge to complement her experience in developing and running programmes for people from all walks of life. Sandi has been a Team Leader and Trainer managing the volunteer programme in the area of refugee resettlement for the Greater Wellington Region.

To Register or for more information go to  
[https://www.volunteerwellington.nz/index.php/news-events/vw\\_training](https://www.volunteerwellington.nz/index.php/news-events/vw_training)

# Passionate about Parenting?

## Volunteer to help families

### USE YOUR SKILLS AND KNOWLEDGE

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

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

### WORK FROM HOME AT TIMES THAT SUIT YOU

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

### CONTACT US

Phone: 04 802 5767

E-mail: [admin@parenthelp.org.nz](mailto:admin@parenthelp.org.nz)

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

### INFO EVENING

## 14 May 2018

## Working with Trauma Dreams and Nightmares

**Dates:** Friday 8 and Saturday 9 June 2018  
**Time:** 10am to 4pm  
**Venue:** A Wellington venue to be confirmed.  
**Presenters:** Joy Campbell, Jill Griggs

The workshop takes place over two days and will include:

- introductions
- ethics of working with traumatic dreams
- definitions of traumas and nightmares
- working with traumatic dreams and nightmares
- option to discuss and work with personal nightmares
- hands on practice.

Students wishing to attend this course are required to have attended a Working with Dreams 101 course or be able to demonstrate equivalent knowledge.

All personal content will be confidential and attendees are requested to record their dreams and bring one or more with them.

**Cost:** \$50 deposit reserves a place.

Early bird balance of \$125 if paid by 11 May 2018.  
Otherwise, balance of \$145 to be paid by 1 June 2018.

Includes refreshments (but not lunch).

For more information or to request a registration form contact Jill Griggs [kapititraining@gmail.com](mailto:kapititraining@gmail.com)

### The Presenters

**Joy Campbell and Jill Griggs** met at Margaret Bowater's dreamwork 101 course in 2012. Then, with a group of six others, they completed a series of workshops, reading, dream analysis, and peer dreamwork to complete Margaret's Applied Dreamwork Certificate in 2013. They are now both members of the Wellington Dreamwork Professional Development Group but their paths to dreamwork are quite different and provide them with complementary skills to run this workshop.

Joy became interested in dreams and their meaning in her early adolescence. Her professional interest in dreams grew when she trained as a Counsellor at Bethlehem Tertiary institute and also when she saw that dreamwork was a prerequisite for a Spiritual Direction training course.

While working at Arohata Prison Joy ran dreamwork electives for groups of women in the Drug Treatment Unit. Joy has a counselling private practice, and works part time as an Ethics Secretary at New Zealand Association of Counsellors. She is in her second year of formation in Ignatian Spiritual Direction.

In contrast, Jill has 25 years experience in strategy and transformation of businesses. Through that time, her focus on the people in the organisations has become increasingly important and Jill is now a coach and mentor and recently accredited as a professional mediator.

Her interest in dreams began when she was troubled by recurring themes in her teens which prompted her study of dreams. She now uses dreamwork to complement her training as a coach, business counsellor and psychological astrologer when working with individual clients.

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## Toku Fou Tiale

### Tuvalu Family Violence Training Pasefika Proud ethnic specific programmes

**When:** 14 - 16 June 2018.

**Where:** Porirua, Wellington.

Training provided by Pasefika Proud.

**Cost:** Free. (Places limited)

To register, contact: Akesa Filimoehala Burling (Programme Manager, Pacific Family Violence Training Programme)

The [Nga Vaka Conceptual Frameworks](#) inform eight ethnic specific programmes. The programmes provide participants with an in-depth insight to cultural approaches to achieving family wellbeing, especially when dealing with family violence.

This cultural training has been developed to target qualified Pacific practitioners such as social workers, counsellors etc., either working specifically with Pacific families in the area of family violence or who are working with Pacific families and deal with family violence incidences or support as part of their wider work.

The ethnic specific programmes also allow attendance of those who have participated in the Part 1 "[Introduction to Family Violence](#)" programme and/or who are Pacific community support workers and members of the Pacific community who have a basic understanding of family violence legislation, data trends around family violence, safety and planning and managing risk for Pacific peoples and their families.

Each ethnic-specific programme is delivered in a combination of one of the ethnic Pacific languages and English. Preference is given to Pacific practitioners working with Pacific families.

More information and for other ethnic specific programmes offered this year

<http://www.pasefikaproud.co.nz/workforce-development/ethnic-specific-programmes/>

## Circle of Security® Parenting™

**Facilitator:** Kay Riddler

**Course Duration:** 8 weeks beginning Thursday 3rd May 2018

**Cost:** Waged \$40/low or unwaged \$20

**Time:** 10am to 12 noon

**Creche:** We provide creche but you will need to register that with us on enrolment

**Enrolment:** 9201009 or [www.lhwc.org.nz](http://www.lhwc.org.nz)

Over the course of eight sessions the focus moves from discussing secure attachment and children's needs to reflecting on self and developing new skills and resources for relating to your children.

Video clips of parents and children are used to introduce you to attachment theory in an accessible manner – while enhancing observational skills, and engaging in reflective dialogue regarding your strengths and struggles in parenting.

*“We spoke about filling her child’s cup, finding multiple times every day to snuggle her, cuddle her, talk with her, hold your arms open, make eye contact, delight in her, hug her, protect her. To consistently be available to her. Because in filling your child’s cup, it just may be that her forever empty will also feel a little less lonely.”*

[www.circleofsecurity.com](http://www.circleofsecurity.com)

At times we all feel lost about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you.

This course emphasises the importance for parents in maintaining a balance between being “wise and kind”, able to follow the child’s needs whenever possible and being “bigger and stronger” than the child – able to take charge when necessary.

**Facilitator Bio:** Kay Riddler is a certified Circle of Security® Parenting™ program facilitator and is a mellow parenting practitioner with over 15 years social work experience working with parents/families and individuals. She is a mother, grandmother and registered social worker. Kay is passionate about minimising the blame and shame game while supporting parents to build strengths without ignoring their struggles.

## Self Esteem for Teens

**Facilitators:** Stephanie Brockman and Amber White

**Course Duration:** An eight week self esteem course for girls aged 13 to 17 years.

**Cost:** \$20

**Date:** Thursday 10th May 2018

**Time:** 4-6pm

**Enrolment:** 9201009 or [www.lhwc.org.nz](http://www.lhwc.org.nz)

Do you want:

- To learn more about yourself?
- To have fun?
- To be more confident?
- To grow in self respect?
- To grow in self worth?
- To grow in self esteem?
- To accept yourself as you are?
- To develop an understanding and respect of yourself and others?

We're all different... Who we are, what we like and don't like, our cultures and our backgrounds. There is no one else quite like you. Once you accept yourself there is no reason to hold anything back. This is your world, honour it as your own and enjoy it's gifts.

## Assertiveness for Women

**Facilitator:** Stephanie Brockman

**Course Duration:** 6 weeks beginning Wednesday 9th May 2018 Please note this is a change of date from original

**Cost:** Waged \$40/low or unwaged \$20

**Time:** 7pm -9pm

**Enrolment:** 9201009 or [www.lhwc.org.nz](http://www.lhwc.org.nz)

Assertiveness is the ability to express yourself and your rights without violating the rights of others. It is appropriately direct, open, and honest communication that is self-enhancing and expressive.

Acting assertively will give you the opportunity to feel self-confident and will generally gain you the respect of yourself and your peers and friends.

Assertiveness can increase your chances for honest relationships, and help you to feel better about yourself and yourself in everyday situations.

## Self Defence for Women

**Facilitator:** Lydia Mabbett

**Course Date:** Saturday 6 May 2018

**Ages:** All ages

**Time:** 10-3pm

**Cost:** \$15

**Maximum:** 10 participants

**Enrolment:** 9201009 or [www.lhwc.org.nz](http://www.lhwc.org.nz)

Learn how to defend yourself with physical and mental skills.

A mix of action, discussion and practice.

# AWARENESS WEEKS

## MAY

### **Go Red for May - Women's heart health awareness month**

**1 May 2018 to 31 May 2018**

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

### **World Asthma day**

**1 May 2018**

For more information, see the [Asthma and Respiratory Foundation](#) website.

### **World Midwives day**

**5 May 2018**

For more information, see the [Find your Midwife](#) website.

### **Nurses week**

**6 May 2018 to 12 May 2018**

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

### **Road Safety week - Seatbelts and distractions**

**7 May 2018 to 13 May 2018**

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

### **Sign Language week**

**7 May 2018 to 13 May 2018**

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

### **World Red Cross and Red Crescent day**

**8 May 2018**

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

### **World Lupus day**

**10 May 2018**

For more information, see the [Lupus Trust of NZ](#) website.

### **World ME Awareness day**

**12 May 2018**

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

### **World Fibromyalgia day**

**12 May 2018**

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

### **World Chronic Fatigue Syndrome day**

**12 May 2018**

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

### **World Nurses day**

**12 May 2018**

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

### **Food Allergy Awareness week**

**13 May 2018 to 19 May 2018**

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

### **Pink Shirt day - Stand up against bullying**

**18 May 2018**

For more information, see the [Pink Shirt day](#) website.

### **World Smokefree day**

**31 May 2018**

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

### **Infant Gastric Reflux Awareness week**

**31 May 2018 to 6 June 2018**

For more information, see the [Crying over spilt milk](#) website.

## JUNE

### **Bowel Cancer Awareness month**

**1 June 2018**

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

### **Junk Free June month**

**1 June 2018 to 30 June 2018**

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

### **Men's Health month**

**1 June 2018 to 30 June 2018**

For more information, see the [Men's Health NZ](#) website.

### **World Parents day**

**1 June 2018**

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

### **Cancer Survivors day**

**3 June 2018**

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

### **World Environment day**

**5 June 2018**

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

### **World Brain Tumour day**

**8 June 2018**

For more information, see the [Consumer Health Digest](#) website.

## FUNDING

### Philanthropy New Zealand with Support from Strategic Grants Present Both Sides of the Coin A Unique Event for Funders and Grantseekers

Thursday 17 May, Wellington  
Spark Central, 45-52 Willis St  
9.30am - 12.30pm

Do you want to engage in meaningful conversations with those you seek funding from? We're delighted to engage, inspire and challenge our members and other professionals with this unique event for funders and grantseekers.

This new event will provide a platform for generous and deep conversations between grantmakers and the organisations they fund, with shared stories and learning from 'both sides of the coin'.

Invited reps from philanthropy and community will showcase new approaches and partnerships that are overcoming traditional hurdles to creating successful, long-term and empowering funding relationships.

Open to funders and community groups. With support from Strategic Grants.

**Cost:** PNZ members: \$85 +gst | Non-members: \$122 +gst

For More Information or to Register go to: <https://www.eiseverywhere.com/ehome/310469/669580/?t=17345bc69cf0801a9d99fd1bece98dff>

### Wellington Community Trust Quick Response Grants

Our quick response grants are designed for community organisations who need a grant of \$5,000 or less and want a simple application process and a quick answer.

There are 5 funding rounds throughout the year, with approximately a 5-week response time (from the application cut-off date).

<http://wct.org.nz/applications/general-how-to-apply-2/>

## GRANTS

**Thomas George Macarthy Trust** Projects of a charitable or educational nature. **Applications close 30th June**  
Cheryl Mennie, Trust Manager, Public Trust, Level 10, 141 Willis Street, PO Box 5067, Wellington PH: 978 4558 FAX: 04 978 4467. EMAIL: [cheryl.mennie@publictrust.org.nz](mailto:cheryl.mennie@publictrust.org.nz)  
WEB: <http://www.tgmacarthytrust.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](mailto:Wellington@workbridge.co.nz)  
WEB: <http://www.workbridge.co.nz>

**Betty Campbell Accommodation Assistance Grants**  
This grant helps pay the rent for not-for-profit community groups that are working to reduce social disadvantage in Wellington. **Closes 18th June**  
<http://wellington.govt.nz/services/community-and-culture/funding/council-funds/betty-campbell-accommodation-assistance-grants>  
More information Mark Farrar Senior Advisor, Funding Team Phone (04) 803 8525 Mobile 021 227 8525 Email [mark.farrar@wcc.govt.nz](mailto:mark.farrar@wcc.govt.nz) Fax (04) 801 3124

**Community Venue Assistance Fund**  
This fund helps with creating community space and venues where services and activities contribute to social wellbeing. **Closes 18th June** More information  
Funding Advisor Phone (04) 803 8562  
Email [funding@wcc.govt.nz](mailto:funding@wcc.govt.nz)  
<http://wellington.govt.nz/services/community-and-culture/funding/council-funds/community-venue->

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

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