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Community Networks Wellington Newsletter  
August 2022

## COMMUNITY NETWORKS WELLINGTON August Network Meeting

Nau mai, haere mai!  
You are warmly invited to the CNW August meeting

Date: Wednesday 17 August  
Time: 11am—12pm  
Venue: The Garden Room, St Peters Church, 211 Willis Street, Wellington

Please join us to share the mahi your organisation is doing, kōrero and connect with like minded groups or just listen to what's happening out in the community.

***To protect those attending, many of whom are service providers to the most vulnerable members of our community, masks will still be required unless you are eating. However we no longer require vaccine passes***  
(View our full list of [meeting dates here](#))

For more information contact Debbie Delaney  
Phone 385 3518 or email [office@cnw.org.nz](mailto:office@cnw.org.nz) or visit [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

### CNW MEMBER PROFILE: GRIEF RELIEF



Grief Relief is a small business founded by Claire Laurenson providing grief support and education. Claire works with individuals and groups: parents and whanau; community groups; organisations and businesses, providing support for managing loss and navigating grief. For community organisations, this could also involve responding to a sudden and unexpected loss, death or other, or minimising the impact of an impending one, for example, resignation or retirement of a key person or, supporting managers, staff or clients grieving personal loss.

Grief can impact all parts of self and subsequently our ability to fully function well at home or work can be temporarily impaired. Understanding and acknowledging this can help pave the way for managing self and others in the workplace and for working with grieving clients. Claire provides educational presentations and workshops on understanding and working with grief, tailor made to the needs of your organisation.

Self-care is vital while grieving or working with grief. another workshop topic. In 2020, Claire created the Grief Relief Kit, a self-help grief resource to reach and support anyone, anywhere, going through any type of loss. The Kit provides a natural and holistic approach to managing grief and, an addition to food and flowers after a death, that will continue to support in the longer term. The Kit can be bought as a gift to self or for someone you care about, as a resource in the workplace to support staff or for working with clients.

Some Kit components are sold separately. To view the Kit and order: <https://griefrelief.co.nz/kit/>

*I came to this work after a decade of multiple losses. I was fortunate that my early training in grief work was in a specialised team within a small but effective organisation who provided exceptional training, support, and supervision.*

*Their belief in me encouraged me to take on new tasks, always supporting my growth and development. Over 12 years, I went from training as a volunteer to support other parents who'd lost a child suddenly and unexpectedly, to being my trainer's manager. In between, I coordinated the 24hr phone line, provided education and training in the community, workplace, and tertiary institutions, and coordinated the service until it's closure in 2008. My experience illustrates what's possible when we are well supported. Call me to discuss how I might support you, your workplace, staff and/or clients.*

To find out more about Grief Relief services, Grief Relief Kit or contact Claire

W: [www.griefrelief.co.nz](http://www.griefrelief.co.nz)

E: [claire@griefrelief.co.nz](mailto:claire@griefrelief.co.nz)

P: (04) 970-1222

CNW [episode with Claire from Grief Relief](#) (20 July 2022)

*By Marika Pratley (CNW) and Claire Laurenson*



*Grief Relief Tool Kit*

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## CNW RADIO SHOWS IN AUGUST

**Wednesday 3 August - Changemakers Resettlement Forum** We will be speaking to Jaqueline "Jaqu" Wilton from Changemakers Resettlement Forum. Discussing how they support refugees and what we can all do in the community to support refugees/refugee organisations

**Wednesday 17 August - Community Law Wellington** We will be speaking with Olive Grant and guest Lawyer from Wellington Community Law, discussing welfare and tenancy entitlements/advocacy, and the services accessible at WCL.

**Wednesday 31 August - Sisters of Compassion** We will be speaking to Chris Gallavan and Deacon Danny Karatea-Goddard from Sisters of Compassion, about the community work they do.

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

Listen to previous shows [Here](#)

## REGULATOR FIDDLES WHILE CHARITIES BURN

A review of the hastily amended Charities Act 2005 was first promised immediately after its passing in response to it being rushed through under urgency, after a massive rewrite at the Select Committee stage. Subsequently there was no proper consultation on its final form. In the lead up to the 2017 election, the Labour Party then promised to “prioritise the long-promised review of the Charities Act that National abandoned, beginning with a first principles review of the legislation, including examining, updating and widening rather than narrowing the definition of charitable purpose.”

When the current review was launched in 2018, the regulator convinced the government to go back on its pre-election promise, failed to offer a ‘first principles’ review, and specifically excluded the definition of charitable purpose from its terms of reference. At the end of May the government released the results of this review by the regulator, the Department of Internal Affairs - [Charities Act changes to benefit NZ Communities | Beehive.govt.nz](#)

As Sue Barker [charity law expert and recipient of the 2019 Law Foundation International Fellowship on a world leading framework for charities law] concludes “the proposals will do nothing to support New Zealand’s communities, and are more likely to act perversely to preclude the real issues from being addressed.”

There is some marginal relaxing of onerous reporting obligations for small charities with under \$140,000 expenses. The irony, however, is that there was always a very low compliance rate amongst the smallest charities, so it is just beginning to recognise reality.

Most of the review proposals, however, are a waste of time – offering little real improvement and in many cases just increasing the regulatory powers without any empirical evidence that there is a problem that needs to be addressed. Charities with operating expenses over \$140,000, for example, will have additional disclosure obligations on reserves. The proposal on access to judicial reviews will (despite the misleading rhetoric in the report), in fact, restrict review rights to just four areas. This is despite Parliament’s original intention to allow charities to be able to appeal all decisions made under the Charities Act (something always opposed by Internal Affairs).

Almost none of the substantial issues of concern raised by charities in four years of consultation have been listened to or recognised in this hastily, cobbled together report which continues the trend of tipping the scale in favour of excessive regulation, rather than facilitating a sector to better promote community benefit and build social cohesion.

Article by [LEAD](#) June 2022

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## LOWER HUTT INITIATIVE TO FEED WHĀNAU WINS NATIONAL AWARD

A partnership between Te Awa Kairangi Kai Collective and Hutt City Council has won a prestigious national award from Local Government New Zealand for their work to get food to people in need across Lower Hutt.

The Collective was awarded Local Government New Zealand’s Kāinga Ora Homes and Communities EXCELLENCE Award for Social Wellbeing at an awards ceremony on 22 July, ahead of seven other outstanding council initiatives from across the country.

Te Awa Kairangi Kai Collective is a community-led initiative of like-minded partners that includes Common Unity, Kōkiri Marae, Lower Hutt Foodbank, Stokes Valley Foodbank and Te Aroha Kai, supported by Hutt City Council.

After coming together during the COVID-19 pandemic to meet an urgent need for food, community partners have created an enduring partnership that is improving food security and enabling people to thrive.

Attending the LGNZ Awards evening, Lower Hutt Mayor Campbell Barry says this recognition belongs to the unsung community heroes who have worked tirelessly to help struggling families across our city.

“I want to congratulate and thank everyone who has been involved in this initiative so far. At a time when so many of our whānau have been feeling the pinch in the back pocket, the Kai Collective has been able to ensure that there is food on the table for our families and kids,” says Mayor Campbell Barry.

Te Awa Kairangi Kai Collective co-initiator Julia Milne says the success of the collective is the result of an authentic partnership between Council and community.

“That partnership places the values and the power of collaboration firmly at the heart of our work together. COVID-19 gave us the opportunity to innovate and work in new ways, and Hutt City Council empowered the community to lead which enabled us to imagine a greater kai resilient community together,” she says.

Stokes Valley Foodbank Coordinator Sharyn Horn says, “The collective gives us a safe and supported way to try new ways of providing food to the community.”

Hutt City Council Chief Executive Jo Miller says the win “really celebrates what can be achieved when Council walks alongside community organisations in genuine partnership to direct services and support directly to people in times of crisis.”

The Collective evolved out of an initial partnership between Kōkiri Marae and Common Unity during lockdown 2020, with Kōkiri Marae Pātaka Kai coordinator Janis Awatere instrumental in setting it up

During Lockdown 2021, Common Unity, Hutt City Salvation Army, Lower Hutt Foodbank, Ōrongomai Marae, Stokes Valley Foodbank and Te Aroha Kai formed the Hutt Valley Emergency Kai Collective in a joint response to the food insecurity exacerbated by the COVID-19 pandemic. Working with Council, they pooled resources under a central hub to coordinate and distribute food to households across Te Awa Kairangi Lower Hutt.

Hutt City Council supported the co-ordination of the central hub through its Community Funding for Recovery initiative. During Alert Levels 3 and 4 council vehicles were used to help with deliveries, with staff joining the effort to provide food and essential supplies to the community. Council continues to provide funding and actively support the collective.

Common Unity initially provided the co-ordination and Council fundholding function of the Collective and this has recently transferred to Kōkiri Marae.

*Content Sourced from [scoop.co.nz](https://www.scoop.co.nz)*

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## **NEW SECURE MENTAL HEALTH UNIT OPENED IN PORIRUA**

Health Minister Andrew Little has today opened a new purpose-built mental health and intellectual disability facility in Porirua, marking another milestone in the

Government’s billion dollar investment in mental health services and facilities.

Manawai, the National Individualised Service Unit (ISU), was built to support a small number of people with an intellectual disability and who generally also have a significant mental health condition.

“This six-unit facility will provide a better quality of life for those receiving care through more individual therapeutic programmes in a more private, home-like environment,” Andrew Little said.

“These are people who have been engaging in behaviour that can be of high risk to themselves and others, they therefore require long-term care and rehabilitation in a secure setting and these units will go a long way to better support their rehabilitative gains.

“Building reliable services takes time, but the completion of this project shows this is a government that takes mental health seriously and we are working hard to turn things around.

“The opening of this unit is an important step in investing in the future of mental health and intellectual disability services in Aotearoa,” Andrew Little said.

Four people have been approved for admission into Manawai and approvals for the remaining units are underway.

*News from NZ Government 19 July 2022*

[Scoop.co.nz](https://www.scoop.co.nz)

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## **‘DIAL A MĀORI’ AND OTHER MISTAKES PĀKEHĀ MAKE**

Kate Frykberg is a first-generation New Zealander and community consultant who is grappling with what it means to work in partnership with Māori.

Her work with funders, community organisations, and as a Pākehā associate of Tūmanako Consultants, requires deep engagement with Māori.

She talked to Connie Buchanan about some of the mistakes she has made, and how Pākehā might do better.

[Read The Full E-Tangata Article Here](#)

[CNA's July Monthly Newsletter](#)



# Cost of Living Payment

As part of Budget 2022, the Government has introduced a short-term Cost of Living Payment to help eligible people with their day-to-day living costs. The Cost of Living Payment is assessed and automatically paid by Inland Revenue.

## Do you qualify?

You can get the Cost of Living Payment if you earned \$70,000 or less over the period 1 April 2021 to 31 March 2022, and you're:

- aged 18 or over
- a New Zealand tax resident living in New Zealand, and
- not eligible for a Winter Energy Payment.

There's a group of people who are not eligible for the Cost of Living Payment. Please see our website for more details.

[ird.govt.nz/cost-of-living-payment](https://ird.govt.nz/cost-of-living-payment)

You don't need to send in an application. We'll check your records, and if you qualify, you'll receive the Cost of Living Payment automatically.

## How much is it?

The Cost of Living Payment is \$350, split into 3 payments.

## When will the money be paid out?

If you qualify, you'll get the money in 3 monthly payments, starting on 1 August 2022. For most people, the 3 payment dates are:

- 1 August 2022
- 1 September 2022
- 3 October (the first business day of the month).

The money will be direct credited into your New Zealand bank account.

We'll check to see if you're eligible for the Cost of Living Payment before each monthly payment is made. You could be eligible for 1, 2 or all 3 payments.

## When you might see the payment in your bank account

Due to the large volume, payments will be staggered throughout the day of each payment date so some customers will get paid before others.

Customers who have a credit union account will receive their payment the day after each payment date.

## What you can do to prepare for the payments

We'll pay the Cost of Living Payment into the bank account we hold for your Income tax account. Check myIR to make sure this is correct.

## Where can you find more information?

Please visit our website for more information about the Cost of Living Payment:

[ird.govt.nz/cost-of-living-payment](https://ird.govt.nz/cost-of-living-payment)



### [ird.govt.nz](https://ird.govt.nz)

Go to our website for information and to use our services and tools.

- **Log in or register for myIR** - manage your tax and entitlements online.
- **Calculators and tools** - use our calculators, worksheets and tools, for example, to check your tax code, find filing and payment dates, calculate your student loan repayment.
- **Forms and guides** - download our forms and guides.

[New Zealand Government](https://www.treasury.govt.nz)

## NOTICES

### ROOM AVAILABLE AT ANVIL HOUSE

Room available from September 2022 on Level 1 Anvil House, 138-140 Wakefield St, Wellington  
The room is 29.75 sq metres and almost square.

It is an internal room, but comes with access to two meeting rooms with natural light (one small, the other holding up to 40 seated theatre style).  
The floor is shared by not-for-profit organisations.

For further information contact Pam Fletcher on 02102479414 or [wellingtonseniornet@gmail.com](mailto:wellingtonseniornet@gmail.com)

### CONTRIBUTE TO THE MIRAMAR PENINSULA NEWSLETTER



Anyone can provide content. We put a focus on content that is locally situated or relevant, content from local residents or organisations/groups or any info that local people would like to see (local being Te Motu Kairangi). Email us, phone or visit us... We have quarterly issues for the four seasons of the year. Next issue is Kōanga/Spring and is due to come out early September. Deadline for content submissions will be around early-mid August.

Hà  
Community Connector  
(community activation and PTMK newsletter editor)  
[ha@mmcc.org.nz](mailto:ha@mmcc.org.nz)  
27 Chelsea St, Miramar  
Miramar and Maupuia Community Centre

## THE INCORPORATED SOCIETY ACT

### Trying To Wrap Your Head Around This?

[CNA](#) has created an **information page** outlining the **changes** and what you need to do.

There is a 1page downloadable pdf of what is happening, and the deadlines you need to be aware of. [CNA](#) will be **updating** this page as information comes to hand.

[Click Here To Go To Resource Page](#)

### MSD'S NEW GUIDELINES ON REINFECTION OF COVID

COVID-19 after a previous COVID-19 infection and when people should take a Rapid Antigen Test (RAT).

- If it has been 29 or more days since a person's last COVID-19 infection and they have new symptoms consistent with COVID-19 they should have a rapid antigen test, and isolate if they test positive.
- This is a change from earlier advice, which was that people would not need to re-test if they had tested positive for COVID-19 within the past 90 days. The change is based on the latest international evidence and the need to quickly isolate people with reinfections.
- Should people test positive, they will need to isolate for 7 days.
- Your household contacts will also need to isolate until your 7 days are complete as long as they have no new or worsening symptoms, and a negative day 7 test.
- They will not need to isolate if they have had COVID -19 in the last 90 days and are recovered or if they have completed their isolation as a household contact in the last 10 days, unless they are symptomatic.

[Click Here To Go To Advice](#)

### COMMUNITY NETWORKS WELLINGTON 47TH ANNUAL GENERAL MEETING WEDNESDAY 21 SEPTEMBER 2022

#### Save the Date!

Full details (once confirmed) will be available on [our website](#) and included in our email supplements and September newsletter

# HELP MBIE IMPROVE HOW REFUGEES, MIGRANTS AND PACIFIC PEOPLES ARE (RE)SETTLED IN NEW ZEALAND

**Tell us how we can do better for future families coming to (re)settle in New Zealand.**

MBIE are refreshing the two strategies that support refugees and migrants, including Pacific peoples. These strategies [[New Zealand Refugee Resettlement Strategy \(NZRRS\)](#) and [New Zealand Migrant Settlement and Integration Strategy \(NZMSIS\)](#)] were implemented about 10 years ago and things have changed since then.

We are bringing them up-to-date to make sure they effectively support successful settlement in the future. These changes may affect you, your family, friends and people you know.

We recognise you understand what works well and what doesn't. We want to know what you think.

There are **3 opportunities** for you to have your say.

## 1. Attend a Settlement Strategy Engagement Session

Come to an engagement session and share your experiences. Tell us what you think successful settlement looks like. What works? What doesn't? What should change?

There will be several sessions across Aotearoa New Zealand from mid-July to mid-August, including ones in your area. Please RSVP as space is limited. These sessions are open to all stakeholders and to community.

### Last Wellington Session:

Newtown **TBC** Friday 5 August 5pm-7pm  
[RSVP Newtown](#)

## 2. Complete the Settlement Strategy questionnaire

Can't make a face-to-face or online session? Prefer to write? Fill in a questionnaire. It covers similar topics as the engagement sessions. You can tell us as much or as little as you'd like, and you can complete the questionnaire as an individual or as a small group. The questionnaire will be available in English and other languages from mid-July to early August.

The questionnaires will be open to all stakeholders and to community.

## 3. Participate in a co-design workshop

Using what you tell us at the engagement sessions and questionnaires, we will be running co-design workshops in 5 locations across Aotearoa New Zealand in late August:

- Auckland, Monday 15 August
- Hamilton, Friday 19 August
- Wellington, Monday 22 August
- Nelson, Tuesday 23 August
- Christchurch, Friday 26 August

At the workshops, we will work together to develop recommendations to Government.

[Click here to express an interest in participating in a co-design workshop](#)

### Why participate?

We know many of you are often asked to participate in projects. How is this different?

You will be part of the discussions from the start. We want to make sure the outcomes are right for you. The recommendations will be based on your real-life experiences and the aspirations of your communities.

Participation is completely voluntary, and responses will be kept anonymous. Your responses will not be linked to you, your community, nor your organisation. Responses will be combined for analysis and used for providing high-level summaries.

Please feel free to forward this email to others in the community or in your organisation who you think would be interested in participating. We would like participants who are former refugees and migrants, and Pacific peoples, and from people who they engage with such as settlement providers, tangata whenua / Māori, NGOs, advocacy groups, educators, employers, work mates, friends, etc.

We will be sending out more information about the three options. So, if this email was forwarded to you and you would like to be contacted about these options, please send us an email at [refresh@mbie.govt.nz](mailto:refresh@mbie.govt.nz).

### How to contact us

If you have any questions or if you would like to go on the email list for information on the 3 ways of participating, please email [refresh@mbie.govt.nz](mailto:refresh@mbie.govt.nz)

## **XRB: TIER 3 & 4 NOT-FOR-PROFIT & PUBLIC SECTOR REPORTING CONSULTATION**

The External Reporting Board is currently consulting on proposed changes to Tier 3 & 4 Not-for-Profit and Public Sector reporting.

With heightened expectations for transparency and accountability for both these sectors, reporting helps New Zealanders understand how charitable and public funds are being managed and spent.

Achieving a balance between cost and benefit of reporting is an ongoing focus and one that you can influence by commenting on these proposals.

[Find out more and have your say here.](#)

**The consultation closes 30 September.**

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## **MSD JOHNSONVILLE SERVICE CENTRE UPGRADE**

The Ministry of Social Development are upgrading their Johnsonville service centre at 33 – 39 Johnsonville Road, to help make it work better for them and for the people they support.

They aim to have a more welcoming office, while providing clients with more privacy when they talk with their case manager. There will be added security for clients, visitors, and MSD staff.

Work will start on the building on **Friday 29 July 2022** and it will take about three weeks to complete the work, so the service centre will be temporarily closed during this time.

The office will reopen again on Tuesday 23 August 2022.

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## **CONSULTATION: CHANGES WHEN DECLARING CHILD SUPPORT AS INCOME**

The Ministry of Social Development and Inland Revenue are holding public consultation on plans to amend their Approval Information Sharing Agreement.

This is part of Child Support Pass-on announced in Budget 2022.

**PUBLIC CONSULTATION IS OPEN UNTIL 17 AUGUST**

[READ MORE HERE](#)

## **TĀTOU TĀTOU: BEING WITH PEOPLE AND WHANAU**

Tātou tātou: being with people and whānau is part of Let's get real. This guide navigates through the Real Skill: Working with people experiencing mental health and addiction needs.

It replaces the Engagement Essentials resource which has been updated to reflect the values, attitudes, knowledge, and skills of the essential level for this Real Skill.

This resource aims to assist health sector workers to develop their understanding of how to engage effectually with tangata mātau ā-wheako (people with lived experience) and whānau to improve their health outcomes.

This guide is suitable for anyone working in the wider health areas and is especially helpful for those new to the sector. Source: Te Pou (New Zealand)

Find out more here <https://www.tepou.co.nz/resources/tatou-tatou-being-with-people-and-whanau>

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## **TRY TICK FOR GOVERNANCE MODULE 1 FOR FREE!**

Don't miss out – CNA has released Module 1 of the Tick For Governance course for free for a limited time!

The Module is available to anyone interested in the course who wants to give it a try before purchasing!

Our Tick For Governance course was developed with community organisations and their needs in mind. Module 1 looks at how organisations can build and sustain relationships with mana whenua and honour Te Tiriti o Waitangi.

At CNA, we believe that these actions are vital and foundational if organisations are going to continue to thrive, grow and serve their communities to contribute to an equal and just Aotearoa New Zealand.

That's why we have made this resource publicly available for free.

Follow the link below to sign up and complete the Module – and don't forget to let us know how you liked it!

[Try Module 1 for free!](#)

# Tukua mai ō whakaaro mō te tāone ki tua

## Have your say on the future of the city

The District Plan addresses some of the City's key issues such as controls for quality housing, enabling development and protecting the city's natural environment.

### Join us

Come along to one of our community drop-in sessions



#### Johnsonville

Tuesday 2 August  
4.30pm–7pm  
Johnsonville Library  
34 Moorefield Road



#### Khandallah

Wednesday 3 August  
4.30pm–7pm  
Khandallah Town Hall  
11 Ganges Road



#### Newtown

Saturday 6 August  
10.30am–1pm  
Newtown Library  
13 Constable Street



#### Kilbirnie

Tuesday 9 August  
4.30pm–7pm  
Kilbirnie Community Centre  
56 Bay Road



#### Tawa

Thursday 11 August  
4.30pm–7pm  
Tawa Community Centre  
5 Cambridge Street

Visit [wcc.nz/pdp](http://wcc.nz/pdp) for information and to give feedback.

Submissions close 12 September.

**Absolutely Positively  
Wellington City Council**

Me Heke Ki Pōneke



## TRAINING OPPORTUNITIES

### CHILDREN UNDERSTANDING MENTAL HEALTH PROGRAMME

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

When: Tuesdays 3:30pm –5:00pm

2nd August - 20th September 2022

Where: Kapiti

Email: [anne@atareira.org.nz](mailto:anne@atareira.org.nz)

### SOLUTION-FOCUSED BRIEF THERAPY A THREE-DAY INTENSIVE TRAINING

Date: Monday 15th August 2022

End Date: Wednesday 17th August 2022

Time: 9:00 AM - 4:00 PM (3:00 PM finish on final day)

Venue: Mövenpick Hotel Wellington (Formerly Grand Mercure)

Address: 345 The Terrace, Wellington

The Solution-Focused Brief Therapy approach immediately appeals to many practitioners because it is considered conceptually very simple; however, it is easy to underestimate the discipline that the approach requires in order to be used effectively.

Practitioners rapidly discover that SIMPLE does not necessarily mean EASY! We often joke that "there are only three questions" in Solution-Focused Brief Therapy, but those three questions demand a focus and a way of listening that is very different from the way most of us were trained.

The course is open to anyone but will be particularly suited to:

- People who have had some exposure to Solution-Focused ideas and would benefit from more systematic training
- People who have attended an introductory seminar in the past and who wish to pursue more focused training
- People who are interested and willing to explore a therapeutic approach that offers real hope to clients but some uncertainty to practitioners

Find out more or [register Here](#)

## SELF ESTEEM FOR TEENS

Facilitator: Naomi Millane

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

Cost: \$20

Date: Tuesday 2nd August-20th September 22

Time: 4-6pm

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 its gifts.

Book online [lhwc.org.nz](http://lhwc.org.nz) or phone 04 9201009

## UNDERSTANDING THE BLUES

Facilitator: Kay Riddler

Course Duration: Six weeks daytime course beginning Wednesday 3rd August

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

Time: 12.30pm-2.30pm creche available

This six week course is about finding new skills to move through Depression and Anxiety. With connection, support and gentle encouragement you can find a way out of Depression and Anxiety. This group is a structured educational group.

**Is the group for me?**

If you have felt hopeless, panicky, tired, fearful or stuck this group may support you to see new possibilities. This group may also be for you if you have experienced depression and anxiety in your life and you want to break the cycle.

The topics we may cover are;

- Positivity
- sleep
- respecting your body
- being friendly with feelings
- making a plan for healing
- relaxation

assertiveness and relationships.

Book online [lhwc.org.nz](http://lhwc.org.nz) or phone 04 9201009

## NEURO-NURTURE WORKING WITH THE DEVELOPING BRAIN TO SUPPORT WHOLE-CHILD DEVELOPMENT

Date: Thursday 18th August 2022

Time: 9:00 AM - 3:00 PM

Venue: Mövenpick Hotel Wellington (Formerly Grand Mercure)

Address: 345 The Terrace, Wellington

We now have remarkable insight into what the growing brain needs to thrive from infancy through adolescence and beyond. Professionals, educators and carers can 'neuro-nurture' the developing child/adolescent and dramatically influence the growth and development of the young brain to better provide the foundations for successful learning, relationships, and behaviour. This dynamic workshop is intended for anyone who works with children and adolescents. It will demonstrate how the latest neurodevelopment research can be integrated into practical brain-based approaches to treatment, education and care. Karen Young will translate contemporary neuroscience into powerful insights and practical strategies to support the holistic development of children and adolescents.

### Participants will learn:

- The latest knowledge on how the brain develops from infancy through childhood and adolescence.
- The needs of children according to their specific stage of neurodevelopment.
- The importance of attachment in building the strong neural foundations for essential areas of development including the ability to form meaningful relationships, emotional regulation, self-control, empathy, independence and resilience, and how to build healthy attachments.
- How behaviours and skills are built in the brain and the simple explanation for young people that can build resilience and grit.
- The essential foundations for learning.
- Neuroscientific explanations for challenging behaviour.
- Why many common behaviour management techniques don't work, and what to do instead.
- The impact of trauma on the developing brain.
- How the brain changes during adolescence and how these affect mood, behaviour, friendships, relationships, sleep, motivation, self-concept, and decision-making.

- Understanding family conflict during adolescence through a neuroscientific lens, and how to strengthen relationships.
- How to use our knowledge of the adolescent brain to forge stronger, more meaningful, more influential relationships with adolescents.
- The brain and social media.
- Impulse control and risky behaviour during adolescence.
- Anxiety and the adolescent brain.
- How addiction happens in the brain (incl. social media, screens, gaming) & how to explain addiction to young people in a way they will hear.
- The impact of drugs and alcohol on the developing brain, and how to engage and empower young people towards healthier behaviour.
- How resilience happens in the brain, and how this can be strengthened.

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.

[Find out more or register here](#)

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## ANCADS LIIFT AOTEAROA PROFESSIONAL DEVELOPMENT

### August 4 [Governance and Management: Roles and Responsibilities](#)

10:00 am to 11:30 am

Carol Scholes(Overview Effect) Via Zoom

### August 11 [How to be a Great Board Member/Chair/Treasurer or office holder](#)

10:00 am to 11:30 am

Carol Scholes(Overview Effect) via Zoom

### August 18 [Funding Options for your Organisation: What now and what next?](#)

10:00 am to 11:30 am

Therese Lanigan Behrent (Independent NFP Funding Consultant and Capacity Builder) Via Zoom

Find out more or register here [www.liift.nz](http://www.liift.nz)

## UP COMING GOVERNANCE TRAINING FROM [LEAD](#)

### Governance Bytes: [Rules of Engagement](#)

Thursday, 25 August 2022

6:15 pm 7:45 pm

In this workshop we'll focus on policies, answering why we have them; what they should contain; and how should they be developed. Also, the 3 Ps - policies vs procedures vs plans.

### [Leading Community Organisations](#)

Fri, 26 Aug 2022 10:00 am Fri, 4 Nov 2022 12:00 pm

Leading in a community organisation can be complex, this training will give you the skills, knowledge and confidence to lead people, projects and stakeholders, whilst still achieving results.

### Governance Bytes: [Hooking The Good Ones](#)

Thursday, 29 September 2022

6:15 pm 7:45 pm

This online workshop will look at how to recruit and retain the right people on your board as well as how to evaluate and upskill your board members' own governance abilities.

### Governance Bytes: [Cultivating The Right Culture](#)

Thursday, 27 October 2022

6:15 pm 7:45 pm

In the October session of our Governance Bytes 2022 series we'll look at how to create a positive, productive team culture on your board.

### Governance Bytes: [Painting The Big Picture](#)

Thursday, 24 November 2022

6:15 pm 7:45 pm

This workshop in our Governance Bytes series will ask what strategy looks like in the real world; how to think strategically and how you can make a greater impact by leading with strategy.

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## STAYING SAFE WORKSHOPS FOR OLDER DRIVERS

**New course dates!** Staying Safe is a **FREE** classroom based refresher workshop for senior road users. [Age Concern](#) runs these workshops in partnership with Waka Kotahi (NZTA).

Tuesday, 2 August 2022, Lower Hutt

Thursday, 4 August 2022, Te Aro

Monday, 8 August 2022, Seatoun

Thursday, 25 August 2022, Johnsonville

**For more information and a list of upcoming courses**  
[click here](#)

## AWARENESS WEEKS

### AUGUST - ĀKUHATA

**World Breastfeeding Week** - 1st - 7th August

[Find out more here](#)

**International Day of Indigenous People** 9 August

Find out more here <https://www.un.org/en/observances/indigenous-day>

**World Youth Day** 12 August find out more here <https://www.wincalendar.com/nz/International-Youth-Day>

**Cancer Society Daffodil Day** last Friday of August find out more here <https://daffodilday.org.nz/>

### SEPTEMBER - HEPETEMA

1 September **Breathe Better September**: Respiratory Condition Awareness find out more here <https://www.breathebetterseptember.co.nz/>

1 September

**Cervical Screening Awareness Month** find out more here <https://www.nsu.govt.nz/>

1 September **Blue September**: Prostate Awareness Month find out more here <https://prostate.org.nz/>

1 September

**World Alzheimer's Month** find out more here <https://alzheimers.org.nz/>

1 September

**Random Acts of Kindness** find out more here <https://rak.co.nz/>

8 September

**International Day of Literacy** find out more here <https://www.unesco.org/en/days/literacy-day>

9 September

**International FASD Awareness Day** find out more here <https://toiteora.govt.nz/>

10 September **World Suicide Prevention Day**

<https://www.who.int/news-room/events/detail/2019/09/10/default-calendar/world-suicide-prevention-day>

## EMPLOYMENT OPPORTUNITIES



Vincent Art Workshop  
Te Whare Mahi Toi

### COORDINATOR AND ADMINISTRATOR 2 POSITIONS

Vincent is a community art workshop established in 1985 primarily for people where circumstances or disability preclude participation in the wider community, Vincent promotes the social, intellectual, artistic and creative pursuits that enrich people's lives (Constitution object {a})

Vincent is a community and we believe in changing lives through art.

Vincent Art Workshop is moving into a new era. Our Coordinator of almost 30 years and Wellington community icon retired recently. And now, our Administrator is taking herself and her musical talent overseas...

So we have two key positions to fill – The Coordinator and the Administrator

The Coordinator is pivotal to the good functioning of Vincent, bringing together the range of workshop activities working with the big picture of governance along with tutor support and providing a range of art activities with our artists.

The Coordinator is also responsible for following our funding strategy, managing our community relationships and being the face of Vincent to the big wide world. Ideally you will be enthusiastic about taking us all on a journey to becoming bi-cultural in the ways that we do things.

The Administrator is the glue that holds it all together – collecting and collating information, paying the bills, running the payroll system, and managing our social media programs. This position is based in the workshop from 9am to 5pm on weekdays

Both positions are full time – forty hour a week. We are not flash financially, but we have big plans, and as our income increases, so will the wages and improved conditions.

If either of these full-time positions: Coordinator or Administrator sound like you, a copy of either job description is available by contacting [zoe.vincentartworkshop@gmail.com](mailto:zoe.vincentartworkshop@gmail.com)

To apply, please write a letter of application showing how your experience matches our job requirements and send it with a copy of your CV. Applications close on Sunday 7 August at 5pm

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### VACANCIES AT THE WELLINGTON CITY MISSION

**Admin Assistant for our social supermarket.** It is part time and might suit someone returning to work or a student.

<https://www.trademe.co.nz/Browse/Listing.aspx?id=3687407780>

**Social Workers** who want to join our social work team.

<https://www.trademe.co.nz/Browse/Listing.aspx?id=3663209013>

**Concierge** to join our community support team. This role includes working in our community lounge and reception space.

<https://www.trademe.co.nz/Browse/Listing.aspx?id=3663213177>

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### COMMUNITY FACILITATOR THIS IS A PERMANENT PART-TIME POSITION

Part-time role 30 hours  
(4 days per week)

Creativity with a little bit of chaos are a given as our organization rises to meet the challenges of a different future. We are collaborating to build effective partnerships with other organizations and diverse groups of people.

Wellington Catholic Social Services (CSS) is looking for a resourceful, persistent and energetic human to join our team to take on and develop the role of Community Facilitator.

If this sounds like you and you believe in empowering communities to support each other.... [Click here for more information](https://wn-catholicsocialservices.org.nz/?src=nav) or check out our website here <https://wn-catholicsocialservices.org.nz/?src=nav>

## LOWER HUTT WOMEN'S CENTRE VACANCIES

### BOARD MEMBERS

We are seeking two new members to join our friendly and motivated Board of Trustees. You must be feminist with respect for our kaupapa and have a drive to add value to the Centre for the women we serve.

Prior Board experience would be highly valued but this is a small friendly Board so if you have not had such experience you should still apply. Applicants with skills sets associated with accountancy, policy, fundraising, risk management and planning welcomed as well as those with experience in the community, social and health spheres.

Applicants do need to be available on the third Monday a month for Board meetings approx 3hours. We also hold other meetings as the need arises as well as events like Matariki dinner and fundraising evenings which are held on weekend days or weeknight evenings.

### CRECHE WORKER

The Lower Hutt Women's Centre is looking for a motivated, enthusiastic and resilient creche worker to run our pre-school creche. The creche is tamariki centered with free play at the core of the sessions. The role is part time on a Friday to cover two workshops 10-12pm and 1-2:30pm. It is a paid position for 4.5 hours. You will be required to support settling tamariki before the workshops and with clean up afterwards.

We are looking for someone trained in early childhood education who holds a current first aid certificate.

Desirable skills and experience include:

- A passion for Lower Hutt Women's Centre Kaupapa
- Strong interpersonal and communication skills
- actively recognising and working in the spirit of Te Tiriti O Waitangi
- working alongside and supporting other creche workers to grow and develop their ability to work with parents and tamariki
- strong understanding of child development from 0 – 4 years
- supporting a volunteer to run a session for older children in another part of the Centre
- role modeling behaviours that align with Women's

Centre Kaupapa

- maintaining boundaries while staying tamariki centred.

#### What we Offer

- Working in a longstanding grassroots organisation that puts wāhine and tamariki at the centre
- Additional training as needed
- Renewal of first aid certificate
- A respectful hourly rate
- Monthly group supervision/training

If you're interested in these positions or have questions email us at [info@lhwc.org.nz](mailto:info@lhwc.org.nz) or call on 04 920 1009 and ask for Pamela.

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## MARY POTTER HOSPICE ASSISTANT STORE MANAGER MIRAMAR - PART-TIME

#### Job Description

- **Part time hours negotiable & potential job share**
- **Develop your retail career**
- **Be part of a sustainable future**

#### The Role

Mary Potter Hospice is searching for a creative multi-talented Assistant Store Manager for our Miramar Retail Store. This is varied role working closely with the Store Manager to help lead and develop a diverse volunteer team and oversee all aspects of operating a high-performing retail store. The hours will be up to 30 hours a week including weekends and can be a job share position.

#### What we offer

- An award-winning wellbeing programme which offers things like carers leave, wellbeing payments and a wellbeing day each year
- A welcoming work environment
- NZQA retail qualifications training for those wanting to make Retail a career

#### To be successful you will need to

- be an extremely motivated and creative individual
- be comfortable with using technology
- look for ways to grow the business and inspire our valued volunteers
- have excellent communication skills
- be very people-focused and enjoy being part of a close-knit team environment.

Find out more or apply [Here](#) Closing 4 August 2022

## FUNDING

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

**Always open** The Tindall Foundation, PO Box 33 181, Takapuna, North Shore City 0740. PHONE: (09) 488 0170 FAX: (09) 486 2365 EMAIL: [admin.ttf@tindall.org.nz](mailto:admin.ttf@tindall.org.nz) WEB: <http://www.tindall.org.nz>

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

**Always open** Workbridge Wellington PO Box 31 687 LOWER HUTT  
5040 PH: (04) 499 7350 FAX: (04) 499 1460  
EMAIL: [Wellington@workbridge.co.nz](mailto:Wellington@workbridge.co.nz)  
WEB: <http://www.workbridge.co.nz>

**Generosity New Zealand** Funding information **givUS** offers access to more than 1,200 grants and schemes for communities, volunteer organisations, schools, groups, sport clubs and Iwi. Find assistance for nearly everything <http://generosity.org.nz/giv-us/> This service can be accessed **free** from a public library

[Creative Communities Local Funding Scheme](#) Closing: 31 August - Decision: 04 October currently open

Wellington City Council - [Mayoral Relief Fund](#)  
**Applications accepted at any time.**

**Wellington Community Fund Lift Fund Professional Development & Capability Building**  
We fund a broad range of organisations and activities as part of our LIFT fund. This fund is designed to support professional development within the non-profit sector – to help organisations and volunteers be equipped with the skills & knowledge to carry out their work as best they can. Here's a snapshot of some of our LIFT grants here <https://wellingtoncommunityfund.org.nz/lift-grants/>  
Contact [admin@wellingtoncommunityfund.org.nz](mailto:admin@wellingtoncommunityfund.org.nz)

**Wellington Venues Subsidy** - [Wellington Venues Subsidy](#) Applications accepted at any time Decision: Two weeks after the end of the month of application

### How to Fund Your Charity

On this page you will find some examples of funding options that are available for New Zealand charities and not-for-profit organisations. [See Details](#)

### More Funding Resources .....

Wellington City—<https://search.wellington.govt.nz/s/search.html?collection=wcc-search&profile=default&query=funding>

Porirua City—<https://porirua.govt.nz/services/community-support/children-young-people-funding/>

Hutt City—<https://www.huttcity.govt.nz/people-and-communities/community-funding>

Community Matters—  
<https://www.communitymatters.govt.nz/>

Wellington Community Fund—<https://wellingtoncommunityfund.org.nz/>

Nikau Foundation—<https://www.nikaufoundation.nz/>

Comm-Unity—<https://comm-unity.kiwi/>

Rata Foundation—<https://ratafoundation.org.nz/en/funding/how-we-fund/small-grants>

Public Trust—<https://www.publictrust.co.nz/grants/how-do-i-find-one>

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However, we cannot accept responsibility for error.

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