



P O Box 11-706, Manners Street, Wellington, NZ

Phone: (04) 385-3518

Website: www.cnw.org.nz

office@cnw.org.nz (General enquiries)

newsletter@cnw.org.nz (Newsletter items)

projects@cnw.org.nz (Community Engagement and Liaison)

Community Networks Wellington Newsletter
February 2021

COMMUNITY NETWORKS WELLINGTON FEBRUARY NETWORK MEETING

Nau mai, haere mai!

Our First Network Hui for 2021 will be held at 11am on Wednesday 17th February 2021

We will have a short member profile from Wellington Access Radio station manager Kristen Paterson and Esther Gedy Taylor, followed by a network round.

We look forward to seeing you there!

Date: Wednesday 17th February

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

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

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

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

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

COMMUNITY NETWORKS WELLINGTON HOME PAGE

Next Newsletter - Deadline for Items in Our March Hardcopy Newsletter – Tuesday 23rd February
Please forward any items to newsletter@cnw.org.nz
Advertising for our members is **FREE**

Covid-19 Disruption of Services List – (Last update 9 December 2020) You can find a link to the [latest list here](#). If you wish to make changes to your status on the disruption of Services List, please email newsletter@cnw.org.nz

Community Networks Wellington - Next Meeting
17 February 2021 Our First Network Hui for 2021 will be held at 11am on Wednesday 17th February 2021
See more details on [our Website](#)

WHAT'S ON OUR MIND THIS MONTH

Deadline for Registration of Social Workers Approaching

The Social Worker Registration Board (SWRB) is reminding social services organisations that the deadline for social worker registration is within near view. The SWRB has boosted its team to ensure the influx of registrations are processed before 27 February 2021.

Not yet begun the registration process? Visit the SWRB website – swrb.govt.nz, then click the Apply to Register button on the home page. This allows you to create a MySWRB account and get started.

Have questions? The SWRB registration team are hosting zoom Q&A sessions every Thursday from 1pm. You can join using this link - <https://bit.ly/3nMZK6T>. You can also find updates on the SWRB [Facebook page](#).

Need funding assistance? If your NGO has a contract with the Ministry of Social Development and/or Oranga

Tamariki you may be able to access help with the costs of registering. The fund to assist registration is being extended through to the end of February.

Living in Motels Causing Problems for Homeless Families

January 18, 2021—Report from RNZ

Some families in emergency housing are reporting their children are becoming emotionally distressed because of their living conditions. Demand for emergency accommodation has escalated last year with the number of emergency housing grants increasing by half.

Nearly 10,000 people were given an Emergency Housing Special Needs Grant between July and September last year. On top of that, the government contracted over 70 motels to house families and individuals. As of 30 November, they housed 1200 individuals.

But social services providers say the pace of demand is not slowing. And they have sounded a warning about the impact living in a motel is having on residents.

“They’re just not designed for permanent living,” said Taone O’Regan, the Aro Mai Housing First operations manager for the Downtown Community Ministry (DCM) in Wellington. “They are quite often overcrowded, too small to store any of your belongings in, and in close quarters, there is very little space from each other.”

DCM supports those at the sharp end of homelessness – the long-term rough sleepers and those suffering from addictions and mental health issues.

O’Regan said the lack of space and proximity to others presenting with mental health or addiction issues was unsuitable.

“It’s like putting everybody into an acute mental health ward without any nurses, doctors or treatment available.”

There was a real need for emergency housing as a short-term stay for those who had found themselves without somewhere to live, she said.

The problem was, for some, it was not a short-term stay. “It is not the environment to be addressing people’s long-term needs. What they need is permanent accommodation, they need permanent

Introducing CommUnity

Raising funds for Kiwi Community groups and Charities

CommUnity's purpose is to generate on-going funding for Kiwi community groups and charities. Together we will be working with local businesses and the public to mutually benefit everyone involved.

CommUnity is free for individual members and community groups. Community groups register with CommUnity, CommUnity Members also register and select up to three registered community groups to support.

When members shop at participating merchants a small percentage of each purchase will be provided back to the Community group/s of the members choice. This percentage is agreed upon by the merchant when they first join CommUnity.

Harnessing technology to turn commerce into CommUnity

Please check out our landing page for registrations and more info www.comm-unity.kiwi

Lizzy Murray – Regional Manager 021 782 340

housing, and the support to access that. It has to be affordable as well, and it has to be in the right part of the region." But there just isn't enough supply of such accommodation for people to move into.

A Lower Hutt Whānau Ora provider said families were having to re-locate to emergency housing because of unaffordable rental prices and staying there months.

Takiri Mai te Ata Whānau Ora Collective homeless prevention service manager Lynda Ryan said it was not uncommon to talk to families who had young children in those environments who were starting to be impacted emotionally by where they were living.

"It's really at a high crisis point now, these emotional, health and social impacts that we're seeing because of what's going on. People are just existing. They're not thriving or living well."

In a statement, Ministry of Social Development housing manager Karen Hocking said it accepted motels were not the ideal accommodation type.

"Our role is to ensure that people with no other option are supported into emergency housing, usually in motels," Hocking said. "We accept that for people with nowhere to live, a motel is not ideal. However, it is preferable to being homeless or sleeping rough."

But Ryan said the quality of motels needed addressing.

"A lot of the emergency housing is not up to standard. We've been working with various agencies to advocate for that to improve, and changes have been made.

Standardisation of emergency housing would be something we would consider to be of huge benefit for the community."

[Scoop 18 January 2021](#)

Expressions of Interest are Now Open for Te Kāinga Aroha apartments

Wellington City Council is seeking interest from potential tenants for the first apartments in the Te Kāinga programme.

"The apartments are part of Wellington City Council's Te Kāinga programme to provide quality, secure, affordable and long-term rental accommodation in Wellington," says Mayor Andy Foster.

[Read More](#)

BEWARE - Senior Advantage Charging For Freely Available Deals - Consumer NZ

Online discount scheme Senior Advantage promises to save elderly consumers money if they sign up. However, Consumer NZ found the deals it offers are already available to everyone.

The seniorsadvantage.org website promises you can "save up to 70% at almost every store in New Zealand" as well as offering budgeting tools, meal plans and horoscopes. To bag a "bargain", all you have to do is sign up and pay \$39 for a 12-month plan, a special price marked down from \$99.

While the website claims to offer "thousands of discounts and coupons for online and in-store shopping", a Senior Advantage spokesperson acknowledged the deals on the site were publicly available.

[Read more...](#)

NOTICES

Long Term Plan Working Out Priorities for The City

Every three years WCC reviews the city's Long-term Plan. This sets the direction for the next 10 years, outlines priorities, how much it all costs, and where the money might come from.

As we draft this year's Long-term Plan we have some extra demands to think about, including big infrastructure costs, earthquake strengthening, and the Central Library work. That means we are going to have to make some choices.

We'd really like your help.

We have developed an interactive activity to help us to get a sense of public sentiment and priorities. We would love to run a workshop using this activity with you so we can incorporate your views. We respect that you have many pressing mahi but please contact us if you would like to meet to talk about your priorities for the city. Alternatively, we have a short survey we're inviting people to do.

We will use this feedback to shape the Long-term Plan which will be out in the community for consultation in March 2021.

To book a workshop session please contact Amy Jackman (amy.jackman@wcc.govt.nz)

For more information and to do the online survey: see Kōrero Mai - Let's Talk: wgtn.cc/LTP.

KiwiClass Homework Club

KiwiClass supports former refugees and migrants in the Wellington region. We are continuing to run our homework club for high school students from refugee backgrounds in 2021 during term time.

The club runs on Tuesdays and Thursdays 4-6pm at 39 Webb St, Te Aro; Wednesdays 3.30-5.30 at Hutt Valley High; and we are setting up a club on Mondays 3.30-5.30 at Porirua College. Please share with any young people and families who could benefit from this. Students from any local high schools are welcome to attend.

Contact the co-ordinator faith.barker@kiwiclass.org.nz 021 974 169 for more information.



The Aotearoa Bike Challenge is Back!

The [Aotearoa Bike Challenge](#) returns in February 2021, encouraging Kiwis to ride their bike wherever they may be going. It's free to take part and logging just a single ten-minute ride enters you into draws for [loads of prizes](#).

If you're a regular rider, you can win prizes for encouraging others to ride. You and your workplace earn points for every ride, creating fun competition between friends, colleagues and organisations.

They've even got [tips if you're unsure about riding](#) and [resources to encourage your team and community](#) to get involved.

[Register for free](#)

The Garden Party

Verb Wellington and The Spinoff present The Garden Party, a fresh, new Summer festival celebrating talks, food and music in Pōneke. - Saturday, 20 Feb from 4 pm - Wellington Botanic Gardens.

Gather friends and whānau and come along for a weekend of interesting entertainment and delicious kai. Artist announcements from November. Final timetable out in early Feb 2021.

Where: Wellington Botanic Garden's Soundshell
What: Fascinating talks with fascinating people; live music; food trucks; market; books by Vic Books!
Family: Sunday is family fun day with activities and performances for little festival-goers as well as their adults

Do: Bring your picnics (BYO alcohol), sun hats, sunblock, water

Timetable of artists and activities up by mid-Feb.

[The Garden Party](#) is made possible with the support of Wellington City Council, Creative New Zealand, Eleven and Ocular.

ANIMAL SALE

27 JANUARY - 10 FEBRUARY



**VINCENTS GALLERY
WILLIS ST VILLAGE,
5 / 148 WILLIS ST**

**BEAUTIFUL DECORATED
ANIMALS FROM PREVIOUS
CHINESE NEW YEAR DISPLAYS
AT NEWTOWN FESTIVAL,
AT A BARGAIN PRICE
OF \$10 EACH!**



Vincents Art Workshop

\$5 fill-a-bag
12 & 13 February



\$5 FILL-A-BAG

WAREHOUSE CLEAR-OUT

12 & 13 FEBRUARY | 9AM - 5PM
Newtown Warehouse, 207 Riddiford Street
- upstairs in the Vinnies Newtown Op shop

When: Friday 12
& Saturday 13 February, 9am – 4pm

Where: Vinnies Warehouse – upstairs at the back of the
Newtown Op Shop, 207 Riddiford St, Newtown.

The Vinnies Newtown Warehouse needs a clear-out!
Bring a bag and fill it with as much items as you want
for \$5.

All clothing, shoes, linen and bric-a-brac included. (BYO
Bag).

Hearing Association (Wellington) Inc.
World Hearing Day – 3rd March 2021

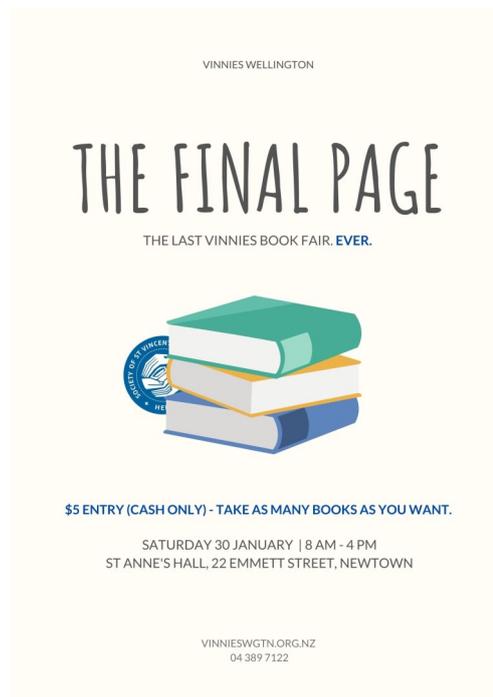
In line with the **World Hearing Day**, we are organizing
activities Free of charge for our community at our
premises on the **03rd of March 2021 from 10.30 to
4.00 pm.**

- **Ear Checks.**
- **Hearing Interactive Displays.**
- **Tympanometry.**
- **Video display to see your own ear.**
- **Games in computers related to ear health.**
- **Talks about dangerous decibels program.**

Please visit us on the 03rd of March 2021 & obtain our
free services & gather knowledge.

16 Kent Terrace, Mount Victoria, Wellington 6011.
Tel: 04 384 7017, E-mail: hearwell@xtra.co.nz
Website: www.hearwell.co.nz

The Final Page
The last Vinnies Book Fair Ever!
30 January



When: Sat 30 Jan, 8am – 5pm

Where: St Anne's Church Hall, 22 Emmett Street,
Newtown.

\$5 entry (per adult) - take as many books as you want.

Cash only. All \$\$ raised will go towards the Vinnies
choice-based food bank.

Have a Little Spare Time and Want to Make a
Positive difference in Someone's Life?



Age Concern Wellington Region is always looking for
more volunteers: if you have a little spare time and
would like to make a positive difference in our region's
seniors' lives, please email ea@acwellington.org.nz, or
call 04 499 6648 for more information.

If you only have a limited amount of time available and
enjoy walking, perhaps you could help us deliver our
Seniority Magazine four times a year?

For a full list of Age Concern Wellington Region's
services, please visit www.acwellington.org.nz

*Charity
Dinner Dance*

IN AID OF YOUTHLINE WELLINGTON

Organised by

A V Funding Youth

Saturday 20th March 2021

5.00pm – 11.30pm

BOULCOTT'S FARM

Heritage Golf Club

33 Military Road, Boulcott, Lower Hutt, Wgtn. 5010

*FORMAL ATTIRE or SMART CASUAL

*BUFFET DINNER, *COMPLEMENTARY WINE

*LIVE ENTERTAINMENT

*SAX & VOX – ANSELM MARTYN, *LIVE BAND – THE PARTY MAMMALS

*CHARITY RAFFLE, *CHARITY AUCTION, *FREE CAR PARK

TICKETS \$65

(10 per table)

TICKETS & ENQUIRIES

ANSELM MARTYN - 022 456 3627

VINO MARTYN - 021 31 84 66

Email – avfundingyouth@gmail.com



Hearing Association (Wellington) Inc.

Services Provided:

Our services to support the community in Ear Health and Awareness in Ear Health continues as usual. We are open from 09.00am to 5.00pm weekdays & we do home visits to support our community in ear Health.

Meeting/Conference rooms for hire:

We hire our meeting rooms on weekdays & weekends.

Memberships & Volunteer's:

Can become member's or support us as volunteers.

Contact us:

Telephone : (04) 384 7017

Website : www.hearwell.co.nz

E-mail : hearwell@xtra.co.nz / hearwell01@xtra.co.nz

Age Concern Companion Walking Service

Would you like to go out more but find it difficult to go out on your own?

If you'd like to go for a walk in your community, to the park, local café or shops, then we can help.

Our carefully chosen and trained volunteer walking companions are keen to support you. We will match you with a local companion with similar interests so that you can enjoy a walk together.

Click [HERE](#) to see how one of our clients enjoys her walks with her volunteer

To find out more about this service or how to become a Companion Walker Please email ea@acwellington.org.nz or call 04 499 6648.

ASIST training has been around for 30 years, its continual updates are inputted by the latest research and the feedback given by over 2 million people across the world who have attended this high quality training. Many organisations have incorporated ASIST into their professional development for their employees. Its widespread use in various communities creates a common language to understand suicide safety issues and communicate across different organisational backgrounds



2 DAY - APPLIED SUICIDE INTERVENTION SKILLS TRAINING

- INTERNATIONALLY RECOGNISED
- PROVEN EFFECTIVE
- EVIDENCE BASED
- PRACTICAL TRAINING
- EXPERIENCED NZ & INTERNATIONAL TRAINERS

LOCATION: **Wellington**

DATE / TIME: **3-4 Feb 2021**

PRICE: **Prices available online**

Info / Booking Link: www.a-ok.nz/asist

Enquire: caroline@a-ok.nz

If you 10 or more people, we can organise private workshop at a discounted price.

ASIST TRAINING LEARNING OUTCOMES

1. Explore the impact of our attitudes in this conversation.
2. Ascertain suicide first-aid intervention skills through the proven-effective PAL framework
3. Develop safety plans that are adjustable to their needs
4. Increase flexible responses through practice opportunities.
5. Working together
6. Selfcare





auckland north community
and development
Te Runanga Ratonga Hapori o Te Raki-Pae-Whenua

Community Accounting Aotearoa is a free service which offers support, advice or assistance on financial matters.

Who is this service for?

Community groups within New Zealand are able to access this service free of charge.

- ◇ Struggling with your charities finances?
- ◇ Need help understanding the treasurer's role?
- ◇ Having difficulty completing your annual return and performance report?
- ◇ Need help understanding the financial responsibilities of a Governance Board or Committee?
- ◇ Unsure what financial and non-financial resources are available to assist your charity?
- ◇ Experiencing difficulty working with your accounting software?

How does it work?

- ◇ **Community Accounting Aotearoa** provides community groups outside the main centres with free assistance on financial matters. Teams made up of senior accountancy students will provide support using digital technology software such as Zoom and Adobe Connect.
- ◇ The students are supervised by volunteer Chartered Accountants. This provides accounting students with practical experience and encourages increased involvement in the community sector.
- ◇ Community groups require only an internet connection and a computer with a camera.

What do you need to do?

Step 1

Email geoff@ancad.org.nz
or phone 0210 546240

Step 2

Give some indication of the type of assistance your organisation is looking for.

Please note:

The matters on which students can advise will be limited to;

- ◇ Good practice and general accounting principles relevant to the not-for-profit sector.
- ◇ Assisting with document completion/form filling where appropriate.
- ◇ More detailed or complex queries will be referred to local Chartered Accountants.

This initiative is supported by the following organisations;

Auckland North Community and Development (ANCAD) |
Department of Internal Affairs | Massey University |
Foundation North | Auckland Council | Charities Services |
Chartered Accountants Australia and New Zealand | RSM

Community Accounting Aotearoa

Geoff Andrews

Project Manager

P: 09 486 4820

M: 021 054 6240

E: geoff@ancad.org.nz



EMPLOYMENT & VOLUNTEERING OPPORTUNITIES

Board Member Position Available

About the role and us:

The Wellington Women's Health Collective ("the Collective") is a small not for profit organisation that was formed in 1986 and since then has become an established part of the Wellington community.

We are in the process of forming a new board. The purpose of the Board is to direct the Collective toward achieving its purpose and to operate according to its values. The Board provides stewardship of the Collectives operations, reputation and resources.

What we are looking for

While you will be known for, your ability to advocate for, or work with, women's issues and deliver impactful outcomes, your capabilities will also include the ability to interact with a wide variety of stakeholders.

We are looking for someone who has experience in the not-for-profit sector and preferably, some experience in a governance role. The person will have a finance qualification, if specifically co-opted/elected to oversee the Collective's finances or a legal and/or HR background

Key accountabilities include

- As part of the Board, provide collective leadership in ensuring that the Collective operates in accordance with its own Rules and in furthering its purpose
- Promote and review as necessary the Collective's purpose and values
- Ensure the Collective's activities and transactions are advancing its purpose
- Promote transparency in decision-making
- Protect the reputation of the Collective
- Ensure the Collective is effectively managed

This opportunity should appeal to someone who wants to make a difference for vulnerable women in our community who need support referral or intervention.

For further information on the Collective, please visit our website wwhc.org.nz or email us on info@wwhc.org.nz. A job description is available on request. **To apply** if you wish to apply for the role, please send your CV and a covering letter to info@wwhc.org.nz by 5:00 pm on Friday, 12 February.

The Free Store Volunteering!

The Free Store is a community that gathers around surplus food. This kai is collected and redistributed from 65 local cafes and eateries & given to anyone, no questions asked.

The Free Store is back up n running for 2021 and we are always needing more people to join the team!

If you're wanting to get involved with day-to-day life - collecting food, drying dishes, handing out food, all while connecting with people in your neighbourhood - head on over to our website to sign up to volunteer!

<https://www.thefreestore.org.nz/volunteer>

Volunteering roles range between 2:30-7pm, Monday - Friday.

Recruiting for a New Employee Volunteering Coordinator!

Exciting New Year opportunity: Employee Volunteering Coordinator – (paid permanent role - 25 hrs a week)

Our Employee Volunteering programme coordinator, Lyne Pringle is leaving our team after 5 rewarding years in the role. Lyne has taken this amazing programme to another level.

We are looking for a dynamic and innovative person with strong relationship building skills and an ability to engage with a wide variety of stakeholders to take on this exciting role.

We have partnered with Kin to fill this key position. Here are the links to the advert posted both on [Kin](#) and [Seek](#). If you have any questions before applying, please contact nikkie.white@kin.co.nz.

We are reviewing applications as we go, with a close off date no later than **Monday 8th of February**.

Homework Club Volunteers Needed

KiwiClass are recruiting for more volunteers to help students at their Homework clubs, so if you have expertise in maths, English, social sciences or other NCEA subjects, and you are enthusiastic about working with young people, please contact the co-ordinator faith.barker@kiwiclass.org.nz 021 974 169 for more information.

CommUnity Job Vacancies

We are hiring for some CommUnity Ambassadors throughout the country!

Ambassadors will approach local Merchants (retailers) within their allocated area or areas. Your aim is to register Merchants on our CommUnity platform. Other roles include meeting and introducing community groups and their members to our program as well as managing/auditing 'CommUnity Fund' payments made to CommUnity Groups after an application process. This is a commission based role.

For more info, please contact Lizzy Murray – Regional Manager on 021 782 340
www.comm-unity.kiwi

Fundraiser Dementia Wellington



We are looking for an experienced Fundraiser to work up to 24 hours per week to implement our exciting new 3-year fundraising strategy. There is opportunity to work from home and with flexible hours across 5 days and school hours.

Dementia Wellington's vision is to support and inspire people to live well with dementia in our community. We are a small team of health professionals who cover the entire Wellington region.

We are about to kick off a brand-new fundraising plan and you will be instrumental in its success. This is a great role for someone looking to create and expand fundraising opportunities for the organisation, with lots of scope for autonomy and to really make your mark.

The ideal candidate will have broad fundraising skills and experience with proven success. It is important that you have a hands-on attitude and can cope with the technical aspects of the role – experience with fundraising CRM like Vega would be an advantage, along with the ability to run with exciting opportunities as they arise to boost our fundraising potential and the sustainability of our organisation. Attention to detail, excellent planning, prioritising and relationship management are all critical skills for this role.

This position reports directly to the Chief Executive, more information about our organisation can be found at <https://www.dementiawellington.org.nz>

Applications close 9 February 2021. To apply please email your covering letter and CV to Anne Schumacher, Chief Executive, anne@dementiawellington.org.nz Applicants must have NZ residency or a valid NZ work permit.

Community Support Workers - MASH Trust

The Hours: We have a fulltime position available working 80 hours a fortnight and a part time position available working 32 hours a fortnight in one of our residential homes in Karori. Flexibility to work weekends is a must.

Full time position hours - Male or Female applicants
Week 1 Monday, Wednesday, Thursday & Friday from 2.45pm to 11.15pm
Week 2 Monday, Tuesday, Wednesday, Friday, Saturday & Sunday from 2.45pm to 11.15pm

Part time position hours - This role is FEMALE ONLY, we can only accept females for this part time position This role specifically requires a Female as specified by the consumers needs, under the Health and Disability Code of Rights and as provided for under Section 27 of the Human Rights Act 1993.

Week 1& 2: Fridays and Saturdays 11pm to 7am
This position is available immediately for the right candidate.

What can we offer you?

- An excellent working environment
- Rewarding work
- Extensive ongoing training opportunities
- Medication Training
- First Aid Course
- And other learning and development opportunities in your chosen field
- Excellent overtime allowances and a minimum start rate of \$20.50 per hour
- Career growth and advancement MASH provides a wide range of support services for people with Mental Health, Intellectual or Physical Disability or Illness, alcohol and addiction and youth respite care

These services are offered either at the residential homes we support, or people who require support in their own homes, or in the community.

[Find out More or Apply](#) by 12 February

AWARENESS WEEKS

February – Hui -Tanguru

1 – 28 Heart Health Awareness Month

www.heartfoundation.org.nz/getinvolved/big-heart-appeal 01 FEB - 28 FEB 2021 [Heart Awareness Month](#)
Heart Awareness Month is an ideal time for workplaces to run events to raise money for the Heart Foundation's work and encourage their people to have their heart health checked.

01 - 28 [Stand up and move more in February](#) Get active during the last official month of summer - see how you can encourage your people to stand up and move more.

01 Feb - 31 Mar 2021 [Relay for Life](#) The Cancer Society's Relay for Life gives everyone a chance to celebrate cancer survivors and carers, remember loved ones lost to cancer, and fight back by raising awareness and funds.

1 – 28 Aotearoa Bike Challenge month

www.lovetoride.net/nz 01 FEB - 28 FEB 2021 [Aotearoa Bike Challenge](#) Get on your bike this February and take part in this nationwide cycling challenge.

2 World Wetlands Day www.wetlandtrust.org.nz/what-wedo/world-wetlands-day/

4 World Cancer Day www.worldcancerday.org/ 04 FEB [World Cancer Day](#) World Cancer Day is observed to raise awareness of cancer and to encourage its prevention, detection, and treatment.

6 Waitangi Day www.waitangi.org.nz/events

11 International Day of Women and Girls in Science
Science and gender equality are both vital for the achievement of the internationally agreed development goals, including the 2030 Agenda for Sustainable Development. Over the past 15 years, the global community has made a lot of effort in inspiring and engaging women and girls in science. Yet women and girls continue to be excluded from participating fully in science.
www.un.org/en/events/women-and-girlsin-science-day/

20 World Day of Social Justice www.un.org/en/observances/social-justiceday

TRAINING OPPORTUNITIES

Growing Resilient Children from Toddlers to Teens in an Age of Overindulgence 2021 Retreat

Take time out in a beautiful setting to work with the group, learning skills that you can transfer to your workplace or home.

This residential retreat will combine with the How Much is Too Much subject matter while teaching skills, supporting and inspiring you.

2021 Retreat

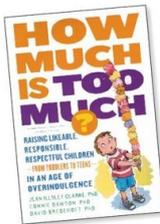
“Growing resilient children from toddlers to teens in an age of overindulgence.”

*Facilitated by Madeleine Taylor, People Skills Consultant.
Member ANZASW, Cert Level 2 Org Coach, Certified Mediator, Conflict Partnership Facilitator.*

Monday 15th February – Friday 19th February 2021
VENUE: Riversdale Beach, Masterton, New Zealand

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

Cost for five nights' accommodation, three meals a day, 40 hours training and a complementary “How much is too much?” book – \$995 incl GST.
Early Bird Rate: \$500 if booked and paid by 30th November 2020.



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

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

What the course covers:

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

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



Madeleine Taylor
People Skills Consultant



The fee of \$995 per person is all inclusive of accommodation, all meals, 40 hours of training, Jean's book and handouts. Plus a great vibe at a beautiful, relaxing location.

Dates: 15th-19th Feb 2021

Contact: Madeleine ph 027 211 6469
email: Madeleine@peopleskillsconsulting.co.nz, for enrolment and secure your place now!




ATAREIRA
Mental Health & Addiction Support for
Family Whānau,
Transitional Housing



Children Understanding Mental Health Programme

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

When: Saturday mornings
13, 20, 27 March 2021

Where: Porirua

Email: anne@atareria.org.nz



Technology Dependence

Understanding, Assessing & Assisting

with James Driver

Electronic devices have become an everyday part of nearly all young people's lives. International research shows that children and teens aged 8 to 18 spend an average of seven-and-a-half hours a day engaging with various forms of electronic media. While these technologies provide opportunities to learn, communicate and self-entertain like no other time in history, there are also many unknowns about the considerable social and emotional risks for young people associated with this kind of usage.

How does it impact on their developing brains? On their social skills and sense of connection to others? How does it affect their ability to concentrate, to focus and to learn? How much screen time is too much, and how would we know? Are words like 'dependence' and 'addiction' an appropriate way to describe problem usage? Are there links between this increase in screen usage and other mental health issues like depression, ADHD, anxiety, and aggression?

In this interactive one day workshop Christchurch based Psychotherapist James Driver will explore what the latest research and clinical evidence tells us in relation to these questions. James' background as a clinician, early-adopter of technology, and former video game addict gives him a unique perspective to discuss these issues and present techniques and approaches that can be used by educators, clinicians, helping professionals and carers to engage children and young people in an open, curious and non-judgemental way about their usage.

Specific content areas James will discuss as part of this interactive training day include:

- The impact of screen time on neurobiology and development, current thinking around issues such as 'maximum screen time', screen use and concentration, and screen 'addiction'.
- The signs and symptoms to look for that indicate usage may be problematic.
- The psychology of technology: the reasons why people use technology (their need for social connection, meaning, accomplishment, potency and identity) and the effect this can have on young people's wellbeing and mental health.
- How 'normal' use can develop into inappropriate, excessive or addictive usage habits - including detailed case examples relating to social media, gaming and pornography.
- Effective practical techniques for engaging with young people to get them thinking about their technology usage.
- Managing and/or treating technology related problems (with a specific focus on working with ambivalence, which is central to most types of problematic use situations).

Date: Monday 22nd March 2021
Time: 9:00am - 3:00pm
Where: James Cook Hotel Grand Chancellor, 147 The Terrace, WELLINGTON
Cost: **Only \$255:** Price includes lunch and tea break catering and presentation notes
Queries: Contact the Compass Seminars team on **06 7591647** or **office@compass.ac.nz**
Registration confirmation & invoice/receipt will be sent by email (please provide below)



Registration form for "Technology Dependence" Monday 22nd March - Wellington

Register Today!

Choose from one of these options:

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

Name:

Position:

Organisation:

Address:

City: Post Code:

Email:

Phone: Mobile:

\$255 Seminar fee enclosed (make payable to Compass Ltd), or

Please invoice to the above address

FUNDING

JR McKenzie Trust Regional Fund:

Te Anga Rautaki - J R McKenzie Trust's Strategy 2021-2030 J R McKenzie Trust's new strategy, Te Anga Rautaki, is the latest expression of the giving philosophy developed over the last 80 years by the McKenzie family; a philosophy grounded in respect for the mana and mahi of the organisations and communities it supports. **Funding will open on the 1st of April 2021.** [Read More](#) PH 472 8876 FAX 472 5367 EMAIL: info@jrmckenzie.org.nz WEB: <http://www.jrmckenzie.org.nz>

The Tindall Foundation

The following Programme Areas have been identified as a focus for donations: supporting families & social services; enterprise and employment; caring for our environment and preserving biodiversity; strengthening the 3rd sector; promoting generosity and giving. **Always open** The Tindall Foundation, PO Box 33 181, Takapuna, North Shore City 0740. PHONE: (09) 488 0170 FAX: (09) 486 2365 EMAIL: admin.ttf@tindall.org.nz WEB: <http://www.tindall.org.nz>

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

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

Generosity New Zealand

Funding information **givUS** offers access to more than 1,200 grants and schemes for communities, volunteer organisations, schools, groups, sport clubs and Iwi. Find assistance for nearly everything <http://generosity.org.nz/giv-us/>

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

WCC Creative Communities Scheme

This scheme supports and encourages local arts activities. Projects seeking funding from this scheme should meet one or more of the following criteria:

- Participation – the project creates opportunities for local communities to engage with, and participate in local arts activities.
- Diversity – the project supports the diverse artistic and cultural traditions of local communities.
- Young people – the project enables and encourages

young people (under 18 years) to engage with and participate in the arts.

To be eligible for funding, projects must take place within the Wellington city rate-paying area (includes Tawa, but not Lower and Upper Hutt or Porirua). Projects already receiving Creative New Zealand funding are not eligible. Contact a Funding Advisor if you intend to apply to the Creative Communities Scheme and any CreativeNZ fund.

You can register and apply online through our [funding portal](#). To find out more about these criteria, see the application guide: [Creative Communities Scheme application guide](#) (436KB PDF)

Applications Close 26 February 2021

NZ Community Trust Funding for any charitable, philanthropic or culture purpose, or any other purpose that is beneficial to the community or any section of it. This includes but is not limited to: Sporting clubs and amateur sporting teams, recognised social service or welfare agencies and educational organisations.

20th of each Month

National Grants Manager, NZ Community Trust, PO Box 10 857, Wellington 6143 PH: 0800 44 69 28 EMAIL: info@nzct.org.nz WEB: <http://www.nzct.org.nz>

Wellington Community Trust General Grants

In response to the challenges of the COVID-19 pandemic we have simplified our usual funding process. Our funding will continue to have a strong equity focus, and priority will be given to organisations supporting whānau and community wellbeing, particularly for those most impacted by direct and indirect consequences of COVID-19. This unprecedented situation is resulting in different and immediate needs for communities in this new environment; and our criteria have been tweaked to reflect these. To find out more go to <https://wct.org.nz/funding-2/our-grants/> **Always Open**

This Newsletter is produced by
Community Networks Wellington Inc. (CNW)
Ph (04) 385 3518, <http://www.cnw.org.nz>
email <mailto:office@cnw.org.nz>

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

Community Networks Wellington Inc. Gratefully acknowledge the financial support we receive from The Wellington City Council, COGS, The Wellington Community Trust and The MSD Community Awareness and Preparedness Grant Fund.