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**Community Networks Wellington Newsletter
July 2022**

COMMUNITY NETWORKS WELLINGTON July Network Meeting

Nau mai, haere mai!

You are warmly invited to the CNW July network meeting

Date: Wednesday 20 July 2022

Time: 11am – 12 noon

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

Please join us to share what your organisation is doing 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

For more information contact Debbie Delaney

Phone 385 3518 or email office@cnw.org.nz or visit www.cnw.org.nz

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

COMMUNITY NETWORKS WELLINGTON HOME PAGE

SUCCESS AT THE SUSTAINABILITY EXPO

This article is written by Marika Pratley based on an interview with Susie Robertson from The Sustainability Trust.

On Wednesday 6th of June, The Sustainability Trust co-facilitated the Sustainability Expo at Parliament. The expo featured over 35 stalls and numerous presentations from businesses, NGOs, researchers, and community organisations, committed to waste reduction and a sustainable future.

Over 330 people attended, including MPs, staff from various ministries, Councilors and council staff, members of the public and school children. It created an environment for all of these demographics to connect, build relationships and implement sustainable solutions across their communities.

“The idea was born out of a meeting between the Hon. Grant Robertson and his electorate office staff, the Zero Waste Network and Sustainability Trust. The purpose was to highlight all of the amazing work being done by businesses, social enterprises and community groups in the zero carbon, circular economy and zero waste space.”

The diversity of stallholders was key to the expo’s success, including organisations such as Reusabowl, Kaibosh Food Rescue, The Free Store, and Recycle a Device. All of these organisations initiate solutions for different aspects of waste management, providing alternatives for both individual consumers and businesses, reducing single use plastic, ensuring that food which would normally go to waste gets redistributed to those in need, or that electronic goods which often end up in the tip, are able to have their parts upcycled for fixing or creating new devices.

“We really wanted to promote a sense of hope, as there are so many amazing things already happening in our own backyard. If people walk away from the event understanding what they can individually or collectively do to help reach zero carbon, then we have succeeded.”



Photo: Ethan and Ty from The Free Store

For those who wish to implement The Green initiative into their workplaces or communities, the Sustainability Trust has recommended the following links:

Sustainable Business Network: <https://sustainable.org.nz/learn/tools-resources/climate-action-toolbox/>

[GenLess](#) has some amazing resources for small businesses.

Ākina: <https://www.akina.org.nz/corporate-government/social-procurement>

Check out our [Sustainable Enterprise Solutions](#). For future Sustainability Trust events and workshops subscribe to our newsletter and/or follow us on Facebook [Sustainability Trust | Facebook](#) [Repair sessions](#), like our [JustSew](#) session on Saturday 2 July, monthly [Street Clean-Ups](#), DIY workshops <https://zerowaste.co.nz/> <https://sustaintrust.org.nz> <https://www.linkedin.com/company/sustainability-trust/mycompany/>

UPCOMING CNW RADIO SHOWS WELLINGTON ACCESS RADIO 106.1FM

Wednesday July 6th 1.30PM Wellington Access Radio 106.1FM - Sasha and Achille from [Sever books](#), a not for profit/community publishing press, who will discuss community empowerment through DIY publishing

Wednesday 20th July 1.30PM Wellington Access Radio 106.1FM- Claire from [Grief Relief](#), who will discuss Grief Relief Tool Kit, a self help relief kit she has created. Listen to previous shows on [our website](#)

BETTER HEALTH RESOURCES NEEDED FOR PACIFIC COMMUNITY IN EASTERN PORIRUA

News from Pacific Health Plus

“The establishment of a new health system and appointment of Māori and Pacific interim chief executives has brought the promise of a more equitable and responsive health system closer to reality,” says Fiso John Fiso, chair of Pacific Health Plus, a primary healthcare provider in eastern Porirua. “It has brought much optimism to Māori and Pacific communities.”

“But time is of the essence as we anxiously wait to see successful execution of the plan ‘to do better’, and delivery of a health system that ‘recognises diversity of needs and ensures equity of outcome’.

“Appointments have been made, which includes a Director of Pacific Health in the third tier of the executive; the new health strategy is signed off, which recognises needs of Pacific are not well met; and now – we urgently need action on the ground.

“Because from where I stand, change is needed at speed to alter the day-to-day realities of the Pacific population in Cannons Creek, Eastern Porirua.

“The Pacific community in Porirua is the largest in New Zealand, outside of South Auckland, and it has had many promises made over the years with very little to show for it. 21% of the population identify as Pacific, 49% live in the highly deprived area of eastern Porirua.

“Not only does this group have the worst health outcomes, they are the only population group to have had statistics worsen, despite promises, appointments, strategies and investment.

“Mortality rates of adults are 74% higher than the average; life expectancy of babies are the lowest of all groups in the Wellington region. Cardiovascular admission rates to emergency are the highest and diabetes is three times as prevalent.

“What COVID confirmed to us was that the Pacific community is the most vulnerable to health outbreaks and continues to be over-represented in hospitalisation deaths.

“The health reforms signal this will change for Pacific communities. But we must ensure these changes are timely, appropriately resourced and delivered by ‘Pacific-for-Pacific’.

“We need to see metrics improve. We need to see the 10 year trend of worsening health for Pacific people in Porirua turn the corner. We need less diabetes and heart disease and higher life expectancy, in line with the trends of other population groups.

“Now is the time, the public has been galvanized – they acknowledge the inequality, see the need for change, and recognise that our Pacific New Zealanders have the same right as all other New Zealanders to lead healthy, full lives.

“So I call on those responsible for making this massive reform a success, bring the change you have promised, and bring it quickly, before more lives are lost,” concludes Mr Fiso.

June 23, 2022 [Scoop.co.nz](https://www.scoop.co.nz)

CALLOUS PAY OUTCOMES FOR CARE WORKERS AND OLDER PEOPLE

Grey Power has accused the Government of abandoning seniors and the health professionals who care for them.

The Support Workers (Pay Equity) Settlements Amendment Bill was rushed through Parliament this week with the reluctant support of all parties with the exception of one party. Grey Power Federation president Jan Pentecost said rushing the law through to give caregivers and aged care support workers a miserable 65 cents to 79 cents an hour increase made a mockery of the Government’s so called and much-repeated kindness philosophy.

“The debate and negotiations around the need for meaningful salary increases for the people who look after our most vulnerable frail older people has dragged on for almost five years. There was no need to ram this Bill through at the last minute and ignore the pleadings of so many people who have been through a very difficult time with Covid 19. They have gone well beyond what is reasonably expected of them during the pandemic and to treat them like this is not what we expect of any government. There is nothing very kind or admirable in that.”

Pentecost said support workers, their unions and all those who work in the aged care sector were justifiably angry with what she called the callous and offhand manner with which their reasonable requests were dismissed.

“Their voices have been silenced and our pleas to have these essential people properly paid and appreciated have been ignored. We share their anger and despair.”

NOTICES

SEEKING TWO BOARD MEMBERS

The Lower Hutt Women's Centre are looking for 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 if you have not had such experience.

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 and fundraising evenings which are held on weekend days or weeknight evenings.

Please send through a CV or information about yourself and skills to info@lhwc.org.nz. If you have any questions feel free to contact Pamela on 04 920 1009.

About the Lower Hutt Women's Centre

The Lower Hutt Women's Centre (the Centre) is a safe place for women and children. It is a place where we can grow and strengthen ourselves, our families and our communities and it has created fertile ground for participating, helping and healing within our community. The Centre is a community that includes a manager, counsellors, social worker and volunteers with a Board of Trustees providing oversight.

JUST SEW REPAIR CAFÉ

Sustainability Trust are running 'Just Sew Sessions' repair cafés at our place on the first Saturday of every month. Join us for a sewing session where you can finally fix that item of clothing or cushion cover you've been meaning to get to. Book the time slot you want and bring along 1-2 clothing or lightweight household items (cushion covers etc) for repair. We will supply all needles, thread, sewing machines etc and our skilled volunteers will assist you with fixes

such as missing buttons, tears, holes, hemming, and basic alterations. There will also be a DIY table for those who are confident at sewing alone but may not have access to a machine at home.

When: 1 – 4pm, First Saturday of every month (6th August, 3rd September, 1st October, 5th November)

Where: Sustainability Trust EcoCentre, 2 Forrester Lane, Te Aro, Wellington 6011

Tickets: \$5 each, book online at

www.sustaintrust.org.nz/our-events/repair-cafe

HOPPER REPAIR CAFÉ

Come along to Hopper Refill's repair cafe! Repairing rather than buying new is a great way to take climate action in your own life – and learn new skills along the way. Bring along 1- 2 items for repair - clothing or lightweight household items (cushion covers etc), small electrical appliances or that wooden item you've been meaning to have repaired. Our skilled volunteers will be here to assist you with fixes such as woodworking repairs, sewing fixes, and electrical faults.

When: 1 – 4pm, Saturday 13th August, Saturday 15th October, Saturday 11th December

Where: Hopper Refill, 11 Hopper Street, Mount Cook, Wellington 6011

Tickets: \$5 each, book online at

www.sustaintrust.org.nz/our-events/repair-cafe-hopper

COVID-19 TREATMENT MEDICINES AVAILABLE FOR HIGHER RISK PATIENTS

The Ministry of health advises that COVID treatment medicines Paxlovid and molnupiravir are available to New Zealanders who have symptoms, and are at a higher risk of hospitalisation. This includes Māori and Pacific peoples, those with complex health needs, older people and unvaccinated populations, and people with disabilities.

Both medicines are five-day courses of tablets or capsules. They need to be taken within five days of a person first developing symptoms for COVID-19. Mostly, they will be prescribed by a doctor following a clinical assessment.

For more information, visit:

The Ministry of health website [here](https://www.health.govt.nz/).

Unite Against COVID [here](https://www.uniteagainstdisease.org.nz/).

Health Navigator [here](https://www.healthnavigator.org.nz/).

free



MATARIKI KI TE MOTU KAIRANGI

**RĀHOROI 2 JULY
4 - 8.30PM**

**KARAKIA+HĀNGI:
6.30PM**

**MIRAMAR & MAUPUIA
COMMUNITY CENTRE
27 CHELSEA ST**

Nau mai
haere
mai! Kore
te utu!

Kia kāpunipuni tātou ki te whakawhanaungatanga, ā, ki te whakanui. Kia mahara tātou, kia wawata... kia moemoeā...

Gather, celebrate, reflect, connect, plan and aspire.

Kapa haka | Hula | Mirimiri | Raranga | Hāngi
(all free except hāngi \$10 eat-in only to
promote connection)

CHARITIES ACT CHANGES

The Government is progressing with plans to modernise the Charities Act. The changes include easing the financial reporting requirements for very small charities, increasing transparency on accumulated funds, and improving tribunal access for charities wanting to appeal decisions.

Greater transparency will be required of charities with annual operating expenses over \$140,000, requiring them to declare and explain any accumulated cash, assets or other resources.

For charities with operating expenses below \$140,000, the proposed new rules will relax financial reporting requirements so as to free up resources and allow volunteers to spend less time on paperwork.

An expanded Taxation Review Authority will hear appeals to significant decisions instead of the High Court and charities will be allowed to self-represent. A bill is expected to be introduced this year to make these amendments.

Read more [here](#). See the full list of changes [here](#).

REGISTER TO VOTE!

There's never a bad time to check you're registered to vote. The local election will be held later this year with voting closing on Saturday 8 October 2022.

If you're nearly 18, have moved house or haven't voted before, you can enrol and update your address details at www.vote.nz. For more information about the upcoming election for Wellington City Council, head to our [website](#).

NICE BIKE. LOCK IT. REGISTER IT FOR FREE!

Always locking your bike with a good strong lock is the best way to keep it safe, but if the worst happens, having it registered can be a huge help.

With Cycle Wellington, Greater Wellington, Police, and local bike shops, we're encouraging Wellington bike owners to register their bikes with [529 Garage](#).

It's a free app that makes it possible for other local app users to keep an eye out for missing bikes. Read more on [Our Wellington](#).

BANKING PROJECT

Have you, your organisation or your community had issues with banks? Community Networks Aotearoa wants to hear about them! Complete their survey [here](#) and find out more about their banking project [here](#).

CNA are currently in the consultation phase of this project, connecting with interested parties and collecting experiences and opinions for our networks.

Please share the survey far and wide so we have a range of data supporting this project!

[Click Here To Go To Info and Survey](#)

LOOKING FOR BOARD MEMBERS

Age Concern Wellington Region is currently recruiting to fill some vacancies on our Board due to terms coming to an end.

If you're interested in serving in Governance in our fast growing, high impact organisation, please read the information on our web site <https://www.acwellington.org.nz/join-our-board/> and contact our Chief Executive. ceo@acwellington.org.nz

The Board is responsible for the governance of the organisation, overseeing the performance and outcomes achieved by the management. The Board sets and monitors the strategic direction, and is accountable to the organisation's members.

NEWTOWN COMMUNITY CENTRE SOUP FRIDAYS

Fridays, 1pm - 2pm

Facebook event (<https://newtowncommunity.us7.list-manage.com/track/click?u=a0d97cebac66b8f48718f86a6&id=4b0866b0fa&e=83759743bc>)

Come join your community for top notch banter, free soup and salad! Sometimes it goes quickly - so we recommend turning up closer to 1pm. You're always welcome to stay and wash up the dishes or put away the tables and chairs. All welcome! Contact us (<mailto:info@newtowncommunity.org.nz>) with any questions.



Diabetes Wellington Inc.
"And you – Partners for life"

Have you recently been diagnosed with diabetes or know someone who has diabetes?

If so, Diabetes Wellington can provide help and support.

Contact us for detailed information about what you can eat, and to purchase products such as cookbooks, low sugar jams, sauces and toppings, specialised diabetes products including meters, insulin needles and much more.

We also provide supermarket tours, education classes and demonstrate our cooking classes.

Become a member of Diabetes Wellington and the Field Officer will provide one to one support.

Please contact us on:

Phone 499 5085, Email office@diabeteswellington.org.nz

Website diabeteswellington.org.nz

Or drop into our friendly Information Centre at:

Level 1, Room 3, Anvil House

138 – 140 Wakefield Street

Wellington

The Centre is open Monday to Friday 10am to 4pm.

CHARITIES SERVICES CONTACT CENTRE REMAINS UNAVAILABLE

Unfortunately, our Contact Centre is temporarily unavailable so if you want to get in touch, please email us at info@charities.govt.nz.

You can still call us and leave a message but due to significant call volumes at the moment, you may not always be able to leave a voice message. If you would prefer to talk, please send us an email and we will call you back.

RELEASE OF THE PROTECTED DISCLOSURES (PROTECTION OF WHISTLEBLOWERS) ACT 2022.

The Protected Disclosures (Protection of Whistleblowers) Act 2022 comes into force from 1 July 2022 and replaces the Protected Disclosures Act 2000. It continues the 2000 Act's purpose to facilitate the disclosure and investigation of serious wrongdoing in the workplace and provide protection for employees and other workers who report concerns. However, it makes changes to address issues and improvements that have been identified.

Public and private sector organisations have responsibilities under the new Act. All government organisations must have procedures for whistleblowing, and these will need to be updated. Private sector organisations need to be aware of the Act and how to handle protected disclosures made to them.

Information is on the Te Kawa Mataaho Public Service Commission [Protected Disclosures \(Protection of Whistleblowers\) Act 2022](#) page, and the Office of the Ombudsman's resources will be updated for the new Act.

Please contact commission@publicservice.govt.nz with any questions about this.

WELLINGTON CITY GLASS COLLECTIONS ON HOLD

With significant numbers of COVID-19 transmissions around the country, Wellington City Council's waste services are being affected. Unfortunately, 50 percent

of the Council's waste contractors are impacted by COVID-19 or other seasonal ailments, so there are currently significant delays in kerbside collections. Glass collections will be put on hold from Monday 27 June for an estimated two weeks. Find out more on [Our Wellington](#)

TE WIKI KAUMĀTUA SENIORS' WEEK 2022

Got a great idea for a community event? Every year in spring Wellington City Council celebrate Seniors' Week with a bunch of events especially for seniors across the city.

It wouldn't be possible without our partners and members of the community who put on these great events – so we need you!

This year's theme is Taonga, where we offer up ways to celebrate the amazing seniors living in our city and the things they treasure - whether that be through cooking classes, exhibitions, or picnics in the park.

Register your event before Friday 29 July at wellington.govt.nz/seniorsweek

THE FINDINGS ARE OUT FOR NONPROFIT AND COMMUNITY GOVERNANCE

The research into what effective governance looks like in community and not for profit organisations in Aotearoa/New Zealand has been both surprising & heartening. Join us to hear what we learnt from our recent interviews & surveys of the industry.

When: Online 5:45pm - 7:15pm Tuesday 5 July

Cost: Free (tickets are limited)

[Register Now](#)

YOUNG ONSET DEMENTIA SUPPORTER GROUP

A new online supporter group for whānau and supporters of people who develop dementia/mate wareware before the age of 65 has been established. The monthly online meetings are open to whānau and supporters living anywhere in NZ to discuss experiences and exchange practical information. To sign up, please contact: yodatonlinegroups@gmail.com or discuss with your dementia advisor.

evaro

empowering adults with disabilities



Evaro aims to support people with intellectual, physical, and sensory disabilities to enjoy active participation in their communities, to learn new skills and build meaningful relationships. We offer three services around the Wellington region to encourage independence and a better quality of life in the areas of home, work, and leisure.

Evaro

A day service focusing on life-skills and community participation. Our programmes are diverse and individualised, designed to support and build independence for adults living with intellectual disabilities in Wellington. Activities include music, art, cafes, outings, fitness, and cooking.

Evaro Employment

A supported employment service working with individuals to gain and maintain paid employment in the mainstream workforce and to thrive in their professional life. We endeavour to find employment opportunities for our clients with local businesses. We assist members to set long term employment goals and then work towards them. We support people to write or update CV's and cover letters, and assist with career planning, building confidence with applying for positions and attending interviews, support to understand employment contracts and workplace policy and procedures, and navigate workplace communications with managers and colleagues, and much more.



Evaro Transition

Making the move from high school can be a difficult time. Evaro Transition is our 1-year transition programme supporting students and caregivers during this period. Evaro Transition supports school leavers to transition from school to adulthood services and programmes. We offer a person-centred approach that involves setting goals and developing skills and experiences to help students make progress towards a purposeful and productive life after leaving school. During transition an individual student receives support to identify and achieve – or move closer – to their career and lifestyle aspirations.

Our services are free to members though some of the activities may incur a cost.

TRAINING OPPORTUNITIES

INTRODUCTION TO TE TIRITI O WAITANGI

Youthline Wellington's next Ongoing Education Programme workshop, *Introduction to Te Tiriti o Waitangi*, with Chloe Bisley-Wright and Laurie Forde, will be held on **Thursday 7th July at Te Pokapū Hapori** (105 Manners Street, Wellington).

This workshop is an introduction to Te Tiriti o Waitangi and will explore the relationship between Māori and Pākehā before the signing of Te Tiriti o Waitangi, why Te Tiriti o Waitangi was signed, and Te Tiriti itself. These learnings will be explored through interactive activities and group kōrero. Due to the interactive nature of this workshop, we won't be able to offer an online version - Thank you for your understanding!

For more information and registration, visit our [Eventbrite page](#).

Thank you to Wellington City Council for supporting this event.

Please feel free to forward this within your networks for anyone that may be interested.

Don't hesitate to contact our Education and Youth Development Coordinator, Abbey, at education.wgtn@youthline.co.nz should you have any questions regarding this event.

SELF ESTEEM FOR WOMEN TUESDAY EVENINGS

Facilitator: Diana Rickman
Course Duration: Every Tuesday evening
6:30pm – 8:30pm
Cost: \$5

Our self-esteem develops and evolves throughout our lives as we build an image of ourselves through our experiences with different people and activities.

Experiences during our childhood play a particularly large role in the shaping of our basic self-esteem.

When we were growing up, our successes (and failures) and how we were treated by the members of our immediate family, by our teachers, sports

coaches, religious authorities, and by our peers, all contributed to the creation of our basic self-esteem. The course is designed to give women the opportunity to develop awareness of how they live in the world, the influences on them and how they have the ability and power to make changes in their lives.

Women will be given the opportunity to:

- Develop skills to recognise the strengths in themselves
- Look at the areas of self responsibility and self reflection
- Be encouraged to develop awareness around how beliefs about self develop and grow
- Build their emotional connection with themselves and develop a greater awareness of their own feelings and emotions
- Feel a sense of personal power and belonging
- Celebrate positive aspects of being a woman

Find Out More <https://lhwc.org.nz/workshops/>

HE ROUROU ATAWHAI SESSION: GOVERNANCE - WHERE TO FIND RESOURCES AND SUPPORT



Free

Date and time **Wed., 6 July 2022, 7:00 pm – 7:45 pm NZST**

Location: Online

[REGISTER](#)

In this session we will give you pointers on where to find resources and support on governance.

About this event

We know that some charities aren't always able to attend our workshops and events during typical business hours, so we've designed a series of informal evening Zoom sessions to share information with you.

He Rourou Atawhai sessions are 45 mins long and will include short presentations and plenty of time for questions and answers where we will all learn from each other. In this session we will give you pointers on where to find resources and support on governance. [Register now](#) and we will send you the Zoom link the day before the event.



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: Tuesdays 3:30pm –5:00pm
2nd August - 20th September 2022

Where: Kapiti

Email: anne@atareira.org.nz

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).

Come along to refresh your knowledge of the road rules, find out how medication affects our driving and connect with others. Plus lunch is provided!

Courses start at 10am and run till 2pm

- **Wednesday, 20 July 2022, Miramar**
- **Thursday, 21 July 2022, Johnsonville**
- **Tuesday, 26 July 2022, Lower Hutt**
- **Thursday, 28 July 2022, Upper Hutt**
- **Thursday, 4 August 2022, Te Aro**
- **Monday, 8 August 2022, Seatoun**

For more information and to register, [click here](#)

LEAD CENTRE FOR NOT FOR PROFIT SPOTLIGHT ON GOVERNANCE

On Tuesday July 5 at 5.45 we will be sharing what we learned about good governance in Aotearoa. Join us to hear what we discovered when we researched how the great boards lead their community and not for profit organisations. [Click here to register](#)

Then on Wednesday July 6 at lunchtime, we invite all Chairs, aspiring Chairs and veteran Chairs to join us for a very practical session exploring the facilitation of good decision making in virtual meetings. [Click here to register](#) We are continuing with our monthly Governance Bytes online workshops, it is not too late to jump on the series: [Click here to register](#)

RETIREMENT REINVENTED

Wellington Highschool, 249 Taranaki Street Saturday, 1st July, 9.30am - 4.00pm
We can't control what happens in the future but we can be proactive, join this practical workshop with Angela Robertson to reinvent the way you think about retirement.

Find more info and buy your ticket here (<https://www.cecwellington.ac.nz/w/courses/1487-retirement-reinvented/95568>) [Webpage link](#)

MONTHLY POP-UP HUBS AROUND WELLINGTON

Join us for a cup of tea and make new friends at our free monthly pop-up hubs for seniors

- **Tuesday, 5 July, 12pm, Seatoun Village Hall**
- **Thursday, 7 July, 2pm, Stokes Valley Community Hub**
- **Tuesday, 12 July, 1pm, Linden Community Centre**
- **Tuesday, 28 June, 2pm, Vogelhorn Hall**

Please call [04 499 6645](tel:044996645) for details

HE ROUROU ATAWHAI ZOOM SESSIONS

Click the links below to sign up for the next two Charities Services' He Rourou Atawhai evening Zoom sessions!

He Rourou Atawhai (Basket of Generosity) are quick and informal Zoom sessions that consist of short Charities Services presentations on a particular topic, and lots of time for questions and answers.

[Governance: where to find resources and support](#) - Wednesday 6 July 2022, 7:00pm to 7:45pm

[How to apply for registration](#) - Wednesday 3 August 2022, 7:00 to 7:45pm

INCORPORATED SOCIETIES WEBINARS 20 AND 27 JULY CHARITIES SERVICES

Join us for a series of two webinars on the new Incorporated Societies Act 2022, which will enter fully into force around October 2023.

Presented by MBIE and supported by Charities Services, the webinars will look at:

[Changes for incorporated societies under the new Act](#) (20 July)

[Re-registering your incorporated society under the new Act](#) (27 July)

For more information or to register, click the links above.



NZ Sign Language — Level 1A

Learn NZ Sign Language ONLINE

Thursday mornings 10-12

Beginning July 28th

Every week for 10 weeks

On this course you will learn how to:

- Talking about family and whanau
- Communicating about daily routines and activities
- Expressing feelings and emotions discussing wellbeing
- Starting and making conversation
- Use facial expression as part of NZSL question grammar



Literacy Aotearoa
Choice Change Freedom

NO
FEES

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cspedding.208@literacy.
org.nz
to enrol

First Floor, 90 Dixon St
Te Aro
WELLINGTON

www.literacy.org.nz
Info.c7@literacy.org.nz

OUR WELLBEING IS OUR WEALTH ONLINE TRAINING SERIES

Our Wellbeing is Our Wealth Online Series consists of five 2.5-hour online workshops held on Mondays over 5 weeks - 1 August to 29 August - 9.30am - 12.00pm

Workshop Description

Government has signalled the centrality of wellbeing to its social and economic policies and to this country's recovery from the impact of COVID-19. The challenge is how do we move beyond wellbeing being just another 'buzz' word to a dynamic process that underpins the ability for individuals, whānau and communities to thrive and to be an instrument for systemic transformational change.

There are several internationally recognised wellbeing models and frameworks as well as local models such as Whare Tapa Whā.

The workshop will provide participants with an overview of:

- what is meant by wellbeing?
- the principles of wellbeing and how they can inform and shape social policy and service delivery
- how a wellbeing focus contributes to reducing social and economic disparities.

The training series provides a comprehensive overview of the theory and the practice of promoting wellbeing in communities and different settings, e.g workplaces. Using the latest research and evidence of efficacy, a major emphasis of each workshop is on participants exploring the practical application of wellbeing theory and principles to their work context as well as being able to critique and assess the efficacy of different approaches to promoting mental wellbeing.

Drawing on over thirty years of working in mental wellbeing, learnings from designing, implementing and evaluating mental wellbeing programmes including the pitfalls and solutions to common problems that arise will be shared.

It will be argued in the workshop that many "wellbeing" initiatives are lacking in evidence-based theory and principles; are more remedial than transformational; focus too much on individual behaviour change rather than applying a population health lens; and fail to address structural and systemic factors that negatively impact on individual and collective wellbeing. These failures often result in programmes that have minimal impact and where the achievement of long-term wellbeing outcomes is difficult to achieve and may in fact contribute to increased disparities in wellbeing equity.

As a workshop activity, participants will work on identifying key wellbeing outcomes for a workplace or community. An overview of the Mental Wellbeing Impact Assessment Tool which provides a systematic approach to assessing the impact of policy, workplace demands, service and programme delivery on people's wellbeing will be given.

The training does not offer a readymade mental health package approach but rather helps participants to:

- understand the underlying theory, principles and best practice in promoting wellbeing
- explore how to apply wellbeing principles to programmes and service delivery or individual professional practice
- learn about a methodology to develop wellbeing outcomes that are appropriate for the setting (e.g., a workplace) and create a wellbeing framework to underpin a wellbeing plan or initiative
- be familiarised with the Mental Wellbeing Impact Assessment Tool
- critically assess appropriateness and applicability of mental wellbeing programmes or approaches for target audiences

Training Series Programme

Workshop 1: (1 August) Theoretical foundations of mental wellbeing Different outcomes for different purposes - the difference between welfare, wellness and wellbeing approaches Not the same thing - why a mental illness approach and a mental wellbeing approach are not the same

Workshop 2: (8 August) Well settings facilitating thriving individuals - applying a population focus The 'new normal' - the role of coping, adjusting and adapting The emerging social pandemic - loneliness and social isolation

Workshop 3: (15 August) Social and cultural determinants of Wellbeing The Wheel of Wellbeing The role of place and environment

Workshop 4: (22 August) Agents of Wellbeing Collaborative partnerships for wellbeing - collective impact for transformational change

Workshop 5: (29 August) Designing a wellbeing programme Introduction to a wellbeing outcomes framework and developing a wellbeing programme logic

[Register Now](#)



Facilitation Skills Workshop

The role of a facilitator is to support you and your group to have the conversations that you need to have.

Join Madeleine Taylor who will provide tools and processes that supports the work of the group.

Date: Thursday 14th July 9.30am – 4.30pm

Venue: The Collective Community Hub, 1/33 Johnsonville Road, Johnsonville, Wellington 6037

Book here: <https://www.peopleskillsconsulting.co.nz/product/facilitation-skills-workshop/>

Parenting Workshop – Raising Resilient Children In An Overindulgent World

An opportunity to work with Madeleine Taylor – [Resilient Kids](#) - learning to use the Parenting Road Code to develop your parenting skills.

Why not join us as we work through the 6 building blocks of the 'Parenting Road Code' to develop individual strategies for you as a parent?

Date: Monday 8th August 2022 9.30am – 2.30pm

Venue: The Collective Community Hub, 1/33 Johnsonville Road,



Book here: <https://resilientkids.org.nz/product/parenting-workshop-raising-resilient-children-in-an-overindulgent-world/>



Supervision Masterclass

Ideally suited to experienced Supervisors

Are you 'stuck-in-the same-rut' as a supervisor and want new direction to bring to your future sessions?
Or, would you like the opportunity to re-fresh your practice as an experienced supervisor?

Why not join Madeleine Taylor for a 'masterclass'!

Date: Wednesday 17th August 2022 9.30am – 1.00pm

Venue: The Collective Community Hub, 1/33 Johnsonville Road, Johnsonville, Wellington 6037

Book here:

<https://www.peopleskillsconsulting.co.nz/product/supervision-masterclass/>

CHAIR'S FORUM - MORE THAN BUMS ON SEATS

The chair of an organisation can be both rewarding and challenging. [LEAD](#) invites not-for-profit chairs to join us for 90 minutes of connecting and conversation on being the leader of a team that makes a difference.

When: Online 11:30 - 1:00 pm, Wednesday 6 July

Cost: Free

[Register Now](#)

AWARENESS WEEKS

JULY – HŌNGONGOI

Workplace Wellbeing for July - How does your workplace support mental wellbeing? Create a [mental wellbeing policy](#), use the [Five Ways to Wellbeing at Work Toolkit](#), and share these [small steps](#) to support mental health.

[World Population Day\(external link\)](#) Monday 11 July 2022

Kiribati Language Week Sunday 10 July - Saturday 16 July <https://www.mpp.govt.nz/programmes/pacific-language-weeks/kiribati-language-week/>

Eid al-Adha Wednesday 13 July 2022 Check for celebrations in your area

28 World Hepatitis Awareness Day www.who.int/campaigns/world-hepatitis-day

30 International Day of Friendship www.un.org/en/observances/friendship-day

Cook Islands Language Week 2022 Sunday 31 July – Saturday 6 August <https://www.mpp.govt.nz/programmes/pacific-language-weeks/cook-islands-language-week/>

AUGUST – HERE-TURI-KŌKĀ

Workplace Wellbeing for August - Winter's nearly over! Use our [Sit Less, Move More](#) resources to help get people up and moving.

1 – 7 World Breastfeeding Week <https://wellplace.nz/event-calendar/aotearoanew-zealand-breastfeeding-week/>

9 International Day of Indigenous Peoples www.un.org/en/observances/indigenous-day

World Youth Day 12 August

26 Cancer Society 'Daffodil Day' www.daffodilday.org.nz

CONFIDENT & COMPETENT SUICIDE PREVENTION TRAINING SERIES WELLINGTON

**RISKY BUSINESS:
WELLINGTON THURSDAY 11 AUGUST
CUSTODIANS OF HOPE:
WELLINGTON THURSDAY 8 SEPTEMBER**

Designed specifically for the New Zealand context, this training addresses the concerns made by coroners' findings and is being recommended by counsellors all over the country as "must attend" workshops.

TRAINING SERIES DESCRIPTION

Consisting of two one-day workshops, the Confident and Competent training series provides a comprehensive suicide intervention training programme. Rather than a siloed approach to assessment and support strategies, this training programmes highlights the interconnection between the two and presents the two competencies as part of a single continuum of suicide care.

The two workshops are:

1. Risky Business: The art of assessing suicide risk and imminent danger - [Find Out More or Register Here](#)
2. Custodians of Hope: Supporting the suicidal person [Find Out More or Register Here](#)

While the training series is designed as a two workshop package, you can opt to attend only one workshop. However, because the content is designed as an incremental learning process across the two workshops, attendance at only one will likely mean a disjointed learning experience.

To Register for both events [click here](#)

EMPLOYMENT OPPORTUNITIES

ST VINCENT DE PAUL – VACANCY

We are on the lookout for a Manufacturing Supervisor for our Altar Breads team, here at St Vincent de Paul Newtown.

The position will be busy, challenging, rewarding, and for a great cause! You will be responsible for the manufacturing processes of the altar breads, maintaining the production of altar breads, and the supervision of our great team of staff with intellectual disabilities.

This includes a high standard of customer service, excellent health, safety, and hygiene management, and maintaining stock management of the altar breads. We are seeking a committed individual with a positive and cooperative attitude as well as a lot of patience and empathy.

What we can offer you:

- *Positively contribute to our social and welfare programs
- *Work with highly passionate people in a supportive and inclusive environment
- *Rewarding work

If this sounds like you then feel free to contact manager@vinnieswgtm.org.nz

WELLINGTON TIMEBANK

Are you a people person? Keen to get into community work? Come & lead the Wellington Timebank, an equity-centred community of people, sharing skill.

Find out more here: www.seek.co.nz/job/57364907

NEWTOWN COMMUNITY & CULTURAL CENTRE SMART NEWTOWN

Are you computer savy with a passion for tech? Friendly & love teaching peeps new skills? Do you think all people should have access to computers & the internet?

Find out more here: www.seek.co.nz/job/57320593



**Wellington Women's
Health Collective**
Wāhine Ora o Te Waimāpihi

PART TIME COUNSELLOR 15.5 HOURS (PAID)

The Wellington Women's health Collective is a small not for profit organisation that has at its heart the well-being of women. It was formed in 1986 and since then has become an established part of the Wellington Community.

We are very pleased to be able to offer a part time paid role as a Counsellor at the Collective. We have an established history offering short-term low-cost counselling with volunteer counsellors and we are excited to build on this and increase our capacity of counselling spaces for our clients. Initially this role is for one year and may be extended if we can secure further funding.

We are looking for a qualified and NZ registered Counsellor who is enthusiastic, well organised and committed to supporting the women of Wellington. This role will be based at our offices in the CBD and will primarily involve seeing clients on a one-to-one basis.

For further details including the job description visit wwhc.org.nz

Please send your application, CV and covering letter to recruitment@wwhc.org.nz by 9 am Monday 25 July 2022. We will be interviewing on Friday 29 July 2022. [Job Description for part time Counsellor](#)

COMMUNITY LAW WELLINGTON & HUTT VALLEY

Kaiwhakahaere Kiripaepae/Receptionist- Wellington

We are looking for a new receptionist in our Wellington office. This is a part-time, permanent position of 20 hours a week

Administrative Assistant – Restorative Justice We're looking for a 14 hour/week assistant to our RJ team.

Rōia Hapori- Kainga (Community Lawyer- Housing)

This is a full-time position, on a fixed term basis from June 2022-June 2023 (due to funding reasons) and is mainly based from our Pōneke office.

Find out more about these roles [here](#) or on the [CLWHV website](#)

Winter Group Show

13 July - 10 August



Grape Vase by Zhao

VINCENTS GALLERY

WILLIS STREET VILLAGE, 5 / 148 WILLIS ST.

You are very warmly invited to attend the opening
of an exhibition of works by Vincents' Artists
5:30pm, 13 July 2022 All welcome!



FUNDING

LOTTERY COMMUNITY FUND IS OPEN!

22 June - 20 July 2022

Offering grants to help improve the quality of people's lives in the community.

APPLY NOW

For more information:

Email your local community advisor lowernorth&nelson@dia.govt.nz

Visit <https://www.communitymatters.govt.nz/lottery-community/>

Read the priorities for the [Wellington / Wairarapa Committee](#)



Te Tari Taiwhenua
Internal Affairs

CLIMATE & SUSTAINABILITY FUND INFORMATION EVENINGS

If you have an initiative, project, or even just a seedling of an idea about how you can help Wellington become first to zero - we invite you to come along and attend one of our information evenings in July. The Climate and Sustainability fund supports communities and businesses in Wellington City to undertake climate action.

To register, [visit the WCC website](#)

JR MCKENZIE TRUST REGIONAL FUND The J R McKenzie Trust makes grants to community organisations in New Zealand, mainly in the areas of social services, health services and community development.

Expressions of Interest (EOI) for the next round of Impact Grants funding **close Friday 8th July**

Find out more here <https://www.jrmckenzie.org.nz/funding/>

JR McKenzie Trust, PO Box 10 006, The Terrace, WELLINGTON PH 472 8876 FAX 472 5367

EMAIL: info@jrmckenzie.org.nz

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

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

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.tff@tindall.org.nz

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

This Newsletter is produced by
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The opinions expressed in the CNW Newsletter are not necessarily those of the CNW Committee.

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However, we cannot accept responsibility for error.

Community Networks Wellington Inc.
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