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Community Networks Wellington Newsletter  
May 2020

## COMMUNITY NETWORKS WELLINGTON

**Kia ora CNW Members**

**Due to the COVID-19 virus we have a couple of minor changes to our usual way of working .....**

### **NETWORK MEETINGS**

All our future network meetings are on hold until the medical advice suggests group gatherings are safe.

### **NEWSLETTER AND SUPPLEMENTS**

We are currently unable send out our hardcopy newsletter. This means we will only be sending it out electronically again this month  
Email supplements will continue unchanged  
Please continue to send through anything you would like sent out to the network  
[newsletter@cnw.org.nz](mailto:newsletter@cnw.org.nz)

### **OUR DAY TO DAY BUSINESS**

Our staff both work from home, so as long as they stay well our normal day to day working should not change.

### **OUR WEBSITE**

We are continuing to update our Website regularly, it contains Links, Resources and Information relevant to community organisations. (See Page 1 for Quick Links)  
We are happy to include anything you may think is of value.  
Please forward to [newsletter@cnw.org.nz](mailto:newsletter@cnw.org.nz)



# COMMUNITY NETWORKS WELLINGTON HOME PAGE

## As We Step Down to Level 3 Will there be Any Changes to Your Organisation's Services?

Thank you to those groups who have updated us with the changes to their services during lockdown.

The latest updated list can be found on our webpage under the [resources link](#)

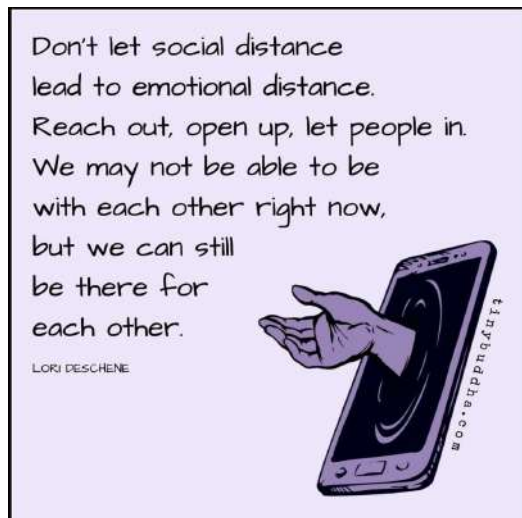
We are continuing to upload information and resources onto this page as they come in, so please feel free to send us anything you may think is of value and forward the link on to anyone who may need the information.

## Community Networks Wellington COVID-19 Pages

- [Community Sector Resources and Information](#)
- [Latest Disruption of Community Services List](#)
- [Employer Information and Working from home](#)
- [Funding information for community Groups](#)
- [Emergency Food Services Guide and Information](#)

## CNW Membership Subscriptions

Thanks to those who have already paid their membership Subs for the coming year. For those who have contacted me concerned that they need more time please don't worry, we understand this may not be a high priority at this time. We will continue to send out Newsletters and Supplements to all on our database in the meantime.



## How Age Concern is Helping Seniors Get Through

Helping our seniors connect with their community in an important part of what we do and now it's more important than ever. Fortunately, some of our most isolated and vulnerable people in the community are already connected with volunteers through our Volunteer Visitor Service. However, over the next few weeks and months there will be many more people needing volunteer support.

### What we're doing

- **Help with shopping and essential items** – We'll connect seniors who need help with shopping with volunteers in their area to ensure they are able to stay safe at home. Shopping will need to be left in an agreed place so you can maintain distance. We're also asking people to try and limit the use of cash where possible by coming to an arrangement for reimbursement. This could be by online banking or cheque – please do not share bank cards or PIN numbers. We also recommend setting a limit to the amount to be spent to ensure there's no confusion.
  - **Advice and support** – we're continuing to give advice and support to seniors by phone and email on the contacts below.
  - **Become a phone friend** – volunteer to give someone a regular call to make sure they're okay and keep their spirits up. Whether you're older or younger it's nice to have a friendly chat.
  - **Become a pen pal** – bring joy to someone's day and rediscover the lost art of letter writing. Letters can be sent by email and NZ Post when possible. We'll match people who would like to keep in touch through a regular letter.
  - **Our weekly Chatter email newsletter** will provide information, encouragement and entertainment! If you use email please sign up to Chatter. We know not everyone has email so we're asking volunteers to print and deliver it to seniors in their area.
- Helping seniors stay fit** with our online Steady As You Go exercise class – [click here](#) to watch and join in on YouTube.

If you would like to request help with shopping please call 04 499 6648 or 04 499 6646 or email [info@ageconcernwellington.org.nz](mailto:info@ageconcernwellington.org.nz).

If you would like to volunteer, please complete the form below so we know where you are and how you'd like to help.

Please keep in touch with what's happening through our weekly Chatter email newsletter. [Subscribe here](#).

[Want To Help? Sign Up Here](#)

## Lifeline Provided To Homeless And Struggling Whānau In Lockdown

April 28, 2020

Press Release – Te Puni Kōkiri

Homelessness, affording newborn baby supplies or struggling to pay for power are some of the issues keeping Ngāti Kahungunu Whānau Services flat out supporting Wellington’s most vulnerable during COVID-19.

“We have been moving people that were living in tents, in cars, sleeping rough and all sorts, into housing. There’s also been lots of severe overcrowding,” says Kahungunu Whānau Services CEO Ali Hamlin-Paenga.

Te Puni Kōkiri funding from the Government’s Whānau Māori Community and Marae Response Fund has helped the Wellington service provide whānau with essentials like food deliveries and pay for power bills, mobile phones and data top-ups.

The wrap-around social support Ali’s team deliver includes helping whānau with chronic health conditions, drug and alcohol addictions, and supporting those in intergenerational homes (from babies to 80 year olds) to stay safe.

“The number of food deliveries have tripled since week one. We are supplying hygiene packs as incomes don’t allow for basic hygiene products, and this includes packs for newborn babies.”

“It’s about eliminating risk, but Māori must receive a high level of support and priority care because of the complex health needs our people carry,” Ali says.

The frontline Kahungunu team found that the lockdown exposed more homelessness, but they are pleased they could house their 50 homeless families.

Ali says that a lot of whānau are also in cramped living conditions with 15 people living together in a 3-bedroom home, which brings about different pressures.

“Many of our whānau lost their part time jobs which meant they were unable to pay power and rent. We have been supporting them to access the available payment options, including the Te Puni Kōkiri

support, and this has contributed to reducing stress levels.”

“We’ve also been trying for home internet connections but that’s not been available so mobile data has been the way to go,” she says.

Acting Regional Manager for Te Puni Kōkiri (Te Tai Hauāuru), Jennie Smeaton says it is essential we provide for Māori that need our support the most.

“The important work of Ali and her team demonstrates how vital these services are and across the country whānau, iwi and Māori organisations have been resolute in protecting their most vulnerable.”

“We’ve also been heartened by the way Māori providers have banded together to care for Te Ūpoko o Te Ika whānau,” she says.

A gap that has been important for Ngāti Kahungunu Whānau Services to fill is ensuring the COVID-19 Government messages reach the families they support.

“You need technology to hear the Prime Minister’s messages and sometimes whānau don’t have access to these things. These whānau are lucky if they have one phone.”

“So, the funding is really helping with that and our team will share important public messages when we are dropping phones off. We are also supplying TV’s so that kids can keep up with the way education is being delivered,” Ali says.

Ali says there needs to be good planning around the impact of COVID-19 on Māori in the long term as she’s concerned inequalities will increase.

“If we are not mindful of these circumstances, our people will suffer the most in the economic downturn.

Right now, we are getting game-ready to move the whānau in emergency housing into transitional housing in Alert Level Three.

This is about whakapapa and the future of our next generation,” she says.

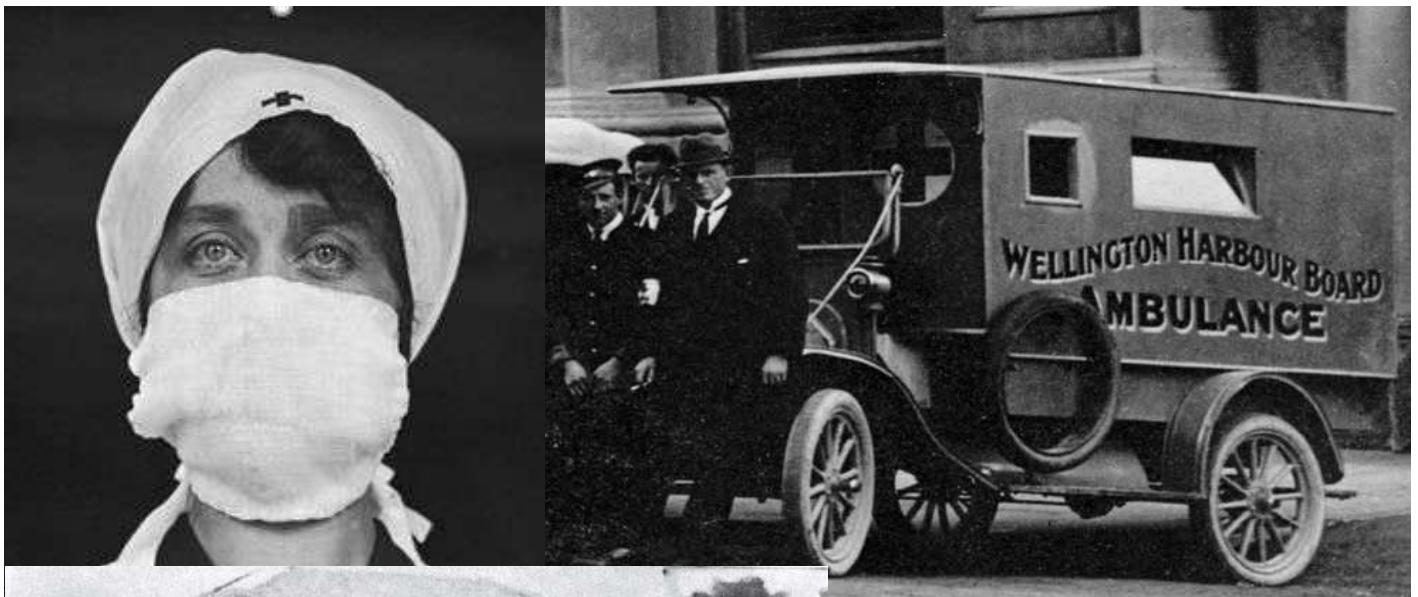
## We Have Been Here Before The 1918 Pandemic Killed Around 9000 New Zealanders?

An influenza pandemic (world-wide epidemic) struck New Zealand between September and December 1918, just at the war's end. No other event has killed so many New Zealanders in so short a time.

In only two months, about 9,000 New Zealanders died — about half as many as in the whole of the First World War. Around the world, the pandemic infected hundreds of millions, and killed almost three times as many as WWI.

To Read More about the Government responses at the time, and what changes came about, see the links below...

<https://www.parliament.nz/en/get-involved/features/centenary-of-the-1918-flu-pandemic/>  
<https://nzhistory.govt.nz/culture/influenza-pandemic-1918>



### WELLINGTON CITY COUNCIL NOTICE TO CITIZENS.

## Precautions Against INFLUENZA!

**Keep away from Crowds.**

**Always Cough or Sneeze into  
a Handkerchief.**

**Use a Simple Spray for the Nose and  
Gargle the Throat.**

A suitable Mixture is made by adding Salt—  
half-teaspoonful to a cup of warm water,  
coloured faint pink with Condy's Fluid or  
Crystals of Potassium Permanganate.

**Go to Bed at onset of symptoms,  
keep warm, remain in Bed till all  
Fever has disappeared, and if  
possible remain indoors for two  
or three days longer.**

## Strathmore Park Community Centres Team Steps Up

The team at the two Community Centres in Strathmore Park is doing well and we hope you are too.

Shutting both of our Community Centres so quickly to create workplaces in our homes was a challenge.

Ideas of a relaxed working from home arrangement changed to 'hit the ground running' when we learned we could distribute Kaibosh food as an essential service.

How are we going to get food to the people? Who is isolated? Who most needs help? With a lot of 'Zooming' and touching base with the incredible teams at Kaibosh, Wellington City Council, social services and other Community Centres in Wellington we've worked out ways to still support the community whilst the centres are closed.

Amongst all this whirlwind of newness, we excitedly welcomed Nerisa Toelupe the new Centre Coordinator for our lovely space at Raukawa Community Centre. She's touching base via phone with community members to help with connecting people, especially those who may need food or other welfare help.

If you are missing some of our regular activities at the hall, we can link you to some online outreach programs and keep you updated as we respond to any changes in Covid-19 restrictions.

If you need to touch base with any of the team, please email or phone. Also, like our Facebook page as we are putting updates up that may be of help.

Take care, stay well and we hope you are at least able to enjoy some of this new way of living within your immediate surroundings.

Kia Kaha

Toni Taylor, Strathmore Park coordinator,  
[strathmore@spcc.org.nz](mailto:strathmore@spcc.org.nz) 021 027 91402

Nerisa Toelupe, Raukawa coordinator,  
[raukawa@spcc.org.nz](mailto:raukawa@spcc.org.nz) 021 022 00723

Fiona Prestidge, Manager, Strathmore Park  
Community Centre Trust, 022 506 2288

[https://www.facebook.com/  
strathmoreparkcommunity/](https://www.facebook.com/strathmoreparkcommunity/)

Check out Nerisa's greeting and bio



Talofa lava everyone!

My name is Nerisa Toelupe and I have the pleasure of being the new Raukawa Community Centre coordinator following the departure of the lovely Ava Sanganoo.

I am of Pacific Island descent and have spent the past 10 years working within the Financial sector in Banking services and Insurance. Currently, I am a 3rd year student, studying towards my Bachelor of Applied Social Work.

My first official day fell on the first day of the Covid-19 lockdown, so to describe the first 2 weeks as a whirlwind would be an understatement!

Nevertheless, I am very happy to officially be a part of the Strathmore Park and Raukawa community centre whanau.

*'He aha te mea nui o te ao? He tāngata, he tāngata, he tāngata'* I am passionate about many things, but this proverb sums up exactly why I decided to pursue a career within Community Development and Social Services – our people are important. I place great value on Kotahitanga and Aroha, and I am hopeful in building the Raukawa Centre into a place rooted in these values.

I'm really excited to hit the ground running and I look forward to meeting you all in person!

Until then, 'He waka eke noa!' - We're all in this together!

Faafetai lava, Nerisa Toelupe

## NOTICES

### Youthline Wellington's Digital Appeal April 9th - May 17th 2020

Due to the COVID-19 pandemic, Youthline Wellington will be connecting with their community through their Digital Appeal from April 9th - Sunday May 17th (the end of Youth Week)

Our Digital Appeal is an opportunity for Youthline Wellington to promote our services, connect (using the power of the internet!) with our community, and collect donations to support the ongoing operations of our organisation - all while remaining in the safety of our homes!

#### Get Involved!

Digital Volunteers will take to the web to promote Youthline Wellington's services and encourage the people in their lives to donate. They will have until the end of Youth Week, on Sunday May 17th, to collect donations.

To become a Digital Volunteer, create your fundraising page here: <https://givealittle.co.nz/r/youthline-digital-appeal-2020>. This page template has been partially completed for your convenience, so simply fill in the gaps and change anything you wish to change.

If you do not wish to become a Digital Volunteer, but still want to support us, simply become a Digital Donator! Donate to our Digital Appeal Give a Little page here: <https://givealittle.co.nz/cause/youthline-wellingtons-digital-appeal-2020> by selecting 'donate.'

#### Our mahi

Youthline has been supporting young kiwis for 50 years! Every year our helpline counsellors receive thousands of calls, texts, emails, and webchats from those in need.

Youthline Wellington has the pleasure of connecting with young people and our community by providing ongoing education, support, and development opportunities through the programmes we run. Find out more about our programmes here: <https://www.youthline.co.nz/wellington-community-programmes.html>

The wellbeing and development of youth in New Zealand is top priority for us. At a time when New Zealand has the highest rates of mental health conditions in the world, we are finding as many ways possible to make a difference.

With your support, we will be able to continue providing valuable support and development services to rangatahi in Aotearoa. *Aroha mai, Aroha atu (love towards us, love going out from us).*

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### Want To Help During The COVID-19 Response?

Volunteer Wellington are receiving many calls from people who want to help others in the community, and we are working with other agencies to ensure there is a co-ordinated and safe way for this to happen. In the coming days, weeks and months, help will be needed in a variety of ways. We have uploaded a COVID-19 response voluntary role on our website for people wanting to offer their assistance. We will contact them when we know more about the support required or we will pass their details to the organisation that can best use their help.

[www.volunteerwellington.nz](http://www.volunteerwellington.nz)

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### Need Supervision, Leadership Coaching or Just to Let Off Some Steam?

I am a social work supervisor and leadership coach. Letting people know that I am offering pro-bono over the phone "chats" if anyone wants to let off some steam. This could be for family members as well as colleagues and clients.

If people are wanting supervision and the organisation does not usually have a budget then I am offering a 50% discount during this time until we get back to level 0.

Nga Mihi,  
**Madeleine Taylor.**  
**People Skills Consultant**  
**027 2116469**



[www.peopleskillsconsulting.co.nz](http://www.peopleskillsconsulting.co.nz)

## COVID-19 Response. Electricity and gas issues? Consumer tips.

- Contact [Utilities Disputes](mailto:info@utilitiesdisputes.co.nz): 0800 22 33 40 [info@utilitiesdisputes.co.nz](mailto:info@utilitiesdisputes.co.nz)

Now, more than ever, it's important to stay connected and to ask for help when you need it. Utilities Disputes is here to help with questions or complaints about electricity or gas. You might have issues with your bills, your plan, customer service, supply, disconnection, switching, or your meter to name a few. We will listen, ask the right questions, look at your issue or guide you in the right direction.

- **Worried about paying your bills? See:** [www.covid19.govt.nz](http://www.covid19.govt.nz)  
[www.workandincome.govt.nz](http://www.workandincome.govt.nz)

If you are facing financial stress and worried about paying your bills, contact your provider and ask what your options are. If your income has been affected by COVID-19, the government's financial support package includes wage subsidy support, mortgage holidays and business support, and an increased winter energy payment. See the [website](#) or call the free helpline: 0800 779 997

[Work and Income NZ](#) may be able to provide financial assistance, including help with urgent utility bills if you have no other way to pay, regardless of whether you receive a benefit or not.

- **Bill payment options**

If you normally pay your bills in person or by post, contact your provider to discuss alternative payment methods. Some providers can take payments over the phone or online.

- **Increased bills from increased energy use at home? See:** [www.eeca.govt.nz](http://www.eeca.govt.nz)

Using more energy at home can cause your bills to increase. Energywise tips for reducing your energy bills can be found on the Energy Efficiency Conservation Authority (EECA) website, which also offers funding for home heating and insulation to eligible households.

- **Switching plans or providers? See:** [www.powerswitch.org.nz](http://www.powerswitch.org.nz)

Being on the plan that best suits your energy use can save you money. Ask your provider to check if you are on the cheapest plan to suit your lifestyle and energy use. You can compare energy plans and energy providers at Powerswitch, which is a free and independent service.

**Utilities Disputes is here to help. Contact us and we'll look at your issue or get you to the right place. Ph: 0800 22 33 40 Email: [info@utilitiesdisputes.co.nz](mailto:info@utilitiesdisputes.co.nz) Web: [www.utilitiesdisputes.co.nz](http://www.utilitiesdisputes.co.nz)**

## Diabetes Wellington Is Here For You They Are Still Delivering Essential Diabetes Products Through Their Online Store

Diabetes Wellington is a registered charity doing great work supporting people with diabetes in the wider Wellington Region. They normally have a drop-in centre in Central Wellington which has had to close during this time but they are still able to operate out of a home office.

For help and support they have diverted their phone to their Field Officer, she will answer or please leave a message and she'll return your call. Phone: 04 499 5085 Monday – Friday 10.00am to 4.00pm.

They are still able to sell essential diabetes products through their online store which has been updated to show what is currently available. They have a wide range of products, such as meters, lancets and lancet devices, glucose tablets and sachets etc, so if you need anything go to [www.diabeteswellington.org.nz](http://www.diabeteswellington.org.nz) and they'll get that sent out to you; they also take orders by phone or email.

They have insulin pens that can be sent out if you need a replacement pen, please phone or email for one of these. There is no charge for insulin pens for members and a \$30 charge for non members (plus courier).

They are here to support all people who have diabetes throughout the lockdown, so please do not hesitate to call.

Contact details are, phone: 04 499 5085 or email [fieldofficer@diabeteswellington.org.nz](mailto:fieldofficer@diabeteswellington.org.nz)

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## New Wellington Food Directory

Wellingtonians can now easily find the food they're craving with the launch of '[At Yours](#)', a new [regionwide directory of eateries](#) offering takeaways and delivery at Alert Level 3.

Brought to you by the team behind [Visa Wellington On a Plate](#) and supported by [WellingtonNZ](#), 'At Yours' is a comprehensive online directory of Wellington food businesses providing takeaways, ready-meals, meal-kits, local produce and beverages via contactless delivery or click and collect during Levels 3 and 2.

Come on, support our fantastic hospitality industry!

## NCCC Presents... Lockdown Live : An Open Mic Show Thursday April 30<sup>th</sup> 8-10pm

We're closed, but the mic is open! We know that Newtown (and beyond) has oodles of talent! If you've ever been to a Moon or Baobab open mic night or an exhibition at Black Coffee, or been one of 80,000 people at Newtown Festival – you'll know this too. We're always keen to shine a spotlight on the talent that lives, breathes and is born in Newtown! So we're thrilled to invite you to this open mic night – where you'll see performances from musicians, poets, and hopefully more.

Join us on zoom (<https://zoom.us/download>) for an evening's entertainment.

This event is free, but if you have the means – we're asking you to donate \$5 into our bank account, this money will go into a pool for local Newtowners in need. As audience places are limited (to 100) you'll need to register with us by emailing [info@newtowncommunity.org.nz](mailto:info@newtowncommunity.org.nz), we can provide you with our bank details then too.

An invite link will be sent to you 30 minutes before the show starts.

Want to perform?

Sign up here! (Limited to 12 folks) <https://bit.ly/newtownlockdownlive>

Open to folks that live outside of Newtown, cos we love our neighbours.

Big thanks to our co-hosts (awesome local Newtown businesses/organisations) who are helping to spread the message of this event, support them if you are able, by visiting them when they reopen or by pre-purchasing a snack/drink at <https://sosbusiness.nz/collections/wellington>

Contact: [info@newtowncommunity.org.nz](mailto:info@newtowncommunity.org.nz)

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## Funded Counselling Available

It's good to talk, and Skylight now has 15 counsellors from Christchurch to Auckland. **Skylight counselling has funding available for the first three sessions for tamariki, rangatahi and whānau where needed.**

To find out more about counselling (online or over the phone) go to [www.skylight.org.nz](http://www.skylight.org.nz) or call 0800 299 100





# FREE ENGLISH CLASSES

Currently teaching online - support with internet costs available

## WE OFFER

- English assessments
- English classes at all levels
- Help finding a job
- Road Code/Learner Licence classes
- Classes for parents with young children
- Classes for adults over 60

All our classes are completely FREE

## ENROL NOW FOR TERM 2!

Contact *KiwiClass* at

04 384 3693

[office@kiwiclass.org.nz](mailto:office@kiwiclass.org.nz)

[kiwiclass.org.nz](http://kiwiclass.org.nz)

[facebook.com/kiwiclasswellington](https://facebook.com/kiwiclasswellington)

## Vinnies Wellington Will Be Open on Monday 27 April

### Alert Level 3 Service operations:

Vinnies Wellington will continue to provide essential services to the community throughout COVID-19 Level 3 Alert.

Services over this time will be the distribution of Essential Parcels only.

### Opening hours:

Monday – Friday

Staff operating- 8am – 5pm

Deliveries - 10am – 3pm

[Please see Here for updated Client Form for Essential parcels.](#)

### Services:

We will continue to provide 3 essential parcels:

1. Food parcel
2. Baby parcel
3. Winter parcel – limited stock

We will **no longer provide on-going parcels** (one-off only) unless:

- authorised by the Vinnies Social Worker/ Welfare and Services Coordinator
- authorised for a set number of weeks **by an external social worker/ support worker.**

If you are referring on a client for food support, we will provide a one-off parcel only unless indicated on-going support is needed by a set number of weeks. People can still get a parcel each week over Level 3 - we just ask that you get in touch the day before the designated delivery day ([found here](#)) if another food parcel is needed.

### Deliveries:

Parcels to be delivered by the Vinnies Van or Corporate Cabs unless:

1. Referred from an external agency – we would prefer that you can pick-up parcels for your clients (*this is so we can continue providing support to the increasing number of people contacting us*).
- If there is no way that a pick-up is viable from your end we can look into delivering.
- Must confirm a time and day to pick-up the parcel.
- Parcel to be picked-up from the blue outside

entrance stairs. – 207 Riddiford St, Newtown – door way is down the side of building on Normanby St.

- Door will be locked, so we will come down to give you the parcel.

If you have any questions, please don't hesitate to get in touch.

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## Catching the Bus At Alert Level 3?

If you are taking public transport, our friends at Metlink: On Our Way would like you to know the important information below:

1. Travel on public transport under Alert Level 3 is only for Alert Level 3 Workers and essential personal movement.
2. Buses back to regular timetables from Sunday 26 April. (Monday 27 April will operate on Sunday timetable due to the public holiday)
3. Please use your Snapper card and tag on at the back of the bus (check out the link for how to get a free snapper card). This is because cash still can't be used and it's also important for contact tracing. Public transport on buses is currently still FREE and your snapper card will NOT be charged
4. Buses will continue to not board using the front door. Metlink apologises to customers who rely on the accessibility options provided at the front door and encourages customers to find out more about Total Mobility services during this time by calling 0800 801 700 or visiting their website.
5. Continue to follow physical distancing and good sneeze/cough practice.

For more information visit: [metlink.org.nz/covid-19](https://metlink.org.nz/covid-19)

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## Council Services and Facilities Under Alert Level 3

Alert Level 4 ends at 11.59pm on Monday. As we enter Alert Level 3, some outdoor facilities that were closed during the lockdown will reopen. These include Makara Peak Mountain Bike Park and Newtown athletics track - however, people must continue to adhere to social distancing and hygiene guidelines. More information about [Council services and facilities under Alert Level 3 is available here](#)

## Fighting Family Harm Together



Did you know that [Wellington City Council's website](#) is a [Women's Refuge Shielded Site](#), accessed by clicking on a discreet, green and white icon on the bottom of our home page?

Shielded Sites now have a web-chat function where requests for help will be responded to 24/7 in real time, while maintaining absolute confidentiality and leaving no digital footprint.

Support for people experiencing family violence is available through [Wellington Women's Refuge](#), [Te Whare Rokiroki](#), and [Te Rito Network Wellington](#)

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### Working with multilingual communities During COVID-19?

Below are links to Resources for those working with multilingual communities.

[Multilingual fact-sheets are available here](#)

[Multilingual videos on Helpline information are available here](#)

[Multilingual videos on COVID-19 information are available here](#)

#### Working with multilingual parents & children?

The Health Literacy Project has published factsheets explaining COVID-19 to children in 35 languages. All of the materials were reviewed and vetted by physicians and medical school faculty members at the Harvard hospitals.

These materials are freely available for download and distribution without copyright restrictions. [Access them here](#)

## Good Shepherd Good Loans No Interest/No Fees

We have repurposed our NILS no interest loans for people who are financially impacted by Covid-19.

Our eligibility criteria will be applied to your situation right now.

A list of other financial support that's available can be found [here](#).

We can now provide over the phone:

- Loans for urgent financial relief such as bills and debts;
- Flexible payment arrangements as your situation changes, like deferred first payments and longer loan terms;
- Support to revise your budget and access other Covid-19 financial support offered by government, banks and utilities providers.

Covid-19 financial relief

<https://goodshepherd.org.nz/good-loans/>

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### The Shift Foundation Empowering Young Women

Are you a Wellington woman aged 12-20? Want to feel your best, meet new people, and make a positive change in your community?

**Join the Shifterhood.**

The Shift Foundation is a Charitable Trust that works in partnership with other organisations to improve the wellbeing of young women aged 12-20.

Shift does this by increasing awareness of wellbeing through education and remodelling, reducing barriers to participation by providing fun, social, low-cost physical activities, and empowering young women by inspiring and growing leaders to create change in their own communities.

[Find out more about what Shift has to offer here](#)

## AWARENESS WEEKS

### May

[NZ Music Month](#)

[NZ Sign Language Week](#) Monday 4 May - Sunday 10 May 2020

Mother's Day Sunday 10 May 2020

[International Day of Families](#) Friday 15 May 2020

[Techweek](#) 18 - 24 May 2020

[Pink Shirt Day - Speak up. Stand together. Stop bullying](#) Friday 22 May 2020

Eid al-Fitr

Sunday 24 May 2020 Check for celebrations in your area

[Samoan Language Week](#) Sunday 24 May – Saturday 30 May 2020

### June

Queen's Birthday Monday 1 June 2020

[Arbor Day](#) Friday 5 June 2020

[World Environment Day](#) Friday 5 June 2020

[World Oceans Day](#) Monday 8 June 2020

Matariki Monday 22 June 2020 [Te Papa offers a range of matariki education resources](#)

[Global wind day](#) Monday 15 June 2020



## EMPLOYMENT OPPORTUNITIES

### Communications and Marketing Adviser New Zealand Drug Foundation Full Time

He kaupapa rawe tēnei hei whakakakautia i te kōrero manako, whakapaipai hoki ki te katoa, hei hāpai i tā te hāpori tiaki i ngā whānau kua raru i te waipiro me te tarukino

We have an important story to tell and we need everyone across the motu to hear it. It is a story of hope and change; a story of empowerment, of whānau and communities giving support and aroha to their loved ones struggling with alcohol and drug use.

We need your help to tell these stories so we can have a bigger impact.

This role is responsible for all communications and marketing of the new programme, so we need someone who:

Works comfortably in Te Ao Māori

Is experienced with te reo me ona tikanga Māori

Has been doing similar work for at least the past 4 years

Writes beautifully and with clarity

Can navigate the changing tools in the marketing and social media worlds

Ideally has experience with graphic design.

Can manage their own work, set priorities, and deliver high quality work.

Experience working in the alcohol and drug sector is a distinct advantage.

This is an exciting opportunity to influence health outcomes through innovative, community-led solutions.

To get a copy of the job description and find out what we need in your application, visit [www.drugfoundation.org.nz/work-for-us/](http://www.drugfoundation.org.nz/work-for-us/). Applications close Friday 8 May.

(We are wanting to confirm someone in this role as soon as possible, but the constraints of the Covid19 lock-down will determine the exact start-date).

[Read the Full Job Description or Apply](#)

## TRAINING OPPORTUNITIES

### Youthline Wellington Presents: Self-care in Our Changed Environment An Online Workshop



Youthline Wellington is hosting their first ONLINE Ongoing Education Programme Workshop EVER! Given the current COVID-19 conditions, we felt this would be a positive way to stay connected with our community.

This online workshop is about Self-care in our Changed Environment and will be delivered by Youthline Wellington's Education and Youth Development Coordinator, Abbey Busch. This workshop is open to anyone interested in discussing the importance of self-care in our roles as supporters and exploring what self-care looks like in our changed environment.

This workshop will be held during Youth Week on **Thursday 14<sup>th</sup> May, 5:00pm – 6:30 pm, via Zoom**. Once you have registered for this event, you will be able to find the Zoom link in your ticket confirmation email.

For more information and registration visit our Eventbrite page: <https://www.eventbrite.co.nz/e/self-care-in-our-changed-environment-tickets-103286125582>

Or alternatively, our Facebook event page (please still register through Eventbrite): <https://www.facebook.com/events/2829242940485802/>

*This event will be limited to a maximum of 80 attendees.*

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

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### Parenting Through Separation New Dates

Skylight's Parenting Through Separation (PTS) may be back underway on Saturday 30th May once Alert Level 2 is reached.

This course will be held at Skylight's Wellington Offices in Vivian street. Course numbers will be smaller due to social distancing. The enrollments will be limited to those with urgent needs. Please contact course facilitator Jess on [MOJCoordinator@skylight.org.nz](mailto:MOJCoordinator@skylight.org.nz) with any questions or concerns. In the meantime take care of yourself and stay safe

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### TimeBank Workshops

Tuesday Morning Tea TB meetup:

<https://www.facebook.com/events/2580719872165807/>

Meditation Club 6 week course - 7pm Tuesday

<https://www.facebook.com/events/234479751098196/>

How to Engage with youth - co-design workshop 4pm  
Wed 29th

<https://www.facebook.com/events/286956518987347/>



**Wellington Timebank  
Coordinator**

[info@wellingtontimebank.org.nz](mailto:info@wellingtontimebank.org.nz)  
(04) 920 6708

**Office hours:**

Mon 10am-4pm

Tues 11am-4pm

Weds 2pm-6pm

Thurs 11am-4pm

Newtown Community and Cultural Centre  
Corner of Rintoul and Colombo  
Streets

## Tools & Techniques for Leading People in a Virtual World

A series of free, virtual workshops for managers and leaders to build their skills, confidence and knowledge in a world where working from home will be more common, and where online interaction is the norm.

### **Online workshop: Leading through Covid19 and Beyond – from survival to sustainability - FREE**

Wednesday May 20, 11am - 12.30pm

Facilitator: Sandy Thompson

### **Online workshop: Coaching your people in a virtual world - FREE**

Wednesday May 27, 11am - 12.30pm

Facilitator: Aly McNicoll

[For More Information or to Register](#)

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## Leading Virtual Teams Feeling Together Apart

Following on from the successful online virtual workshop we held last week we are once again partnering with Aly McNicoll from LEAD to offer a live online 1.5 hour workshop on a very relevant hot topic: ***Leading virtual teams – feeling together apart.***

Teamwork already requires a great deal of co-ordination and collaboration. Having been plunged in to a virtual world, it is even more important for leaders to ensure people's efforts are aligned, that they stay engaged with their team mates and feel 'together apart'. This interactive workshop will provide the opportunity to reflect on what you have learned so far as a leader about leading virtual teams and provide practical strategies for leading well in a virtual world.

It will cover:

- Leading in a virtual world – what's different?
- Working remotely – setting people up to succeed
- Getting things done- managing people, accountabilities and practice
- Giving too little, giving too much – how to help people set appropriate boundaries
- Managing risk in a virtual world

Maintaining team engagement – feeling together apart

Follow up resources will provide extra tools and information relevant to issues leaders raise within the session. Learning with and from other not for profit managers and leaders provides another layer of learning from this workshop.

The workshop is on **Tuesday 5 May from 1.30pm to 3.00pm** and as a Volunteer Wellington member you get a special rate of \$39+GST. Register now on our [website](#)

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## Boards Stepping Up & Leaning In, To Lead In Uncertainty

A crisis does not need to signal the beginning of the end.

Through providing good leadership and looking ahead, Boards can ensure their organisations are able to weather storms, find new ways of working and maximise opportunities to make a difference to the communities they serve.

### **Online workshop: Finding abundance in a time of scarcity - FREE**

Wednesday May 13, 11am to 12.30pm

Facilitator: Sandy Thompson

### **Online workshop: Generating strategy & opportunity in complexity & uncertainty - FREE**

Wednesday June 3, 11am to 12.30pm

Facilitator: Garth Nowland-Foreman

### **Online Governance Toolkit**

Commencing 1 May 2020

Cost: \$50 per organisation (scholarships available for Auckland organisations)

Boards who register with LEAD will be able to access micro training modules on a range of tools to inform decision making and build governance effectiveness.

### **Board Coaching**

In association with the trainings above, free coaching is available to a limited number of Auckland boards, made possible by funding from Foundation North. (Price on application for enquiries from other areas).

A one-off or series of coaching sessions can help your Board find new ways of working to navigate through the next phase of your organisation's development.

[Find out More and Register](#)

# COVID-19 BOREDOM BUSTER

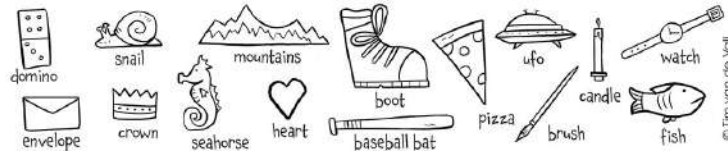
## Kindness Counts

C J H M X T N E U N X D Y J C D C O C W U X R G  
 A D K P U M F D T I E R O V A F C J W K E E L Y  
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 G I U K U H M A E I Q Y C N O L A A D Z F L A Q  
 X B J L C F L C F V H D W L H L G R D B Z I N U  
 V U H N T T I C G E N E R O S I T Y T U J T K O  
 A L C J S V M R W M C B U B F S U O R E N E G A  
 R L A V R Q L E G N I D N A T S R E D N U W M I  
 R Y A E Z Q L L I W D O O G E G R I H M R W W H  
 P I S A V C W Q I F C P S M W M E C N E I T A P  
 N N Q G W G H K P T N P U V I R O W V B D G N F  
 C G S W Q W N O I T A R E D I S N O C T O F G Z

tact humanity graciousness goodness understanding unselfishness sympathy  
 anti bullying service favor generosity grace heart kindness consideration  
 sensitivity encouraging patience thoughtful empathy goodwill compassion caring  
 generous polite

## Three Little Pigs Hidden Objects

Can you find the 15 hidden items?



## Medium Sudoku

1	7		8					9
		6		1				7
					7		5	
		4	9		5			8
	8			6				9
9			4		3	5		
	5		7					
7				9		6		
8					6		2	1

## FUNDING

### Worried About the Impact of This Period on Your Funding?

Give yourself peace of mind and contact your funders early to discuss any concerns you have about not being able to meet your funding obligations.

Be upfront about your organisational challenges - changing community needs, cancelled events, reduced project delivery, loss of income, staff changes etc.

Most funders are quickly adapting their funding models to cover this period and the following months ahead.

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See Messages From Some Funders on our Webpage  
[CNW COVID-19 FUNDING PAGE](#)

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### FUNDING WEBINAR

#### Grant-Seeking through COVID-19—Webinar

**Date:** Tuesday 19 May 2020

**Time:** 12pm - 12:45pm

**Cost:** Hui E! network can get a FINZ member only rate of \$20\*

**About:** This webinar will take you through the essential steps to ensure continuity of your relationships with your current and prospective grant-making partners. [Read more](#)

\* To book for the special FINZ members only rate, please contact [Karen.laverde@finz.org.nz](mailto:Karen.laverde@finz.org.nz)

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#### COGS 2020 funding round opens 8<sup>th</sup> April

COGS provides grants to non-profit community groups and organisations delivering community-based social services, projects and events. Grants are one-off contributions for:

- the running or operational costs of organisations that provide community-based social services
  - community development costs, such as hui, training, planning, evaluation and facilitator fees
  - community projects or event costs that:
    - encourage participation in communities
    - promote community leadership
- promote social, economic and cultural equity.

The 2020 funding round is open from the 8<sup>th</sup> of April and closes on the 20<sup>th</sup> of May. Information on the fund and how to apply can be found here <https://www.communitymatters.govt.nz/community-organisations-grants-scheme/>

For additional support or advice on applying for COGS funding please contact Jane Scott [janescott@dia.govt.nz](mailto:janescott@dia.govt.nz) or 027624 3303

**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>

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**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>

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#### Hui E! Matching grant writers with community organisations during the COVID-19 lockdown

As part of the Government's response to COVID-19, new funding has been made available to support community efforts on the ground. We want to assist community groups to access this new funding. If you are looking for extra funding to support your delivery of essential services during the lockdown, please complete the details below and we will match you with a volunteer grant writer to assist with your application for the grant.

From the team at Hui E! Community Aotearoa

([www.huie.org.nz](http://www.huie.org.nz) | [admin@huie.org.nz](mailto:admin@huie.org.nz))

[http://www.huie.org.nz/covid-19/for-community-groups/?mc\\_cid=55905c2c05&mc\\_eid=4c6bce01c0](http://www.huie.org.nz/covid-19/for-community-groups/?mc_cid=55905c2c05&mc_eid=4c6bce01c0)

This Newsletter is produced by  
Community Networks Wellington Inc. (CNW)  
Ph (04) 385 3518, <http://www.cnw.org.nz>  
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The opinions expressed in the CNW Newsletter are not necessarily those of the CNW Committee. Every effort is made to ensure accuracy of facts and information.

However, we cannot accept responsibility for error.

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