



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)

Community Networks Wellington Newsletter
May 2022

COMMUNITY NETWORKS WELLINGTON MAY NETWORK MEETING

Nau mai, haere mai!

You are warmly invited to the CNW May Network Meeting

We hope to have Mayor Andy Foster with us at this meeting - TBC

Please join us to share what your organisation is doing or
just listen to what's happening out in the community.

Date: Wednesday 18 May 2022

Time: 11am – 12 noon

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

We will be following the Covid-19 rules relevant to the level.

To protect those attending, many of whom are service providers to the most vulnerable members of our community, Masks and My Vaccine Passes will be required

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

CNW MEMBERSHIP SUBSCRIPTIONS



Thanks to all those members who have already paid and completed their membership subscriptions for the coming year.

IMPORTANT!

Please ensure you have checked your details on the back page of your invoice, and let us know if anything has changed.

If you have not yet done so, you can complete your subscription here:

Organisation Membership:

<https://forms.gle/eQEyzKzyXjoxpJ9r6>

Individual Membership:

<https://forms.gle/BbTsn8yPFLJ6GKBJ9>

If you have any questions or concerns about meeting the cost of your subscription please contact us at office@cnw.org.nz

If you have not received your membership subscription please contact newsletter@cnw.org.nz

Please note any unpaid subscriptions after 31 May will be removed for the mailing list

FOLLOW US ON FACEBOOK

You can follow us on <https://www.facebook.com/CommunityNetworksWellington/>

PROMOTE YOUR MAHI

Have an issue, service or event you would like to promote at one of our networks meeting?
Contact office@cnw.org.nz or Advertise in our newsletter/email supplements
newsletter@cnw.org.nz

CNW MEMBER VOICE

APHASIA NZ

Aphasia New Zealand (AphasiaNZ) Charitable Trust is a national organisation and registered charity, providing support services, resources, education, and information for anyone in New Zealand living with or affected by aphasia.

Our aim is to assist people with aphasia, their families and friends, extended whānau, and the wider community to communicate effectively and reduce the barriers faced by people with aphasia.

We assist people who have acquired aphasia:

- After a stroke
- Due to a brain tumour
- Because of a brain injury
- Due to brain disease e.g. PPA (Primary Progressive Aphasia)

We offer a range of support services, aphasia and communication resources, useful information, and education tools that can be tailored to your needs. Our CAA (Community Aphasia Advisor) expert aphasia field officer service is available across New Zealand's main centres.

Our office is based in the beautiful city of Tauranga Moana, in the Bay of Plenty.

[Friends of AphasiaNZ](#) status is open to individuals, families, not-for-profit groups and businesses so please [contact us](#) as we welcome your interest and support. When you become a Friend you will receive a copy of the latest version of the NZ Stroke and Aphasia Handbook, the only resource of its kind.

a.pha.sia

(ay-faze-yuh)

n. Partial or total loss of the ability to articulate ideas or comprehend spoken or written language, resulting from damage to the brain caused by injury or disease.

If you or a loved one of yours has had a stroke or they have Aphasia. Please reach out and contact either:

Wellington central Community Aphasia Advisor is:
Jennifer Buckley

Email: wellington@aphasia.org.nz Ph: 022 626 3670

Hutt Valley and Porirua Community Aphasia Advisor is:
Leanne Gibbs

Email: huttporirua@aphasia.org.nz Ph: 027 634 4185



Aphasia New Zealand Charitable Trust
mate ngaronga reo

Aphasia Support Group Kōrero Club

Aphasia New Zealand (AphasiaNZ) Charitable Trust is a national organisation and registered charity, providing support services, resources, education, and information for anyone in New Zealand living with or affected by aphasia.

a.pha.sia (ay-faze-yuh)

n. Partial or total loss of the ability to articulate ideas or comprehend spoken or written language, resulting from damage to the brain caused by injury or disease.

Kōrero Clubs or Aphasia Support Groups provide an opportunity for people with aphasia to practice speaking in a supportive environment, gain confidence, meet others with aphasia, share experiences, and have open discussions with those affected by aphasia. Carers, family members, friends and professionals are welcome to attend most meetings.

Wellington Central: Saturday mornings in Te Awe Library, Panama Street

Johnsonville: Bi-weekly Thursday mornings in Johnsonville Community Centre

*Tea and coffee will be provided, conversations will be had, and games will be played!
Gold coin koha (donation) is welcome as we do not receive any Government or Health funding for our services.*

To register, please contact your local Community Aphasia Advisor:

Wellington central Community Aphasia Advisor is:

Email: wellington@aphasia.org.nz

Hutt Valley and Porirua Community Aphasia Advisor is:

Email: huttporirua@aphasia.org.nz

Jennifer Buckley

Ph: 022 626 3670

Leanne Gibbs

Ph: 027 634 4185



NOTICES

SOCIAL WORK SUPERVISION SURVEY

Aotearoa New Zealand Association of Social Workers (ANZASW) is working towards developing a strategy to lift the quality of social work supervision in Aotearoa New Zealand, including reviewing supervision policy. To gain an understanding, ANZASW is inviting all registered social workers to complete a survey about their experiences of social work supervision. This survey will then inform the development of strategy and policy.

The survey will close at 9am Monday 9 May 2022.

[Click this link](#) to find out more/take the survey

TIME TO GET YOUR FLU JAB

This year's influenza immunisation campaign has begun, and if you're over 65, then you're eligible for a free Flu Jab. Get in touch with your GP to arrange this.

If you need to know more about the Flu Vaccine, you can check out the [helpful videos on the Health Navigator website](#).

Are there different types of Flu Vaccine?
You may have heard something about two different types of Flu vaccine. This is correct - but only one type is free for over 65s. The free vaccine is called the Alfluria Quad vaccine. This vaccine is effective against the Flu for over 65s.

The second Flu vaccine available is called the Flud Quad vaccine. This vaccine offers modest improvements in immune response and effectiveness against influenza compared to the Alfluria Quad vaccine. But, the Flud Quad is not funded, and therefore does cost.

The Immunisation Advisory Centre has issued a fact sheet about the difference between the two vaccines. You can [read this here](#).

The free (funded) flu vaccine is effective for those over 65s, but if you're unsure or want further information please consult your GP.

COMMUNITY LAW WELLINGTON HUTT VALLEY DROP IN SESSIONS RE-OPEN

Community Law drop-in sessions open from Wednesday 20th April

Our in-person advice sessions are opening back up and our offices will be open to the public again from Wednesday 20th.

If you, or anyone in your household is unwell, please stay home! We can still advise via e-mail and phone.

If you need remote advice please fill out the form at www.wclc.org.nz



community law
free legal help
wellington and hutt valley

CONTACT US AT <https://www.wclc.org.nz/>

SAVE THE DATE POST BUDGET BREAKFAST 2022

Date: Friday May 20th 2022

Time: 7.30am - 9:00am

Venue: Online

Tickets: Registrations will be open soon.

Child Poverty Action Group and the Public Health Association of New Zealand warmly welcome you to the Post Budget Breakfast 2022.

Join us the morning after the Government's Budget Day to hear expert analysis of how Budget 2022 does or doesn't deliver for children in Aotearoa New Zealand.

This event is being held online in 2022 to avoid possible disruption from the Covid-19 pandemic & to ensure as many people as possible are able to attend.

Hear from independent commentator and journalist Bernard Hickey, disability advocate Dr Huhana Hickey, Manutaki/CEO/Auckland City Missioner Helen Robinson, alongside Hon Peeni Henare (Ngāti Hine, Ngāpuhi), Minister Whānau Ora and Associate Minister of Health (Māori Health), and Housing (Māori Housing), and others to be announced.

Contact wgtn@cpag.org.nz or laura@cpag-org.ccsend.com

THE FIRST NZ MINISTRY TO HAVE A NAME IN THREE LANGUAGES

Press Release – MDPECSG

Wellington, New Zealand, 22 April 2022 – Disabled people and whānau are being encouraged to be involved in the naming of the new ministry for disabled people. In a first for government ministries, the new ministry will include New Zealand Sign Language (NZSL), reo Māori and English components.

The name will replace the current working title – Ministry for Disabled People.

The Governance Group overseeing the establishment of the new ministry is urging the community to be involved in the discussion around the new name and other areas of interest.

Establishment Governance Group Co-chair, Gerri Pomeroy said, “The long-term purpose of the new Ministry is to transform how government serves disabled people, tāngata whaikaha Māori, families and whānau.

“I’m delighted this ministry will be the first to have all three official languages of Aotearoa in its name, and I encourage people to get involved in developing it.”

Tāngata whaikaha Māori (Māori disabled people) and Māori leaders are coming together to find the pūrākau (stories) that will lead to the reo Māori part of the name.

The Sign Language part of the name is being led by the Deaf community of Aotearoa, through the NZSL Board.

The team establishing the new ministry is encouraging people to keep up to date with what’s happening and join the discussion about the English and reo Māori parts of the name through AmplifyU<<https://www.amplifyu.org.nz/amplifyu>> – an online platform developed and managed by disabled people for disabled people.

There are other options for people to connect with the mahi, including hui, freepost, an AmplifyU Facebook page<https://cZvhX04.na1.hubspotlinksstarter.com/Ctc/Rl+113/cZvhX04/VWM1hw3GnHPSW81rTDg9hP4wdW24t7JB4HvkvWN1-yX_33ISbtV1-WJV7CgCJfVRs3Mp15CWsSW8qws3C4mRDKjW94QND

x492fXDW3XM8Yd2mb-71Vw7LSW4P3cqmW8yXITY4KIJGIW3nyqjh16X4QNW2XcyCS6fMt27W4Bcfvy34Lbc1W2I7Kh-4f40MsW7tjMPc5DNkVgW5vkYD581spW9W5d9JnR6NtH8fW3m5CGP8tpXxJW1w2BfM93FRyyW36fFpM5J6tsvW6wF_Cq9jqBMMW3p3b7s5fRqBzW14KQBN7cVD7dW4_t2IW3wRh4-3cLS1> and an 0800 number that will be available in the coming weeks.

“Nothing About Us Without Us will be the ethos of the new ministry and top priorities will be ensuring the disability community has real voice, and self-determination, and that all the mahi is mana-enhancing,” added Ms Pomeroy.

“Hearing from disabled people and making sure their voices have impact is going to be vital in shaping the future. This is a once in a lifetime opportunity so please do get involved.”

The membership of the Governance Group<<https://www.msd.govt.nz/about-msd-and-our-work/work-programmes/disability-system-transformation/ministry-for-disabled-people-establishment-unit/governance.html>>, which Ms Pomeroy co-chairs, reflects the partnership behind the establishment of the new ministry.

Its equal representation of tāngata whaikaha Māori, disabled people from the wider community and government officials is also a first in New Zealand Government.

Content Sourced from scoop.co.nz

HAVE YOUR SAY ON THE WELLINGTON CITY COUNCIL ANNUAL PLAN

The Annual Plan 2022/2023 is now open for consultation – and we want your feedback!

This year we need to make important decisions about some big issues. This includes options for funding the future of Wellington’s council housing and options for the future of the Southern Landfill.

We need to hear from you so we can ensure the future we plan for is one we all want. Feedback closes 5pm, Sunday 15 May.

Find out more and have your say on our [Let's Talk website](#).

COMING READY OR NOT

If you are registered as an Incorporated Society (and about 24,000 non-profits in this country are), the earth may be about to move beneath your feet. The Incorporated Societies Act has been totally re-written and passed into law with the Governor General signing off Royal Assent on 5 April.

Back in July 2010, over a decade ago, the (then) Minister for Justice, Simon Power, just before he was replaced by a (then) up and coming Judith Collins, asked the Law Commission to review the century old Incorporated Societies Act (1908).

While we may not have agreed with everything it proposed, the Law Commission did a good job in both widely consulting across the sector and producing prompt recommendations for change. They even went so far as to draft a Bill, so the politicians only needed to give it a tick and pass it through Parliament.

It has languished in someone's backroom for so long *not* because it was highly controversial, but the exact opposite. It never made it high enough up anyone's agenda to get parliamentary time until the last 12 months – a telling indicator of just how lowly our sector is regarded in practice by governments across the political spectrum.

Full details of the process and the final version of the new Act are available here [Incorporated Societies Act 1908 | Law Commission](#) and here [Incorporated Societies Bill - New Zealand Parliament](#). It is a complex and extensive Act with 261 clauses and four schedules. It is much more prescriptive than the Act it replaces – which can be a good thing, as much of the legal duties of board or committee members was not in written legislation, but drawn by inference from the duties of company directors and from dozens of separate court decisions under what is known as case law.

In addition the old Act was silent on a number of significant governance issues. This gave organisations both greater flexibility, but also greater responsibility to know what they had to cover in their own constitution or policies.

However, that also means that organisations need to be careful they are complying with the requirements of the new laws when they come into effect. The Ministry of Business, Innovation & Employment (MBIE) warned in cautious bureaucratic language in

their impact assessment of the changes, “With the move to a requirement for active re-registration, MBIE anticipates that a number of societies will not re-register because they decide that incorporation is no longer worth the administrative burden” (either leading to these organisations winding up with the associated losses to the communities served, or continue to operate in the riskier environment of not having the protection of limited personal liability of board or committee members), and “There is also a level of risk for officers of a society that might be unaware that the society has been de-registered, and continue to enter into transactions in the belief they still enjoy limited liability.” ([Reform of the Incorporated Societies Act 1908: Annex 2 \(Impact assessment\).](#))

Originally it was proposed that all existing Incorporated Societies will need to actively re-register (including hold general meetings of members to make any necessary constitutional changes) within just 24 months. In response to submissions from [LEAD](#) and others this was increased to three years and eight months in the final legislation (it seems it was intended to be four years, but delays in passing the Act chewed up some of this time). But it is still important that organisations start to plan now to ensure their re-registration is able to be completed in time.

This time will go quicker than you think, given that you may need to organise more than one general meeting of members and carefully consider a wide range of constitutional changes. This may sound mind-numbingly boring and technical, but what is at risk is the limited liability protection for your board or committee and other officers, your organisations ability to purchase, sell and accumulate assets.

The new Act also involves increased and more specific reporting requirements, especially if you are not also a registered charity. While the External Reporting Board (XRB), which sets financial reporting, accounting, and audit standards supported this extension of minimum standards, MBIE acknowledged risks, “...since some of the incorporated societies captured... would continue to fail to meet the new standards (due for example to a lack of accounting expertise) and others may decide to dis-incorporate (in order to avoid having to apply the new standards.)”

The new Act also includes a range of new and increased penalties for certain offences, ranging from infringement fees of \$1,000 to penalties of imprisonment for up to 5 years and a fine of up to \$200,000. This itself should be enough reason to make sure we pay attention.

To help the sector understand what is involved, LEAD is offering a free webinar providing an overview of what is involved in the new Act, at 4:00pm on Thursday 12 May. [REGISTER NOW](#) Cost: FREE

This is not legal advice, but will provide a helpful overview of the new requirements for Incorporated Societies.

We are also available to help organisations go through the process of up-dating their constitutions in line with these requirements and best practice for modern non-profits. If you're interested in learning more please contact garth@lead.org.nz.

MIND & BODY LAUNCHES NEW WEBSITE FOR PEER-LED MENTAL HEALTH AND ADDICTION SUPPORT

Press Release – Emerge Aotearoa Trust 22/4/22

People seeking peer-to-peer mental health and addiction support are now able to connect more easily online with Aotearoa's largest peer-led organisation, Mind & Body, after it launched its new website.

Mind & Body has replaced its old website with a modern and accessible platform, that features information and contact forms for all of its support, advocacy, training and consultancy services. Peer-led services are delivered by people who have lived experience of mental distress and/or addiction and recovery, and who support others on their wellbeing journey.

National Manager Mind & Body and Lived Experience, Magdel Hammond says the new website has been designed to empower communities, and ensure they have the information they need to access support and advocacy in their area.

"Peer-to-peer mental health and addiction services play a pivotal role in Aotearoa. Our mahi is committed to supporting people to reach their goals, in a way that is mutually respectful, empowering and creates a sense of community." "It's important that people have the choice and accessibility to connect with peer services. Our revitalised online presence makes it easy to find this support, on a site that is welcoming, open and informative," she says.

The website has replaced Mind & Body's old site, which was no longer fit for purpose and was difficult to use. The new site features information on peer support

and advocacy; the 1737 Peer Support helpline; peer worker training; supervision services for other peer workers; consultancy services for the wider social services sector; as well as PeerZone and Piki project initiatives. News, resources, partner initiatives and request forms are also featured.

To enquire about Mind & Body peer support and advocacy services, or learn what is offered in your area, visit mindandbody.co.nz

About Mind & Body

Mind & Body is an entity of Emerge Aotearoa Trust, a national charitable trust that provides a wide range of health and social services. Mind & Body delivers mental health and addiction support and advocacy; develops initiatives that de-stigmatise mental distress and reduce marginalisation; and provides consultancy and supervision services to other organisations.

Content Sourced from scoop.co.nz

NOMINATIONS OPEN! - .NZ MAHI AROHA AWARDS

Volunteer Wellington are really excited to announce that they are once again highlighting and celebrating volunteering through our .nz Mahi Aroha Awards.

The ".nz Mahi Aroha Awards" are a wonderful opportunity for the community to come together to recognise the contribution and achievements of outstanding volunteers. These awards are proudly sponsored by InternetNZ.

Community groups and employee volunteer businesses/government agencies are encouraged to nominate fantastic individuals and teams. And for the first time, we're opening up the awards to any organisation - you do not need to be a Volunteer Wellington member to be nominated.

There are three categories for the 2022 awards:

Volunteer of the Year Award – do you have a superstar volunteer you'd like to nominate? Nominate them [here!](#) **Team Governance Award** – your chance to nominate an amazing Board! Nominate them [here!](#) **Employee Volunteering Community Partnership Award** - nominate a business making a difference volunteering in their community. Nominate them [here!](#) **Nominations are open NOW and close on May 20th - get in quick!**

(Note that you can nominate your own organisation for an award) Nominations Close 20 May

WORKING FOR FAMILIES REVIEW PUBLIC CONSULTATION

Public consultation began on 20 April to inform the review of Working for Families tax credits. This review does not affect any current Working for Families payments.

The review is part of the ongoing response to the Welfare Expert Advisory Group recommendations.

Through the consultation we hope to gain feedback on Working for Families and help to understand where to focus our efforts. Inland Revenue, MSD, Department of Prime Minister and Cabinet and Treasury are all keen to understand how Working for Families can be improved, and how it can better meet the needs of families in Aotearoa New Zealand.

Here is [a link to the consultation page](#) which also includes guidance material in both English and Te Reo Māori (Easy Read format and NZ Sign Language video will be available soon).

Please share this information with any of your own stakeholders who you think may be interested.

Consultation closes on 31 May 2022.
Getting you and your organisations view on how Working for Families can be improved would certainly assist this mahi.

CNA SURVEY ON BANKING ISSUES!

As a representative and advocate for the community sector, CNA always have our ears to the ground, listening for and gathering the concerns of community organisations. One issue keeps cropping up - difficulties dealing with banks.

So, our latest project involves investigating how banks and changes to banking systems are affecting the work of community organisations.

The first step in addressing this issue is consulting with our network - that means we want to know whether you, your organisation or community members have experienced banking difficulties.

Please click the button below to complete a short, 5 minute survey on banking experiences and problems.

[Click Here to Complete the Survey](#)
Find Out More About The Project [Here](#)

ACCESSIBILITY ACTION PLAN

The current WCC Accessible Wellington Action Plan will be expiring at the end of this year.

Over the past three years we have been hard at work implementing some of the actions, but there is a lot more to do.

Wellington City Council want to know what you think about accessibility of Wellington City Council's services and facilities. Call it a pulse check. Are we on the right track? [Tell us your feedback](#) and it will help inform the draft action plan that will go out for public consultation later this year.

FAIRER FUTURE

We all want to live in happy, thriving communities where everyone has what they need to build their best lives. Where homes are filled with the warmth of friends and family sitting down to share a meal. Where everyone has opportunities to explore their talents and fully participate in the community.

But all too often this isn't the case. For decades politicians of all stripes have neglected key public services - like public housing and income support - that help low income families build the lives they want to lead. Strapped with low wages, insecure work and high rents, more and more of our whānau are being pushed into poverty.

That neglect ends here. Across Aotearoa people are taking action to build a future we can all be proud of. Where everyone - whether they're in paid work or not, disabled, volunteering, learning, caring for children or other whānau members - has a [liveable income](#).

Those actions are making waves. A recent poll showed 7 in 10 people in Aotearoa agree - the government needs to increase income support rates so no one is locked in poverty.

Creating healthier, happier communities requires many people working in many different ways. It means each of us doing what we can with the unique energy, insights and opportunities we have.

Read more about 'Fairer Futures' and how you can make a difference here <https://fairerfuture.org.nz/>

HEARING NZ PROUDLY PRESENTS

LUNCH & LEARN

3RD WEDNESDAY OF EVERY
MONTH

12PM

Topic 1: "where hearing starts:
cells genes and functions of
the ear, and the genetics of
hearing loss

SPEAKERS: • Dr. Haruna
Suzuki-Kerr, • Sam Jeffs • Dr.
Pawell Jasterboff • Dr. Wyatt
Page • Dr. Harvey Abraham •
Dr. Srdjan Vlajkovic • Dr. Lisa
Seerup • Dr. Tina Childress • Dr.
David Moore



Free entry

Online and at your local Hearing NZ branch

hearing.org.nz

TRAINING OPPORTUNITIES

TURNING THE CURVE - MASTERCLASS

This Masterclass series is for non profit capacity builders and will strengthen your practice, including coaching skills and strategies for supporting leaders in an uncertain world.

When: Online, 8:30-10:30am, Friday 3, 10 & 17 June

Cost: \$420 +GST

[Register Now](#)

UPSKILL AT FREE WORKSHOPS

Wellington City Council grant recipient [A Place for Local Making](#) is hosting a number of free workshops including how to be more resourceful, upcycling, repairing clothes, borrowing, fixing and reinventing. Workshops can be attended in person or online.

Find out more about each event at the [Local Making website](#).

TRY TICK FOR GOVERNANCE MODULE 1 FOR FREE!

Don't miss out – CNA has released Module 1 of the Tick For Governance course for free for a limited time! The Module is available to anyone interested in the course who wants to give it a try before purchasing!

Our Tick For Governance course was developed with community organisations and their needs in mind. Module 1 looks at how organisations can build and sustain relationships with mana whenua and honour Te Tiriti o Waitangi. At CNA, we believe that these actions are vital and foundational if organisations are going to continue to thrive, grow and serve their communities to contribute to an equal and just Aotearoa New Zealand. That's why we have made this resource publicly available for free.

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

[Try it for Free Now!](#)

UPGRADE YOUR DIGITAL SKILLS AT SMART NEWTOWN

Smart Newtown is a computing hub where residents of Newtown and the wider Wellington community can learn tech skills, use computers and access the internet for free. In partnership with Stepping Up, Smart Newtown is running one free 2-hour class per week—every Wednesday at 9.30am for 7 weeks—with each class covering a different topic. The classes on offer are:

11 May - Digital Photos + Photo Editing Basics

This class will explain how to transfer photos from your camera or phone to a computer (and show you how to share those photos), while Photo Editing Basics will cover using PIXLR Editor, an online photo editing tool, to make changes to your digital pics.

18 May - Google Drive

Learn how to use Google Drive, a free service that lets your store files online and access them anywhere, and provides web-based applications for creating spreadsheets, forms, and documents.

25 May - Intro to Smartphones + Intro to Apps

Explains the basics of using a smartphone, such as keeping track of your battery and copying & pasting text, as well as how to install, delete, and use apps.

1 June - Creating a CV + Applying for a job online

Learn what a CV is, what it should include, and how to create one using Word—and then learn use that CV to apply for job listings on job sites like Seek or Trade Me.

8 June - Computer Basics 1 + 2

Covers essential computer knowledge, from how to turn on a computer and use a mouse & keyboard, to the difference between software and hardware and using files and folders.

15 June - Word Essentials

Teaches you the basics of Microsoft Word, like how to create a document, select text and change paragraph alignment.

22 June - Intro to Spreadsheets

An introduction to Microsoft Excel. Learn how to manipulate spreadsheets, enter data and make simple formulas.

Register for free online at bit.ly/382uQoo. If you have trouble with the form, just give us a call on 04 380 0143, or email at smartnewtown@gmail.com and we can help get you signed up!



Taming Anxiety Gremlins (Webinar)

An 'Anxiety Compass' for Helping Kids Thrive in Times of Worry

with Dr Caroline Buzanko (Canada)

Anxiety is the most common mental health concern among children and teens. Rates of anxiety in young people was a concern even before the COVID-19 pandemic and has understandably accelerated since. Anxiety is not something that young people simply outgrow if left to their own devices, but thankfully it is highly treatable with the right interventions. All adults who help, teach and support children and teens will benefit from learning how best to support this population and effectively assist them in building their capacity to manage and tame their anxiety gremlins.

In this day long live webinar, dynamic Canadian Psychologist Dr Caroline Buzanko will discuss the causes, implications, recognition and practical management of child and adolescent anxiety.

Some of the key areas Caroline will explore include:

- How anxiety shows up (including a discussion of generational pressures and technostress).
- What are the factors that help maintain it (including how the well intentioned efforts of adults can unwittingly make anxiety stronger).
- Common anxiety traps to avoid - teaching children and teens about their anxiety the right way.
- An introduction to Dr Buzanko's practical protocol for taming anxiety "The Anxiety Compass", which includes:
 - Strategies for ensuring buy in and the importance of connection.
 - How to disentangle from anxiety.
 - Promoting a 'bring it' anxiety busting attitude to overcome fear obstacles.
 - Building the problem-solving brain (vs. strengthening the anxious one).
 - What to do in the height of an anxiety meltdown.
 - Environmental considerations and the promotion of healthy habits.
 - Ideas for relapse prevention.

Webinar participants will learn effective tools and processes to help children and teens manage their anxiety successfully while promoting overall courage, confidence, resilience, and well-being.

Caroline Buzanko, Ph. D., R. Psych. is a licensed Psychologist and clinical director of Koru Family Psychology in Alberta, Canada. She is an in-demand speaker, and a clinician who has worked with children with neuro-developmental disorders and their families for over 20 years, with a focus on maximising connection, confidence, learning success, and resilience.

Date: Friday 10th June 2022

Time: 9:00am - 3:00pm

Where: Delivered via Live Webinar (The webinar link will be emailed to you prior to the day)

Cost: \$225 (Incl GST): Price includes downloadable handout notes

Queries: Contact the Compass Seminars team on 06 759 1647 or office@compass.ac.nz

Registration confirmation & invoice/receipt will be sent by email (please provide below)

Registration form for "Taming Anxiety Gremlins" 10th June 2022 - via Live Webinar

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:

- ☐ \$225 (Incl GST) Seminar fee enclosed (payable to Compass Ltd), or
- ☐ Please invoice to the above address

WHITIREIA AND WELTEC ARE ENROLLING FOR TRIMESTER TWO COURSES

Please follow this link to see the Health and Wellbeing programmes that are available for you to enrol in from July 2022.

<https://www.whitireiaweltec.ac.nz/study-programmes/health/health-and-wellbeing>

These programmes include strands in:

- Health Assistant
- Support Worker
- Peer Support
- Mental Health and Addiction support
- Disability Support

Whanau, Community and Social Services

These Level 3 and 4 programmes do not currently attract any fees to enrol for the remainder of 2022. We offer these programmes of study flexibly to support working students and you can complete your practical hours in your workplace.

Please contact us directly on Deepa.Patel@wandw.ac.nz to discuss which pathway is most appropriate for you or your staff.

THE SUICIDE CLOSET EFFECTIVE SUICIDE INTERVENTIONS FOR LGBTTIQA+ PEOPLE

Tuesday 14 June 2022

9am - 4:30pm

**St Andrew's on the Terrace Conference Centre
30 The Terrace, Wellington Central, Wellington**

Not all suicide risk factors are the same. Evidence shows that rainbow community members have additional factors that are particular to their sexual or gender diverse identity that can negatively impact on their mental wellbeing, quality of life and influence their desire to live or die. It is essential that these factors are canvassed and included in any assessment of suicide risk.

With the current redesign of mental health and addiction services in this country, this is an opportune time to ensure that workers are LGBTTIQA+ suicide responsive.

[To read more about this workshop or Register Here](#)

GOVERNANCE TRAINING SERIES 2022

Being on Board

The roles and tasks of the Not for Profit Board

Tuesday 17th May, 9:15am – 12 noon

Fee: \$20.00

This is the initial workshop of the Governance series.

Topics include:

- Governance and management defined
- How Boards can add value and common pitfalls
- 4 key functions of the NFP Board
- How can we best add value?
- Organising for effectiveness – getting things done and focusing on what matters most
- The leadership equation – the Board –CEO partnership

Register [here](#).

The remaining series are in the evenings and are \$10 each. They are:

Governance Bites #1 Good to Great - cultivating the right culture

Tuesday 7th June, 6:15pm - 7:45pm

Facilitated by Sandy Thompson

Read more and register [here](#)

Governance Bites #2 Toeing the Line - knowing your legal obligations

Tuesday 12th July, 6:15pm - 7:45pm

Facilitated by Garth Nowland-Foreman

Read more and register [here](#)

Governance Bites #3 Meetings that Matter

Tuesday 9th August, 6:15pm - 7:45pm

Facilitated by Aly McNicol

Read more and register [here](#)

Governance Bites #4 Painting the Picture

Tuesday 13th September, 6:15pm - 7:45pm

Facilitated by Garth Nowland-Foreman

Read more and register [here](#)

Governance Bites #5 Including Everyone - ensuring your Board is inclusive

Tuesday 11th October, 6:15pm - 7:45pm

Facilitated by Sandy Thompson

Read more and register [here](#)

Find out more about Volunteer Wellington Training
[Here](#)

EMPLOYMENT OPPORTUNITIES

COMMUNITY LAW WELLINGTON HUTT VALLEY LEAD GENERAL LAWYER

We're looking for a new senior rōia!

If you have at least 3 years PQE, are passionate about access to justice and working in Te Tiriti-based partnership and want to join our busy, flexible, fun workplace, you can find out more information and a full job description at: <https://dogoodjobs.co.nz/jobs/senior-lawyer/>

Please contact recruitment@wclc.org.nz with any pātai.

REGISTERED NURSE HEARING ASSOCIATION (WELLINGTON) INC.

Hearing Association (Wellington) Inc.

Wellington

\$35 - \$39.99 per hour

Full time

Registered Nurse/Ear Nurse

Registered Nurse positions are available at the Hearing Association (Wellington) Inc.

Positions Available

**Registered Nurse/Ear Nurse-Full time
(32-40 hrs per week)-1 position**

**Registered Nurse/Ear Nurse-Part time
(16-20 hrs per week)-1 position**

Previous experience in Hearing Health preferred, but not essential. Comprehensive specialist training in hearing health will be provided to the successful candidates.

The Hearing Association (Wellington) Inc. is a Registered Charity providing hearing health services for nearly nine decades and one of the key organizations supporting the community with hearing health in Wellington. We provide hearing health services such as ear checks, ear wax removals through micro suctioning, audiometric testing, tympanometry, awareness & advocacy.

What we are looking for;

- A Registered Nurse.
 - Demonstrated success in your nursing career.
 - A passion for delivering exceptional client care.
 - Flexibility to travel and perform related tasks.
- (Main work is at the centre while require

- providing services in the community time to time)
- Candidate should be empathetic and proactive to ensure our clients/patients & the community gets the best possible service & guidance.
- NZ Driver's license.
- Legal entitlement to work in New Zealand.

What we offer:

- Competitive salary.
- No rosters, no weekend work & flexibility in working times. (Our working hours are 09.00am to 4.00pm Monday to Friday)
- Comprehensive specialist training in hearing health & ongoing development opportunities.
- Friendly staff & supportive leadership team.

If this sounds like the opportunity you have been looking for, apply online or by sending your CV and one -page cover letter to: hearwell@extra.co.nz

Applications close: 21st May 2022

Please note Covid 19 Government vaccination requirement is applicable for this role.

SOCIAL WORKER WELLINGTON SEXUAL ABUSE HELP FOUNDATION

Wellington HELP has a team of social workers that support the emotional and practical needs of clients referred to our service. We are looking for a new social worker to join our established team. You will be working from either our Porirua, Kapiti or Wellington Office.

Duties include:

- Providing ongoing therapeutic and practical intervention and assessment for clients impacted by sexual violence, including family/whānau
- Crisis support and advocacy for people impacted by sexual violence, including family/whānau
- Development and delivery of education programmes

Your skills/experience:

- A recognised Social Work Qualification and SWRB registration
- Demonstrated ability to practice culturally safe ways of working with Māori
- Highly developed therapeutic assessment skills
- Robust analysis of sexual violence

If you have a strong interest in supporting survivors of sexual abuse, are a therapeutic social worker and think you would be a good fit, we'd love to hear from you.

[Find out more or apply here](#)

AWARENESS WEEKS

MAY - HARATUA & JUNE - PIPIRI

[NZ Music Month\(external link\)](#)

Eid al-Fitr Sunday 3 May 2022 [Check for celebrations in your area](#)

[NZ Sign Language Week\(external link\)](#)

Monday 9 May – Sunday 15 May 2022

Mother's Day New Zealand—Sunday 8 May 2022

[International Day of Families\(external link\)](#) Sunday 15 May 2022

[Techweek \(external link\)](#) Monday 16 – Sunday 22 May 2022

[Pink Shirt Day – Speak up. Stand together. Stop bullying\(external link\)](#) Friday 20 May 2022

[Samoan Language Week\(external link\)](#) 29 May—4 June

[Arbor Day\(external link\)](#) Sunday 5 June 2022

[World Environment Day\(external link\)](#) Sunday 5 June 2022

Queen's Birthday Monday 6 June 2022

[World Oceans Day\(external link\)](#) Wednesday 8 June 2022

[Global wind day\(external link\)](#) Wednesday 15 June 2022

Matariki Friday 24 June 2022 [Te Papa offers a range of matariki education resources\(external link\)](#)

Celebrate Matariki, the Māori New Year, with a stunning series of free whānau experiences on the Wellington Waterfront, from 23 to 26 June 2022. Save the date and be inspired by fire, lights, digital experiences, performances, and more. There will also be a beautiful fireworks display on Friday 24 June at 6.30pm. For more information about Matariki, Aotearoa's first public holiday that recognises Te Ao Māori, visit the [Ministry of Business, Innovation and Employment website](#).

LOOKING AT NEW WAYS OF FUNDING IN 2022?

GIFT COLLECTIVE

[Gift Collective](#) offers fundholding (aka fiscal sponsorship/auspicing) to kiwi initiatives.

Many people want to do good in their community, but don't have capacity for registration, accounting, governance, and reporting.

Now they don't need to! Unincorporated projects can fundraise through our registered charitable trust umbrella entity.

Projects get an online page to crowdfund, pay expenses, and tell their story—and reporting writes itself, transparently and automatically.

[Click here to learn more!](#)

MATCH | TE PUNA TAURITE

Philanthropy New Zealand | Tōpūtanga Tuku Aroha o Aotearoa has just flicked the switch on Match | Te Puna Taurite, a new service to help both those seeking and distributing philanthropic funding in Aotearoa New Zealand.

What is Match | Te Puna Taurite?

Match | Te Puna Taurite (MTPT) helps both those seeking and distributing philanthropic and grant funding.

The vision of Match | Te Puna Taurite is a more equitable, accessible and collaborative funding system. It aims to more easily connect those with funds to those that seek them.

How does Match | Te Puna Taurite work?

Registered charities can post funding requests to get in front of multiple funders with one action.

Funders can search for charities working in particular areas they want to support. They can connect with like-minded funders.

This is a new initiative that will be starting soon. If you would like to find out more, check out their website for updates and registration details <https://match.org.nz/>

FUNDING

Betty Campbell Accommodation Assistance

About this grant

Through this fund we can support organisations who: provide direct services to support Social Well-being for Wellington residents. Priority will be given to organisations delivering services to the Wellington Rate Paying Area (WRPA).

support the Social Well-being of Wellington residents by providing coordination and support for other rōpū. Groups supporting groups might provide: training opportunities or support services for other groups, support and guidance for emerging groups, and/or coordination of a range of services.

have workspace within the (WRPA). Workspace means any rentable working area that social services are delivered, so long as the occupation of this space (s) exceeds 30 or more hours per week. Workspace can include: office space, classroom space, workshop space, meeting rooms.

Find Out More About [this grant here](#) Closing: 23 June

Wellington City Council Year Round Funding

Active Transport Workplace Fund—Find out more [Here](#)

Applications accepted at any time Open
Decision: Two weeks after the end of the month of application

Mayoral Relief Fund—[Find out more here](#)

Applications accepted at any time Open

Wellington Venues Subsidy—[Find Out More Here](#)

Applications accepted at any time Open
Decision: Two weeks after the end of the month of application

COGs funding round opens 20 April 2022

COGS provides grants to non-profit community groups and organisations delivering community-based social services, projects and events. Grants are one-off Find out more <https://www.communitymatters.govt.nz/community-organisations-grants-scheme/>

Lottery Community Fund (round one) Opens 22 June 2022 What are the Lottery Community Committee outcomes?
A Lottery Community committee looks at the

outcomes of your project or services and how they will benefit your community.

Each Lottery Community committee determines the outcomes and priorities it wants to achieve from the investment of the grant money available in its area.

Find out more here <https://www.communitymatters.govt.nz/ask-us/?q=Lottery+Community+Fund+>

The Pacific Community Outreach Fund is now open and application are now accepted.

The fund can support Pacific communities to prepare, respond and recover from the social and health impacts of the COVID-19 Omicron variant.

This funding can provide continuity of care for family, support throughout self-isolation and assist with a faster recovery from COVID-19.

Applications are now open and **close on June 30, 2022**. Visit the Ministry's website [here](#) for more information, and to apply.

Fāiākse'ea, Vinaka vakalevu, Kia monuina, Kia manuia, Faka'apa'apa atu, la manuia, Fakafetai, Fakafetai lasi, Ko bati n rab'a.

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>

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

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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