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**Community Networks Wellington Newsletter
November 2022**

COMMUNITY NETWORKS WELLINGTON

November Network Meeting
Nau mai, haere mai!

You are warmly invited to the CNW November Network Meeting
Date: Wednesday 16th November 2022
Time: 11am—12pm (join us for morning tea at 10:45am)
Venue: [St Peters Church](#) 'Garden Room' 211 Willis St, Te Aro, Wellington

Join us to hear Our Member Profile:

Clare Lennard, Community Engagement Coordinator from [Hato Hone/St John](#) will talk about Community Education Programmes for all ages (but particularly young people / rangatahi) around Health and Wellbeing along with other Community Programmes and Initiatives Hato Hone is involved in.

To protect those attending, many of whom are service providers to the most vulnerable members of our community, masks will still be optional, but not mandatory.

To RSVP [complete the form here](#) or 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

GOODBYE FOR NOW

GOODBYE FROM COMMUNITY ENGAGEMENT OFFICER - MARIKA PRATLEY

It has been a great privilege to work for Community Networks Wellington these last 6 months. Our network would be nothing without the everyday frontline volunteers, workers and organisations giving heart and soul to the people of Wellington - often in creative situations, maximising minimal resources to make miracles happen. I would like to thank all of you for everything you do for the everyday people of our city, supporting those from all walks of life. It is with great excitement that I will soon enter this new chapter of parenthood, but with great regret that I will be finishing at CNW.

The radio programme Catching up With Community has been an opportunity of growth and insight as I get to know all of you. I would like to thank the many incredible guests who have appeared on the programme, as well as the staff at Wellington Access Radio, who are always so accommodating and supportive to not just myself but many other community programmes.

Debbie and Janette have been wonderful colleagues, who are so committed to the kaupapa of CNW. I would like to thank both of them, as well as past and current board members Julia, Diana, Dan, Kate, Max, Juliana and Wiremu. Olive and Jenny who are recent additions to the board have also been big support to my outreach work and I am excited to see what happens in the year to come.

I would like to thank WCC and Mayor Andy Foster for his service to the city and his support to CNW, and congratulate incoming Mayor Tory Whanau and incoming City Councillors, who I look forward to seeing in action working with our community over the next few years. I would also like to thank Yvonne and Michelle from WCC for their ongoing support and engagement with CNW.

I look forward to keeping an eye on the great things there will be to come from all of you. Goodbye for now and I hope to see you all later.

UPCOMING CNW RADIO SHOWS

November 9th 2022

Marika will be speaking to Stewart from Family Courts

November 23rd 2022

Marika will be speaking to Leo from Why Waste and Kate from Kaicycle about Community/Urban composting www.whywaste.co.nz and www.kaicycle.org.nz

Join us at 1.30pm, (every second Wednesday) on Wellington [Access Radio](http://www.accessradio.co.nz) 106.1FM
Listen to previous shows [Here](#)

If you would like to be involved in our radio show contact office@cnw.org.nz

LOST OPPORTUNITY FOR CHARITIES LOOMING

GARTH NOWLAND-FOREMAN- [LEAD](#) — OCT 14, 2022

The Charities Amendment Bill slipped into Parliament for its first reading on the last sitting day in September and has now been referred to the Social Services and Community Select Committee.

Submissions to the Select Committee will probably be the last chance to influence this Bill. The deadline for submissions is 10 November – giving charities (and potential charities) just over 3 weeks to have a say. This does nothing to allay concerns about seriously inadequate consultation to date, on an important piece of legislation crucial for civil society in this country.

It is disappointing that the Bill, in a process dominated by officials from the Department of Internal Affairs (DIA) – the government department responsible for overseeing registration of charities - has failed to pick up most of the comments and concerns of the sector.

Sue Barker, with support from the New Zealand Law Foundation, undertook extensive research on what the world-leading framework of charities law would look like, Focus on Purpose (2022). A copy of her full research is available here: [Barker, Sue --- "Focus on purpose - what does a world-leading framework of charities law look like?" \[2022\] NZLFRRp 3 \(nzlii.org\)](#)

Despite the misleading rhetoric around the Bill, purporting to “modernise” charities, Barker’s analysis is that the proposals will do nothing to benefit New

Zealand's communities. They are more likely to act perversely, to preclude the real issues from being addressed. She notes that even the DIA's own regulatory impact statement speaks of inadequate consultation, inadequate problem definition and a lack of evidence to support the proposals. Some of the proposals have not even been consulted on at all.

While there are some positive changes, the crucial problem is often what is missing. The biggest price to be paid if this Bill is passed is its opportunity cost – the lost opportunity for a real modernisation of charities, their definition in the 21st century and how best to support them. Barker is particularly concerned that the proposals are nothing more than a power grab by DIA (this is what happens when a government department is tasked with reviewing itself). Almost every issue of concern raised by the charitable sector has been taken off the table. Worse, if the proposals are passed into law, experience indicates it will be decades before they are able to be turned around, if ever.

Right from the beginning, the review that led to this Bill was specifically prohibited from looking at updating the definition of charitable purposes in a changing world, tax exemptions, the broader not-for-profit sector, and issues of advocacy. Furthermore, Charities Services (which stays as a government agency) will continue to make most of the decisions, not an independent Board. In practice, the Board remains insufficiently distanced from Charities Services, to exercise the independent check on decision-making originally intended.

It is disappointing and perhaps an indicator of the insufficient regard for our sector in social and economic well-being that this would be the best Parliament could come up with, despite a perfect storm of a pandemic, a cost-of-living crisis, a "Hunger Games" contracting environment, and so many other challenges. It is crucial that the sector does not accept this.

Please ensure you put in a submission on the Bill before 10 November.

Further help will be available from [LEAD](#) on what you could include in such a submission. Contact info@lead.org.nz for more information

https://www.lead.org.nz/blogs/2022/10/13/lost-opportunity-for-charities-looming?mc_cid=57782d23eb&mc_eid=f297a05ffb

NEW HOUSING DATA TOOL

The New Zealand Council of Christian Social Services ([NZCCSS](#)) is excited to introduce the NZCCSS Housing and Support Providers Tool.

Want to know who the Community Housing Providers are in your region? Want to know which support providers offer services to the elderly, or families, or youth? Want to see the bigger picture of housing provision versus the Housing Register? It's all in the Tool.

Drawing together an extensive range of publicly available information on community housing across the motu, the Tool is designed to make it easier for providers of services to connect and collaborate. The development of the Tool came about through our own need to know who is doing what and where in the community housing sector. While there are deeply useful databases in existence, our search revealed that no such centralised resource was available.

The [NZCCSS](#) Housing and Support Providers Tool corrals data from 200 services providers, which can be configured into user-customised tables and charts displaying providers, location, types of services and specialist demographics throughout the country.

The Tool is delivered via a downloadable Excel file and incorporates the data of:

- Community Housing Providers (CHPs)
- providers of Emergency and Transitional housing
- Housing First facilitators
- financial and support programme coordinators
- builders
- consultants
- researchers.

[Explore the NZCCSS Housing and Support Providers Tool here](#)

While we all know that there's no easy solution to the housing challenges in Aotearoa, what we do know is that the innovations needed to make real inroads will take a collaborative effort.

Our hope is that the NZCCSS Housing and Support Providers Tool will help fuel that collaboration and, ultimately, the innovation that will see significant progress in addressing housing insecurity.

We plan to provide regular six-monthly updates. Please contact us with any suggestions, additions and corrections for future versions at: housing@nzccss.co.nz

NOTICES

BETTER BANKING FOR ALL AN UPDATE ON CNA'S CAMPAIGN

We knew there were a lot of difficulties in dealing with banks (accounts, cheques, petty cash, changing signatories, etc.), but we weren't prepared for the deluge of stories about how much time and resources go into what should be easy. Every bank knows that after each AGM there's the likelihood of change and yet no bank seems to be ready for that - after years and.....years.....and.....years.

CNA has commissioned Dr. Jane Horan to research this issue and to collate stories, stats, and data that we can use to spearhead change. Jane will be coming to Wellington to join Ros and Patrick in meeting with the Banking Ombudsman and her senior advisor. They are already aware of these issues, and are keen to discuss this further with us.

Initiated by a group of our members, CNA has had meetings with the Reserve Bank of NZ, Department of Justice Senior Policy Advisors, senior bank officials, and more in an attempt to get to the bottom of it all. We've also been in contact with the Fundraising Institute of NZ, Grey Power, and the Citizens' Advice Bureau.

Jane will be talking in depth with survey respondents, CNA members, stakeholders, and banks in order to be able to get a clear picture and produce actionable research. It is hoped that armed with this information we can address these issues and the perception of our sector that has been tarnished due to the Anti Money Laundering and Countering Financing of Terrorism legislation.

It will be interesting to identify the bank that's best for NFPs!

WE NEED YOU TO TELL US YOUR STORY - CLICK THIS LINK: [ADD YOUR STORY TO THE SURVEY](#)

PLEASE SUPPORT THE TRANSFORMATION OF THE STRATHMORE PARK COMMUNITY CENTRE!

A [Givealittle campaign](#) is now launched and we are seeking donations, big and small, to get new furniture and a sound system for when the centre reopens in early 2023.

A WORK ABOUT THE HOUSING CRISIS WITH AN INDOOR-OUTDOOR FLOW

Artist: Heleyni [Pratley](#).

Thursday 20th Oct 2022 – Saturday 12th Nov 2022

19 Allen St, Te Aro, Wellington

Open Noon – 6pm Wed – Sunday, Sculpture only Thurs – Saturday 8pm-9pm



Artist and Social welfare activist Heleyni Pratley invites the general public to engage in her interactive art exhibition *A Work About The Housing Crisis With an Indoor-Outdoor Flow*.

The artwork engages all to collectively investigate the challenges and possible solutions of The Housing Crisis. Walk-ins are welcome and encouraged, and bookings can also be made via interviewwithflow@gmail.com.

Follow Heleyni Pratley for updates on Facebook and Instagram @heleyni

Listen to the podcast interview about the artwork on Radio New Zealand:

<https://www.rnz.co.nz/national/programmes/standing-room-only/audio/2018861926/tackling-the-housing-crisis-with-a-good-indoor-outdoor-flow>

With support from WCC and Urban Dream Brokerage.

MENTAL WELLBEING GUIDE

Understand the signs of stress and burnout and ways to boost your mental wellbeing and resilience.

[Download Here](#)

MENTAL HEALTH POLICY TEMPLATE

Support the wellbeing of your staff. Identify, assess and prevent mental health risks in your business with a clear mental health policy.

[Download Here](#)

[Wellbeing Tips Workplace Poster](#)

'MASSIVE SOCIAL EXPERIMENT' LEADING TO CYBER HATE SAYS EXPERT COMPANY OF STRANGERS — OCT 1, 2022

The internet has changed how we relate and communicate in unimaginable ways, says University of Canterbury (UC) Associate Professor Mike Grimshaw in a new web series about cyber hate and freedom of speech in Aotearoa launched in September

“We are living in the middle of a massive social experiment we haven't really thought through; if it was a 'real experiment' or 'research project' it never would have received Human Ethics approval,” Associate Professor Grimshaw says.

A lecturer in the sociology of religion, diversity and identity, Associate Professor Grimshaw recently edited a special collection for Springer Nature Social Sciences on [Digital Hate and \(Anti-\)Social Media](#). He was approached by [Community of Strangers](#) to join the project, which explores the corrosive impact of cyber hate.

Associate Professor Grimshaw joins five other experts, including UC media law Professor Ursula Cheer, to explore cyber hate, radicalisation, extremism and freedom of speech.

Online extremism is committed by a very small proportion of New Zealanders however it has the potential to cause great harm, especially when online hate moves into actual action against others. What most concerns Associate Professor Grimshaw is “that we have no way to moderate what occurs online and we respond after the matter as a type of ambulance at the bottom of the cliff scenario. We are not good at thinking through what is causing this on-line shift to seek communities of disaffected meaning, and identity, that enact violence in word and deed against others.”

In his video interview for the web series, Associate Professor Grimshaw talks about the rise of the 'radical loser', which refers to predominately young men whose sense of alienation makes them vulnerable to online radicalisation.

“What is both fascinating and worrying,” he says, “is why so many young men feel they live without a meaningful nomos, or stable structure and guide of social and political behaviour. And yet the

humanities in particular provides very rich and meaningful questions, philosophical and religious, and expressions of the arts, cultures and traditions, to think and live within.”

For some people, diversity is frightening. Associate Professor Grimshaw explains that “diversity can threaten your identity if your identity is not open to others, but inward looking to those who are like you. That is why the Community of Strangers project is such an important and challenging starting point - it rightly assumes and proceeds from the fact that we begin as strangers to each other and need to be open to the strangeness and seek to discuss and understand what we might then find in common.”

Community of Strangers is a partnership project between Lady Khadija Trust, NZ and Telling Lives. The project 'Community of Strangers' seeks to explore the underpinnings of both bias and belonging within our species by providing an understanding of our evolutionary pre-disposition to favour those most similar to us.

Phase one of 'Community of Strangers' explores the corrosive impact of cyber hate and its destabilising impact on freedom of expression and trust in New Zealand and is funded by InternetNZ.

[Check out their website & Videos here](#)

YOUTHLINE WELLINGTON'S UPCOMING ANNUAL GENERAL MEETING



Youthline Wellington AGM
Thursday 24 November 2022
6.00pm

Youthline Shared Boardroom (In person) and Online options available.

Please RSVP to Sam KR - samkr@youthline.co.nz by Thursday 17 November 2022.

ARE YOU OK WEBSITE NOW OFFERS 24/7 SUPPORT FOR SURVIVORS OF FAMILY VIOLENCE

The redeveloped [Are You OK website](#) now provides 24/7 telephone and online webchat help for victims/survivors of family violence and those supporting them to be safe. 24/7 support for many women's refuges is being delivered by Whakarongorau Aotearoa, helping ease pressure on refuge staff after-hours.

We've added two new tools as part of the improved Are You OK website:

a [Check It Out](#) quiz for people who are concerned about their relationship

a [Service Finder](#) tool that will also be used on other websites to make access to services easier.

NEW WEBSITE OFFERS SUPPORT FOR USERS OF VIOLENCE TO MAKE LASTING CHANGE

MSD has launched a separate website [In Your Hands](#) to support behaviour change for people who use violence. To eliminate family violence, we need to support people to change violent behaviours. One of the best ways to prevent future violence and harm is to engage and work with people who use violence today.

Information helps people to understand their experiences and can reduce barriers to making changes. [In Your Hands](#) will be further developed to add a webchat function.

RESOURCE SPOTLIGHT: DISABILITY TOOLKIT FOR POLICY

The Office for Disability Issues have got lots of useful resources on our website, so we'd like to highlight one every month for you. First up is the Disability Toolkit for Policy. This guides policy practitioners to consider disability throughout the policy process. It is designed to be used alongside similar tools for other population groups such as the Ministry for Women's *Bringing Gender In*. The toolkit also sits alongside others in the Department of the Prime Minister and Cabinet's Policy Methods Toolbox.

This is an important tool in the policy-making process, and will help to ensure better outcomes for disabled people.

The Disability Toolkit for Policy includes guidance on:

- Thinking about disability issues at the start of the policy process
- Engaging with the disability community
- Embedding disability into the policy issue
- Incorporating disability into the policy options
- Incorporating disability into Cabinet papers, information and communications
- Considering disability throughout implementation
- Considering how disability outcomes can be monitored and evaluated.

[Check out the Disability Toolkit for Policy on our website.](#)

FACE MASKS AND RATS STILL AVAILABLE FOR FREE

People are encouraged to respect those who continue to keep wearing masks for the protection they offer against COVID-19 and other viruses.

There are many reasons someone may choose to, and need to, wear a face mask. This might be because they are immune-compromised or have an immune-compromised family member, they want to protect themselves from infection, or because they work with at-risk people.

Masks are still required when visiting healthcare settings and business and community organisations can still choose to ask visitors to wear masks.

Because face masks are an effective tool for reducing the spread of COVID-19 and other respiratory illnesses, face masks will continue to be supplied to people for free.

Free masks are available through participating healthcare providers, community organisations and when people collect rapid antigen tests (RATs) from some collection sites.

[Find places that provide masks](#)

MARY POTTER HOSPICE STRAWBERRY FESTIVAL

19 November Midland Park

Find out more about the Mary Potter Hospice Strawberry Festival here: <https://marypotter.org.nz/.../hospice-strawberry.../>

See you there strawberry lovers!



Supporting people with aphasia for over 15 years

Aphasia New Zealand Charitable Trust
mate ngaronga reo



We need your help more than ever - donate today!

The difference we're making

376 Korero Club Meetings in the last 12 months. Up 19% on last year.  **2649** Attendances by people with aphasia at Korero Club meetings in the last 12 months. 470 in August 2022.

 **473** People with aphasia contacted in the last 12 months. Up 86% on last year. **376** Whānau/family & carers supported in the last 12 months. Up over 200% on last year. 

144 Speech Language Therapists & other Health Professionals contacted in the last 12 months. Up 31% on last year.  **35+** People with aphasia referred for support each month - averaging more than 1 every day.

Meeting the growing need

 **18** Community Aphasia Advisors nationwide. Up 39% on the same time last year. **192** Hours of service available nationwide every week. Up 78% on the same time last year. 

Donations help us to keep providing support for people affected by aphasia -

- to keep doing home visits
- to keep our Kōrero Clubs running
- to keep loaning out iPads for therapy support
- to keep providing our online support groups
- to keep printing and sending out resources
- to keep updating and developing resources
- to keep educating other people about aphasia
- to keep providing supported conversation training
- and to keep all the rest going too!

Visit aphasia.org.nz and donate today!

Wellington and Lower North Island
Community Aphasia Advisor

Jennifer Buckley - 0210639934
wellington@aphasia.org.nz

CANCER SOCIETY WELLINGTON NEEDS TRACK MARSHALLS!

Could you give a couple of hours to volunteer at Walking Stars 2022? We need Track Marshalls to direct our participants along the route and to cheer them on.

It's a great way to support the Cancer Society while having fun!

Date: Saturday 19th November, from 8pm. Wellington CBD Find out more and sign up here - <https://bit.ly/3T7CNe9>
<https://www.walkingstars.org.nz/wellington>



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.

We provide up to date information for members through local magazines and we have a wide range of pamphlets on a variety of different diabetes related topics.

We sell a range of blood glucose meters, lancet devices, lancets, glucose tablets, pen needles, low sugar jams, sauces, toppings, lollies, socks, books and more.

At present, we are not holding any cooking classes and supermarket tours but we hope to start hosting these regularly in 2023.

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.

COMMUNITY LAW MANUAL 2022-23 AVAILABLE NOW!



The 2022-23 Community Law Manual is **available to buy now** for \$150+GST per copy. The Manual can be bought on our website: <https://communitylaw.org.nz/resources/bookshop/>, or by invoice by getting touch with us at publication@wcl.org.nz.

What is the Community Law Manual?

- Over 1000+ pages of easy-to-read legal information on just about every are of community and personal life in New Zealand!
- This year's edition includes improvements on our **family law** content, and updates on **COVID-19 and the law, disabilities rights, tenancy and housing**, and more.

Why buy the Manual?

- Community organisations who have used the Manual have said that it is a very useful guide that helped them work with their communities more effectively.
 - The Manual helps answer the legal questions that the people in your community come to you for help with!
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COMMUNITY NETWORKS AOTEAROA 2022 ANNUAL GENERAL MEETING

CNA's 2022 Annual General Meeting will take place via Zoom on Friday 18th November at 2:30pm

[ZOOM LINK](#)

As a member-driven organisation we appreciate any and all of our members catching up on our yearly celebration of the mahi we have been doing on your behalf. You don't have to be the authorised delegate to attend, we'd love you to pop your head in and learn more about us and how far our 'network of networks' reaches across the motu.

[Register Here](#)



Poetry workshops for former refugee and migrant youth

Tuesdays 4pm-5.30pm

25 October until the end of term 4

Newtown Library

Learn how to express yourself and have fun! Special guest poets and hip hop performers. For more information call or text Luis 022 505 7741.

wcl.govt.nz



**Wellington
City Libraries**

**Absolutely Positively
Wellington City Council**
Me Heke Ki Pōneke

NOVEMBER EPILEPSY AWARENESS MONTH

Krystle Crimmins has written an Epilepsy First Aid Guide to dispel the myths around Epilepsy.

Her handbook, Epilepsy First Aid, provides practical information on how to recognise a seizure and how to assist the patient. Rather than shy away from the unknown, she would like New Zealanders to be empowered with the skills to practically assist.

“There’s also a common misconception that there are just two types of seizures,” says Krystle. “The book gives an up to date overview of the eight common seizure types, their signs and symptoms and how to approach each one.”

With the support of medical specialists and Epilepsy New Zealand, the guidebook, along with an accompanying website.

Krystle is available to do speaking events. Workshops are also available. T/C apply.

Snowy’s Talent is also available now. A children’s book about Snowy and his special talent. A great read for all ages.

The books cost -\$20 plus shipping
For more information go to www.epilepsyfirstaid.com
Email- epilepsyfirstaid@hotmail.com
Facebook.com/epilepsyfirstaid



NZSL ACT CONSULTATION UNDERWAY

Consultation on potential changes to the NZSL Act has begun. The potential amendments to the Act will take account of the changes that have happened in the years since 2006.

These include New Zealand ratifying the UN Convention on the Rights of Persons with Disabilities in 2008, the NZSL Board being established in 2015, and the NZSL Strategy 2018-2023 being launched.

[Find out more on our website including NZSL versions](#)

AWARENESS WEEKS

NOVEMBER – WHIRINGA-Ā-RANGI

1 November 2022 [World Vegan Day\(external link\)](#)
Every year on 1st November, vegans around the world celebrate and champion for their vegan lifestyle.

1 – 30 ‘Movember’ Men’s Health Month <https://nz.movember.com> Our fathers, partners, brothers and friends are facing a health crisis, yet it’s rarely talked about. Men are dying too young. We can’t afford to stay silent.

12 World Pneumonia Day <https://stopppneumonia.org/world-pneumoniaday> The fight to reduce deaths from the single, biggest infectious killer of adults and children has never been more urgent.

13 World Kindness Day <https://observances.global/world-kindness-day> World Kindness Day is an international holiday that was formed in 1998, to promote kindness throughout the world and is observed annually on November 13 as part of the World Kindness Movement.

14 World Diabetes Day www.diabetes.org.nz
World Diabetes Day (WDD) was created in 1991 by IDF and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes.

16 International Day for Tolerance www.un.org/en/observances/tolerance-day

19 November World day for the Prevention of Abuse and Violence Against Children Day [Find out more here](#)

25 White Ribbon Day UN Day for the Elimination of Violence Against Women <https://whiteribbon.org.nz>

1 December Aids Foundation “Red Ribbon Day”
www.nzaf.org.nz

1 December - Safe Sleep Day – Te Ra Mokopuna Ora
Whakawhetū is a national kaupapa Māori programme dedicated to reducing the rate of SUDI (Sudden Unexpected Death in Infancy) for Māori. Whakawhetū also coordinate the annual Te Rā Mokopuna Ora – Safe Sleep Day every December to support the work of DHB’s and communities to reduce SUDI.

www.whakawhetu.co.nz

COVID CARE IN THE COMMUNITY KOTAHITANGA, MANAAKITANGA, NGĀKAU PONO, WHAKAPAI

Tēnā Koutou Katoa,
My name is Bea Munro, I am the Equity, Engagement and Events Lead for Tū Ora's Covid Response (CitC).

I know we are all very covid fatigued but I am just reaching out to see if there is anything we can do in terms of free vaccination (Covid, Flu, Boostrix for pregnant people, 45- and 65-year-olds, and MMR-Measles Mumps & Rubella) for the communities, whānau, and tamariki you work with.

We could do free vaccination 'in-homes' (whatever that may look like) or book people into the Testing and Vaccination site on Taranaki Street.

We also have some drive through/walk in events coming up on Sunday's (20/11, 27/11 & 4/12) at the Taranaki St site that will have a range of healthcare providers, a free BBQ and incentives/prize draws for people who get a vaccination.

Contact Us on 0800 714 200
referrals@tepoumanaaki.org.nz

PETITION TO REMOVE PRESCRIPTION CHARGES FOR LOW-INCOME HOUSEHOLDS

United Community Action Network New Zealand (UCANNZ) and [Child Poverty Action Group \(CPAG\)](#) have launched a petition to remove prescription charges for low-income households.

https://www.parliament.nz/en/pb/petitions/document/PET_126013/petition-of-nikki-turner-on-behalf-of-united-community

These households are currently experiencing significant hardship. For many, medical costs continue to be a significant barrier to care, and a driver for inequitable health outcomes. That means many low-income people reliant on important medications suffer disproportionately poorer health.

Professor Nikki Turner, [CPAG](#) health spokesperson says, "The five dollar cost per item to a maximum of 20 items in any one year is just too much for people on low incomes who need these medications regularly. Without regular treatment for chronic conditions such as diabetes, heart conditions and mental health conditions, there can be disastrous outcomes making life difficult for the individual, their families and, often also, their community.

"This cost barrier can create the likelihood of more serious acute and secondary care for those in our community who are in greatest need. We need to remove the five dollar fee."

The pharmacy charge is a barrier for those who rely on full-service community pharmacies. Some large commercial organisations use their private resources to waive the prescription fee. This is not feasible for many community pharmacies. It needs to be equitable across all outlets to ensure those who need local support can access it.

While Community Service Card holders receive the subsidy through other payments distributed through the year, the Welfare Expert Advisory Group confirmed that households already make serious trade-offs for essential items every week. Hence the need to get rid of the five dollar fee to ensure low-income families can access their medications.

This problem can be rectified by amending the Health Entitlement Cards Regulations 1993 which is part of the petition. Contact: Nikki Turner 021790693
n.turner@auckland.ac.nz

COVER ART AND CONTENT CALL FOR PĀNUI TE MOTU KAIRANGI NEWSLETTER



ARE YOU THE NEXT COVER?

Send in cover art for the Raumati/Summer issue of Pānui Te Motu Kairangi (comes out late Nov).

Think local, think summer, think Aotearoa, get creative!

If you have content for the newsletter, please send them through also! (by 1 Nov)

Email the editor:
ha@mmcc.org.nz

Are you the next cover art of Pānui Te Motu Kairangi? The next issue, the raumati/summer issue, comes out late Nov/early Dec. It will be the last issue of the year and is also the 2 year anniversary of this little community newsletter!

Send in your cover art today!
Email the editor: HA@MMCC.ORG.NZ

TRAINING OPPORTUNITIES

3 STEPS FOR LIFE COURSE



Want to learn how to administer CPR? Or how to use an AED?

Register for this free 45 min session held by St Johns here at the Miramar & Maupuia Community Centre on 9th November.

Need 10 minimum participants to go ahead. email us to sign up: ha@mmcc.org.nz

SMART NEWTOWN

Sign up for our free classes here:
<https://bit.ly/3VBecQT>

We're still doing things a little differently this term. Instead of the longer courses, we're running a series of free 2-hour, one-off workshops, each week on a different topic. For each one, you have the option of either a Wednesday evening or Friday morning class. The classes have been designed by our partner Stepping Up, so we'd love to hear any feedback on how you felt they went. If you liked the format of the old classes, don't worry! We can bring those back.

Our current classes are:

SETTING UP EMAIL

9 Nov / 11 Nov

In this course, we walk through the process of setting up a Gmail account, getting familiar with the

interface, and managing your email contacts list. It's designed for complete beginners, and those that need a refresher.

Skills to Have: None, this course is for beginners.

What to Bring: Bring your cell phone if you have one.

EMAIL ESSENTIALS

16 Nov / 18 Nov

The course covers sending, receiving, replying, and forwarding emails. We also work with email attachments, which is useful if you've ever needed to forward an image or a scanned document. Finally, we will get familiar with folders and groups, and learn how to recognize spam and block it.

Skills to Have: Familiarity with logging in to your Gmail account. Our other course, Email Setting Up, can help you with that.

What to Bring: A Gmail of your own. Bring your email address and your password, written down if possible. If you have a cell phone, bring that as well.

GOOGLE DRIVE

23 Nov / 25 Nov

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.

Skills to Have: None. This course walks you through creating a Google / Gmail account if you don't already have one.

What to Bring: Your cell phone if you have one. If you already have a Google / Gmail account, bring the address and password.

GOOGLE DOCS

30 Nov / 2 Dec

Need to write a word document but don't have Microsoft Word at home? Want to access the same document on multiple computers and collaborate it with others? Google Docs makes it easy. This course gets you familiar with the interface, setting up pages, and working with text and images. If you're familiar with Microsoft Word, some of that knowledge will transfer.

Skills to Have: Familiarity with logging into your Google / Gmail account. Otherwise, it's designed for beginners. If you're unfamiliar with Google Drive, our course on that topic complements this one, but isn't a prerequisite.

What to Bring: A Google / Gmail account, with your address and password. Please bring your cell phone as well if you have one.

INTRO TO SOCIAL MEDIA

7 Dec / 9 Dec

Social media is a great way to connect with others. This

course covers the basics of setting up an account with Facebook and Twitter. We work with profile and privacy settings, and practice posting, tweeting, and private messaging. The Facebook section also covers uploading images and organising them into albums. The final section features a brief discussion of LinkedIn for job profiles.

Skills to Have: None, this course is designed for beginners.

What to Bring: You'll need an existing email address to sign up, so make sure to bring the address and password.

INTRO TO SMART PHONES

14 Dec / 16 Dec

Social media is a great way to connect with others. This course covers the basics of setting up an account with Facebook and Twitter. We work with profile and privacy settings, and practice posting, tweeting, and private messaging. The Facebook section also covers uploading images and organizing them into albums. The final section features a brief discussion of LinkedIn for job profiles.

Skills to Have: None, this course is designed for beginners.

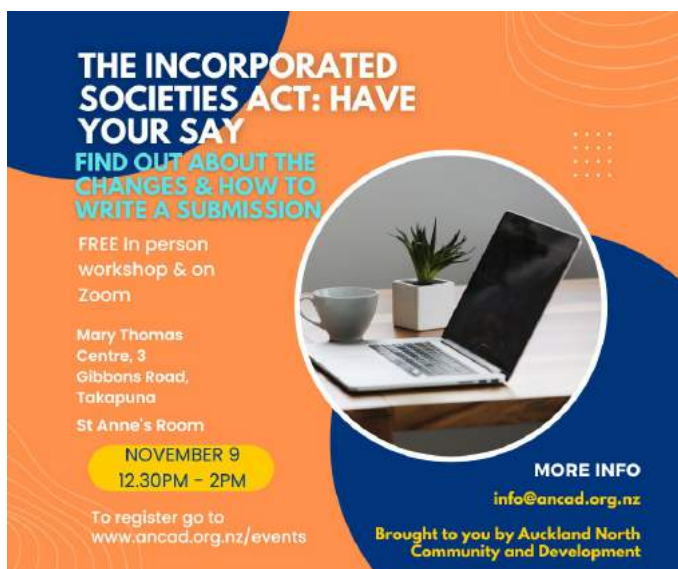
What to Bring: A charged smartphone. We'll be working with email, so please also bring your address and password.

Register for free online at <https://bit.ly/3VBecQT>. If you have trouble with the form, just give us a call on 04 380 0143, or email at info@smartnewtown.org.nz and we can help get you signed up.

Covid-19 notice: Masks must be worn at all times.

Find out more about our services here on the "Services" page of our website:

<https://www.smartnewtown.org.nz/our-services>



THE INCORPORATED SOCIETIES ACT: HAVE YOUR SAY
FIND OUT ABOUT THE CHANGES & HOW TO WRITE A SUBMISSION

FREE in person workshop & on Zoom

Mary Thomas Centre, 3 Gibbons Road, Takapuna
St Anne's Room

NOVEMBER 9
12.30PM - 2PM

To register go to www.ancad.org.nz/events

MORE INFO
info@ancad.org.nz

Brought to you by Auckland North Community and Development

GOVERNANCE BYTES #6 BEING A BETTER BOSS

Facilitator : Aly McNicoll

Being a Better Boss – supporting and managing the manager

Being a good employer

The performance management cycle

What's important about good CEO performance management and evaluation?

Purpose and process for CEO evaluation

Regular catch ups – the key to engagement

Coaching skills for conversations

The annual performance appraisal - who to gather feedback from and how?

Running a good performance appraisal process

Accountability conversations – balancing candor and caring.

Where: Zoom (link will be sent in due course) Zoom

When: Tuesday 8 November 6.15pm to 7.45pm

Fees: Members - \$10.00 Non-Members - \$20.00

Find out more or register here [https://](https://volunteewellington.nz/index.php/news-events/vw_training)

volunteewellington.nz/index.php/news-events/vw_training

FREE MENTAL HEALTH WORKSHOP MH101

Blueprint for Learning has funding through the Ministry of Health to facilitate MH101 webinars and workshops for frontline government agency staff, social services staff, and members of the community who are not trained in mental health or addiction.

Staff in these organisations are eligible to attend these free workshops if they are likely to come into regular contact with individuals experiencing mental distress in their day to day work. We are able to have up to five staff members from an organisation attend each workshop/webinar.

After MH101® you will:

- recognise signs of mental wellbeing and of mental health challenges
- use Te Whare Tapa Whā to support mental wellbeing
- relate to what people with mental health challenges are experiencing
- respond supportively to mental distress.

To register for the MH101 workshop at **Salmond House in Wellington on Monday 14th of November (9am-4.30pm)** follow this link and click Book Now: <https://www.blueprint.co.nz/workshops/4-mh101/>.



COMMUNITY ORGANISATION LEGAL EDUCATION

Community Law presents our 2022 legal education series for community groups. Nau mai haere mai!

- Bullying and Harrassment 25 October 12-1.30
in the Workplace
- Health and Safety 1 November 12-1.30
- Requirements of being a 8 November 12-1.30
Charitable Entity
- Volunteers and the Law 15 November 12-1.30
- Co-governance / 29 November 12-1.30
Te Waka Hourua

For more info email:
education@wclc.org.nz

Level 2, 15 Dixon Street, Wellington
\$20 per person per session or \$15 per session
if you attend all or have a group of 5+
Catered lunch included

Or sign up
using QR:



EMPLOYMENT OPPORTUNITIES

DIABETES WELLINGTON FIELD OFFICER AND TREASURER ROLES

Unfortunately, due to retirement, as of October 2022, our Field Officer service is not available, but we are in the process of searching for a replacement and hope to offer this service again in the near future.

Those who may be interested in applying for the role, can visit our website <https://diabeteswellington.org.nz/pages/careers> for a full job description.

We are also looking for someone to take on the volunteer role of Treasurer, the information on this role can be found [here](#).

COMMUNITY DEVELOPMENT MANAGER BE COLLECTIVE AWESOME WELLINGTON BASED OPPORTUNITY

Are you ready for something more? Be Collective is a digital platform for managing and mobilising volunteering. As a values based, Certified B Corporation, we're here to make the world a better place. We bring out the best in people, businesses, government and charities by connecting those providing volunteer opportunities with those that want to help. We're a place for action, empowering every community and realising community development and positive social impact both individually and collectively. Along the way, we equip people to showcase their volunteering and skill acquisition through our unique verified Social CV. Providing the infrastructure to track and verify data, we enable organisations to measure and articulate their social impact. Be Collective reinvents the way we broadcast community needs, help out and volunteer, mobilise and manage volunteers, share skills and understand the impact. Founded in Australia, we're now a global organisation with teams in the UK, Europe and New Zealand.

<https://www.linkedin.com/company/becollectiveintl/about/>

We're looking to expand our global operations and build our dedicated team with the appointment of a

new Wellington-based Community Development Manager. Working closely with the Director - Stakeholder Development and fellow Community Development Manager, this role will help establish partnership opportunities and support the promotion and effective roll-out, uptake and support of Be Collective across our stakeholder groups.

This is a hands-on role that requires passionate and effective relationship managers who have great communication and negotiation skills with the ability to work with a range of stakeholders. Pivotal, is being adept at quickly understanding organisational needs and processes as well as the capacity to problem solve and identify opportunities and strategies for growth. We're looking for agile self-starters with a passion for driving social change.

Interested? Find out more here <https://www.seek.co.nz/job/58752562?type=standard#sol=ae600c15173cddca22c96fc6fb16312c09136b13>

YOUTHLINE WELLINGTON CHAIRPERSON

[Youthline Wellington](#) will very soon be looking for a new Chairperson to join our Officer Group, due to our current Chair's term coming to an end.

Chair role purpose

The primary purpose of the Chair role is to provide strategic leadership and direction in planning future directions for Youthline Wellington and ensure our services promote the agreed Vision, Mission and Values of Youthline Wellington.

The Chair is a member of the Officer group and is supported by the Deputy Chair. They are responsible to governance board colleagues, Youthline membership group and has expected commitment of 20-30 hours per month.

Officers are elected by general Youthline members for a period of up to two years, in a volunteer capacity.

Youthline Wellington's AGM will be held on Thursday 24 November 2022.

If you are interested in finding out more about this role, wish to get a copy of the full job description or wish to express your interest, please contact Vicki Beachen, Youthline's Manager on office.wgtn@youthline.co.nz

Kaiāwhina roles at DCM October 2022

Use your life experience to support others who are experiencing homelessness, mental health or addiction.

DCM is looking for kaiāwhina (peer support workers) who are ready for part-time or full-time work. Ideally you will have undertaken peer training or be willing to do so in preparation for a role with us.

We are looking for kaiāwhina to join our Piki te Kaha Pou:

- This Pou provides a range of home and community-based services that support the long-term wellbeing of people who may be impacted by a range of factors, including mental health, addictions, chronic homelessness and/or trauma.
- Services within the Piki te Kaha Pou include DCM's Aro Mai Housing First team, and Noho Pai (Sustaining Tenancies) team, to support and motivate others on a journey towards stable housing and wellbeing.

Your own journey toward wellbeing will put you in a position to share your knowledge and skills. Be an inspiration to others!

In addition to life experience, you will need good rapport-building skills, be non-judgmental, and a good team player. Due to the nature of the job a driver's license is an advantage. MSD Work Broker support is available for training and preparation (including fast tracking driver's licences).

We acknowledge that the work we do is intensive and therefore believe strongly in flexibility of work hours, a good work/life balance, and on-going training. DCM pays the living wage.

For over 50 years, DCM has worked on some of the biggest problems facing Wellington. We have a proven track record of assisting people to put their lives back together – you can read a wide range of success stories here: <https://www.dcm.org.nz/success-stories>

If you are interested in a role with us please contact Suzy and she will arrange for someone to contact and talk to you, or express your interest by emailing suzy@dcm.org.nz, or come in and see us at DCM week days from 9-12.

Closing date 9am Monday 7 November 2022.

FUNDING

Sargood Bequest The Trust makes grants to projects and activities in the children & youth, cultural, sports & outdoors, educational and environmental areas with a focus on access, participation and inspiration. 31st December The Secretary, Sargood Bequest, PO Box 5546, Moray Place, Dunedin 9058
PH: (03) 474 0900 FAX:(03) 477 9987
EMAIL: secretary@sargoodbequest.org.nz
WEB: <http://www.sargoodbequest.org.nz>

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

Workbridge Support Fund Training- to support people with disabilities in training opportunities. Self Start Fund- to help people with disabilities set up their own business. Job Support Fund- to help people with disabilities move into employment Always open Workbridge Wellington PO Box 31 687 LOWER HUTT 5040 PH: (04) 499 7350 FAX: (04) 499 1460 EMAIL: Wellington@workbridge.co.nz WEB: <http://www.workbridge.co.nz>

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

Match – your funding place Philanthropy New Zealand is developing a new service to help both those seeking and distributing philanthropic funding in New Zealand is underway. The vision of Match is a more accessible, collaborative and equitable funding system in Aotearoa. It aims to more efficiently and effectively connect the demand for and supply of philanthropic funding.
[Find out more here](#)

NZ Community Trust Funding for any charitable, philanthropic or culture purpose, or any other purpose that is beneficial to the community or any section of it. This includes but is not limited to: Sporting clubs and amateur sporting teams, recognised social service or welfare agencies and educational organisations. 20th of each Month National Grants Manager, NZ Community Trust, PO Box 10 857, Wellington 6143
PH: 0800 44 69 28 EMAIL: info@nzct.org.nz
WEB: <http://www.nzct.org.nz>

The Wellington Community Fund Who can apply? Must primarily benefit the Wellington region. Must have a charitable purpose – this usually means you have either charitable or incorporated society status. Unsure of your status? call us to discuss. Download the fact sheet here <https://wellingtoncommunityfund.org.nz/wp-content/uploads/2022/05/WCF-Quick-facts-about-our-funding-2022.pdf> Contact Us [Here](#)

Techsoup New Zealand TechSoup New Zealand provides donated and discounted technology products and services from companies such as Microsoft, Symantec, and Xero to eligible New Zealand Charities, Voluntary and Community groups with charitable status. Via this program your organisation can access the latest products as either donations or discounts.
Open Always
Techsoup New Zealand
PH: Wellington - 04 8870 236
WEB: <http://www.techsoup.net.nz/>

This Newsletter is produced by
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However, we cannot accept responsibility for error.

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