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**Community Networks Wellington Newsletter
October 2021**

COMMUNITY NETWORKS WELLINGTON OCTOBER NETWORK MEETING

Nau mai, haere mai

You are warmly invited to the CNW October Network Meeting

This meeting is planned to go ahead with a face to face network meeting in October only if we are in level 1 and we are NOT required to have 2 metre social distancing.

If we are still in level 2, we may consider holding our network meeting via zoom
Please watch the Meeting page on our [website](http://www.cnw.org.nz), or watch out for more info in our email supplement's.

Date: Wednesday 20 October 2021

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

Venue (At Level 1): The Garden Room, St Peters Church, 211 Willis Street, Wellington

To RSVP 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**

**SAVE THE DATE CNW AGM 2021
17 NOVEMBER**

The CNW AGM originally planned for September is now being held on November 17th.

As with our October meeting, if we are at level 1 and no social distancing is required we will hold our AGM face to face. However we will assess this closer to the time and may run the meeting virtually if necessary. Full details will be advertised in our November Newsletter.

**EXPRESSIONS OF INTEREST FOR CNW
EXECUTIVE COMMITTEE**

We would like to invite nominations from our member organisations to stand on our CNW Executive Committee.

The Committee oversees the running of the CNW network and the 2 part time staff.

The Commitment would be around 4 hours per month, attending the monthly Executive meeting and network meeting (Feb-Nov), having a small portfolio and possibly some projects works as it arises.

It is preferable the organisation to have been a member of CNW for over a year, have a holistic view of the community sector and have a keen interest in how the CNW network can facilitate good networking and connections within the sector.

For more information contact Debbie on Ph (04) 385 3518 or Office@cnw.org.nz

**COMING SOON
THE VIRTUAL LAUNCH OF OUR
WELLINGTON COMMUNITY MAPPING
PROJECT**

To avoid further delays and with the uncertainty over meeting in large groups CNW will be launching our mapping project virtually.

RADIO SHOW SLOTS AVAILABLE

Community Networks Wellington have a regular (fortnightly) slot on Access Radio. Every second Wednesday at 1.30.

We still have a couple of Radio slots available for anyone who would like to be interviewed on our radio show. At level 2 we can only interview over the phone.

Find out more or request a slot by contacting our office office@cnw.org.nz or check out some previous shows on our website <https://www.cnw.org.nz/member-spotlight.html>

**NEW WELLINGTON-SPECIFIC COMMUNITY
ADVISOR AT THE DEPARTMENT OF
INTERNAL AFFAIRS**

Kia ora, ko Charlie tōku ingoa.

I am the new Wellington-specific Community Advisor at the Department of Internal Affairs; I recently replaced Jane Scott who left the Department in August 2021.

I'm available to support you and your organisation apply for Lotteries and COGS funding from the Department as well as to (hopefully) add some value to the work you do in, with and for your communities.

That may be by connecting you with other initiatives I'm aware of in the city/region; linking you with other funders; providing resources and advice to support your organisation / community; or anything else I can do to support your mahi.

I have previously worked for a few different community organisations in Wellington, including CNW!

Although I'm based at DIA's regional office in Lower Hutt, I'm keen to come and meet you at your offices and plan to attend local community network meetings etc to reconnect with the community.

Please feel free to contact me directly on Charles.devenish@dia.govt.nz or 027 233 1956.

I look forward to working with you.
Ngā mihi mahana,
Charlie

RANDSTAD NZ SAYS SUPPORTIVE LEADERS CRUCIAL TO ENABLING SAFE MENTAL HEALTH CONVERSATIONS IN THE WORKPLACE

September 27, 2021
Press Release – Randstad

Mental Health Awareness Week (27 September – 3 October) is an important opportunity to keep driving forward, both conversations and actions that are focused on improving mental health and workplace wellbeing, according to Randstad’s Country Director, Katherine Swan.

[OECD findings](#) indicate that poor mental health costs the New Zealand economy some 4-5% of GDP every year through lost labour productivity, increased health care expenditure and social spending on people temporarily or permanently out of work.

In today’s modern way of working, people are required to be productive in a boundaryless working environment, where they’re hyperconnected with less opportunity to switch off. Swan says the mass move to work from home has increased the visibility of the personal commitments, pressures, and stresses that people manage outside of work, not always obvious in office-based environments.

Katherine comments, “Leaders need to focus on being more mindfully supportive. We should use this time to learn more about the people we work with and consider how we can create workplaces that allow them to bring their best selves to work, while also meeting personal commitments. Leaders need to be empowered to act as facilitators, be good listeners, and have respectful conversations without feeling they have to be mental health and wellbeing experts.”

Increasingly, employees want to work for organisations that have a strong workplace culture and commitment to workplace wellbeing. “From personal experience, I’ve seen how considering the broader spectrum of health, ensuring regular and clear communication, empowering leaders from the C-suite down, and bringing people together on different platforms to share and collaborate, will empower internal relationships, and create a strong team environment for greater business success,” Katherine explains.

Randstad New Zealand’s own culture and wellbeing initiatives are delivered by its Randstad with Heart Committee. Run by employees, it organises activities that encourage positive human connection while also managing its community volunteer programmes. This year, activities in support of Mental Health Awareness Week includes meditation sessions, online fitness classes, virtual team member coffee catch ups and the opportunity to attend a mindfulness webinar series run by [GROW NZ](#).

Randstad also recently welcomed psychologist and workplace mental health expert [Adrianna Loveday](#) back, as Director of Talent Transformation. Responsible for helping companies improve their workplace culture and mental resilience, Adrianna believes that the cost of ignoring mental health issues in the workplace is far greater than the cost of implementing strategies that create safe and healthy workplaces.

Adrianna comments, “It’s vital to remind ourselves that when it comes to the mental health crisis, we’re not facing anything new. The difference now is that the pandemic has made it impossible to ignore. The onset of COVID-19 has not only highlighted the importance of mental health in the workplace, but compelled leaders to place the wellbeing of their employees significantly further up the organisational agenda.”

Below are Randstad’s actionable steps for improving workplace wellbeing and employee resilience:

1. De-mystify mental health

Organisations need to make the conversation around mental health both palatable and relevant for their workers. Organisations need to dedicate time and energy to identify the symptoms of mental health conditions, understanding the critical challenges that their workers face, and the psychological health and wellbeing of those people because of those challenges.

2. Avoid the ‘too-hard basket’

When something is difficult to manage, it’s easy to avoid it entirely and instead place it into the ‘too-hard basket’ where it’ll likely stay forever. Mental health, no matter how difficult the conversation or task, needs to be worked through by taking simple but proactive steps, guided by expert advice.

3. Have open conversations that instil trust and confidence to act

Organisations need to have an open conversation around workplace mental health, and to ensure the

solutions to overcome any challenges are easily manageable. The key is having the confidence to intervene early, and then putting great leadership and expert guidance in place to ensure those facing mental health challenges are wholly supported.

Randstad Country Director, Katherine Swan concludes, "Achieving workplaces that are more mentally resilient is an ongoing journey. It's about continuing to grow in this space as leaders and becoming more aware of the challenges our employees face to best assist them. A conversation can go a long way to enabling the best outcomes."

Note to editors: As part of [Randstad with Heart](#), all Randstad New Zealand employees get eight volunteer days annually to support the charity of their choice. Recent projects have included helping Auckland City Mission pack food parcels, running a Christmas party for Oranga Tamariki and participation in Pink Shirt Day.

Content Sourced from [scoop.co.nz](#)

FRONTLINE CHARITY INSIGHT ON COVID-19 DELTA OUTBREAK

September 27, 2021
Press Release – Catalytic Foundation

Research released today by the Catalytic Foundation shows Kiwi charities are under increasing pressure to manage the surge in demand for their services, with fewer resources.

The research conducted by the Catalytic Foundation saw New Zealand charities surveyed at three different COVID-19 lockdown periods in 2020 and 2021, to gain a better understanding of the impact the pandemic had to their organization and community.

"From the 560 responses we received, the research identified that practically all charities have been affected by the pandemic and many experienced an increased demand for services this year," said Catalytic Foundation CEO Teresa Moore.

"For many charities, obtaining additional funding remains a priority and the amount needed has increased compared to last year, largely due to operational costs/expenses, and efforts to keep staff

employed," she said.

The results have also shown the need for professionally skilled volunteers and people to help with charity support services. This may be an indication that charities are short-staffed and poorly funded, so rely more and more on unpaid helpers.

A second key need is donations of technology, such as laptops and mobile phones in addition to the usual food and secondhand items needed to support charities clients.

The survey also asked charities to identify the three most important issues concerning their communities. Housing, financial security (including access to food and basic needs) and mental health emerged as the top three issues, with housing identified as an area of concern almost double that of any other issue.

"As community charities and not-for-profit organisations seek to address major social issues, most of them lack the resources, secure funding or even volunteers to help them work effectively and Covid-19 has only added to this strain" Ms Moore said. "Charities have similar costs to commercial organisations yet they are trying to operate on the smell of an oily rag, they need our support"

Deborah Lucas, Head of CR&S at Deloitte agrees. "The on-going lockdowns have been difficult for everyone, but they have also re-emphasized the importance of supporting the communities where we all live and work, whether it is the local coffee shop or a charitable organization that is finding it difficult to deliver services to clients who may also have been negatively impacted by the pandemic."

Covid19 has taken its toll on everyone, but the Catalytic Foundation research clearly shows the significant and un-forecasted impact it has had on charities and their ability to serve their clients.

Content Sourced from [scoop.co.nz](#)

THE CHARITY HANDBOOK

The Charity Handbook has been designed to help you keep track of the information that you need to run your charity. You can also use it as a handover document for new members.

[Download your copy now](#)

Salam
Alaikum

Hello



FREE SOCIAL DRAMA CLUB

Kia Ora

Bula



For ages **65+**

Talofa



TEA AND COFFEE PROVIDED



We are a fun group using storytelling and drama to keep the mind active and creative! Our sessions are full of play, laughter, and connection - we can't wait to meet you!

**NEWTOWN COMMUNITY
CENTRE** 

Nau Mai

**THURSDAY'S
10:30AM - 12PM**

TO SIGN UP YOU CAN:

Email: hilary.norris@xtra.co.nz
Call: 021 306 413 or 027 2132 032
SCAN



Absolutely Positively
Wellington City Council
Me Heke Ki Poneke

Wellington
Community Trust
supporting community initiatives



NOTICES

WCT - UPDATE: OUR APM FUNDING MEETING & GREET

Tēnā koutou

We've decided to move our upcoming event online, due to the uncertainty around COVID-19 alert level changes. This means we will be postponing the 'meet & greet' part of the event to a date we feel it can be safely held.

Join us online, on October 6 to hear about what we've been up to over the past 12 months, along with updates about our financial performance (also known as an 'Annual Public Meeting').

There will be opportunity for you to ask questions after our speakers, using the chat function.

Event details

Wednesday 6 October—4.30 - 5.30 pm

Online (Zoom Meeting)

Link to Join Zoom Meeting

<https://us02web.zoom.us/j/89929610061?pwd=dm10MkIrazRpcys4MVExQTZldnJwdz09>

Meeting ID: 899 2961 0061

Passcode: 187399

HUI E!'S AGM: MONDAY, OCTOBER 18

The Hui E! Community Aotearoa team are busy organising our Annual General Meeting, which you are all invited to.

With uncertainty around COVID-19 restrictions, we've decided to hold the AGM online. We hope next year for a kanohi-ki-te-kanohi gathering, but this year we're online, so it'll be BYO tea and biscuits on Zoom! We promise good company and inspiring kōrero as usual though.

Hui E!'s AGM:
Monday, October 18,
5.30pm to 7.30pm
[Register for the AGM](#)

VACCINATION OPTIONS FOR SENIORS FROM AGE CONCERN

FREE RIDES TO VACCINATIONS

Age Concern are working in partnership with the Wellington City Council to offer free transport to seniors needing to get their Covid vaccination.

If you live in the Wellington City area (up to Tawa/Linden in the north), then get in touch with us if:
You're over 65
You have a booking for a Covid-19 vaccination
You have no one else to help you get to the vaccination centre
Call Ann on 04 499 6648 and we'll arrange it for you.

A big thanks to the Wellington City Council for their support and funding for this service.

Metlink is also offering free travel on buses and trains to anyone getting their Covid-19 vaccination as part of a coordinated effort to boost vaccination attendance across the region. To support communities which rely on public transport, Metlink says on the day of your vaccination visit – simply show your booking confirmation; otherwise, let your bus driver or train manager know you are heading to or from your vaccination and take your seat. More details are on [Metlink's Facebook page](#)

IN-HOME VACCINES

For those who are not be able to go to a vaccine appointment because of mobility issues, in-home vaccines may be available. Call your DHB to have this organised for you.

Hutt Valley District Health Board: 04 566 6999
Capital & Coast District Health Board: 04 385 5999

NOT VACCINATED YET?

If you haven't had your vaccine yet, we encourage you to [book it now \(click here\)](#). If you have consent, you can even book for someone else. You can also book by phoning **0800 28 29 26**.

Please call **04 499 6648** or email info@acwellington.org.nz if you have any questions.

A LIVING ROOM FOR YOUTH IN THE CITY

Commonspace is a free and inclusive place for rangatahi to engage with the arts and build community together.

Located at 113 Taranaki until Sunday 31 October, Commonspace is an inner-city space to belong, learn and collaborate through arts-based activities.

Find out more at common-space.nz, proudly supported by Wellington City Council, Urban Dream Brokerage, and Creative NZ.

WELLINGTON MUSEUM'S LOW SENSORY HOUR

Wellington Museum's monthly [Low-Sensory Hour](#) takes place on the first Thursday of every month.

The museum is hosting a special morning session for the school holidays on Thursday 7 October, 9am-10am. In association with Autism New Zealand, the quiet hour is curated for our neurodiverse community. With lights and sound dimmed, tamariki and their whānau are invited to explore local taonga in a calm and quiet space.

PŌNEKE AT ALERT LEVEL 2

Wellington is at Alert Level 2. These settings will be reviewed on Monday 4 October.

Information regarding Wellington City Council services and facilities at Alert Level 2 can be found on [our website](#). For more COVID-19 information, please visit covid19.govt.nz.

NEED AN EXEMPTION FROM WEARING A MASK?

If you or someone you know can't wear a face mask for health or disability reasons, you can get an exemption card. You can show your exemption card when needed.

You can request a card from the Disabled Persons Assembly NZ by contacting them on 04 801 9100 or at info@dpa.org.nz.

CHANGES FOR CHILD SUPPORT CUSTOMERS AT IRD

Inland Revenue is moving child support into our new system as part of the final phase of our Business Transformation. You can find the full information on the upcoming child support changes [Here](#)

For more information on what's changing in 2021 visit our website: ird.govt.nz/about-us/business-transformation/2021-changes

UNDERSTANDING INFORMED CONSENT FOR 12-15-YEAR-OLDS' VACCINATIONS

With the inclusion of 12-15-year-olds in the COVID-19 vaccine roll-out, Oranga Tamariki (OT) has produced guidance for kaimahi working with tamariki, rangatahi and whānau and caregivers in relation to supporting informed consent.

The OT resource clarifies Ministry of Health guidelines that tamariki are able to give or withhold consent to receiving the COVID-19 vaccine.

The assessment of this consent is completed by the healthcare professional at the time of vaccination.

The resource provides information and resources to help kaimahi understand how the vaccine could impact the people they work with, and to help them to have conversations with these groups about vaccination.

Find the [Oranga Tamariki resource here](#).

SECTOR HAUORA/WELLBEING IN THE SEASON OF COVID

Living and working under the restrictions of Level 4, Level 3, Level 2.5-ish, takes its toll, especially with people working on the frontline to address the needs of their communities. Community sector network ComVoices has tapped its whānau of NGOs for a hauora/wellbeing check-up and has produced a variety of resources, including a video from sector leaders, to help folk keep upright and breathing.

Visit the [ComVoices hauora/wellbeing resource site here](#).

MENDING MONDAYS!

Every second Monday, 10.30am - 12.30pm
At [Newtown Community & Cultural Centre](#)
[Facebook event](#)

Repair – don't replace! Save, don't scrap! Darn don't dump! Make do and Mend! Fix don't Forget!

Join us and get your mending done in the company of others while ya enjoy some snacks/hot drinks. If you don't know how to mend, just come along. We have a selection of fabrics, needles, threads, bits and bobs... we really want to see ya so put it on the calendar!

NEWTOWN TOOL LIBRARY IS OPEN!



Wanna join? Apply here (open to all Wellingtonians)
If you've been missing being able to hire the tools you need to make that custom bookcase you've been dreaming about, you're in luck!

The Tool Library is back open for Level 2. Located at 9 Constable Street the library is open Wednesdays 5pm-7pm and Saturdays 11am-1pm. Hire your lil heart out!
www.newtown-tool-library.com

KOHA COMMUNITY YOGA

Newtown Hall, 71 Daniell Street
An hour long, open hatha and vinyasa session, bringing together the mind, body and spirit. A yoga practice for everyone's individual bodies and levels. Some mats available. Tuesdays—6:00-7:00pm
[email](#) or call us on 04-3894786

TAI CHI FOR BEGINNERS

Newtown Hall, 71 Daniell Street
Learn the basic forms of tai chi. \$2 per session.
Does not run through school holidays.
[email](#) or call us on 04-3894786

ORANGE SKY



Is your washing machine broken? Come to this free mobile laundry and shower service, parked at the front of the [Raukawa Community Centre](#) each Thursday, 5.00-7.30pm

[Orange Sky](#) wants to make sure that everyone has access to laundry and shower services - but most importantly - the opportunity to connect and feel welcome.

THE SALON

Strathmore Park Community Centre

4th Monday of the month, 11am-2pm
[The Salon at SPCC](#) is here monthly. Free hair cuts for women and men by the lovely, professional hairdresser Alicia.

Long and short hair, plus beard trims offered.
Bookings essential, through the centre coordinator, by [email](#) or 04 388 2776 or 021 027 91402.

LEARNER LICENCE WORKSHOPS

Strathmore Park Community Centre

Mondays, 3.30-5.30pm—During school term

Evolve Youth Service holds these free workshops for young people ages 15-25. Supporting you to get your learner licence and get on the road.

Evolve will pay half of the learner licence test fee and can also support you to obtain the necessary ID to get your licence.

If you're keen to come along contact the Projects Team on 022 059 1986
or projects@evolveyouth.org.nz

CNA CONFERENCE DATE CHANGE

We have made the decision to shift our conference to February next year...

This was a difficult decision to make but after some discussions with members we decided that, to ensure the comfort, focus and safety of everyone involved, we would move the date to **24th and 25th February 2022**.

This way, we can all meet in person, refreshed from a restful summer, at the beginning of next year, without the shadow of Lockdown hanging over us.

[Click here to read more about our new and improved Conference 2022!](#)

[Click here to register for Conference 2022!](#)

Read the CAN Newsletter and find out more about what they do ... [Here](#)

SUSTAINABILITY TRUST REPAIR ED

[Repair-ED, a repair café](#) - to celebrate International Repair Day we're co-hosting Repair-ED - a repair café, in conjunction with our friends at Hopper Refill & Café. Repair-ED is about showcasing the mahi in the repair/remake space in Greater Wellington.

This is your opportunity to meet like-minded people and also to fix that jug or toaster you've been meaning to fix. Sat, 16 Oct from 11 am to 3 pm at Hopper Shop & Refill, 11 Hopper Street, Wellington.

SUSTAINABILITY TRUST CLOTHING CLINIC

[Clothing Clinic](#) - Join artists Barbara Wheeler and Caroline O'Reilly as they teach you the contemporary skills required to manage a conscious wardrobe.

At this hands-on workshop, you will learn the skills of clothing design.

This includes, but is not limited to, cutting, piecing, sewing (machine and hand), repair and creative visible mending, and laundering. There are two workshops to choose from Sat, 9 Oct & Sat, 23 Oct from 10 am to 4 pm at Sustainability Trust, 2 Forrester's Lane, Wellington.

NEW ELIGIBILITY CRITERIA FOR THE WELLINGTON CURTAIN BANK

The Wellington Curtain Bank has changed the eligibility criteria for homes that can get free curtains.

Instead of needing a Community Services Card or a SuperCombo Card to apply for curtains, you simply need to live in an area identified by the Government as being in a deprivation 8-10 zone in the [Wellington region](#)

Basically, if someone on your street got subsidised heating or insulation, you're in a zone. If you're not sure, [you can check your eligibility here](#).

Please note that the Wellington Curtain Bank will stop taking orders for 2021 at the end of October.

STEADY AS YOU GO FALLS PREVENTION EXERCISE CLASS

Steady as You Go is designed to improve strength and balance, and help prevent a fall. The classes improve balance and leg strength, flexibility, general fitness and wellbeing, and are a great way to meet new people. Classes consist of a combination of sitting, standing and walking exercises, and take around an hour.

When: Fridays at 1.30 pm

Where: Loaves & Fishes, Wellington Cathedral of St Paul, 2 Hill Street, Thorndon

Registration: Drop-in 10 minutes before your first class, or call Age Concern Wellington Region, 04 499 6648, for more information

STEADY AS YOU GO LIVE ONLINE CLASSES

For the next few weeks, a live-streamed Steady as You Go class will be taking place online through Zoom. Everyone is welcome, but the exercises are intended for people with age-related mobility issues.

When: Wednesday at 9.30 am

Where: Online

Registration: https://docs.google.com/forms/d/e/1FAIpQLSfq0_zjYkyv2U0CGQIXww4o3x96pWg_O3Lcf6HNgxgnTWaXgQ/viewform

or call Age Concern Wellington Region, 04 499 6648, for more information.

TOP TIPS FROM THE LEAD TEAM HOW TO RUN A GREAT ONLINE MEETING

While technology has done a great job of bringing us together, it is the quality of the experience once we get there that makes the difference. I am sure you have all attended a few cringe worthy Zoom gatherings either for work or with whānau.

The LEAD team would like to share our favourite tips for how to provide positive, virtual experiences that create connection and get the work done. Whether you're using Zoom or some other online platform, the same trips and tricks apply:

1. Start with a round so that everyone crosses the threshold of speaking in the virtual setting early on. Give it a different focus each time - a rose and a thorn from the last week worked well with one group and I often call it a 'lightning' round so it doesn't take up too much time.
2. Insist cameras are on during check-ins or introductions. After that appreciate that the person may need to feed the chickens or is suffering Zoom fatigue.
3. Call on people by name to speak, whether in a check-in round or to comment on something. Over-contributors rule supreme on Zoom and the quiet ones get to hide behind their virtual backgrounds.
4. Encourage feedback for presenters and speakers – either on screen cheering, virtual hand clapping, jazz hands or something . . . otherwise they can feel they are talking to a wall of robots.
5. Have multiple forms of engagement to ensure people are active participants, not just an audience passively watching a 'show'. Use polls, Q+A in chat, invite comments in chat, put ideas together on a 'white board' (you can have separate white boards for different tasks), use thumbs up (or down) to signal choices, and of course break out rooms . If your group hasn't used one of these methods before, have a practice go (where you can coach individuals through).
6. If you don't have a co-host, log in to your own meeting using a second screen (I use a laptop with sound turned off) so you can see participants' view. It's different from host/

presenter view (especially when sharing your screen, showing overheads etc).

7. When putting people into breakout rooms check first whether anyone has a question about the topic or question given.
8. If people ask questions, invite others to respond to facilitate conversation between participants. This can create a great sense of community.
9. Send questions beforehand so people have had a chance to think about the topic and if they provide the presenter with replies beforehand, all the better, to align the direction of the presentation, and discussions.
10. Ask everyone to unmute for a short period of time when you want to get discussion going so it makes it easier for people to contribute.

And a bonus three more . . .

1. Slow down responses so that people don't talk across each other (or use a signal which shows you want to speak - eg virtual or real hands-up).
2. Make the Zoom more personal by having a bunch of flowers or some symbol/item relevant to the purpose of the meeting visible on your video screen.
3. Allow 'reflective pauses' for everyone to just be, absorb the conversation, or think about their response - it's okay not to fill the space all the time.

lead.org.nz

LET'S CELEBRATE SENIORS WEEK!

FRI 1-8 OCT VARIOUS LOCATIONS

Te Wiki Kaumātua – Seniors Week is a series of community events and activities for our senior citizens, all about building connections and reducing social isolation in later life.

This year's theme is Across Generations, where we offer ways to connect people from all generations and backgrounds. Exciting events range from a tour of the Miramar Prison Garden and classes at the Inverlochly Art School, to strength and balance exercise classes. Visit the WCC [website](#) to find out more and download the programme.

Raising Resilient Kids Hub Day

Are you a Parent/Carer or Grandparent?
Or do you work with families & parents, and need
to find local resources ?

Want to find out more from these people passionate about their work
helping families to Raise Resilient Kids?



Join us!
9.00am - 4.00pm on 11th October
at The Collective Community Hub,
1/33 Johnsonville Road, Johnsonville



Our Team of speakers/participants:

Judith Yeabsley – Confident Eating

Bernice Williams – Reading for Resilience.

Sarah Best – Changing the World is Child's Play

Ange Catterick - Speech Language Therapist

Keren Dravitzki - Optometrist

&

Madeleine Taylor - People Skills Consultant & Resilient Kids Ltd.

Cost for day - Parents \$10 incl. GST and Professionals \$50 incl. GST

Book via <https://www.peopleskillsconsulting.co.nz/product/raising-resilient-kids-hub-day/>

**Money raised by this event will go to starting the new [Raising Resilient Kids Website](#)
a repository of services available to support parents and those who support parents!**

Contact for more information

Madeleine - 027 211 6469

Madeleine@peopleskillsconsulting.co.nz

 **Madeleine Taylor**
People Skills Consulting

TRAINING OPPORTUNITIES

WORKING TOGETHER FOR VULNERABLE KIDS

It takes all of us to keep children and young people safe, and professionals like you can make all the difference.

**Thursday 7 October 2021 -- 9am-3pm -- The Angus,
5 Cornwell Street, Lower Hutt**

"One person can make a difference to an innocent life. I feel very passionate about this. The more who do this course the better for us all, our tamariki, our mokopuna, our future generations."

- Public Health Nurse

What you will learn:

In this seminar, you will gain a greater understanding of:

- your role in supporting vulnerable children and keeping them safe
- what to look out for
- things you can do if you're worried about a child
- how and where you raise your concerns
- how to respond to vulnerable children
- the Children's Act 2014
- what happens when the Ministry for Children, Oranga Tamariki receives a referral

The seminar also helps build a network with others in your community.

Who is it for?

Professionals and practitioners working with children, families and whanau.

[Enrol Now](#)

Child Matters - 480 Anglesea Street, Hamilton | 07
838 3370

TUMU ORA, THE FOUNDATIONS OF WELL-BEING OCTOBER 8 START

A four-week, online course for non-profit leaders in Aotearoa, brought to you by Hui E! and Volunteering New Zealand, \$45 + booking fee

Find Out [More HERE](#)

EMPLOYMENT LAW

A practical introduction to employment law including your rights at work and what to do when things go wrong.

Tuesday 16th November 2021

Community Law Wellington & Hutt Valley is offering a fresh series of 3 hour workshops on essential kaupapa for individuals and organisations, arming you with the legal knowledge you need to advocate effectively.

To register for this sessions, [please click here and fill out the form](#).

For questions, email Te Irirangi at Education@wclc.org.nz

To check out what's coming up [click here](#)

LEADING AND MANAGING COMMUNITY ORGANISATIONS

The next [Leading And Managing Community Organisations](#) cohort begins on 15 October.

This is a 12-week online course so you can participate from wherever you are in Aotearoa.

Over the 12 weeks we'll explore the following topics in the context of your own community and organisation:

- Creating and understanding the bigger picture
- Being a mindful leader and how our management and leadership impacts on others
- Building a strong team
- Leading sustainable organisations
- Working creatively in the face of ongoing change and complexity
- How to create real change for our communities.

WHERE: Online

WHEN: 12 weeks from 15 October - 30
December 2021

COST: \$590 +GST (We are happy to offer this course at a discounted \$500 for the second and subsequent people from the same organisation. Please email sandy@lead.org.nz before placing your order).

[Download the flyer Here](#)

[Register Here](#)

LET'S GET LEGAL

NEW LEGAL GUIDES ABOUT PREGNANCY AND PRISON RIGHTS

Two legal guides called Pregnancy Rights: Your legal options during and after pregnancy, and Lag Law: Your rights inside prison and on release.

Both guides have been updated this year to include the most up-to-date legal and practical information.

About Pregnancy Rights

The resource is an A5 booklet written in plain English that contains 65 pages of practical answers to questions about pregnancy and the law.

It's been written with young pregnant people in mind, but the information will be just as helpful for all whānau (including the other parent).

It covers topics from sexual health, to healthcare, education for people under 18, housing, work, caring for a child, legal aid, and where to go for more support.

Pregnancy Rights answers questions like:

- What are some of my options after a positive pregnancy test?
- What healthcare can I get while I'm pregnant?
- Can I get time off work while I'm pregnant?
- What are the steps for a whāngai or adoption?
- What are the responsibilities of a guardian?
- How will a Protection Order help?
- Can I apply for Child Support?
- Can I keep going to school if I am pregnant or have a baby?

And so much more!

About Lag Law:

Lag Law is a basic, plain English guide to the laws that affect you from before you get put in prison, to when you're in prison, and on release.

With 204 pages of legal information, it's for people in prison, plus whānau, lawyers, advocates, and support people too.

Lag Law answers questions like:

- How do I contact my family?
- What can I do if the police treat me unfairly?
- Can I get EM (electronically monitored) bail?
- How can I get medical help inside prison? What will happen if I'm pregnant while in prison?
- What happens if my tenancy ends and my whānau don't have a new place to live?
- When can I be segregated (separated) from other prisoners?
- What can I do to protect myself from my ex-partner (or other people) once I leave prison?
- Where can I find support when I'm getting out?

Read the PDF versions online for free

[Click here for Pregnancy Rights](#)

[Click here for Lag Law](#)

Or order a copy today!

Pregnancy Rights

- Pregnancy Rights costs \$5.00 + GST per booklet
- You can order online [at our bookshop](#) and pay by credit card
- Or to pay by bank transfer, email us at publications@wclc.org.nz

Lag Law

Lag Law is free for people in prison and their whānau. To request your free copy:

- Email laglaw@wclc.org.nz
- Or write to us at Community Law Wellington and Hutt Valley, PO Box 24005, Wellington 6142, Aotearoa New Zealand
- Or call (04) 499 292
- Otherwise, Lag Law costs \$30.00 + GST
- Order online [at our bookshop](#) and pay by credit card
- Or to pay by bank transfer, email us at publications@wclc.org.nz

Community Law Wellington & Hutt Valley
info@wclc.org.nz (04) 499 2928 www.wclc.org.nz

EMPLOYMENT OPPORTUNITIES

PART-TIME PERMANENT FUNDRAISING ASSISTANT WANTED

We are looking for a passionate and flexible person to work with our Fundraising and Communications manager to deliver work across Sisters of Compassion including for Compassion Soup Kitchen.

This is a perfect role for someone looking to build a career in fundraising with various responsibilities including providing great supporter care, collaboratively organising fundraising events, database management and data entry, and other administrative tasks.

The ideal candidate is a well-organised individual with strong analytical skills, a positive attitude, and effective written and verbal communication. Previous experience working within the not-for-profit sector and with Infoodle, Microsoft Excel and Word, and/or other data management systems is also valued.

For a more detailed position description, email: info@compassion.org.nz or visit: <https://www.seek.co.nz/job/54085858> To apply, send your CV and a cover letter to info@compassion.org.nz
Application deadline: 12 October 2021

ACCOUNTS ADMINISTRATOR—FULLTIME COMMONSENSE

This role is between 30 – 40 hours per week. You will have a minimum of 2 years experience in an accounts and administration position.

Interested? Read the [full description here](#)

GENERAL MANAGER, KAITOHUTOHU MĀTANGA MĀORI - BARNARDOS

We're searching for a proven leader with deep knowledge of, and a passion for, te ao Māori and a deep desire to share knowledge and insights in a warm, encouraging, and respectful way.

Interested? Read the [full description here](#)

AWARENESS WEEKS

OCTOBER – WHIRINGA-Ā-NUKU

Sept 27 – 3 Oct Mental Health Awareness Week
<https://mhaw.nz/>

1 International Day of Older Persons
www.ageconcern.org.nz

1 – 31 Save Kiwi Month www.doc.govt.nz/news/events/nationalevents/save-kiwi-month/

1 – 31 Breast Cancer Awareness Month
www.breastcancerfoundation.org.nz 01 OCT - 31 OCT 2021 [Breast cancer and Pink Ribbon fundraisers](#)
As part of Breast Cancer Awareness Month, the New Zealand Breast Cancer Foundation is inviting all workplaces to turn Pink for a Day on any day throughout October.

1 – 31 Health Literacy Month
www.healthliteracymonth.org 01 OCT - 31 OCT 2021
[Health Literacy Month](#) Health Literacy Month is a time for organisations and individuals to promote the importance of understandable health information.

5 World Teachers Day <https://teachingcouncil.nz/content/worldteachers-day-why-teachers-matter>

10 World Mental Health Day www.mhaw.nz/

11 International Day of the Girl Child www.un.org/en/observances/girl-child-day

12 World Arthritis Day www.arthritis.org.nz

13 International Day for Natural Disaster Reduction
www.un.org/en/observances/disasterreduction-day

15 World Hand Washing Day
www.handhygiene.org.nz

16 World Food Day www.fao.org/world-food-day/home/en/

20 World Osteoporosis Day
www.worldosteoporosisday.org/

24 United Nations Day www.un.org

FUNDING

GOVERNMENT FUNDING AVAILABLE

Several government departments have funding grants and information available in the wake of the last COVID outbreak. Please find some links below for easy access.

- Te Puni Kōkiri – General information on where to get support. <https://www.tpk.govt.nz/en>
- Te Puni Kōkiri – Te Arawhiti including the Whānau Recovery Fund. <https://www.tearawhiti.govt.nz/support-for-iwi-on-covid-19/>
- Te Puni Kōkiri – Oranga Marae Fund. [Oranga Marae \(tpk.govt.nz\)](https://www.tpk.govt.nz/oranga-marae)
- Department of Internal Affairs – Matauranga Māori Marae Ora Fund. [Ask Us » Community Matters](#)
- Ministry for Women. [COVID-19 Community Fund | Ministry for Women](#)
- Ministry for Culture and Heritage. [New Zealand History Research Trust Fund | Ministry for Culture and Heritage \(mch.govt.nz\)](#)
- Our own Community Capability and Resilience Fund. <https://www.msd.govt.nz/what-we-can-do/community/community-capability-and-resilience-fund/index.html>

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](#)

Food Security Funding The Ministry of Social Development is making funding available over the next two years to provide additional support for foodbanks, food rescue and other community organisations that are providing food to people, families and whanau who cannot afford to purchase food.

For detailed information and to apply: [Food Secure Communities web-page](#) Groups delivering this type of assistance that are under pressure are advised to make referrals where eligible and appropriate to Work & Income for [hardship grants for food](#)

WCC Arts and Culture Fund—This fund has four focus areas that can be supported - the city as a hothouse for talent, Wellington as a region of confident identities, active and engaged people, and our creative future through technology.

Resilience and recovery of arts and cultural sector impacted by COVID-19

We will give priority to applications that meet one or more of our four focus areas and can;

Support the resilience, sustainability and recovery of organisations in Wellington City. Re-frame and adapt projects, programmes and initiatives in the light of COVID-19. Develop new works to be presented later or to reach audiences in new ways. [Find Out More](#)

Closing date: Wednesday 20 October 2021

Contact: Mark Farrar, Team Leader Funding and Relationships: mark.farrar@wcc.govt.nz

The Social and Recreation Fund supports projects and organisations that contribute to our strategic direction. We prioritise projects which show evidence based need and have positive social impact across one or more of our priorities.

Priorities—Alongside our priorities for this fund we want to support projects and programmes which respond to increased and emerging needs in Wellington City and must address one or more of the following;

- Harm reduction with a focus on family violence, sexual harm, domestic violence,
- Enhancing food security and access to healthy food,
- Improved community resilience and wellbeing and promote neighbourhood connections,
- Supporting communities of interest, in particular Māori, Pasifika, seniors, accessibility, LGBTQI+ and young people. [Find out more here](#)

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

Every effort is made to ensure accuracy of facts and information.

However, we cannot accept responsibility for error.

Community Networks Wellington Inc.
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