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Community Networks Wellington Newsletter November/Whiringa-ā-rangi 2023

COMMUNITY NETWORKS WELLINGTON NOVEMBER/WHIRINGA-Ā-RANGI NETWORK MEETING

Nau mai, haere mai!

Kei te tino karangahia koe / You are warmly invited to our
November/Whiringa-ā-rangi Network Meeting.

This will be a full network round. Come along and share the mahi your organisation has been doing, the highs and lows of the year, up-coming events, new resources or services you have available or just hear what other groups have been doing in Wellington.

The meeting will be in person and also by zoom.

[Join Network Meeting by Zoom HERE](#)

Date: Wednesday 15th November 2023

Time: 11am—12pm (join us for morning tea from 10:30am)

Venue: St Peters Church 'Garden Room' 211 Willis Street (*Entrance is on Ghuznee Street*)

To RSVP click here: [15th November 2023 Network Meeting](#)

Or for more information contact Debbie Delaney
by email at: office@cnw.org.nz or visit www.cnw.org.nz

**COMMUNITY NETWORKS
WELLINGTON
HOME PAGE**

Upcoming Radio Show

November 8th - Epilepsy First Aid

Host Jennifer Buckley will be speaking with Krystle Crimmins from Epilepsy First Aid about Epilepsy awareness month

Join us at 1.30pm, (every second Wednesday) on [Wellington Access Radio](#) 106.1FM

Listen to previous shows :

<https://www.cnw.org.nz/nga-whakahirahira-a-nga-mema--members-highlights.html>

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

**Its that time of year again
We need your Christmas Closing Dates by
Wednesday 6 December**

To ensure those most in need in our community can access your services over the Christmas close down period, CNW (Community Networks Wellington) is again compiling a list of Wellington Community Organisation closing dates and emergency contacts for over this time.

If you wish to be included in this list, please send your closing date details to newsletter@cnw.org.nz
by Wednesday 6th December 5pm

Please include....

- * **CLOSING DATES (in the subject line of the email)**
- * **YOUR ORGANISATIONS NAME**
- * **CONTACT - EMAIL/PHONE**
- * **CLOSING DATE**
- * **REOPENING DATE**

[Click to Send Your Closing Dates Now](#)

Once completed the list will be available on the CNW website <https://www.cnw.org.nz/christmas-hours-for-community-services.html>

**PLEASE NOTE:
EVEN IF YOU DO NOT CLOSE OVER THE CHRISTMAS
PERIOD, WE WOULD STILL LIKE TO LET THE
COMMUNITY KNOW**

SECTOR ANNUAL GENERAL MEETINGS

**AGE CONCERN WELLINGTON AGM
15th November 2023, 12noon**

Age Concern Wellington Region Members are invited to our Annual General Meeting.

When: 15 November 2023, 12pm
Where: Anvil House, Level 1

Call **04 499 6648** or email ceo@acwellington.org.nz to register and for more information

**COMMUNITY NETWORKS AOTEAROA AGM
17th November 2023, 2pm via ZOOM**

RSVP : [CLICK HERE](#)

**Vincents Art Workshop AGM
4th December 2023, 5:30pm**

Tēnā tātou katoa, we would like to extend an invitation to you to attend our Annual General Meeting on 4th Dec 2023 at 5.30pm at Willis St Village, 5/148 Willis St.

We are seeking nominations for community representatives who may have skills in governance to join our committee. If you are interested, or just want to find out more about Vincents, please join us on the day.

Ngā mihi nui for the continued support and generosity of our funders and we send a huge amount of gratitude to our Coordinator Andrew and our staff for their commitment and willingness to ensure Vincents' success.

In these difficult economic times Vincents finds itself needing to constantly fundraise so that we can continue to provide a service free of charge for our artists. We therefore invite you to click on the following link to connect to our website <https://vincents.co.nz/> and then to please click on the donate button.

Everyone is welcome at Vincents, especially new artists and guests. Nau mai haere mai

TRAINING & EVENTS

Community Law Wellington & Hutt Valley
Presents

Community Advocacy Training

**Four legal workshops designed to help you support whānau
and clients in the community.**

**Location- Community Law office
15 Dixon Street Wellington
All Workshops 12noon-2pm | *Koha Entry***

WINZ Benefits

Tuesday 7th November 2023

EPOA, Wills, Trusts & Estates

Tuesday 14th November 2023

Tenancy Law

Tuesday 21st November 2023

Care of children & Legal rights

Oranga Tamariki

Tuesday 28th November 2023

**To sign up and register email-
education@wclc.org.nz**

You can also register via our google form
<https://forms.gle/Mv2znsWYsNMegyk56>



Come share kōrero & kai for a

climate justice conversation

with
Activist and ex Greenpeace International Director

Jennifer Morgan

This is an opportunity for young people engaged in climate change to chat, challenge, ask questions & share with Jennifer Morgan.

Activist & ex International Greenpeace CEO

Where:

BGI 3 MacDonald Crescent

When:

8th November 3-5pm

RSVP:

kahu@bgi.org.nz
020 4119 1281

Enquiries/ parking/transport:

Georgia 027 891 8784



Empower your organisation with an effective core message

When: Friday 24 November | 10.00-11.30am
Where: St John's in the City Conference Centre, Willis Street, Wellington
Koha welcome to cover venue/morning tea

Do you find yourself struggling to communicate what your organisation does and why to the people that matter?

The solution could be in defining an effective core message. An effective core message will empower your organisation by giving purpose and direction to your employees and volunteers and by enabling you to develop meaningful communications that help you achieve your goals.

In this upcoming workshop, the Community Comms Collective's Aly Thompson will help you capture the essence of your organisation's reason for being, the value you offer with what you do, and what makes you stand out. You'll leave with a draft core message and an action plan to take back to your team to further develop and embed it into your daily work

RSVP by **Monday 20 November** by clicking the button below

[RSVP NOW](#)

Sustainability Trust Repair Cafe

Saturday, 11 November 2023,
1:00 pm - 4:00 pm

Sustainability Trust - 2 Forresters Lane, Wellington

Bring along your item for repair or maintenance - clothing or lightweight household items (cushion covers etc), small electrical appliances, tech for repair, gardening tools for sharpening, or that general item you've been meaning to have repaired.

Our skilled volunteers will be here to assist you with fixes such as missing buttons, tears, holes, hemming, electrical faults, and general fix-up repairs.

RepairED - Just Sew

Saturday, 4 November 2023

1:00 pm - 4:00 pm

Sustainability Trust - 2 Forresters Lane, Wellington

We're running 'Just Sew' repair cafés at our place on the first Saturday of every month. Join us for a sewing session where you can finally fix that item of clothing or cushion cover you've been meaning to get to .

Menstrual Mates – No Strings Attached

Saturday, 4 November 2023,

10:00 am - 12:00 pm

Sustainability Trust - 2 Forresters Lane, Wellington

We've partnered with Endo Warriors and Wellington Timebank in the fight against period poverty.

Please drop in for a morning of making reusable period products, kōrero and empowerment. There is opportunity for everyone to get involved, there is no cost and experience is not necessary.

Karori Seed Swap

Saturday, 11th November 2023

11:00am - 1:00pm

Karori Library

Join us for a seed and seedling swap, run in partnership with Kaicycle Urban Farm! [More info](#)

2024 Retreat

“Growing resilient children from toddlers to teens in an age of overindulgence.”

Facilitated by Madeleine Taylor, People Skills Consultant.

Member ANZASW, Cert Level 2 Org Coach, Certified Mediator, Conflict Partnership Facilitator.

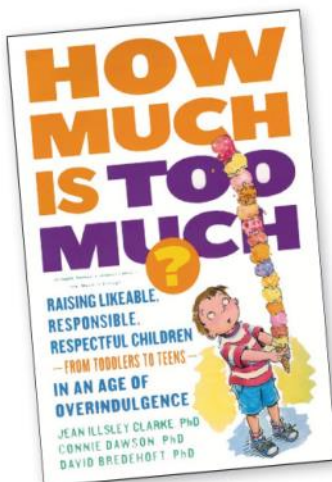
Monday 19th February — Friday 23rd February 2024

VENUE: Riversdale Beach, Masterton, New Zealand

Are you a parent/parent educator/teacher/early childhood teacher/group worker/counsellor/social worker/youth worker? Then this workshop is for you.

Cost for five nights' accommodation, three meals a day, 40 hours training and a complementary “How much is too much?” book — \$995 incl GST.

Early Bird Rate \$500 if booked and paid by 30th November 2020.



Madeleine's accreditation for What the course covers:

“How much is too much?” • Facilitation and group skills

- 2013 Five day training in
- Research into the impact of

“How much is Enough?” USA overindulgence

- 2014 Teaching Certification
- Practical learning for
- 2015 Training Rights in NZ presenting the 6 sessions
- 2016 Inaugural Train the Trainer Course development.

• 2017–2019 Train the Trainer

Retreat

Contact: Madeleine ph 027 211 6469, email: madeleine.f.taylor@xtra.co.nz, or www.peopleskillsconsulting.co.nz for enrolment and secure your place now.



Madeleine Taylor

Mary Potter Hospice Strawberry Festival WEDNESDAY 15 NOVEMBER | MIDLAND PARK

Make the most of the gorgeous spring weather and grab a berrylicious \$7 strawberry sundae at the Hospice Strawberry Festival.

If you can't make it on the day, you can order one for delivery! Every dollar raised helps keep specialist palliative care services free for the community.

[Find out more](#) and pre-order today.



GOVERNANCE BYTES - #10: PAINTING THE BIG PICTURE:

Creating & Staying Focused on Strategy

Online, 6:15pm-7:45pm, Wednesday 15
November 2023



Learn about what strategy looks like in the real world: how to think strategically and how you can make a greater impact by leading with strategy.

- Strategy vs planning
- Thinking strategically
- Making a difference by leading with strategy

When: Online, 6:15pm-7:45pm, Wednesday 15
November 2023

Cost: \$69 +GST

Facilitator: [Garth Nowland-Foreman](#)

[Register Now](#)

Wellington Pride Parade is back! Saturday 9th March 2024.

We have a brand new route and really excited to see this iconic event return to the streets of Wellington, first time since 2020.

Email kiaora@wellingtonprideparade.co.nz to get involved, become a sponsor and submit an entry.

Check out our website www.wellingtonprideparade.co.nz for more info as well as following us on instagram and Facebook.

We have a community engagement hui:
Monday 13th November
5-6pm Te Pokapū Hapori 105 Manners St.
Come and join in the korero and speak to the team involved.

FREE Grants Workshop

A free session to learn how to get started in grant fundraising. It will cover how to be grant ready, finding suitable funders, how to craft an application and great tips from funders.

The workshop will be suitable for small to medium community and sports organisations who are overwhelmed by the grants process and need to know where to start.

Registration is required. RSVP by 8 Nov 2023 to kirsty.prentice@compassion.org.nz

Run by experienced Grant Fundraiser Kirsty Prentice Tuesday 14 November 6.30pm at the Home of Compassion.

Here is some more info <https://fb.me/e/6Xa4S90d1>

Leading Community Organisations Online Programme 2024

10 week online programme coming March 8, 2024

Because leading in a community organisation can be complex, this 10 week online training programme gives you the skills, knowledge and confidence to lead people, projects and stakeholders, whilst still driving results

For more information - email [:info@lead.org.nz](mailto:info@lead.org.nz)

ATAREIRA

Youth Anxiety Management Program

Ages - 12yrs to 18yrs

When - January 2024 | Tues 23rd | Weds 24th | Thurs 25th

Time - 10.00am to 12.30pm

Please bring drink bottle | Morning Tea Provided

Where - Level 6, 14 Hartham Place. North Porirua, BNZ Building.

Facilitated by our Child & Youth Team

"In Aotearoa, mental distress among youth has increased significantly over the last Decade. Around 21% of adolescent boys and girls aged 10-19 struggle with their mental health"

Day 1

- ◆ Introduction & Definition
- ◆ Self Care
- ◆ Relaxation & Mindfulness

Day 2

- ◆ Avoidance
- ◆ Emotions
- ◆ Communication

Day 3

- ◆ Thinking Errors
- ◆ Putting it all together
- ◆ Certificates

For Enrolments & More Information Please Contact

Anne McGregor, *Child & Youth Co-ordinator* E: anne@atareira.org.nz P: 027 769 4405

Or Lead Facilitator

Megan Evans, *Child and Youth Worker* E: megan@atareira.org.nz P: 027 302 2256

Governance Bytes #6: Let's Get Personal

Where: Zoom (link will be sent in due course)
When: Tuesday 14 November - 6.15 pm - 7.45 pm

We are offering a series of Governance workshops where we take a deeper dive into topics relevant to those with some governance experience.

On these virtual, live workshops with [LEAD](#) Centre for Not-for-Profit Leadership governance experts, you will learn with and from others on Boards, ask relevant questions and apply what you are learning in the real world of your not-for-profit organisation.

The series is generously funded by the Lottery Minister's Discretionary Fund, which means we can offer it to you at a heavily discounted rate. Only \$10 for each

On these virtual, live workshops with [LEAD NFP](#) governance experts, you will learn with and from others on Boards, ask relevant questions and apply what you are learning in the real world of your not-for-profit organisation.

Governance Bytes #6: Let's Get Personal

In this workshop, we'll be looking at strategies for dealing with difficult personalities including how to get an ineffective board member to move on.

- People troubles - what can go wrong?
- Getting people off boards/moving people on
- Dealing with difficult personalities and situations

Where: Zoom (link will be sent in due course) Z
When: Tuesday 14 November - 6.15 pm - 7.45 pm

Facilitator: Aly McNicoll is a Director of the [LEAD](#) Centre for Not-for-Profit Governance & Leadership and has extensive experience working with individuals, boards and entire organisations as a professional facilitator and not-for-profit consultant. She taught governance and management skills on the Graduate Diploma in Not-for-Profit Management at Unitec Institute of Technology and is a regular presenter at conferences both in NZ and internationally.

She is particularly interested in ensuring boards work as teams to fulfil the collective leadership role they hold in not-for-profit organisations and that they work hand-in-hand with the CEO or co-ordinator to deliver on the important missions the organisation is trying to deliver.

Local Government: The impact of Climate Change

Date: Thursday 09 November at 12:10 pm
Join Wayne Murphy as he moderates a discussion covering the following topics from the perspective of the impact of climate change on local government:

- implications of maintaining infrastructure
- adaptation planning
- how to best engage communities.

Our panel includes Allen + Clarke consultants Jess Anderson and Sean Stack who will be joined by one of our external partners, Dr Adolf Stroombergen.

[Register Here](#)

Community Networks Aotearoa Tick For Governance Course

This fun, easy and engaging online course has been developed to help you and your community organisation learn and be recognised for good governance skills and practices.

Have a look through the full list of modules [here](#) .

Our aim is to lower as many barriers to Governance training as possible.

[Tick For Governance](#) costs only \$100 per person for the entire course with discounts available for bulk purchases - [Contact us for more information](#).

We feel our first module, Te Tiriti o Waitangi and Relationship with Māori, is so vital that we have made this module available **FREE!**

Use the link below to get access to the free First Module, as well the Entire Course...

[Lets Get Started](#)



ATAREIRA
Mental health support for family/whānau
Transitional housing

4 Week Anxiety Management Programme

Porirua Mondays 6th -27th November

Atareira is pleased to offer an Anxiety Programme to people 18 years and over who experience anxiety and want to learn some skills to help manage the experience. The programme runs one day a week for 4 weeks.

We will be offering the next group programme in Porirua.

Date & Time Starts **Monday 6th-27th November 2023**
10:00m-1:00 pm
Tea, coffee and snacks are provided.

Cost **No cost**

Venue: **Atareira**
6th floor BNZ House
14 Hartham Place
Porirua

For more information or to register
Email Anne at anne@atareira.org.nz
Phone Anne on 0277694405 or 499 1049 X 2



Attachment & Maltreatment

A Relational Learning Framework For Change

with Dr Wendy Kelly

It has been said that children who need love the most, ask for it in the most unloving ways. This seminar aims to make sense of this process. Why do children who have been abused and neglected, and often separated from their families, reject others who are trying to care for them? What is behind their often difficult behaviour and how can helpers and carers best facilitate change? This seminar will assist participants to make sense of the complex histories and behaviour of children who have been abused and neglected. Wendy will demonstrate how a Relational Learning Framework can be used to understand the impact of abuse and neglect on children's attachment and ideas about relationships. The framework provides crucial clues about how the child's past adverse experiences may have changed their view of themselves and other people. This knowledge makes sense of complex information and helps us understand what children need from current relationships, which can then become the basis of a treatment plan to help the child recover.

Wendy will discuss four specific areas:

- An overview of attachment, child abuse and neglect, and the impact of trauma on children's functioning. Changes in children's emotion regulation, thinking, language and their processing of social cues will be outlined. How foster care affects children's behaviour and stress responses will be covered and the misdiagnosis of attachment problems will be discussed.
- The use of the Relational Learning Framework will be demonstrated using clinical material.
- The importance of parents, teachers and therapists using empathy, attunement and validation in their work with maltreated children and children in care will be discussed, along with practical tools to use with children and parents/carers.
- How to determine the sequence of therapeutic tasks an individual child may benefit from and how to assess when they can be safely applied.

Dr Wendy Kelly is a Clinical Practice Advisor with the Clinical Psychology program at Victoria University. She is the author of 'Understanding Children in Foster Care' and has completed a PhD on the topic 'Looking after children in care: What psychological factors affect the foster parent-child relationship?'. She also runs a private practice and provides supervision and consultation services for professionals working in the area of child maltreatment and trauma. She has worked in the child protection and mental health fields for over 25 years, including five years as a clinical psychologist in Oranga Tamariki's specialist services. Wendy has previously delivered the seminars 'Becoming Attached' and 'Attachment and Emotional Communication' with Compass and has developed this new workshop to reflect the huge amount of new knowledge and research that has occurred recently in this important area of practice. Wendy's engaging and interactive presentation style combined with her extensive and contemporary knowledge of this topic mean that this workshop is a must for all professionals who work with troubled children or their families.

Date: Wednesday 15th November 2023

Time: 9:00am - 3:00pm

Where: The James Cook Hotel Grand Chancellor, 147 The Terrace, WELLINGTON

Cost: Only \$295: Price includes lunch and tea break catering and presentation 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 "Attachment & Maltreatment" Wednesday 15th November WELLINGTON

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
-  Or go old school and Post to:
Compass Seminars,
PO Box 18018, New Plymouth 4360

Name:

Position:

Organisation:

Address:

City: Post Code:

Email:

Phone: Mobile:

- \$295 (incl GST) Seminar fee enclosed (payable to Compass Ltd), or
- Please invoice to the above address

EMPLOYMENT OPPORTUNITIES

Wellington Women's Health Collective Vacancies

SUPPORT COORDINATOR - PART TIME

The Wellington Women's Health Collective is a small not for profit organisation that has at its heart the wellbeing of women. We provide timely support, information, and counselling to the women of Wellington. We were formed in 1986 and since then have become an established part of the Wellington Community.

Wellington Women's Health Collective have a history offering free counselling with volunteer, student, and paid counsellors. We are currently recruiting for a part-time paid Support Coordinator to join our team. Ideally, we would like to employ 2 people for this role, 1x 15 hours and 1x 10 hours per week.

The Support Worker role is a varied and interesting role and would be best suited to someone passionate about improving the lives of women. We are looking for someone with a working knowledge of health and wellbeing services in Wellington or Aotearoa, and a deep understanding of women's issues – particularly in health and wellbeing. You must also be proficient in general administration tools such as Outlook, Word, Excel etc.

This role will be based at our office in Victoria Street and will primarily involve seeing clients on a one-to-one basis.

For a full Role Description please click [here](#)

BOARD MEMBERS (VOLUNTARY)

A change process culminating in early 2021 shifted us from a Collective structure to a new Board. The purpose of the Board is to direct the Collective toward achieving its purpose and to operate according to its values, providing stewardship of the Collectives operations, reputation and resources. We currently have a small group of committed and connected Board members which we would like to grow.

We are looking for those who identify as women and who identify with our organisational values. We need people with experience in the not-for-profit sector and ideally experience in a governance role. We are

keen to engage with people with expertise in the women's sector, Te Tiriti, counselling, fundraising, legal, HR and accounting. Due to the nature of our organisation you will need to be fully vaccinated. This is a voluntary role and we anticipate a commitment of approximately 2-5 hours a week.

[Job Description for Board members](#)

Event Manager - Wellington Social Change Collective

Are you passionate about solving environmental and social issues?

Do you want to be part of a growing platform?

Do you want to see Auckland & Wellington thrive with connected communities?

We are looking for new team members to join our [Social Change Collective \(SCC\)](#) Committee in Wellington!

SCC is a platform that connects young people to action social and environmental change.

We run bi-monthly events on a range of social and environmental issues that attract around 50-70 attendees. After each event, we encourage people to take action in their local community by promoting volunteering opportunities, governance positions and engagement platforms e.g. writing submissions or signing petitions. You can check out our past events here: <https://www.socialchangecollective.nz/events>

We have Committees based in Wellington and Auckland, that are responsible for planning and running our events. We are an organisation of young people, for young people, and are looking for 2-3 new members to join our Wellington Committee as event managers.

The event managers are responsible for organising one or two events each year on a social or environmental issue of their choice. This usually involves around two months of preparation followed by one month of follow-through on the monitoring of actions. The Event Manager will have a buddy and regional committee to assist them. We are particularly interested in applicants in the 20 – 30 age bracket.

[Read the full Job description or apply here](#)

Other Notices

NEW Safeguarding Children podcast series - TOGETHER with Willow Duffy

Join Willow, CEO of Safeguarding Children, as she explores the challenges and solutions in safeguarding and child protection. Meet some leading experts who will bring you the latest insights, actionable advice you can use right away and front-line experiences.

Access podcasts [here](#).

Check back regularly as new episodes will be added over the coming months



Newtown Community Centre want your large pillows..

We're after lots of big, firm floor pillows - so our theatre space can have cosy events too. We're after a particular theme and type (stackable, certain colours) - so please don't just drop off. Get in touch if you think you can help with donations!

You can see more of our Wishlist [here](#)!
Flick us an email if you can help !

Warmer Kiwi Homes - Insulate Your Home with Sustainability Trust

Due to recent changes to the Warmer Kiwi Homes programme, your home may now be eligible for a subsidy of between 80-90% for insulation. You could pay as little as \$200 to have your whole home insulated with quality underfloor and ceiling insulation.

Sustainability Trust is a certified Warmer Kiwi Homes provider. We've been installing insulation in Wellington homes, making them warmer and drier for over 20 years. You can trust us to do a quality job in your home.

To find out if your home is eligible for this great discount, contact us today! Visit sustaintrust.org.nz/insulation or call us on (freephone) 0508 78 78 24.

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.

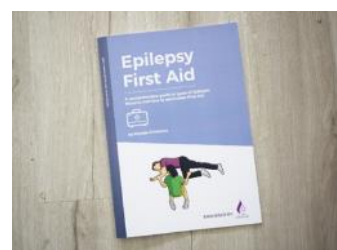
Snowy’s Talent is also available now. A children’s book about Snowy and his special talent. A great read for all ages.

The books cost -\$20 plus shipping

For more information go to www.epilepsyfirstaid.com

Email - epilepsyfirstaid@hotmail.com

[Facebook.com/epilepsyfirstaid](https://www.facebook.com/epilepsyfirstaid)



International Volunteer Managers Day Celebration Breakfast!

Sunday the 5th of November marks a day to celebrate managers of volunteers. The theme this year is **Helping others Help - Aratakina te hunga tūao** – (leading volunteer people)

Leaders of volunteers are the people who make volunteering happen - who **help others help** and make a huge contribution to volunteering across Aotearoa. They recruit, train and support volunteers so the volunteers can do their work and make the impact they do. There is no volunteering without leadership. Managers and coordinators of volunteers are the bridge to volunteering.

Join us for a breakfast celebration to acknowledge leaders of volunteers as they work **Helping others Help**.

Let's bring attention back to the very core of what we do – that is, to enable others to make an impact in their volunteering!

Monday, 6th of November 2023
7.30 am - 9.00 am.

KPMG, Level 4, 44 Bowen Street
Wellington

MC Professor Karen Smith will lead us through a morning of celebration, networking and an activity to get us thinking about our impact as leaders of volunteers.

We invite all from organisations large and small who cover the spectrum of leading volunteers.

A light breakfast will be served from 7.30am and the fun begins at 8am.

For catering purposes, please RSVP using the button below.

[RSVP HERE](#)

To make your own resources promoting International Volunteer Managers Day head to the Volunteering New Zealand website to download editable social/digital packs

IVMD [Resources Available](#)

Intergenerational Event and Coffee Group at Te Pokapū Hapori – Y Central

Join our monthly coffee group for seniors at the Te Pokapū Hapori – Y Central in Manners St. We're collaborating with Best Start Leeds childcare service to hold a special intergenerational time at the start of the coffee groups.

The children and seniors spend half an hour together, sometimes sharing stories, reading or signing. The regular coffee group follows at 10.30am.

Where: Te Pokapū Hapori - Y Central, 105 Manners Street, Te Aro

When: Thursday 16 November, 10.00am
Intergenerational event, & 10.30am coffee group
All welcome. Drop in, or call 04 499 6646 or email events@acwellington.org.nz for details.

Curtain Bank - Donations Needed

The Wellington Curtain Bank upcycles preloved curtains and gives them to low-income families in the Wellington Region.

Sustainability Trust desperately need donations of good quality, mould-free curtains to continue helping families in need. Can you help?

Visit sustaintrust.org.nz/donate-curtain-bank for more information about curtain donations and drop off locations.

Incorporated Societies Law Changes

The new Incorporated Societies Act was passed in April 2022, replacing the old Act from 1908. Below you'll find information on each of the changes affecting community organisations.

CNA thanks our friends at Parry Field Lawyers for their permission to link directly to their excellent resources. They provide these helpful resources, guides, links to seminars, and more so you can be empowered to take the right next steps. Parry Field Lawyers offers short, free consultations regarding the Incorporated Societies Act please [CLICK HERE](#) to go to their page.

To find out all you need to know about these changes, check out CNA's Webpage [HERE](#)

Age Concern Need Volunteers

We're reaching out to local communities around Porirua and Mana as we have a number of older people in the area needing a companion to walk with.

We'd love to hear from you if you:
Enjoy walking, fresh air and companionship
Can spare about 1 hour during the day each week

Have a genuine empathy with older people
Are keen to make a real difference to the lives of others

For more details about our [Companion Walking Service](#) or to sign up to become of volunteer, please do [get in touch](#)! Full training and support will be provided by the team at Age Concern Wellington Region.

Volunteers for our other services and from all around the Wellington Region are always welcome. Please visit [our website](#) or call 04 499 6646 for more information.

IRD making life easier for charities

IRD has reviewed and refreshed the content for not-for-profit organisations and charities on their website - to make it easier for you to get the information you need.

They've gone from having dozens of pages across the website to having one dedicated section that's been written specifically for not-for-profit organisations and charities .

You can check out the new not-for-profits and charities web pages on IRD's main website: [Not-for-profits and charities](#)

**Tū Ora Compass Health FREE
vaccination clinic
Every Friday 12.30pm – 2.30pm
[Facebook link](#)**

Are you eligible for a free Flu Vaccination & COVID-19 Booster?

Find out here: <https://ow.ly/Qb1050PZT1a> and then come along

AWARENESS DATES

NOVEMBER/WHIRINGA-Ā-RANGI

November - [Epilepsy Awareness Month](#)

1 November - Movenber

[Movenber](#) fundraisers are a global community of fired up Mo Bros and Mo Sisters – aka rock stars making a difference in mental health and suicide prevention, prostate cancer and testicular cancer. Your donation could help save a father, a brother, a son, a friend, a partner, a man's life.

12 November - [World Pneumonia Day](#) Pneumonia claimed the lives of 2.5 million, including 672,000 children, in 2019 alone. The combined effects of the COVID-19 pandemic, climate change and conflict is fueling a pneumonia crisis across the life course – placing millions more at risk of infection and death. In 2021, the estimated burden of deaths from respiratory infections, including COVID-19, was a massive 6 million.

13 November - World Kindness Day [World Kindness Day](#) has been an observance every 13 November since 1998, when the World Kindness Movement declared it such. It was the fruit of a meeting of numerous humanitarian groups in 1997, who finished up their meeting by making an official Declaration of Kindness.

14 November - [World Diabetes Day](#) Diabetes New Zealand is a Charitable Trust that represents and supports people with diabetes. We've been supporting Kiwis with information and resources to help identify and manage diabetes symptoms for more than 50 years.

16 November - [International Day for Tolerance](#)

"Tolerance is respect, acceptance and appreciation of the rich diversity of our world's cultures, our forms of expression and ways of being human."

25 November "[White Ribbon Day](#)" for the Elimination of Violence against Women - White Ribbon aims to flip the script of "boys will be boys" and focus on all the great qualities boys and men can demonstrate if that's what they are taught.

25 November - [International Day for the Elimination of Violence Against Women](#). Five years ago, the #MeToo movement, founded by activist Tarana Burke in 2006, exploded and sparked global mobilization creating a moment of urgency in preventing and responding to violence against women and girls.

CERAMICS SHOW

7 - 29 NOVEMBER



ARTWORK BY LAS KRASSEL

VINCENTS GALLERY WILLIS ST VILLAGE, 5 / 148 WILLIS ST

NAU MAI HAERE MAI YOU ARE VERY WARMLY INVITED TO ATTEND THE
OPENING PREVIEW OF AN EXHIBITION OF CERAMIC WORKS
BY VINCENTS ARTISTS AT

5:30PM TUESDAY 7TH NOVEMBER 2023 ALL WELCOME



FUNDING

The Lottery Community Fund 2023/24 round 2 closes – WEDNESDAY 22 NOV 2023

priorities - Wellington and Wairarapa Committee

Support will be given to service providers that demonstrate collaboration, are actively engaged and contributing to the following social outcomes in their community:

- Rangatahi/young people are empowered, engaged and inspired.
 - Vulnerable people are connected to their communities and are thriving.
 - Wellbeing and connectedness within communities is enhanced.
 - Māori, Pasifika and Ethnic Communities are empowered, connected and achieving their aspirations.
- Lower priority will be given to:
- organisations who are financially well resourced (unless exceptional circumstances apply).
 - requests for events that are not programme related.
 - organisations who do not demonstrate wider community benefit beyond their membership.

[Find out More and apply here](#)

Four Winds Foundation

Four Winds have a paper-based application that needs to be received at their office by 4.30pm on or before the last working day of the month. They are considered at the following month's meeting (generally held on the last week of each month). A maximum of four applications per applicant will be considered in any 12-month period regardless of grant outcome and only 1 application per month will be considered. [Find our how to apply here](#)

NZCT - Always Open - Our grants criteria

Find out what we do and don't fund for the purposes of sport, motor vehicles, salaries, social activities, advertising, and education. See the Criteria Here Website <https://www.nzct.org.nz/grants/>

The Lion Foundation

The Lion Foundation are pleased to welcome applications for funding. Before you apply please check that you are eligible and that your project matches their [criteria](#), or [Find out more here](#)

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 EMAIL: admin.ttf@tindall.org.nz

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

Wellington Venues Subsidy

This subsidy helps local community groups hold special events in certain Council-owned venues. Applications accepted at any time - **Always Open** Decision: Two weeks after the end of the month of application

Find out more [here](#)

DIA Funding

<https://www.communitymatters.govt.nz/>

Wellington City Council Funding

<https://wellington.govt.nz/community-support-andresources/community-support/funding>

Hutt City Funding

<https://www.huttcity.govt.nz/people-andcommunities/community-funding/funding-calendar>

Porirua City Funding

<https://poriruacity.govt.nz/services/communitysupport/>

Nuku Ora Funding

<https://www.nukuora.org.nz/funding/grant-fundingoverview-for-wider-wellington-region/>

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.

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