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## Community Networks Wellington Newsletter October/Whiringa-ā-nuku 2023

### COMMUNITY NETWORKS WELLINGTON OCTOBER/WHIRINGA-Ā-NUKU NETWORK MEETING

Nau mai, haere mai!

Kei te tino karangahia koe / You are warmly invited to our  
October/Whiringa-ā-nuku Network Meeting

#### Speakers:

Keri Huurdeman, who attended our February network meeting to give an overview of the new Commissioning Framework model - and what this will mean for NGOs, is returning with Samuel Chan to give a quick overview (for those who missed it) and an update on what has been happening in the Hub over the past 6 months.

Followed by Q & A's

Action Plan Link:

[Social Sector Commissioning Action Plan 2022-2028 - Ministry of Social Development \(msd.govt.nz\)](https://www.msd.govt.nz/our-work/sector-commissioning/social-sector-commissioning-action-plan-2022-2028)

**The meeting will be in person and also by zoom.**

**Zoom link :** <https://us06web.zoom.us/j/85453614191?pwd=xjzjZjA6d7sbcXbeF5QgrOTyvrH77g.1>

**Date:** Wednesday 18th October 2023

**Time:** 11am—12pm (join us for morning tea from 10:45am)

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

**To RSVP** click here: [18th October 2023 Network Meeting](#)

# COMMUNITY NETWORKS WELLINGTON HOME PAGE

## 2023 CNW AGM CHAIRS REPORT

Tēnā koutou, tēnā koutou, tēnā koutou katoa  
Ngā mihi nui kia koutou katoa

Welcome and thank you for being here today.

I am pleased to present the Co-Chair's report on behalf of the Board of Community Networks Wellington to the 2023 Annual General Meeting.

I want to recognise, acknowledge and thank you for your mahi this past year for your ongoing support of this network which is all about you and the people in our wonderful community of Ponēke - the work you do to support and better the health and well-being of our community.

I want to acknowledge all those working tirelessly every day to provide comfort, shelter, kai, advice and connections to our vulnerable people - those who are going through challenging times, whether temporary or longer term.

Connection is what Community Networks is all about. We connect people and from this connection we build trust and from this foundation of trust we know we are being heard, we are being listened to and we are present and we can make change happen connected together.

Community Networks Wellington reflects our society and who is supporting our community and our executive team is reflective of our community.

I want to thank our Executive Members, past and present who donate their time, expertise and energy to make sure that we as an organisation continue to deliver for our communities. I would like to acknowledge all our Executive Members; these are:

Our previous Chair, Julia Hennessy from Presbyterian Support Family Works, who left NZ in April to go back to the UK to be with family and

Lynne Arnold, recently resigned from Wellington Women's Health Collective and CNW to look family

### Current Executive

Dan Mustapic (Treasurer) - Atareira  
Olive Grant - Community Law Wellington & Hutt Valley  
Jennifer Buckley - Aphasia NZ (Wellington)  
Me Diana Wolken (Chair) - Utility Disputes

The executive acknowledges and thanks the organisations we work for in supporting the gifting of time to attend meetings, forums and activities in order to support our wider Ponēke community.

Over the years, we have been blessed to have wonderful dedicated and passionate staff and that continues today. Debbie Delaney manages us all to great effect, keeping our office running, balancing books and ensuring we are all well prepared.

Janette Ritchie; who is on leave at the moment following an unexpected tragic bereavement, produces our newsletter with the current happenings, as well as managing our supplements, website and member database. At this time, I want to thank Community Networks Aotearoa who stepped in to support us during this time with communications support.

The Radio Show remains popular with consistent bookings and we are still well supported at our monthly hui's. This year at our first meeting in February we heard from the MSD social sector commissioning team who gave an overview of the new Commissioning Framework. They will return at next month's October hui to give us an update. We had Wellington COGS talk to us in April and had a COGS funding clinic the same day. We heard from Wellington Time Bank in May and in July Ros Rice from C.N.A spoke to us about their conclusions on their Better Banking research. In August WCC's Mataaho Aronui team give us an overview of WCC's Tūpiki Ora Māori Strategy and how it can be adapted for other organisations – which we circulated to the network. They also shared some thinking around applying Te Tiriti to your own organisation and your relationships. March and

*(Chairs report continued....)*

June's meetings we kept free for our ongoing full network connections discussion.

Thank you to our Wellington City Council, and COGS without which we could not do our mahi.

In closing, Connections keep our communities together. Since 1956 we have established and build connections and trust and we are one of the most connected diverse communities within Aotearoa. Times may change yet connections and trust do not. Knowing who to contact may change someone's life for the better and change people's lives for the better.

We will continue to offer our services to you or community as we are in this together to make our community vibrant and strong.

Kia kaha and thank you.

*Nāku te rourou, nāu te rourou, ka ora ai te iwi*

Diana Wolken

Chair - Community Networks Wellington

September 2023

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### Minister Radhakrishnan's message to our AGM



*(Minister Radhakrishnan's was going to speak at our AGM on 20.09.23 but unfortunately had to cancel at short notice. But she kindly sent the following message)*

I'm sorry that I'm unable to join you all today – but I wish you all the best for a successful forum.

I want to thank Diana Wolken, and the other members of the executive committee for their kind invitation, and also acknowledge Debbie Delaney for her hard work in organising today's AGM.

Our community and voluntary sector plays an incredibly important role in keeping people safe and healthy, and realising the many aspirations that people and groups have across Te Whanganui-a-tara.

It is my hope that today's kōrero can further explore opportunities for community organisations, councils and Government to work collaboratively with a focus on social wellbeing. The Community Networks Wellington has a key role to play in this collaboration.

My role as the Minister for the Community and Voluntary sector is to ensure that Aotearoa NZ has the right frameworks in place to ensure that we hear the diverse voices of the sector and drive equitable change so that we can support our communities, hapu and iwi to do what they do best.

I am so proud of the work of our community sector and I want to thank you all for the role you play in that. It is our community organisations that are often at the forefront of delivering services and ensuring those who need a little additional support, get it.

Once again, I wish you all the very best for today.

Nō reira, tēnā koutou, tēnā koutou, tēnā koutou katoa.

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## UPCOMING ACCESS RADIO SHOWS

**Wed, September 27, 1:30pm – 2:00pm**

[Zonta \(Wellington\)](#)

Judith Parkington talks to members of ZONTA. An organisation that empowers women and girls through service projects. Through fundraising and events, the Zonta Club of Wellington raises money for local, district (national), and international service projects.

**Wed, October 11, 1:30pm – 2:00pm**

[Newtown Community Centre](#)

Jude Douglas will be talking to Erin Gribble from Newtown Community Centre about the changes to the Community Centre.

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, either hosting or speaking about your organisation contact [office@cnw.org.nz](mailto:office@cnw.org.nz)

## NZCSS Election 2023 coverage is live!

In the lead-up to the Election next month, we're focussing our coverage on the things that matter to us, our members, and the communities they serve.

We're highlighting policies, promises and perspectives relating to Tamariki | Children, Kaumātua | Older People, Te Tiriti o Waitangi and our sector (health, community and social services).

This week we've added the responses from parties to our questions about their commitment to older people. [Click HERE to read](#)

Our aim is to provide clear, accessible and neutral information, in easily understood formats, based on:

- published manifestos and press releases
- answers received directly from parties

In addition, we're posting a series of blogs from our members and kaimahi, highlighting what they're seeing in their communities right now and their hopeful solutions for positive change.

[Click HERE to read](#) Find out more at [NZCSS](#)

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## Getting help to vote

If you need assistance to read or mark your voting paper at a voting place, you can bring a support person with you. An electoral official can also assist you. Your chosen support person can go behind the screen with you to read aloud the words on the voting paper and to tick the boxes if you ask them to. They are not allowed to tell you who to vote for.

If you are blind, partially blind or have a physical disability that means you cannot mark your voting paper without help, you can vote using the [telephone dictation service](#).

[NZSL interpreters](#) will be available at certain voting places at set times in Christchurch, Wellington and Auckland.

There are also voting services for people who cannot get to a voting place, for example because of poor health or mobility.

For more information about these services visit [vote.nz](#), free call 0800 36 76 56 or free text your name and address to 3676.

## "Phases of Engagement" Framework

### ***Your feedback is invited***

*At our AGM, our CNW Chair, Diana Wolken from Utilities Disputes introduced a 'simple' framework she is developing on community engagement – what it is and how it can be used for KPIs that are relevant and meaningful. [Click here to view](#) the draft concept.*

*Give feed back to Diana at : 0212880552 or email [diana@udl.co.nz](mailto:diana@udl.co.nz) with any feedback or to talk through.*

Kia ora and thank you to everyone able to attend CNW's AGM on 20 September 2023. It was wonderful to connect and reconnect with familiar and new people and learn more about our different communities.

For those who attended (and those not able to attend), I presented something I am developing together with our community outreach officer who is in Auckland (UDL is a national organisation based in Wellington to sort complaints between consumers and electricity/gas/water providers and broadband installation on shared property – we are here to help).

My presentation was on a clear minimal framework (phases) about what community engagement can be in terms of the 'currency' that is used and valued by communities – trust.

Trust is gained through many ways however, without the giving/gifting of time may not be achieved or may not be meaningful and potentially change lives for the better. Our aim in developing this is to support people looking from the 'outside in' about how trust develops, the time this takes and the 'phases' that are progressed.

From this framework we will develop key performance indicators (KPIs) that are meaningful and authentic. Once finalised we will be very happy to share with you all, if that will be helpful for you to adapt or use in your own organisations.

I have had feedback from organisations in Australia that this represents how community engagement is with community outreach – which is helpful to know.

It is presented from a national 'lens' however the principles/phases are likely to be similar.

From feedback on the day, it seems to make sense and I would value any comments/feedback that can strengthen this so it can be another tool that you all may use if helpful.

## EMPLOYMENT OPPORTUNITIES



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

### Part time Ear Nurse

Ear Nurse position specialising in Hearing Health, is available at the Hearing Association (Wellington) Inc.

Ideally, previous experience in hearing health is preferred, but not essential as full training will be provided. For the right candidate we'll provide professional development opportunities and other staff benefits.

The candidate should be empathetic and proactive to ensure our clients/patients & the community get the best possible service & guidance. If you like working in a small team environment and having some level of autonomy, then you will enjoy working here.

Competitive salary offered. Hours are negotiable. Start date around late October.

If this sounds like the opportunity you've been looking for, apply now by sending your CV and cover letter by E-mail to [hearwell01@xtra.co.nz](mailto:hearwell01@xtra.co.nz)

Applications close Monday, 9th October 2023  
Applicants must be eligible to work in New Zealand.

### Part Time Ear Technician Role

Ear Health Technician role is available at the Hearing Association (Wellington) Inc.

Ideally, previous experience in this field is preferred, or someone who has worked as a healthcare assistant, but not essential as full training will be provided. For the right candidate we'll provide

professional development opportunities and other staff benefits.

The Candidate should be empathetic and proactive to ensure our clients/patients & the community get the best possible service & guidance and be fit and active.

If you like working in a small team environment and having some level of autonomy, then you will enjoy working here. Competitive salary offered.

Hours are negotiable. Start date around late October.

If this sounds like the opportunity you've been looking for, apply now by sending your CV and cover letter by E-mail to [hearwell01@xtra.co.nz](mailto:hearwell01@xtra.co.nz)

Applications close Monday, 9th October 2023.  
Applicants must be eligible to work in New Zealand.

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### Mt Vic Community Hub

**Part Time Coordinator (20 hours per week)**  
**Salary: \$29-35 per hour dependent on experience**

The Mt Vic Hub (the Hub) provides a platform for Mount Victoria residents and groups to improve their sense of community and connectedness.

It is an accessible and approachable organisation that is welcoming, collaborative and financially sustainable.

#### Experience, qualifications, competencies, required

Experience of working directly with adults, young people, and children in a social/community services environment

Relevant or transferable skills that relate to the position's responsibilities. A broad range of work and life experiences are applicable to the role.

Experience working in voluntary, community or NGO organisations is welcome

Adept at using technology including Google Suite, Xero, Canva, Zoom, social media platforms (Facebook, Instagram and Twitter)

First aid (training can be given).

Read the full job description here and find out how to apply <https://jobs.dogoodjobs.co.nz/job/12605/mt-vic-hub-co-ordinator-20-hours-per-week/>



# TRAINING OPPORTUNITIES



**ATAREIRA**  
Mental Health & Addiction Support for  
Family Whānau,  
Transitional Housing

## Free - Aging Population Workshop

Thursday 26 October 2023

9.45 am – 3.00 pm, Coast Community Church, 57 Hinemoa St, Paraparaumu

### Topics and Speakers

#### **Better Later Life, Age friendly and the Government Response to Our Ageing Population**

*This presentation will provide an overview of central government responses to our ageing population, including: Better Later Life – He Oranga Kaumātua 2019 – 2034 – the Government's Strategy for an ageing population, The Age-friendly programme, The UN Decade of Healthy Ageing and Key government statistics and recent research. The Office for Seniors provides advice to Government on issues affecting older New Zealanders, as well as coordinating and engaging with community responses to an ageing population*

*George Minton, Manager, Office for Seniors leads the Office's policy and implementation function. George's background is in public policy, and prior to joining the Office for Seniors he spent seven years in a range of trade-related roles at the Ministry of Foreign Affairs and Trade.*

#### **The poetry of Parkinson's**

*Tim Roberts, who lives with Parkinson's Disease, uses the Japanese-originated short-form poetry, haiku, to help manage his symptoms and talks about his Parkinson's journey and the moment in a bookshop at Crewe Railway Station in England when he bought a book that changed his life. Together with former journalist Kevin Ramshaw, the pair provide information and insights into Parkinson's the world's fastest growing neurological disorder along with some surprising information about the man who first identified Parkinson's as a medical disorder.*

*Tim Roberts is a former English Police Officer who became a university lecturer. Kevin Ramshaw's partner's Parkinson's involved him in working for Parkinson's NZ. As well as being the chair of the local Parkinson's Action Group, he is a member of the Parkinson's New Zealand Board of Trustees.*

#### **Housing is an intergenerational issue**

*Stephen Cross is the Housing Programme Manager at Kāpiti Coast District Council, working to implement the Kāpiti Coast District Council Housing Strategy. He has extensive experience and knowledge of social housing and property having worked for Housing Corporation of New Zealand, Tenancy Bond, Community Housing Limited, Housing New Zealand Limited, the Office of the Minister of Housing, The Property Group and the Ministry of Education. Stephen has also been a Trustee of the Wellington Housing Trust, Vice Chair of Dwell Housing Trust and a Director of Abbeyfield Partnerships Limited. He has a particular interest in community housing projects designed to provide housing options for older people.*

#### **The 3D's Depression, Dementia and Delirium**

*Christine Maxwell is a Nurse Practitioner and is currently the National Practice Manager, Emerge Aotearoa. She has significant experience across a range of community based physical and mental health services and has a strong interest in community health and particularly in the integration of primary and secondary health. The 3D's is a term used to describe three common diagnoses in older people. This session will outline the shared symptoms that can occur, the points of difference and why it can be difficult to know which is which!*

**FOR REGISTRATION:**

Contact: Josh Brown Email: [officeadmin@atareira.org.nz](mailto:officeadmin@atareira.org.nz)

PH: (04) 499 1049



# Disruptive, Stubborn, Out of Control?

## Understanding, managing and assisting confrontational kids

A Live Webinar Broadcast with Bo Hejlskov Elvén

Helping professionals, carers, and educational professionals often struggle with children whose behaviour is confrontational, defiant, challenging or violent. Often such behaviour is attributed to the influence of traumatic experiences from the child's past, the presence of a contributing developmental concern like Autism or Attention Deficit Disorder, or even innate individual characteristics. In this practically focused one-day seminar, dynamic Scandinavian neuropsychologist Dr Bo Hejlskov Elven will present a collection of effective and practical ideas for interpreting, managing and changing challenging behaviour, regardless of its diagnostic origins. Grounded in neuropsychology and affect theory, the Low Arousal Approach emphasises a range of behaviour management strategies based on the notion that a person needs self-control in order to cooperate, and that self-control depends on successful affect regulation. The practical methods discussed are targeted at assisting children and young people to gain and maintain self-control in order to manage and minimise challenging behaviour.

Grouped under the broader themes of evaluation, behaviour management, and behaviour change, some of the specific content Bo will discuss includes:

- The Low Arousal Approach: theoretical underpinnings and practical examples of its application.
- Effective ideas for interviewing or communicating with difficult kids. Important considerations when establishing and maintaining therapeutic relationships.
- Key components to consider when setting up an effective behaviour modification plan.
- Challenging behaviours are often triggered by unsuitable surroundings or unrealistic demands. Identifying and adapting the problem areas can dramatically improve behaviour.
- Ideas for managing affect regulation and affect contagion. Regaining and keeping self-control.
- Stress factors: the effect of situational stress factors including common warning signs, and ideas for re-establishing calm.
- When conflict happens: effective techniques to use in the heat of the moment.

The workshop contains both theory and practical methods for behaviour change which will be of interest to helping professionals, educational professionals, caregivers from a broad range of professional contexts.

Bo Hejlskov Elvén is a clinical neuropsychologist based in Sweden. He is an independent consultant, lecturer and author and his work centres on managing challenging behaviour's across diagnostic boundaries. He has published a number of books on low arousal approaches to challenging behaviour, including No Fighting, No Biting, No Screaming: How to make positive behaviour possible in autism and other developmental disabilities and Sulky Rowdy Rude? Why kids really act out and what to do about it. Bo's engaging presentation style and delightful sense of humour, combined with his focus on sensible, well tested practical interventions mean this training is a must for anybody who encounters challenging behaviours as part of their work.

**Date:** Monday 16th October 2023  
**Time:** 9:00am - 3:00pm  
**Where:** Delivered via Live Webinar (The webinar link will be emailed to you prior to the day)  
**Cost:** \$225 (incl GST): Price includes downloadable handout notes  
**Queries:** Contact the Compass Seminars team on **06 759 1647** or **office@compass.ac.nz**  
*Registration confirmation & invoice/receipt will be sent by email (please provide below)*



Registration form for "Disruptive, Stubborn, Out of Control?" 16th October 2023 - via Live Webinar

### Register Today!

Choose from one of these options:

- Register online at: [www.compass.ac.nz](http://www.compass.ac.nz)  
See website for Terms of Trade
- Email the required details to:  
[office@compass.ac.nz](mailto:office@compass.ac.nz)
- Post to: **Compass Seminars,**  
**PO Box 18018, New Plymouth 4360**

Name: .....

Position: .....

Organisation: .....

Address: .....

City: ..... Post Code: .....

Email: .....

Phone: ..... Mobile: .....

- \$225 (incl GST) Seminar fee enclosed, or  
 Please invoice to the above address



## Doing The Difficult Stuff Well



Have you ever experienced a sense of dread when you need to address volunteer behaviour or have a conversation you don't feel comfortable having?

This workshop explores a range of techniques you can use to have effective conversations with volunteers.

We will explore:

- What makes difficult conversations so hard
- Impact - why we need to address behaviours and performance issues
- A greater understanding of self talk and emotional intelligence
- How to challenge unwanted behaviour and encourage "above the line" language
- A process for identifying issues and engaging in effective communication

Reading material and a printable (if you choose) workbook will be provided prior to each workshop session.

This workshop will be held via Zoom, and the link will be sent to you in due course.

**Where:** Online  
**When:** 18 and 25 October - 10:00am - 11:30am  
**Fees:** Members - \$40.00  
Non-Members - \$70.00

**Facilitator:** Chris Atkinson - Regional Advisor, Volunteering Waikato

[Register Here](#)

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## Smart Newtown Computer Classes

### Coming in October

- Internet Security and Safety - 4 Oct
- Computer Basics 18 Oct
- Computer Basics 20 Oct
- Intro to Smartphones 25 Oct
- Intro to Smartphones 27 Oct

**Register for these Free 2 hour classes**  
[Here](#)

## Managing Staff Performance

**How do you address staff performance issues and maintain the dignity and value of your valuable staff - paid and unpaid?**

This workshop will focus on managing staff that do not meet the requirements of their roles. It will provide tools on how to address the performance issues without time consuming adversarial processes.

Topics covered in the session include:

- Staff who don't work at expected levels
- Punctuality issue
- Repetitive mistake making

Tips will be explored for how to turn these around into positive behaviour.

**When:** **Wednesday 11 October - 9am - 11.30am**

**Where:** English Language Partners Porirua  
Level 1 7 Hartham Place South  
Porirua

**Food:** Light snack with tea and coffee  
**Fees:** Members - \$10.00  
Non-Members - \$20.00

**Facilitator:** Keith Vaughan is an expert at providing practical strategies for managing people, their performance and behaviour.

[Register Here](#)

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## Non For Profit Governance Series

### #5: Painting the Big Picture

Tuesday 17 October - 6.15pm - 7.45pm

Blue sky thinking crucial to governance. A Board's role is to create a strategic vision for its organisation and stay focused on it. This fourth workshop in our Governance Bytes series will ask what strategy looks like in the real world; how to think strategically and how you can make a greater impact by leading with strategy.

These workshops run as a series, but you don't have to commit to all of them - pick what suits your needs best! Only \$10 for each

[Register Here](#)



## Other Notices



GREAT OPPORTUNITY, TOP LOCATION

- In fabulous Newtown
- Bus stop at door.
- Shared serviced office space with great tenants.
  - Variable room sizes available.
- Have your meetings in the large conference room, available for the use all tenants.
- Smaller meeting rooms available within your tenancy.
  - Shared Kitchen space.
  - Lift.

For further information contact [kathy@nuhs.org.nz](mailto:kathy@nuhs.org.nz) or call 0297714719.

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### Seniors Week

SUNDAY 1 - 8 OCTOBER - VARIOUS LOCATIONS

Te Wiki Kaumātua – Seniors' Week is a series of community events and activities for our older people, all about building connections and reducing social isolation in later life. View the [event calendar on our website](#) to take part!

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### New process to enter ACC sensitive claims service

ACC is working with Whakarongorau Aotearoa to explore how to create a more effective entryway into the sexual violence system and the ACC Integrated Services for Sensitive Claims (ISSC) service.

In October, Whakarongorau is hosting online information sessions to share the current design concepts for this new solution. Sessions will be held between 2-5 October. If you're interested in participating in these sessions, please fill in this form: [Register for ISSC online engagement sessions with Whakarongorau](#)

Vote for  
'Everybody Dance'  
to start running  
again!



We are koha community dance workshops t the Miramar & Maupuia Community Centre that focuses on self-expression, confidence and creating a non-intimidating space for all to learn dance. We have been on hold since April due to a cut in funding. Our funders suddenly stopped our funding with no reason given. Thus we have applied for a grant from Ryman Healthcare. This grant would keep us running for about 1.5 years.

You have until Sunday to vote but anyone can vote as long as they have an email. It takes literally 10 seconds - enter your name and email and DONE!

**Click on the link to vote for us and share the word before voting closes on Sunday 1 October at 11:59pm.**

You can watch the video in the link to see more of what we're all about  
<https://www.rymanhealthcare.co.nz/lovetodance>

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### Picnic & Tour at Miramar Prison Garden 4 October

For WCC's Seniors Week - Te Wīki Kaumātua

The Miramar & Maupuia Community Centre, with support from Seatoun Village Hall, Strathmore Park Community Centres and the Miramar Prison Garden, is hosting a picnic lunch and tour up at Miramar Prison Garden. 4 October Wednesday 10.30am-12.30pm

E mihi ana ki tō mātou kaitautoko ko New World Miramar rāua ko Bongusto Pasta workshop & Café. Free but must RSVP.

There is some limited local transport available if needed, please book to secure your seat.

All RSVPs and bookings to Grant.  
[grant@mmcc.org.nz](mailto:grant@mmcc.org.nz) or 04 388 1944

Please note that there is a slope on entrance to the garden. We will help where possible.

A teal-colored poster for a social media training session. At the top, it says 'ANCAD TRAINING | ZOOM SESSION' in yellow. Below that, 'SOCIAL MEDIA' is written in large, bold, blue letters. Underneath, 'CREATING YOUR 3-MONTH CONTENT PLANNER' is written in yellow. The poster includes details about the presenter, date, time, and cost. It also features the LiiFT logo and website information. The background is decorated with various social media and technology icons like a globe, a laptop, a magnifying glass, and social media logos (Facebook, LinkedIn, X, Instagram).

ANCAD TRAINING | ZOOM SESSION

# SOCIAL MEDIA

## CREATING YOUR 3-MONTH CONTENT PLANNER

Presenter: Alecia Hancock  
Thursday 5 October 2023 | Cost: \$50  
Zoom | 1pm to 2 pm

For more info and to register, please visit: [LiiFT.nz](http://LiiFT.nz)

**LiiFT**  
INFORM KŌTEAROA INSPIRE  
[www.LiiFT.nz](http://www.LiiFT.nz)

## In this session on Zoom we will cover

*NOTE: If you cannot make this date or time, we will send you a link to the recording where you have up to 20 days to view, when convenient for you. So, you can be assured that by registering you will also get to see the recording. All who register will receive the link to the recording as well as being able to watch live and importantly, get to ask your very own questions too live with Alecia!*

### **SOCIAL MEDIA: Creating your 3-month content planner**

Creating your quarterly content can be a big job. In this 1-hour deep dive, we will walk you through a monthly content planning process, creating your content, how to repurpose your content in different ways and share top tools and systems for publishing the content across your digital platforms.

If you're responsible for creating the content for your business or nonprofit, then this is going to be \$50 very well spent! We're going to focus on what to do and how to save time and get the best outcome for your time.

In this 1-hour intensive, we will walk through how to:

- Plan your content.
- Create an effective 3-month content planner.
- Make the most of your content creation so you don't recreate the wheel on every channel.
- Useful processes, tools and apps.

Presenter: [Alecia Hancock](#)

[Register Now](#)

# VINCENTS ANNUAL GROUP EXHIBITION 2023



11 OCT - 1 NOV

**VINCENTS GALLERY**

WILLIS ST VILLAGE, 5/148 WILLIS ST

**OPENING NIGHT 11 OCTOBER**

**NAU MAI HAERE MAI!**

**FROM 5:30PM**



[WWW.VINCENTS.CO.NZ](http://WWW.VINCENTS.CO.NZ)

CONTACT: 04 4991030



Vincents Art Workshop





## Child and Youth Mental Health and Addictions Workshop

**Tuesday 31 October 2023** 9.45 am – 3.00 pm.

**Cost** \$45.00 inc of GST (Lunch included)

**Venue:** Boulcott Farms Conference Centre, 33 Military Road, Lower Hutt (parking on site)

### Topics and Speakers

#### Adolescent Distress and Symptoms of Anxiety and Depression

*Anxiety and depression appear to have doubled in Aotearoa and other high-income countries over the last 10 years. Increases are even among underserved groups, resulting in increasing disparities. Terry will discuss how can services and communities respond. We'll have some time to discuss options including can online supports help or do they hinder, and how might services be able to use these to support their face-to-face work.*

***Dr Terry (Theresa) Fleming** is an Associate Professor in the School of Health at Victoria University of Wellington. She previously was a social worker and service developer in youth health and youth mental health, mainly in South Auckland. She is a co-developer of SPARX computerised CBT and co-leader of the Youth19 rangatahi smart survey.*

#### The Developmental Psychology of Moral Agency

***Dr James Knight** (FRANZCP) has practiced as a psychiatrist for 20 years. He currently works with the Te Whatu Ora (Hawke's Bay Region) Child, Adolescent and Family Mental Health Service (Te Harakeke CAFS). His main clinical interest is the provision of adolescent forensic mental health services.*

#### Pasifika Youth Gaming & Gambling Research

**“Are online video games a gateway to problem gambling among Pasifika youth?”**

***Gerhart Berking** is of Samoan decent and is currently public health lead for Mapu Maia services, where he advocates for Pasifika and other vulnerable communities through public health work and research.*

#### Supporting Teenagers and Young Adults who are Experiencing Drug Induced Psychosis.

*Aotearoa has had a significant resurgence in psychedelic use (like many western countries) but New Zealand has often had less access than other countries. Due to technological advances and other factors New Zealand has finally caught up with the rest of the world and all the classic psychedelics as well as designer drugs and research chemicals are now freely available.*

***Tommy Benfield** is a counsellor and therapist specializing in youth, addictions, and trauma work. He has worked for 20 years in mental health and addictions in clinical, management, governance, and commissioning roles.*

**FOR REGISTRATION:**

**Contact:** Josh Brown Email: [officeadmin@atareira.org.nz](mailto:officeadmin@atareira.org.nz)

**PH:** (04) 499 1049



## FUNDING

### The Lottery Community Fund 2023/24 round 2

**opens:** OPENS – Wednesday 25 October – Closing 22 November

#### What are the Lottery Community priorities?

Lottery Community funds organisations that support the needs of:

- Māori, whānau, hapū and iwi
- Pacific people and other ethnic communities
- older people, women, youth and people with disabilities.

The priorities for Lottery Community are projects, activities, resources or services that focus on:

- parents/families/whānau
- children and youth development
- enhancing the quality of life of older people in the community
- preventing violence
- new migrants/refugees
- people with a long-term/significant disability or illness
- people who are considered to be at risk or disadvantaged
- improving people's knowledge and use of digital technology.

Individual Lottery Community Committees have their own Committee priorities. These can be found at the link below:

- [Individual Lottery Community Committees](#)

Find out more here [https://](https://www.communitymatters.govt.nz/ask-us/view/504?t=397552_459841)

[www.communitymatters.govt.nz/ask-us/view/504?t=397552\\_459841](https://www.communitymatters.govt.nz/ask-us/view/504?t=397552_459841)

### Upcoming WCC Funding

#### ◇ Arts and Culture Fund Closes: 26 October

Decision: 06 December Find out more [Here](#)

#### ◇ Social and Recreation Fund Closes: 26 October

Decision: 06 December

Find out more [Here](#)

#### ◇ Waste Minimisation Seed Fund \$2000 and over

**Closes: 26 October** Decision: 06 December

Find out more [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://](https://www.nzct.org.nz/grants/)

[www.nzct.org.nz/grants/](https://www.nzct.org.nz/grants/)

**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](mailto: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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However, we cannot accept responsibility for error.

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