



Community Connections

The official magazine of
Auckland North Community
and Development

April 2022

FEATURING:

**STUDENT VOLUNTEER WEEK:
4 – 10 APRIL 2022**

VOLUNTEERING NEW ZEALAND

VOLUNTEERING AUCKLAND

BELLYFUL

GOOD WORKS TRUST FOOD BANK

PLUS:

ARE YOU WORKPLACE READY?

VOLUNTEERING IN AOTEAROA SURVEY

AGE SCHOOL: TUAKANA TEINA

THE VOLUNTEER ISSUE





Cover photo courtesy of Bellyful



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Kia ora | Hello | Nǐ hǎo | Bula | Namaste | Talofa | Mālō e lelei | Kamusta



Haere mai

Our focus this month is on volunteering as we celebrate Student Volunteering Week 4 -10 April. We are delighted to celebrate the youth volunteering stories and initiatives in Auckland and the North Shore. We also highlight in this month's ANCAD magazine the work of volunteers in a few organisations providing kai and contributing to food security in our communities. We offer grateful thanks to our contributing organisations.

Supporting community-led initiatives and building resilient communities is part of ANCAD's mahi. We were pleased to recently launch our dedicated website resilientaucklandnorth.org.nz that enables connection and information sharing, particularly in the areas of community emergency preparedness. Our community resilience coordinator is actively engaging with local community groups and organisations to enable community-led activities that help our communities and neighbourhoods be prepared for a range of emergencies within the Devonport- Takapuna local board area.

We are also very appreciative of the support of the Hibiscus and Bays Local Board. This enables us to continue the mahi of supporting the Bays in Action Think Tank and develop the community initiatives and events arising out of this collective.

Our magazine is packed with a range of programmes and activities run by many community organisations on the North Shore and beyond. You will also see ANCAD's LiiFT AOTEAROA training programme for the year and we hope you will be able to attend some of these.

We encourage you to contact us if you require specific advice or guidance for your organisation. Our experienced staff team are sometimes able to provide you with support directly free of charge, if the need is aligned to one of our funded programmes, or alternatively, for a relatively low-cost fee, we can provide experienced training and guidance for your non-profit, or refer you onwards.

As we grapple with challenges at home due to Covid and the rising cost of living, we acknowledge the generous spirit of many volunteers in our community who continually support many local needs across New Zealand.

As the war and destruction in Ukraine continues, our thoughts are with the brave and courageous Ukrainian people and our wishes for a swift end to the conflict and for peace.

Nga mihi

Fiona Brennan

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Youth volunteering – top tips for greater youth involvement

BY VOLUNTEERING NEW ZEALAND

“How can we get more youth volunteers?” is a common cry. Some organisations are fantastic at connecting with youth volunteers; others don’t know where to start.

In the lead-up to Student Volunteer Week (4-10 April), Volunteering New Zealand provides some ideas for engaging youth volunteers.

“Challenge any ideas that young people don’t want to volunteer and consider how you can remove the barriers for them to start volunteering,” says Volunteering New Zealand Chief Executive Michelle Kitney.

Here are SEVEN tips for engaging youth volunteers – ideas drawn from a panel discussion on youth and volunteering run by Volunteering New Zealand with four young leaders working in the voluntary sector.

1. WHAT CAN YOUTH BRING TO YOUR ORGANISATION?

Young people are hyper aware of what is happening in the world and have lived experience that is different to other generations. Many have a passion for social change. It’s a great opportunity to tap into that – both at a governance level, and as volunteers on the ground.



Youth volunteering – top tips for greater youth involvement



**MICHELLE KITNEY, CHIEF EXECUTIVE,
VOLUNTEERING NEW ZEALAND**

2. CREATE THE SPACE FOR YOUTH TO VOLUNTEER

What do you need to do to make your organisation somewhere that youth would like to come and volunteer? Have a young person as the face of engagement so that newcomers can recognise themselves and feel part of a safe and comfortable environment.

3. IDENTIFY THE BARRIERS AND OVERCOME THEM

Why are young people unwilling to engage with your organisation? Are there barriers in place that discourage them? This could include expectations for the level of commitment, time, transport etc. Look for ways to co-create and design your programme with youth so it's more attractive and accessible.

4. NEW WAYS OF WORKING

Young people may have different ways of working to what your organisation is used to. Consider everything from volunteer recruitment (can people apply in whatever way they're comfortable?) to other systems and processes. Actively invite participation, encourage ideas, and try things out.

5. GO WHERE YOUTH ARE

Instead of expecting youth to come to you, go where they are! This could be in schools, universities, or other community spaces. Cultivate a relationship with youth organisations to invite young people to volunteer.

6. BUILD YOUTH LEADERSHIP

Can you create a pathway for youth volunteers to become leaders of new volunteers? Once they have experience, they could be trained to lead others. This will build leadership and sustainability into your volunteering programme.

7. MICROVOLUNTEERING CAN BRIDGE THE GAP

Huge impact can be achieved by many people giving small amounts of time and energy. What aspects of your volunteer programme could suit youth microvolunteering? Give it a try during the Micro Moments for Macro Change day, 14 April. ■

Volunteering New Zealand is the peak body for volunteering and an association of volunteer centres, and national and regional organisations with a commitment to volunteering in Aotearoa New Zealand.

Contact Volunteering New Zealand:
www.volunteeringnz.org.nz

Email: office@volunteeringnz.org.nz



Volunteering in Aotearoa

SURVEY for COMMUNITY ORGANISATIONS

Covid-19 has put a spotlight on the voluntary sector. It highlighted the sector's vital contribution to unity, kindness and the wellbeing of New Zealanders. It mobilised younger people to fill in when vulnerable volunteers had to stand down. It saw whānau and friends uniting behind things that mattered most to them.

Volunteering New Zealand's last State of Volunteering report came out in late 2020, and the research was done prior to the impact of the pandemic in New Zealand.

Volunteering New Zealand is now researching volunteers and organisations for its State of Volunteering Report 2022. We support the mahi of Volunteering New Zealand in this research to understand the current state of volunteering in New Zealand. There are two surveys - one for Community Organisations, and one for Volunteers. Please take a few minutes to share your experience.

This is the link for people to do the survey:

bit.ly/volunteering-report





BY CHERYLL MARTIN, GENERAL MANAGER, VOLUNTEERING AUCKLAND

Tapping into the fountain of youth volunteers

Volunteering Auckland has an enviable problem: an excess of volunteer applications. Cheryll Martin, General Manager at Volunteering Auckland is proud that the next generation is eager to give back to their communities with the under 30 cohort comprising over 50% of registrations through their website. However, it seems that stereotypes are holding many NGOs back from fully engaging with this age group, in particular those under 18 years. In response, Volunteering Auckland is in the process of catapulting youth volunteering into the core of what they do through designing a Youth Volunteer Pilot (more information below).

WHAT BENEFITS DO YOUTH VOLUNTEERS PROVIDE NGOS?

Crucially, they provide the pipeline of volunteers for the future. Cheryll describes how her daughter began volunteering at nine and has never stopped. UK research backs that up: 70% of teenage volunteers were likely to volunteer in the future. Volunteering Auckland wants to create and build a lifetime enthusiasm for volunteering in Aotearoa's 652,000 10-

19 year olds grouping.

The digitally native generation are also often intuitively able to leverage technology such as social media to boost an NGO's profile and streamline processes. As many of them will be in formal education, they are well-versed in learning how to learn and providing fresh perspectives.

It is also worth highlighting that the work of many NGOs is skewed towards focus on the young, whether that be through providing the essentials, education or sustaining the natural environment for their future use. No-one is better placed to best understand and empathise with youth initiatives than youth themselves.

WHY MANY YOUTH STRUGGLE TO FIND VOLUNTEER OPPORTUNITIES?

There is no shortage of volunteering opportunities but rather an endangered number of organisations eager to take on youth. Volunteering Auckland research shows that their most common reasons to prefer older volunteers include:



Tapping into the fountain of youth volunteers

- perception that youth have less availability/transport;
- age-related legislation/minimum age to interact with minors;
- perception that youth require more training;
- perception that youth are not mature enough to work with vulnerable community members.

Many of these organisations have blanket age minimums in place, regardless of the nature of the volunteering.

HOW CAN WE TURN THIS AROUND?

Skills, reliability, and passion do not magically appear at 30. Above all, volunteer organisations need to fight stereotypes and assess an individual's suitability on their own merits. What's good for our youth volunteers is what's good for all volunteers. Cheryl notes that "flexibility has got to be in there" for engaging volunteers today. Practical strategies for providing suitable youth opportunities could include:

- actively identifying opportunities that can be done remotely/flexibly;
- the use of youth ambassador programmes to provide feedback on volunteering opportunities to ensure they are suitable;
- sharing positive stories of younger volunteers to fight stereotypes;
- allowing younger volunteers greater participation in planning volunteer training for the next cohort;
- clearly articulating key role requirements so that candidates can be suitably matched.

HOW CAN VOLUNTEERING AUCKLAND'S YOUTH VOLUNTEER PILOT SUPPORT NGOS?

Volunteering Auckland is very keen to pair the skills of youth volunteers with our NGO members. In March, we approached schools across Tāmaki Makaurau's five major districts. Together we looked at how we could implement a Youth Volunteer Pilot similar to how Volunteering Auckland process corporate team projects. With overall volunteer numbers dropping, this will be extremely beneficial to all involved.

We acknowledge that for some organisations being unsure around health and safety procedures relating to youth can present a barrier to receiving youth volunteers. In response, Volunteering Auckland is creating a 'Youth Volunteer' Manual that will outline some of an organisation's legal expectations and procedures to ensure the safety of youth volunteers as they venture into, hopefully, a lifetime of volunteering. ■

If you are interested in knowing more or signing up to the Youth Volunteer pilot programme please email: membership@volunteeringauckland.org.nz





Food for thoughtfulness

BY SALLY WARRENDER, BELLYFUL NZ GRANTS ADMINISTRATOR AND BELLYFUL FRANKLIN BRANCH COORDINATOR

Bellyful is all about supporting whānau when they need it most – at dinner time! We have been filling bellies since 2009. Bellyful nourishes and connects communities by cooking and delivering meals to whānau with babies or young children, who need support. We have delivered more than 180,000 meals to 34,000 whānau.

Our charity has grown to 25 branches, from Hibiscus Coast to Invercargill, with local teams who cook and deliver frozen meals in their communities. Volunteers are at the heart of Bellyful. We have more than 500 volunteers who give countless hours and love to keep filling bellies across Aotearoa.

I joined Bellyful after moving to Franklin in 2013. I wanted to meet people in our community but had also thought about volunteering for ages. Nothing really seemed to fit before I found Bellyful.

I met a Bellyful volunteer, who told me about what they do. The concept of help at dinnertime instantly resonated. Even though my kids weren't babies anymore, I remembered the challenges of having a new baby, being unsure, feeling alone and wondering why I was struggling when everyone else seemed to have it all together. I thought how wonderful would it be, to have someone turn up at your door with a couple of nights' dinners? Especially when you have a new baby, who typically seem to need attention

Bellyful

Kia manawa
reka i te aroha



Food for thoughtfulness

during the late afternoon “witching hour.”

I started cooking with the Bellyful Franklin team in 2014; the meals were simple, the team and banter fantastic. I was welcomed into the group and didn't look back.

Now, as the Branch Coordinator for Bellyful Franklin, I see first-hand the impact of friendly (behind a mask!) face, arriving with meals. I have had mums in tears on the doorstep when I have delivered dinner for a few nights. Such a simple act of kindness can have a massive impact. Often, these meals are enough to help someone over a tough patch. We help whānau feel like they are not alone, like they are cared for by their community and that someone understands.

Our support is not based on financial need but is more about making people feel cared for and connected to their communities. This is important in the modern reality where parents don't always have a 'village' to support them. Raising young children can be isolating at the best of times, something which has been exacerbated by Covid-19.

Bellyful has helped me grow personally. I've been able to make a small, but consistent difference in my community and it is really rewarding. But it has also provided me with other opportunities, in areas like leadership, promotion, fundraising, volunteer management, supply chain management, food safety, health and safety, and many more.

In the nearly eight years since I joined Bellyful, I have led Cook-a-thons, fundraisers, and now manage our branch – all as a volunteer. I also now work in the “for purpose” world, providing funding and operational support to other charities. These are skills I was able to grow and develop with myself, through my volunteer work with Bellyful.

I am consistently amazed and empowered by my local team and the mahi aroha of our volunteers throughout New Zealand. In Bellyful, many hands make not only full bellies, but full hearts too. ■

bellyful.org.nz

LoVE Online Zoom Sessions

LoVE is our Leaders of Volunteer Engagement network where you can have the opportunity to discuss, present and learn about various aspects of volunteer engagement. You can also network with your peers across the community voluntary sector in Auckland, those who mobilise, support and advocate for volunteers and volunteering.

Join your colleagues and peers, those who recruit and support volunteers in Tāmaki Makaurau | Auckland on the first Thursday of each month.

Next Session: April 7th 2022, 10.30am to 11.30am

Guest Presenter: Ros Curry, Manager of Volunteer Services, Auckland Museum

Topic: Communicating clearly through your mask is vital to ensure understanding - between volunteers and clients, staff and volunteers, you and your volunteers.

Register your interest to Cheryll at gm@volunteeringauckland.org.nz



Good Works Trust Food Bank

BY SOPHIE GRAY, OPERATIONS MANAGER, GWT FOOD BANK

When I took over as operations manager for the Good Works Trust Food Bank 13 months ago my experience with volunteers was limited. I'd been a volunteer myself from time to time, but I'd never recruited or inducted one.

I inherited 3 faithful food parcel delivery drivers; and our annual Christmas event would pull in some good numbers, but the lack of regular manpower had significantly restricted capacity and our ability to fulfil the Good Works Trust mission of reducing food insecurity on the North Shore.

The brutal escalation in demand created by the pandemic exacerbated the problem to a drastic level. Faced with either scaling up fast or closing down, I put the call out for volunteers and I started talking

about our work, a lot, really a lot, everywhere, at every opportunity, continually... Describing the need most people never see and what the GWT food bank is striving to do to change things in our region. Our volunteer network began to expand.

Fast forward through a year of Delta lockdowns and Omicron surges (if only that had been possible). We now run 7 volunteer programs with around 40 regular volunteers. We've more than trebled our capacity and we're currently feeding hundreds of tangata each week, thanks to the incredible energy and willingness of our volunteers.

They're a diverse group - from working professionals to students, stay at home mum's and retirees, as well as families, friend groups and flatmates.



Good Works Trust Food Bank

“Shaun” is homeless - living in a tent in nearby bush, but has become a stalwart, frequently putting in 8-hour days at the food bank working alongside some of our casuals like Gill who is PA to a district court judge 3 days a week.

There’s a group of elderly ladies who collect egg boxes and brown paper bags for us at retirement villages and a home-schooling family who come and fill the egg boxes and sort the bags for us as part of their Duke of Edinburgh Award.

There are weekly re-baggers on Tuesdays and Thursdays, a night pack crew, bakery bread collectors, bread re-baggers, food parcel picker packers, and the front-line food parcel delivery drivers. Plus, the community angels collecting packaging, boxes and donations on our behalf.

Offering a range of volunteer opportunities definitely gives people more chances to say YES; from “behind the scenes” to “in the thick of it”. Some volunteers want the camaraderie of regular involvement with scheduled shifts at set times while others want to dip in and out, or are only available after hours.

By creating “crews” for each area of activity we’re now more resilient and those crews are actively recruiting new crew members themselves which is a cracking result.

It takes loads of communication (and biscuits). And much of it happens outside business hours using text message groups, messenger chat groups, and an app called Meal Train Pro (essentially an editable calendar which crew members can fill in and edit; it generates reminders and the whole crew can see any changes— a total game changer!).

While it all seems to work (holds breath, crosses fingers and touches wood) it’s not at all the same as having staff. You can’t fire a volunteer, or demote them if they get pushy or want to take over, if they’re late, unreliable or just plain annoying. Instead, it’s a delicate balance of leadership and hospitality. Akin to playing a giant game of Jenga with volunteers as the pieces; remove one key piece at the wrong time and the whole tower will messily collapse.

The wonderful thing is that people who volunteer generally do so because of one key driver, a fundamental desire to help, to serve their fellow man, to do good in the world. And so, they support not just the organisation, but each other. They are love-in-action. They are the food bank. ■



Wooooow am I megggga GRATEFUL TO THIS AMAZING ORGANIZATION. WOW. I'M MIND BLOWN BY SO MUCH GENIOUROUSITY 🤔 May U all be BLESSED 300 FOLD + this is Cindy Matthews saying THANKYOU ALL FROM EVERY PART OF MY HEART. XXXXXXXXXXXX 100 🙏 sincerely Cindy Matthews





RESILIENT COMMUNITIES

– UPDATE –

BY MADISON O'DWYER, ANCAD

March has been a bountiful month for the Resilient Communities Initiative.

The first big success was finishing the website – www.resilientaucklandnorth.org.nz. The website is designed to help visitors connect with the emergency preparedness work.

You can keep up to date by signing up for the e-newsletter and/or Facebook group, or browse helpful resources and links. The website will host the community-designed plans for all the suburbs in the Devonport-Takapuna local board area, allowing for collaboration and maintenance of the plans so they remain relevant over time.

An exciting area of the work has been connecting with existing organisations to coordinate tools and opportunities for communities. For example, we can help communities to organise a St Johns 3 Step for Life course. This free community programme teaches CPR and Automated External Defibrillator (AED) use. According to their website, utilising these skills can increase a patient's chances of survival by up to 40%.

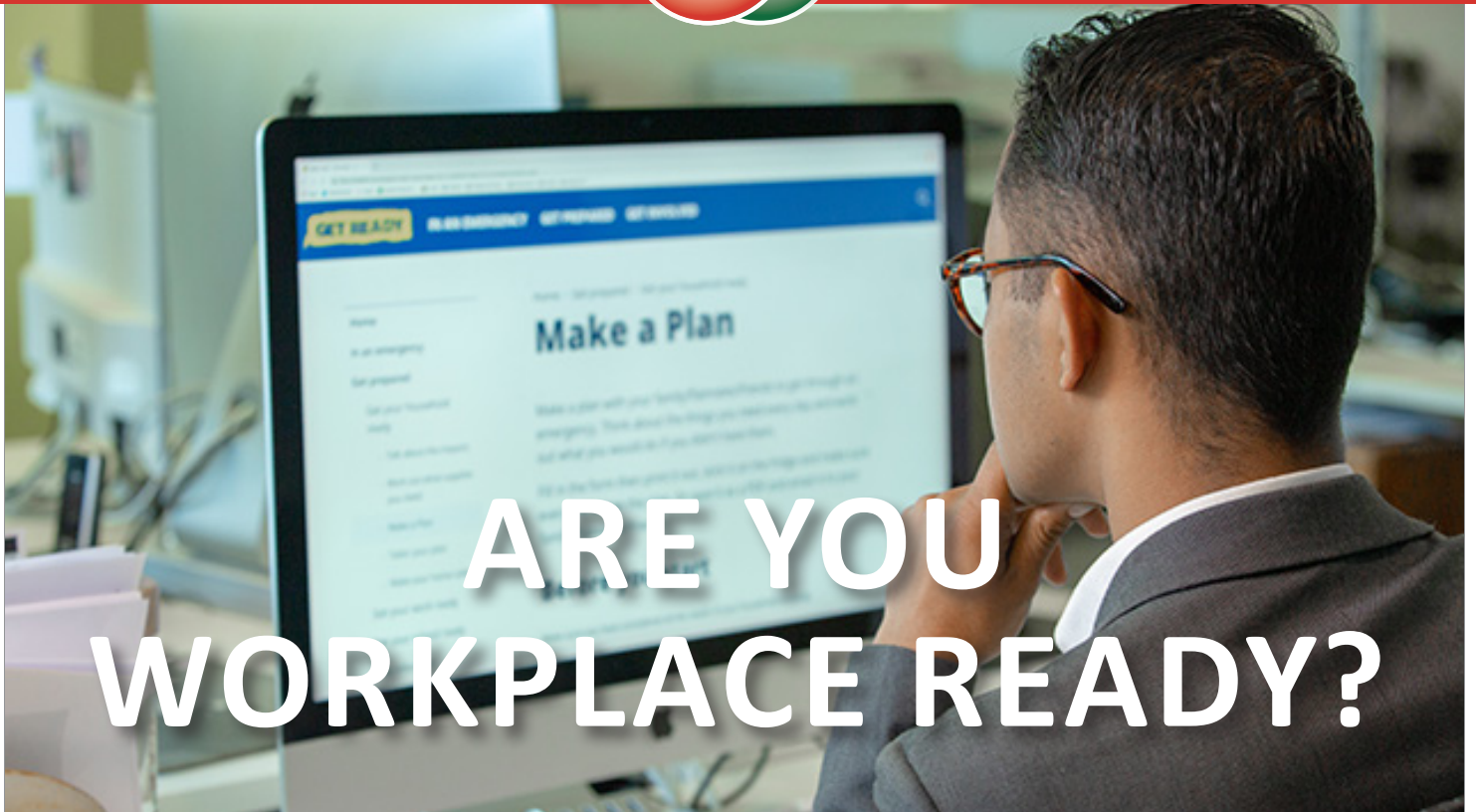
An invaluable tool for communities is Neighbourhood Support's GetsReady website (<https://northshore.getsready.net/>). This tool allows households to sign up and list their resources, skills and special requirements. In the event of an emergency, this information is shared with community coordinators who can then direct services and responses.

We are also working on making sure the Resilient Communities initiative is accessible to all community members. We have partnered with English Language Partners to make workshops and resources accessible and the Sunnynook Community are in the process of translating their "5 Ways to Prepare" flyer into multiple other languages thanks to their own community volunteers!

In April, we have 2 more community connections planned for the Devonport and the Milford / Castor Bay areas. If you'd like to get involved, please email me at madison@ancad.org.nz or sign up to our Facebook group – Resilient Communities Auckland North.



RESILIENTAUCKLANDNORTH.ORG.NZ



ARE YOU WORKPLACE READY?

BY MADISON O'DWYER, ANCAD

One situation that we regularly forget to prepare for is emergencies during business hours.

Asking yourself the important questions now will help prepare you for the worst-case scenario later:

- Can you comfortably wait for emergency services in your workplace for up to 48 hours without power or water?
- What are the hazards specific to your workplace and do you have a plan to manage them?
- How will you communicate with your family during an emergency and where will you meet up?

An **Emergency Response Plan** can help answer these questions plus assigning roles and responsibilities, evacuation points and assembly procedures and ensuring resources are bought and maintained regularly.

Suggestions for workplace emergency supplies include:

- Full first aid kit
- Blankets
- Rope
- Torch and Batteries
- Radio and Batteries
- Gloves and dust mask
- Goggles
- Enough drinking water for all of your employees for at least 48 hours (and water purification tablets to sterilise more water)
- Enough non-perishable food for all employees for at least 48 hours (check annually).
- Hard Hat
- Bucket
- Gas stove and spare gas
- Matches
- Sanitary Needs
- Toilet paper
- Axe
- Other relevant tools

Getready.govt.nz also suggests employees should keep a 'Get Home Kit' in the workplace including suitable footwear, warm clothing, masks, a torch or headlight and food/water.

You can find more workplace emergency resources at www.aucklandemergencymanagement.org.nz/work-ready



RESILIENTAUCKLANDNORTH.ORG.NZ

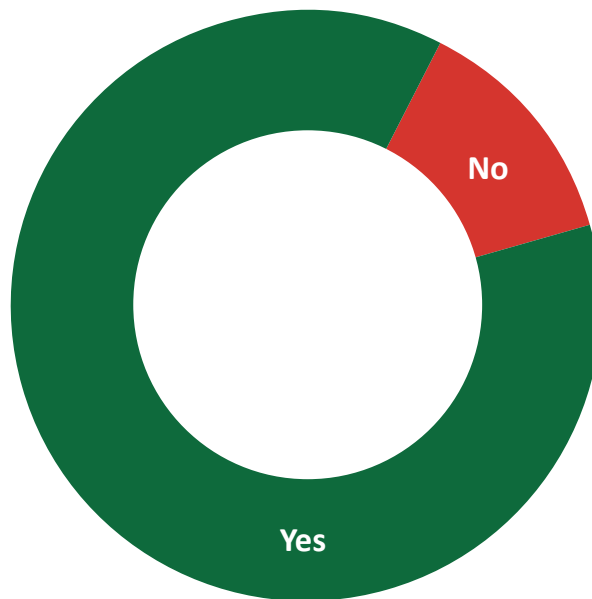




AUCKLAND COMMUNITY FUNDING FAIR

17 MARCH 2022 | Responses from two polls taken in this session on Zoom

Are you responsible for preparing the funding applications for your organisation?



"A great programme, I was thinking I know all what is needed about fund-raising, but with you I learned that there are many more opportunities. Thank you ANCAD."

"It was a wonderful, insightful and informative webinar. Very much appreciated."

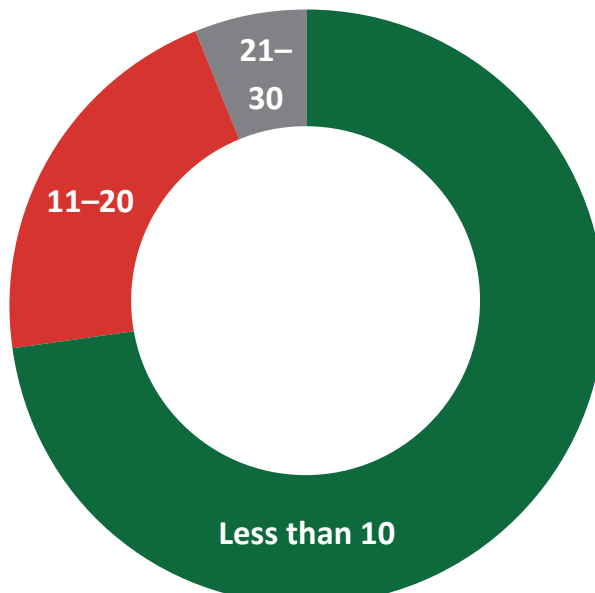
"I found the webinar informative definitely gained tools to assist with funding applications."

"I found the webinar really useful, and will be following up on some of the questions that have arisen for me."

"Great of ANCAD to organise this annually. Many thanks."

"Great presentations from the speakers. Valuable tips and information that we need to put together applications. I didn't realise there are so many funders so this was excellent."

How many funding applications do you submit per annum?





ANCAD's Funding Directory Auckland Region 2022

This is available for you to purchase in any of 3 ways from the ANCAD website at www.ancad.org.nz under the Publications tab (3 options).

1

PDF: \$25 for the pdf version (incl. GST).

2

PRINTED HARD COPY (80+ pages): \$44.50 (maximum that can be ordered is two online) incl. postage and GST.
For bulk orders of hard copies (more than two) contact Susan directly at accounts@ancad.org.nz

3

COMBO: \$59.50 of 1 hard copy and the pdf (incl postage and gst).

NOTE: Dispatch will be within 5 working days of receipt of order for each of the three options above.



BY SVETA HACKETT, YR 12 STUDENT AT AGE SCHOOL

WITH BRON VAN DER GEEST, WELLBEING CO-ORDINATOR, SOCIAL-EMOTIONAL LEAD EQ & IQ

At AGE School, our values are community, compassion, creativity and curiosity. We encourage the Learning Coaches and learners at our school to embody these values in everything that they do.

As the school's yearly tradition of Seaweed (a week of learning at Takapuna Beach and campsite) started, two of the school's values had been ticked off- curiosity and creativity. The other two would come in the form of a connection that's instilled in the learners at school called tuakana teina.

Tuakana means older student and teina is a younger student. Both groups come together to share their skills. The school had three students volunteer their time and take on the Tuakana Teina role for the week. Sveta Hackett (16) Pandita Edgell (10) and Branson Christian (9.) All took everything in their stride and supported each other and their peers who were in charge of the learning environment and activities.

Pandita Edgell says that Seaweed was a real highlight for her,

"I was able to get out of the classroom and into the fresh air, I also enjoyed helping the younger little guys too."

One of the main happenings during the week was a penguin funeral where the students decided to honour a penguin that had sadly passed away on the beach. Senior Tuakana

Teina learner Sveta Hackett says that it was a "Real teachable moment for these kids, we learnt about life and death but also about protecting the environment and creatures around it."

She found that overall being a Tuakana Teina leader was helpful because she was able to offer her support, knowledge and understanding when the students needed it, but also help them learn, without being in a proper teaching position.

After the rockpools had been thoroughly scoured, school beach clean up accomplished, a penguin laid to rest and save the environment posters had been put up around the campsite, Seaweed came to a close on Friday.

Branson Christian says that the week was, "Really enjoyable and fun, and that being a tuakana teina leader was pretty cool."

This connection that students make when helping their peers is immense, there's so much to learn about each other and how to work with one another. The students would like to encourage other schools to look into such roles as Tuakana Teina mentorship and to always remember these four values: curiosity, creativity, community and compassion.

www.age.school.nz



I N F O R M A O T E A R O A I N S P I R E

ANCAD's training programmes for community groups and the not-for-profit sector

The Auckland North Community and Development (ANCAD) Professional Development Programme (previously known as Five Good Ideas) is now known as **LiiFT AOTEAROA**.

LiiFT AOTEAROA seeks to both inform and inspire – that's why there are two 'i's in LiiFT.

ANCAD's vision is to see community and For Purpose (NFP) groups LiiFTED and strengthened through offering relevant and affordable capability-building courses, presented by top, professional consultants and facilitators, just as we have been doing for many years now, with the fantastic support of The Tindall Foundation.

The two 'i's in LiiFT also represent, in imagery, two stick figures and stand for people partnership and collaboration as key ways of fostering growth, harmony and resilience.

The remaining letters 'LFT' stand for 'Learning for Today' as we seek to respond to community need with relevant and timely courses as well as looking to the future in supplying the latest, helpful resource and training.

Our hope is that many will benefit and build on the good works they are already doing for the sake of community in Aotearoa.

For detailed information about course content go to the ANCAD Training website found here www.liift.nz



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TRAINING COORDINATOR

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I N F O R M A O T E A R O A I N S P I R E

**Outstanding, affordable professional development
for the NFP community**

www.LiiFT.nz

ANCAD's training programmes for community groups and the not-for-profit sector

ANCAD's Professional Development Programme for 2022

DATE	SESSION TOPIC	TIME	PRESENTER	LOCATION
February 11	Volunteer Management: Policies & Procedures for Volunteers	10:00 am to 11:30 am	Heidi Quinn (Volunteering New Zealand)	Zoom
February 16	Difficult Conversations: Balancing Caring & Accountability	10:00 am to 11:30 am	Aly McNicol (NZ Coaching & Mentoring Centre)	Zoom
February 18	Essential First Aid	9:30 am to 2:00 pm	Sarah Thompson (First Aid First Ltd)	Mary Thomas Centre, Takapuna
February 25	Volunteer Management: Volunteer Retention	10:00 am to 11:30 am	Heidi Quinn (Volunteering New Zealand)	Zoom
March 2	Resourcing Leaders in Times of Change (bi-monthly) with topic du jour	10:00 am to 11:30 am	Sandy Thompson (LEAD)	Zoom
March 4	Volunteer Management: Evaluating Your Volunteer Programme	10:00 am to 11:30 am	Heidi Quinn (Volunteering New Zealand)	Zoom
March 10	Future-proofed funding: Move your NFP towards Sustainable Funding	10:00 am to 11:30 am	Therese Lanigan Behrent (Independent NFP Funding Consultant and Capacity Builder)	Zoom
March 16	Creating Effective Social Media Content	1pm to 2pm	Alecia Hancock (Hancock Creative)	Zoom
March 25	Strategic Grant Seeking and Writing Workshop	9:30 am to 12:30 pm	Therese Lanigan Behrent (Independent NFP Funding Consultant and Capacity Builder)	Te Tuhi Centre, Pakuranga
March 31	Getting Back in the Driving Seat of your Life	10:00 am to 11:30 am	Maria Thorndyke (The Grief Centre/Hearts & Minds)	Zoom
April 6	Governance and Management: Roles and Responsibilities	10:00 am to 11:30 am	Carol Scholes (Overview Effect)	Zoom
April 13	How to be a Great Board Member/Chair/ Treasurer or office holder	10:00 am to 11:30 am	Carol Scholes (Overview Effect)	Zoom
May 4	Resourcing Leaders in Times of Change (bi-monthly) with topic du jour	10:00 am to 11:30 am	Hilary Star Foged (LEAD)	Zoom

May 11	Practical Non-profit Strategy 1: How to really do more with less	10:00 am to 11:30 am	Garth Nowland-Foreman (LEAD)	Zoom
May 19	An Introduction to Digital Marketing for Small Not for Profits	10:00 am to 12 noon	Therese Lanigan Behrent (Independent NFP Funding Consultant and Capacity Builder) with Anissa Ljanta	Zoom
May 26	Practical Non-profit Strategy 11: How to develop strategies that make a difference in the real world	10:00 am to 11:30 am	Garth Nowland-Foreman (LEAD)	Zoom
June 2	Setting up a new organisation: Legal responsibilities and financial oversight	9:30 am to 3:00 pm	Carol Scholes (Overview Effect)	Waiheke Island
June 9	Collaborating in Community-Led Change	10:00 am to 12 noon	Kindra Douglas (Inspiring Communities)	Zoom
June 15	Getting Beyond Busy: Simple Strategies to Reduce Overwhelm and Boost Productivity	10:00 am to 11:30 am	Aly McNicol (NZ Coaching & Mentoring Centre)	Zoom
June 22	Partnering with Māori: How to practically apply Te Tiriti o Waitangi in your Leadership and Work	9:30 am to 12:30 pm	Hilary Star Foged (LEAD)	Mary Thomas Centre, Takapuna
June 29	Cultural Awareness and its Implications for Leadership	10:00 am to 11:30 am	Hilary Star Foged (LEAD)	Zoom
July 6	Resourcing Leaders in Times of Change (bi-monthly) with topic du jour	10:00 am to 11:30 am	Garth Nowland-Foreman	Zoom
August 4	Governance and Management: Roles and Responsibilities	10:00 am to 11:30 am	Carol Scholes (Overview Effect)	Zoom
August 11	How to be a Great Board Member/Chair/ Treasurer or office holder	10:00 am to 11:30 am	Carol Scholes (Overview Effect)	Zoom
August 18	Funding Options for your Organisation: What now and what next?	10:00 am to 11:30 am	Therese Lanigan Behrent (Independent NFP Funding Consultant and Capacity Builder)	Zoom
August 25	Strategic Grant Seeking and Writing Workshop	9:30 am to 12:30 pm	Therese Lanigan Behrent (Independent NFP Funding Consultant and Capacity Builder)	Mary Thomas Centre, Takapuna (TBC)
September 7	Resourcing Leaders in Times of Change (bi-monthly) with topic du jour	10:00 am to 11:30 am	Aly McNicol (NZ Coaching & Mentoring Centre)	Zoom
September 15	Other Fundraising Options: Donations, Bequests, Business Support & Events	10:00 am to 11:30 am	Stephanie Maitland (Maitland & Associates)	Zoom
September 23	Essential First Aid	9:30 am to 2:00 pm	Sarah Thompson (First Aid First Ltd)	Mary Thomas Centre, Takapuna
November 2	Resourcing Leaders in Times of Change (bi-monthly) with topic du jour	10:00 am to 11:30 am	TBC	Zoom

Remaining sessions September to November 2022 to be confirmed at a later date. Further information and detail about the topic content and session costs will be made available in the Friday mailouts each week, including information on how to register. We look forward to presenting this high quality, affordable and exciting Programme in 2022 and welcome all from the For Purpose (NFP) community.





LiiFT Aotearoa sessions in March

“This workshop is gold!”

March was a busy time with the LiiFT Programme and across the month over 100 people, across diverse community organisations and groups, registered for sessions and a workshop on a range of topics from resourcing leaders to grant writing and from how to future-proof funding to a topic on volunteer management, with Volunteering New Zealand.

Much interest was generated with a free session on how to create effective social media content as ANCAD partnered with Hancock Creative (based in Australia).

And thanks to a partnership with Hearts and Minds, on the North Shore, we were able to have psychotherapist Maria Thorndyke engage with people on making a brand new start with confidence which also included content on planning and goal setting and time management. We were encouraged to consider that if we woke up on a new day choosing to be filled with confidence, just what great things we could start, stop or continue on with

For all content about LiiFT sessions in the month of April head to the LiiFT AOTEAROA professional development site at LiiFT.nz

Photo above: The Grant Seeking and Writing workshop, held at the Te Tuhi Centre in Pakuranga in March, which ANCAD hosted in collaboration with Manukau East Council of Social Services (MECOSS). One person commented afterwards, “This workshop is gold!”. ■

LiiFT

INFORM AOTEAROA INSPIRE



NSFVPN / CFG / YCS: Meeting dates 2022

North Shore Family Violence Prevention Network

The **North Shore Family Violence Prevention Network (FVPN)** is an open collaborative of individuals and agencies that advocate for Family Violence Prevention initiatives within the wider North Shore Community. Members represent both NGO and Government organizations.

MEETING DATES 2022

Dates continue on the first Thursday of the month:

7 April | 5 May | 2 June | 7 July | 4 August | 1 September |
6 October | 3 November | 1 December

(NEW) Meeting Time: 1:00pm–2:00pm

Venue: TBC - Zoom OR Mary Thomas Centre, Takapuna (as per COVID Protective Framework settings).

Child Focus Group / Youth Cyber Safety

Child Focus Group (CFG) was formed in October 2010 with the overarching goal of strengthening the Auckland North community's ability to effectively support children who have been affected by family violence and prevent them from further abuse by enhancing existing systems, increasing community ownership and the service response wrapped around families and whanau.

MEETING DATES 2022 (combined Child Focus Group and Youth Cyber Safety)

Dates continue on the second Thursday of the month:

14 April | 12 May | 9 June | 14 July | 11 August | 8 September |
13 October | 10 November | 8 December

(NEW) Meeting Time: 1:00–2:00pm

Venue: Zoom OR Mary Thomas Centre, Takapuna (as per COVID Protective Framework settings).

Look forward to seeing you then.



DEB HUMPHRIES
COORDINATOR

fvpnnns@gmail.com
021 0810 7516





Auckland Community Accounting welcomes requests

Auckland Community Accounting (ACA) welcomes requests for accounting assistance from NFPs for this free and confidential service.

This service is for Community groups including sporting, cultural and social service agencies and the service is provided by accountancy students from Massey University, supervised by Chartered Accountants.

Students will assist with your finances, help you understand the treasurers role and guide your organisation through the new annual reporting process.

They will also help you understand the financial responsibilities of a Board or Committee, point you in the direction of resources that can assist your organisation and help you work out how to utilise your accounting software more efficiently.

The students will gain valuable real life experience in the wonderful NFP sector and at the same time they will be giving back to the sector and developing a better understanding of the work of NFPs and the wonderful contribution volunteers make to the sector.

If you just want to find out more or want to sign up please email me at geoff@ancad.org.nz or give me a call on 021 054 6240 or 0800 426 223.



GEOFF ANDREWS
PROJECT MANAGER

geoff@ancad.org.nz
021 054 6240 | 0800 426 223



AUCKLAND COMMUNITY ACCOUNTING



Auckland Community Accounting



Auckland Community Accounting is a free service which offers support, advice or assistance on financial matters

Who is this service for?

Community groups, including sporting, cultural and social service agencies within the region, are able to access this service free of charge.

- ◇ Struggling with your charities finances?
- ◇ Need help understanding the treasurer's role?
- ◇ Having difficulty completing your annual return and performance report?
- ◇ Need help understanding the financial responsibilities of a Governance Board or Committee?
- ◇ Unsure what financial and non-financial resources are available to assist your charity?
- ◇ Experiencing difficulty working with your accounting software?

How does it work?

- ◇ Auckland Community Accounting provides community groups in the Auckland Region with **free and confidential** assistance on financial matters.
- ◇ Teams made up of senior accounting students provide assistance under the supervision of a Chartered Accountant.
- ◇ This provides accounting students with practical experience and encourages increased involvement in the local community sector.

What do you need to do?

Step 1

Register your organisation's interest in receiving assistance from Auckland Community Accounting.

Email geoff@ancad.org.nz

or phone **021 054 6240**

Step 2

Give some indication of the type of assistance your organisation is looking for.

Please note:

The matters on which students can advise will be limited to;

- ◇ Good practice and general accounting principles relevant to the not-for-profit sector
- ◇ Assisting with document completion/form filling where appropriate
- ◇ More detailed or complex queries will be referred to local Chartered Accountants.

This initiative is supported by the following organisations;

Auckland North Community and Development (ANCAD) |
Department of Internal Affairs | Massey University |
Foundation North | Auckland Council | Charities Services |
Chartered Accountants Australia and New Zealand | RSM

Auckland Community Accounting

Geoff Andrews

Project Manager

P: 0800 426 223

M: 021 054 6240

E: geoff@ancad.org.nz





Community Accounting Aotearoa



Community Accounting Aotearoa is a free service which offers support, advice or assistance on financial matters

How we can help

Community groups within New Zealand are able to access this service free of charge.

- ◇ Struggling with your charities finances?
- ◇ Need help understanding the treasurer's role?
- ◇ Having difficulty completing your annual return and performance report?
- ◇ Need help understanding the financial responsibilities of a Governance Board or Committee?
- ◇ Unsure what financial and non-financial resources are available to assist your charity?
- ◇ Experiencing difficulty working with your accounting software?

How does it work?

- ◇ **Community Accounting Aotearoa** provides community groups outside the main centres with free assistance on financial matters.
- ◇ Teams made up of senior accounting students will provide support using digital technology software such as Zoom and Adobe Connect.
- ◇ Community groups require only an internet connection and a computer with a camera.
- ◇ The students are supervised by volunteer Chartered Accountants.

What do you need to do?

Step 1

Email geoff@ancad.org.nz
or phone 021 054 6240

Step 2

Give some indication of the type of assistance your organisation is looking for.

Please note:

The matters on which students can advise will be limited to;

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Foundation North | Auckland Council | Charities Services |
Chartered Accountants Australia and New Zealand | RSM

Community Accounting Aotearoa

Geoff Andrews

Project Manager

P: 0800 426 223

M: 021 054 6240

E: geoff@ancad.org.nz



PALLIATIVE CARE FOR PEOPLE WITH DEMENTIA

ZOOM WEBINAR
Thursday 7th April 2022, 7.30 AM

**BREAKFAST
SESSION**



DR STEVE MACFARLANE

*Senior Lecturer of Palliative care, Flinders University,
Adelaide, Australia*

Steve graduated from Monash University in 1991, became a psychiatrist in 2003, and was appointed Director of Aged Psychiatry at Peninsula Health in 2005. He moved to Alfred Health in 2008 as Associate Professor and Director of Aged Psychiatry, before accepting a position as Head of Clinical Services with Dementia Support Australia in 2016.

Steve is a past Chair of the Faculty of Psychiatry of Old Age for the RANZCP, has been running Alzheimer's disease clinical trials for over 20 years, and has clinical interests in frontal lobe disorders and in senile squalor.

His work with DSA has him overseeing a group of geriatricians and old-age psychiatrists around the country. He has been intimately involved in developing the new Commonwealth Special Dementia Care Program and with the Royal Commission into Aged Care Safety and Quality, testifying before the Royal Commission in May 2019 and July 2020.

Despite dementia now being the leading cause of death in Australian women, fewer than 2% of those with dementia receive specialist end-of-life services. Why is this, and what can be done to change it?

REGISTRATIONS REQUIRED

Use the link:

www.myhealthhub.co.nz/macfarlane

THE DEVONPORT SWAP SHOP

9TH APRIL 2022

1:00PM – 4:00PM

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DEVONPORT COMMUNITY HOUSE**

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PRE-LOVED CLOTHES



RECEIVE A TOKEN FOR EVERY
ITEM DONATED



SHOP THE PRE-LOVED RACKS USING
YOUR TOKENS AS PAYMENT



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HAVE FUN!



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A LEADERSHIP DEVELOPMENT COURSE FOR AOTEAROA/NEW ZEALAND COMMUNITY AND NOT FOR PROFIT LEADERS

LEAD

CENTRE FOR
NOT FOR PROFIT
GOVERNANCE & LEADERSHIP

This April LEAD are delivering their Managing & Leading Community Organisations course online commencing on April 29th, 2022. You will be able to participate from wherever you are in Aotearoa.

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

THE COURSE WILL RUN FOR 8 WEEKS. IT WILL BE A MIX OF:

- self-directed learning (readings and learning activities you do on your own)
- peer group discussions every other week, to deepen your discussions and learning on specific topics to support and grow your leadership. (either online or in person depending on where you are)
- large group virtual workshops every 2 weeks in-between, exploring specific leadership topics in-depth (via zoom)
- one on one coaching with the facilitators
- personal written feedback from the facilitators

Feedback from leaders who participated in the course recently have told us the training was incredibly timely, informative and relevant.

"Doing the course this way has encouraged deeper relationships with the other participants and gave us time to ponder over things before the next sessions. It has made me reflect on my mahi out in the community and given me some new things to try" **Janine Maruera; Tarankai Participant**

THE COURSE TOPICS ARE EXPLORED IN THE CONTEXT OF YOUR COMMUNITY AND ORGANIZATION:

- 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

Dates: April 29th to June 24th, 2022

Cost: \$590+gst. \$500 for the second and subsequent people from the same organisation.

"Real learning gets to the heart of what it means to be human. Through learning we re-create ourselves. Through learning we become able to do something we never were able to do. Through learning we re-perceive the world and our relationship to it. Through learning we extend our capacity to create, to be part of the generative process of life. There is within each of us a deep hunger for this type of learning."

— Peter M. Senge in *The Fifth Discipline: The Art and Practice of the Learning Organization*

For more information and to register email or call:
hilary@lead.org.nz // 021-134-0929
www.lead.org.nz

OUTDOOR FUN IN THE SUN!

JOIN US ON WEDNESDAYS DURING THE SCHOOL HOLIDAYS FOR
ACTIVITIES, CRAFTS AND GAMES!

Location: Milford Reserve, Craig Rd, Milford

When: Wed 20th April &
Wed 27th April 2022

Time: 10am to 12pm
Age: Primary age kids

- Parents are required to supervise their children
- Sessions are weather dependent. Please see our facebook page summerfunplay for cancellations on the day
- Vaccine pass required for entry
- Email: roanna@takapunatrust.org.nz for more info

Devonport-Takapuna
Local Board
Auckland Council

TAKAPUNA NORTH
COMMUNITY TRUST

FREE

LEARN HOW TO GROW YOUR OWN FOOD

FORTNIGHTLY ON WEDNESDAYS, 7-8.30PM VIA ZOOM



BACKYARD GARDENERS: 6 APRIL, 20 APRIL, 4 MAY

APARTMENT DWELLER GARDENERS: 13 APRIL, 27 APRIL, 11 MAY

FOR MORE DETAILS & TO REGISTER, VISIT WWW.TAKAPUNATRUST.ORG.NZ

TAKAPUNA NORTH
COMMUNITY TRUST

Devonport-Takapuna
Local Board
Auckland Council



KNOW YOUR RIGHTS ZOOM WEBINARS APRIL – MAY 2022

We are pleased to be back delivering our free legal education sessions in our community, to our community. We are running weekly sessions until the end of June 2022. Please keep an eye out for our monthly flyers. Due to COVID-19, all sessions will be run via Zoom webinar.

Any questions or queries, please feel free to contact us on education@acic.org.nz or 09 302 5347.

Wednesday 06 April - Dealing with Debt
10am-11am

Disputing liability, debt enforcement,
debt recovery and bankruptcy

Wednesday 13 April - Immigration Law
11am-12pm

Section 61 requests

Wednesday 20 April - Family Law
10am-11am

Common family issues in the Covid-19 environment
Dispute resolution processes

Wednesday 27 April - Consumer Law
10am-11am

Rights and obligations under the
Consumer Guarantees Act 1993

Wednesday 04 May - The Disputes Tribunal
10am-11am

Disputes Tribunal 101

Wednesday 11 May - Employment Law
10am-11am

Employment law in the Covid-19 environment updates

Wednesday 18 May - Employment Law
10am-11am

The redundancy process

Wednesday 25 May - Tenancy Law
10am-11am

Changes to the Residential Tenancies Act 1986



SENIORS

FREE 7-WEEK COURSE
ART & TEA
TO ENHANCE CREATIVITY AND CONNECTION



IMPROVES SELF-ESTEEM



INCREASES SELF-AWARENESS



REDUCES STRESS AND ANXIETY

FREE ENTRY

REGISTRATION REQUIRED AT
contactus.artyoga@gmail.com

*No knowledge or prior skills
surrounding art is required to start.*

FROM 3 MARCH TO 14 APRIL

THURSDAYS, 10-11:30AM
Highbury House | BIRKENHEAD

IN COLLABORATION WITH



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Highbury House
Birkenhead's Community House



CHAIR PILATES FOR MOBILITY & STRENGTH

Each Tues - March 8th - April 12th
9.15-10am - **Free** to the community
110 Hinemoa St, Birkenhead

Register via admin@highburyhouse.org.nz or 4805279

Give your body the confidence to move as it should, improve posture, alleviate pain, expand your body awareness, increase bone health and get stronger.



Vaccine pass required -Must register to attend



THE DICE SHOW

March 4th April 1st, May 6th Comedy returns to The Rose! They delighted during Whangarei Fringe 2020, Auckland Fringe 2019 and HA! Festival 2019 and were nominated by the NZ Comedy Guild for Best Show 2020 & 2019 as well as Best Improv Group 2020. Tickets through Eventfinda.co.nz

FIRST SHOW 2022

Yasmina Reza's **God of Carnage** Directed by Kate Birch.
21 May – 4th June. A comedy of manners ... without the manners.

COMMUNITY

Te Ao Mātauranga – The World's Knowledge - starts late March. A Deeper understanding of the world through art and the journey towards Matariki.

8 sessions leading up to Matariki. Sundays 4pm at The Rose Centre. Cost \$80/ \$60 conc. Contact: Michelle hello@rosecentre.co.nz

Natanahira is a master carver, educator and storyteller who works in a range of mediums including carving, sculpture, illustration and digital art. He is a graduate of the New Zealand Māori Arts and Crafts Institute and holds a Bachelor of Māori Arts in whakairo from Te Wānanga o Aotearoa.

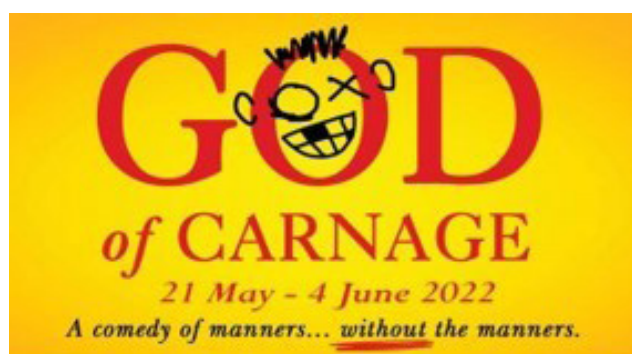
He has extensive experience managing sculpture symposiums and creating public sculptures around New Zealand. His passion for wood carving has spanned commissions, teaching adults and children and he is currently Lake House Art Centre's Resident Carver.

With fellow kaiako: Takutaimoana Watts and Lance Cablk.

LOCAL PLAYWRIGHTS SCRIPT DEVELOPMENT

Jimmy Carrick's play Hellansville is being workshopped for the September Fringe.

Local writers should contact manager@rosecentre.co.nz



COMMUNITY EVENTS



The PumpHouse Masterclass Season for beginners, community theatre folk, and anyone wanting to refresh their craft. For more information visit: pumphouse.co.nz

The PumpHouse Theatre
Masterclass Season



LIGHTING DESIGN FOR THEATRE
WITH JULIA RUTHERFORD

SUN 3 APRIL 11AM - 3PM
TIPS, TRICKS, AND SKILLS FOR A THEATRICAL LIGHTING DESIGNER
BOOK AT WWW.PUMPHOUSE.CO.NZ

The PumpHouse Theatre Presents
Lighting Design for Theatre
with Julia Rutherford
3 APRIL 2022

The PumpHouse Theatre
Masterclass Season



WORKING WITH THEATRE TEXT
WITH CATH BONIFACE

WED 27 APRIL 7PM - 10PM
DISCOVER THE DEPTHS YOU CAN GO TO WHEN UNPACKING A SCRIPT
BOOK AT WWW.PUMPHOUSE.CO.NZ

The PumpHouse Theatre Presents
Working with Theatre Text
with Cath Boniface
27 APRIL 2022

The PumpHouse Theatre
Masterclass Season



VOICE WORKSHOP
WITH LINDA CARTWRIGHT

SUN 1 MAY 10:30AM - 12:30PM
EXPAND YOUR ACTORS TOOLBELT IN THIS INCREDIBLE WORKSHOP
BOOK AT WWW.PUMPHOUSE.CO.NZ

The PumpHouse Theatre Presents
Voice Workshop
with Linda Cartwright
1 MAY 2022

The PumpHouse Theatre
Masterclass Season



SHAKESPEARE MASTERCLASS
WITH MAGS DELANEY-MOFFATT

SAT 7 MAY 10AM - 5PM
(PLUS AN EVENING PERFORMANCE AT 7PM!)
A WORKSHOP TO REFINE YOUR SHAKESPEAREAN SKILLS
BOOK AT WWW.PUMPHOUSE.CO.NZ

The PumpHouse Theatre Presents
Shakespeare Masterclass
with Mags Delaney-Moffatt
7 MAY 2022

The PumpHouse Theatre
Masterclass Season



CHARACTER WORKSHOP
WITH MEG ANDREWS

SUN 15 MAY 11AM - 5PM
EXPLORE THE CHARACTER-BUILDING PROCESS FOR THEATRE
BOOK AT WWW.PUMPHOUSE.CO.NZ

The PumpHouse Theatre Presents
Character Workshop
with Meg Andrews
15 MAY 2022



EXPERIENCE IN DANCE & TEACHING

22 Years of Dance Experience

Prestige Dance Crew (Current 3x Adult
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Silver Medallist at HHI (Hip Hop International 2006)

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6 Years of Teaching in the Education System (Manurewa
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Let's Siva High School Programs Provides:

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Strong male Dance Teacher.

Quality outcomes.

Meets the standard at an
Excellent level.

Pass rate minimum at Achieved.

Let's Siva Primary School Programs Provides:

Dance lessons and live
Performances over 5 Days.

Performance process.

Live performance for
families Showcased by
Let's Siva.



CONTACT DETAILS

 @LETSSIVA

 @LETSSIVA5678

 @ALLISTERSALAIVAO

Author Ruth Greenaway (formally of ANCAD) together with Megan Hutching have written this wonderful book, called **Threads of Caring**, celebrating the 160+ years of history of the Anglican Trust for Women and Children.

For further information and to purchase copies of this book, you can head to the Anglican Trust for Women and Children website found at www.atwc.org.nz

Available now

Threads of Caring

A HISTORY OF THE ANGLICAN TRUST
FOR WOMEN AND CHILDREN



www.atwc.org.nz/threads-of-caring

Drawing on archival and oral sources, *Threads of Caring* delves beneath this caring institution to the stories of the many people at its heart; to the families who came for help, and the commitment and challenges faced by the ATWC's Christian founders and those who followed them to meet those needs.

\$50 per copy

Includes postage and handling

putting families first
AtWC



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**WE ARE LOOKING
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Do you have what it takes to be a financial mentor?

Come and join our next training.

For more information, please contact Manager, Drew Glucina, drew@nsbudget.co.nz

Please note full screening is required for this role.



MH101®

Giving people the confidence to recognise, relate and respond to people experiencing mental health challenges

About the workshop

Blueprint for Learning training reflects a philosophy of recovery and empowerment using best practice to help people become full and active members of their communities.

Our workshops use adult education principles, with a variety of activities, videos and teaching tools to cater for different learning styles of participants. In addition, our expert facilitators bring a wealth of professional and personal experience to the topics covered.

Participants will receive a workbook with MH101® notes, additional reading, a directory for support and assistance, and access to a post-workshop e-learning module to assist them to apply what they have learnt.

The Ministry of Health funds a number of workshops throughout the country each year. Participant numbers are limited to five per organisation per workshop. Contact us to check your eligibility.

The workshop is also available for purchase.

“The facilitators were walking and talking their workshop - I was more open to the workshop because the facilitators had first-hand experience in the field, and it added a realistic component to their kōrero”

Learning outcomes

After attending MH101® participants will be able to:

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

Topics covered in MH101® include stress and wellbeing, mental health challenges, suicide, trauma, supportive language and perspective, building a connection, sharing your concerns, when to get help and local support.



Citizens Advice Bureau

Ngā Pou Whakawhirinaki o Aotearoa



Discover your rights Tūhuratia ō motika

What are
my rights?

How can I solve
my problem?

Who can help me?

Is that legal?

What are
my options?



Not sure?
ASK US.

Kāore i te mārama?
Pātai mai.

CAB North Shore:

Birkenhead, Browns Bay, Glenfield,
Hibiscus Coast, Northcote & Takapuna

0800 367 222

www.cab.org.nz

What interview questions can't employers ask?

Before you head to an interview, it's important to be aware of the questions that recruiters and employers shouldn't be asking you.

Employers use job interviews as a way to work out how suitable you are for a role – the interview is an ideal opportunity to discuss your skills and expertise, and questions should be about your ability to do the job. Some types of questions are inappropriate in a job interview and you shouldn't have to answer them.

Questions that dig for information that's not relevant to how suitable you are for a role may be unacceptable. For example, the following questions may not help the interviewer to determine whether you can do the job well:

- Are you married?
- Who do you vote for?
- How old are you?
- What's your current employment status?
- What religion are you?
- Are you pregnant or planning on starting a family?

Plus, if an employer asks about your sexual orientation, gender identity, relationship status, religion, nationality, ethnic origin, political opinions, employment status, age or family status, then they might be discriminating against you.

Pre-employment processes generally go well when employers focus on the skills, experience and competencies required for the job. Employers can then attract and select the best person for the job against objective criteria. They can go wrong when applicants perceive they have been treated differently because of one of the 13 different grounds of discrimination under the Human Rights Act of 1993, for example, their sex, race, ethnic background, age, disability or sexual orientation.

More about this is in the Human Rights Commission's 'A to Z for employers and employees'.
(<https://www.hrc.co.nz/resources/pre-employment-guide/>)



Contact the Citizens Advice Bureau for more info. The CAB provides free, confidential, independent information and advice to anyone. Not sure? Ask us.

0800 367 222 | www.cab.org.nz

Birkenhead - 09 418 0032, birkenhead@cab.org.nz

Browns Bay - 09 479 2222, brownsbay@cab.org.nz

Glenfield - 09 444 9451, glenfield@cab.org.nz

Hibiscus Coast - 09 426 5338, hibiscuscoast@cab.org.nz

Northcote - 09 480 2971, northcote@cab.org.nz

Takapuna - 09 486 3139, takapuna@cab.org.nz

English for Employees

Need help with English at work?



For people with a job



Communicate well at work



Understand Kiwi workplace culture



Reading, writing and numeracy for work



**Learn workplace vocabulary - general and specialized.
Understand Kiwi workplace culture.
Small classes.
Limited places.**



English Language Partners North Shore
424 Lake Road, Takapuna, North Shore, Auckland
Phone 09 489 2078
Email northshore@englishlanguage.org.nz
www.englishlanguage.org.nz

*Free for NZ resident visa holders and citizens.



NEW ZEALAND
RED CROSS

RĪPEKA WHEREO AOTEAROA

Pathways to
Employment

Ngā Ara ki te Whai Mahi

Pathways to Employment (P2E) is a Ministry of Social Development contracted provider specializing in assisting people of refugee background to prepare for and find suitable and sustainable employment. We have been in operation in Auckland since 2014 and have programs across the country. The programme runs from 6 to 12 months and is individually tailored to a client's needs and goals.

We assist job seekers by:

- Helping plan employment and career goals
- Assessing skills, including English language skills
- Providing step by step support towards reaching employment goals
- Providing up to date information about training courses and services
- Assisting with writing of CV and cover letters
- Guidance when applying for jobs
- Coaching on interviewing skills
- Providing education on NZ culture in the workplace and employment law
- Finding volunteer opportunities, work trials and work experience, as well as, paid jobs
- Post-placement support for employee and employers for six months

Programme criteria:

- *Must be from a refugee or refugee-like background
- *Aged from 18 – 64 years old
- *Receiving a main Work and Income benefit – Job Seeker, Emergency or Sole Parent Support
- *Basic conversational English levels
- *Ready and available to work

For more information or to refer someone to P2E, please contact Erin Ajygin at

Erin.Ajygin@redcross.org.nz

Free **SUMMER FUN**



PRE-SCHOOL PLAY

EVERY MONDAY AND WEDNESDAY MORNING
SEE FACEBOOK/SUMMERFUNPLAY OR
WEBSITE FOR A TIMETABLE.

WWW.TAKAPUNATRUST.ORG.NZ

Preschool play is on! Under the Covid-19 Protection Framework Red setting we have our COVID-19 risk management precautions in place:

Present your COVID-19 Vaccine Pass for entry. | Please scan in. | Please wear a mask.

Join us on Monday and Wednesday mornings, 10am to 12pm. Locations vary so please see our website or facebook page for details. www.takapunatrust.org.nz or www.facebook.com/summerfunplay



TAKAPUNA NORTH
COMMUNITY TRUST

Devonport-Takapuna
Local Board
Auckland Council



PEER SUPPORT SERVICE



**ARTHRITIS
NEW ZEALAND**

KAIPONAPONA AOTEAROA

"Peer Support helped me
get through a difficult
time, I found someone who
actually understood me."



**Do you have arthritis?
Connect with someone that understands.**

Call us on 0800 663 463 - All calls are private and confidential.

Heartbeats

Cardiac Survivors Support Group



We're there for all heart event survivors, their families and broader whanau.

It's all about finding the right information, belonging to a community of shared experience and realizing that you are not alone on the journey.

It's free, and we have professional guest speakers for some meetings.

Meetings are the first Thursday of each month at Mary Thomas Centre, Takapuna from 10:00 – 11:00am.

Find us on Facebook at <http://bit.ly/HeartbeatsFB>

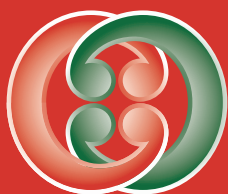


Mairangi Arts Centre offers an extensive range of fun yet educational classes in painting, drawing, clay and mixed media. The programme caters for budding young artists aged 5–14 years old and, unless otherwise stated, all materials are included.

Visit www.mairangiarts.co.nz for more information and the convenience of online booking.



Sign up to receive our weekly e-news



We hope that you have subscribed to our weekly email newsletter – **Community Pulse** – but if not, you can do so by entering your email address on our website.

Or you can email us:
info@ancad.org.nz;
Phone: 0800 426 223
(0800 4ANCAD)

www.ancad.org.nz



INFORM AOTEAROA INSPIRE

For weekly e-news updates about ANCAD's outstanding, affordable professional development training for the NFP community please sign up on our training website www.LiiFT.nz.

Or you can email us:
info@ancad.org.nz;
Phone: 0800 426 223
(0800 4ANCAD)

www.LiiFT.nz



Venue Hire

Kia ora koutou

Thank you so much for your patience over the past few months.

As we have mentioned previously Auckland North Community and Development (ANCAD) are following the guidelines of Auckland Council in regards to COVID protocols at the Mary Thomas Centre (MTC). Auckland Council is the Landlord of the MTC.

New Zealand is currently under the RED setting of the COVID-19 Protection Framework.

This impacts on the number of people that can safely gather in each room that ANCAD hires, as follows;

(observing 1m physical distancing)

Channel View Lounge: 30 persons

St Anne's: 30 persons

Wynn Williams: 12 persons

Please note: Vaccine certificates, masks, and QR scanning are mandatory for everyone entering the MTC building (these requirements will be updated in due course to align with current Government and Council requirements around Covid and the use of this venue).

Hirer's will also have additional responsibilities under the Traffic Light System so please take the time to read through the protocols and if you have any questions please ask.

We will aim to answer them as best we can and if we cannot immediately, we will seek guidance from Auckland Council and Government.

These protocols will form part of the 2022 hire contracts to be signed between ANCAD and yourselves.

ANCAD has also reviewed its hire charges for each room which have come into effect from February 1st, 2022.

There have been no increases in the hire charges for over 6 years. However, increases in overheads and other costs have necessitated these changes.

We appreciate your ongoing support.

Ngā mihi nui

HIRE INFORMATION

These new rates outlined below will come into effect from 1 February 2022.

Please note that the room capacity figures on this schedule will only apply when we no longer need to institute distancing requirements.

Channel View Lounge: Capacity 80 people

Morning 8am–12noon | Afternoon 1pm–5pm |

Evening 6pm–10pm

Commercial rate: \$50 + GST per hour (up to 4 hrs)

Community (NFP) rate: \$25 + GST per hour (up to 4 hrs)

Kitchen \$15 + GST one off charge

St Anne's Room: Capacity 60–80 people

Morning 8am–12noon | Afternoon 1pm–5pm |

Evening 6pm–10pm

Commercial rate: \$50 + GST per hour (up to 4 hrs)

Community (NFP) rate: \$25 + GST per hour (up to 4 hrs)

There is a kitchenette in the St Anne's room.

Wynn Williams Room: Capacity 20–30 people

Morning 8am–12noon | Afternoon 1pm–5pm |

Evening 6pm–10pm

Commercial rate: \$36 + GST per hour (up to 4 hrs)

Community (NFP) rate: \$18 + GST per hour (up to 4 hrs)

Mary Thomas Centre

3 Gibbons Rd, Takapuna, Auckland

hub@ancad.org.nz

0800 426 223



ANCAD thanks our valued funders and sponsors for their support!



Resilient Safer Connected Communities



auckland north community
and development

Te Runanga Ratonga Hapori o Te Raki-Pae-Whenua

ancad.org.nz