



Community Connections

The official magazine of
Auckland North Community
and Development

March 2022

FEATURING:

FUNDING TIPS & ADVICE
FROM THOSE IN THE KNOW

THE AUCKLAND COMMUNITY
FUNDING FAIR APPROACHES

ANCAD'S 2022 FUNDING
DIRECTORY OUT SOON

PLUS:

BUILDING COMMUNITY RESILIENCE

BRAIN AWARENESS MONTH

THE FUNDING ISSUE





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ANCAD

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



Haere mai

It is a pleasure to bring you this bumper edition of the March Community Connections magazine.

We have a range of thoughtful and practical articles on fundraising from leading managers, trainers and consultants in the sector.

We also introduce Stephanie Maitland, who is also working with ANCAD on our funding strategy. Stephanie has a wealth of experience and innovative ideas when it comes to fundraising and funding strategies.

We encourage you to purchase our latest funding directory being released this month in print and available for download.

Do not forget to attend our Funding Fair on March 17th with leading funders joining us by Zoom. This is a perfect opportunity to learn more about our funders' priorities, best practice in applying for grants and to answer your questions.

We also highlight the latest developments in our Community Resilience programme of work in the Devonport-Takapuna area, funded by our local board. Emergency preparedness is vital in these uncertain times and reduces stress, enabling us to respond effectively to adverse events. Developing relationships, working together and building safer, resilient communities is at the heart of ANCAD's work.

In addition, you will see some of our latest weekly training courses for LiiFT AOTEAROA, our Professional Development programme for the community sector. These affordable courses are subsidised due to the generosity of The Tindall Foundation. Please check out the details of a range of other community network meetings and programmes happening in the community, showcased in the month's edition.

We are delighted this month to acknowledge Margaret Ann Hartley for her Queens Service Medal and her work in the community over many years. We highlight these local heroes to inspire you in your own contributions to the community.

At the present time, Covid-cases of the Omicron variant are rising quickly. We urge you to take advantage of vaccinations and boosters if you have not already done so. Regulations and advice are changing daily. ANCAD works closely with MSD and other partners to bring you the latest advice and guidance for personal safety, workplace safety, operating community events and so forth.

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 to prevail.

Ngā mihi.

FIONA BRENNAN | GENERAL MANAGER, ANCAD
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SPECIAL MENTION



MARGARET ANN (ANN) HARTLEY

Awarded **Companion of the Queen's Service Order** for services to local government and the community.

ANCAD, with many others, celebrates this recognition and honour bestowed upon Ann Hartley in the recent Queen's Birthday Honours List.

Ms Ann Hartley has been involved with the Birkdale, Birkenhead and North Shore communities for more than 50 years.

Ms Hartley was coordinator of the Birkdale community house in the 1970s and played a significant role in the establishment of the creche at St Philip's Church in Birkdale.

She was first elected to Birkenhead City Council in 1980, becoming Mayor in 1986 and was elected Mayor of North Shore City upon its inception in 1989. As Mayor, she worked with other councils to secure funding for the establishment of the only Marae in the North Shore area, Awataha Marae.

She was elected to Parliament for the Northcote electorate in 1999, was Deputy Speaker of the House from 2002 to 2005, and a list member and Assistant Speaker from 2005 until her retirement in 2008.

From 2008 to 2012 Ann was a Trustee of the ASB Community Trust and served as Chair. She was Councillor for the North Shore Ward from 2010 to 2013.

Ann has been influential in establishing and maintaining the North Shore's rich array of parks and facilities including North Shore Events Centre, Kauri Point Centennial Park and the Bruce Mason Centre, and improved public beach access at Takapuna.

Ms Hartley was elected to Kaipātiki Local Board of Auckland Council in 2016.

Many congratulations! ■



SPECIAL EVENTS



AUCKLAND REGION COMMUNITY FUNDING FAIR

Thursday 17 March 2022 | 10:30am – 12 noon
Online via Zoom due to in-person number limits

Hosted by Auckland North Community and Development.

A chance to hear 2022 plans direct from key funders, including closing dates and any updates/changes to criteria; applications do's and don'ts and useful tips!

Includes speakers from: Department of Internal Affairs • Foundation North
Generosity Generator • MATCH • Perpetual Guardian • Auckland Council • Plus others.

FREE

 **AUCKLAND NORTH
COMMUNITY AND DEVELOPMENT**
Te Runanga Raukanga Hapori o Te Ika-ā-Māui

ANCAD'S FREE BIG ANNUAL FUNDING FAIR!

Do you apply for grants? Are you in need of funding? Then you need to attend ANCAD's annual Funding Fair where we bring the funders to you! It will be online this year due to COVID restrictions which opens it up to a lot more to attend. Hear directly from the funders (a good few of them at least)! Register here: bit.ly/ANCADfundingfair or email Simon for this link simon@ancad.org.nz



2022 FUNDING DIRECTORY

STAY TUNED! ANCAD's 2022 Funding Directory will be out soon in this month of March. Over 80 pages worth of key information. There will be a print version as well as a PDF version available for purchase. You will be able to order singly or in bulk. As soon as they become available - hot off the press - we shall let everyone know in our weekly Wednesday e-News, in the **Community Pulse**. If you don't yet receive our e-News and would like to subscribe then email Simon on simon@ancad.org.nz for a link.



SPECIAL EVENTS

Take part in Neighbours Day Aotearoa

Neighbours Day Aotearoa focuses on 10 days in March that encourage you to celebrate and connect with your neighbours. Whether the intention is big or small, it all makes a difference to build more connected and stronger neighbourhoods.

With the theme being Kai Connections, we've jotted down a few ways you and your neighbours can take part:

Drop off some kai or fresh produce from the garden

Crop swap or cook-off



Share a cuppa or recipe

Make a community recipe pegboard

Make a community curbside veggie garden with your neighbour

Host a picnic, BBQ, potluck, afternoon tea, or community breakfast

Organise a pickling or preserving event



Build a pataka kai (community pantry)

18-27 March 2022

To find out more or to register your event, head to our website: neighboursday.org.nz

Have a question? Flick us an email at: kiaora@neighboursday.org.nz

KAI



CONNECTIONS

Celebrating community, sharing food

Neighbours Day Aotearoa
18-27 March 2022



SPECIAL EVENTS

neighbours. day AOTEAROA

As part of this Year's Neighbours Day Aotearoa, Northcote Takapuna Methodist Parish and Kai 4 Communities will be serving up delicious kai for contactless takeaway! Please bring your own containers

SAT 19th March
11am until 1pm or until all food is gone

St Luke's Methodist Church
16 Greenslade Crescent,
Northcote, Auckland

FREE

*Event dependent on covid restrictions.
Please stay home if sick, wear a mask, sign in



Kai 4 Communities





Building community resilience

BY FIONA BRENNAN, GENERAL MANAGER, ANCAD

In these uncertain times when our communities face many challenges, building community resilience has never been more critical.

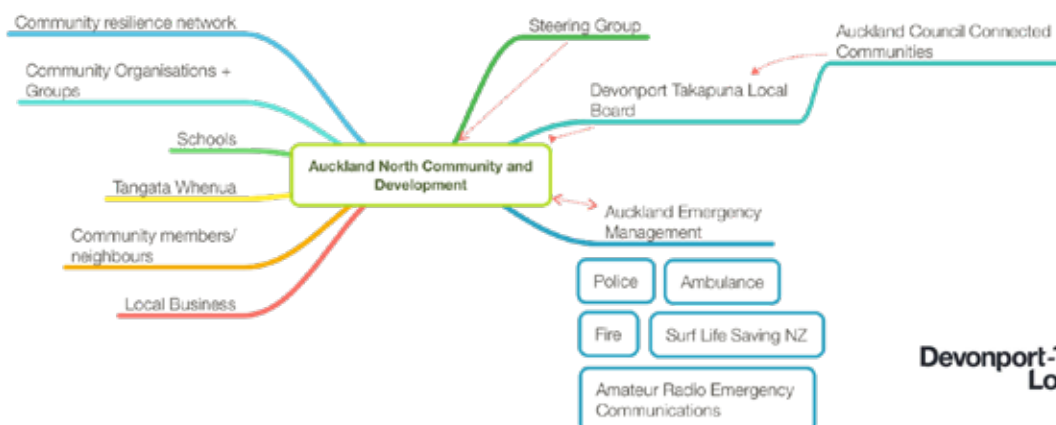
ANCAD can move forward with the Community Resilience work started in 2021, due to an injection of funding support by the Devonport Takapuna Local board, received in late January. On behalf of the ANCAD board and staff, I acknowledge our sincere thanks and appreciation to them for this. The programme of work in association with AEM and Auckland Council aims to engage communities to prepare for a range of emergencies, contribute towards strengthening resilience and enable connectedness across our communities. We also aim to provide information, resources, and updates.

Madison O'Dwyer is our newly appointed, part-time community resilience coordinator. Her background in community-led development and project management within the non-profit sector and her energy and genuine wish to build community engagement mean she is ideally placed to carry out this work. A Steering Group will support her work to provide a range of community perspectives.

We will continue to facilitate workshops for community groups, speak at community events, and participate in community events and activations by sharing information and resources. AEM has also generously agreed to return to ANCAD to conduct simulation workshops and share other preparedness information. Look out for further announcements in due course.

Over the next few weeks, we will be launching a new website for the community resilience work with our strategy, useful links, resources, a regular newsletter and with more to come. Suburban community plans will be available here. We see these plans as living documents that we can add to and review as communities grow and evolve.

To enable us to share information, we will be establishing a community resilience network which ANCAD will convene periodically. We hope organisations and interested individuals will join the network enabling genuine collaboration and sharing of information, experience, and community knowledge. In time, we hope this will provide a cohesive approach to community responses to a range of emergencies. ■





BY MADISON O'DWYER, ANCAD

Community mapping for community resilience

Early in February ANCAD delivered a Community Resilience Workshop to a group of community members from Takapuna Methodist Church (TMC) with the purpose of creating a suburban resilience plan for the Takapuna / Hauraki area.

Suburban plans help communities to plan for possible emergency events. While Emergency Services will respond during the event, communities can help one another to prepare and recover.

A great example of this is the community response after the Tornado in Papatoetoe in June 2021. Neighbours rallied to make short term repairs to protect households and contribute to the clean-up. Multiple, local faith groups created local hubs offering hot food, necessities and an ear. Services were also able to connect with local needs through these community networks.

An important part of community resilience is identifying the groups and assets that make up a community. During the workshop, TMC members created maps identifying community assets and resources as well as

vulnerable or disconnected community members.

The suburban plans identify possible community hubs, local food banks/distributors, community members with first aid training or trades experience, support organisations and more. The plans also ask communities to consider how they will communicate with services and each other if power or cell-phone coverage is disturbed.

The reality of emergency preparedness is that the response will be different depending on the type and scale of the event. However, having plans to start from and having a neighbourhood of informed and prepared households, can make all the difference.

The Community Resilience work was started in 2021 and is championed by many passionate volunteers across the Takapuna – Devonport localities. We are looking forward to continuing this important work.

If you'd like to be involved in preparing your community, please email me at madison@ancad.org.nz or keep an eye out for our upcoming communications and workshop opportunities! ■





Successful fundraising is a marathon, not a sprint

BY SANDY THOMPSON, LEAD

Over the years working in and with organisations, I have observed that those who are successful at fundraising have some practices in common.

Firstly, all focus wholeheartedly on their 'why'. The board and staff are fully committed to a common vision and purpose that guides all their decision-making. In their fundraising, this includes applying only for funds that advance their mission, and partnering with donors and funders who align with their values.

These groups absolutely have their houses in order. They have policies and procedures documented. They are good employers and have volunteer engagement strategies. Succession plans are in place and the Board is clear on their leadership role. While they are no strangers to conflict, they know what to do when things start to go awry. They are fully engaged with their community and stakeholders and not only know what they want their reputation to be, they ensure it is protected.

Well-resourced organisations have developed funding strategies to ensure all their 'eggs' are not in one basket, and they are not reliant on a single funding source. For example, if your main source of funding is government contracts for services, you might also have some community grants for some additional support. While smaller groups will find a diverse funding portfolio out of their reach, they do make sure that more than one funder is supporting them.

Having independent funding that is not tagged to a specific project is an ace card these groups hold. They have had a strategy, over time, to accrue a buffer of cash in the bank to carry out activities no one wants

to fund and they are in a good position to ride out a funding shortfall. These groups are careful how often they operate a negative budget to protect this pūtea.

Finally, successful organisations view fundraising strategically rather than short term. This means:

- Having an organisation focus rather than a project focus.
- Seeing fundraising as an ongoing process, not one-off, independent tasks.
- Involving everyone rather than relying on a single individual.
- Being relationship-focussed rather than being application-form-focused.
- Have an independent strategy to carry out their work rather than be guided by their funders' outcomes.

How do you compare with these role model organisations? Like all community leadership, being good at fundraising is a journey. The organisations described above are mostly mature groups, but all started out with a clear destination and path in mind to building their sustainability. And they are now reaping the rewards. ■

Sandy Thompson is a Director with the Centre for Not for Profit Governance and Leadership. www.lead.org.nz. She has been working in the community sector supporting groups to meet their aspirations for a number of decades. This includes helping them to build holistic fundraising strategies to build sustainable organisations.





FUTURE-PROOFING YOUR FUNDING: PLANNING

BY THERESE LANIGAN-BEHRENT



All community organisations are at different stages of their journey. Regardless of what stage your organisation is at, developing your organisation's planning layers is key to future-proofing your organisation's sustainable funding practice. Organisations need to revisit these layers to ensure they are still relevant (and in some cases create them).

Over the past couple of years Boards of not for profits (and particularly community organisations) have needed to be more adaptable and agile than ever before. Flexible and responsive communications, scenario planning, delivery of services and fund-seeking have been the focus to keep things moving. Given this context, organisations who have been the most resilient and weathered the storm the best, are those whose foundation planning-layers have been solid and unwavering.

So, what are these foundation planning layers?

I find the best way to describe foundation planning layers is to use the analogy of a large evergreen tree with leafy branches outstretched and roots firmly secured in the ground. Can you visualise this?

Firstly, think about roots of a tree as the key organisational elements from which your organisation was created at the very beginning. These are your...

- Values (at the very tip of the root): These set the tone and essence of what your organisation stands for.
- Vision: An aspirational statement which your organisation works towards.
- Mission: Your organisation's purpose which drives the vision.

The next layer at the base of the tree trunk is your strategic plan. Your organisation's strategic plan outlines your kaupapa or mission, strategic priorities and long-term outcomes of your organisation. Generally, your strategic plan will need to be reviewed every 3-5 years.

Your organisation's annual plan (also known as business or operational plan) can be likened to the trunk of a tree – the heartwood, which holds your organisation together and makes the strategic plan happen. The annual plan will outline set objectives that can be measured.

The branches of the tree represent the various sub-plans that your organisation needs to function. Your organisation may have some, or all of these plans, depending on its size and lifecycle stage, eg. a communication plan, a fundraising plan, and specific project plans for a fundraiser.

And finally, an organisation can view their proposals, grants applications and various funding pitches as the leaves on the tree.

The reason why I like to interpret the concept of planning with this tree analogy is because to create a thriving and prosperous organisation, ready to attract funding, all the planning layers need to be considered. You need these strong base layers in place to be effective when fundraising and to ultimately future-proof your funding efforts. They all work together.

Often, I have worked with organisations who are trying to pull together a funding proposal or grant application, yet the task is protracted because they don't have the strength of having a business plan or meaningful mission statement to pull it together for an effective and winning case. During the pandemic many organisations have had the extra stress of not knowing which direction they should go. In part, this is because of the non-existence or irrelevance of an organisation's plans. Can you relate to this?

The last word: To best support the communities you serve, it's important that your organisation's Board reviews your foundation planning layers periodically or develops them.

For more information you can visit the following site that has some helpful resources www.community.net.nz and www.iod.org.nz/nfp ■

Therese Lanigan-Behrent, Independent Funding and Communications Specialist, theresemb@gmail.com

Therese is a capacity builder and funding specialist who has varied experience supporting community groups, social enterprises and values driven organisations with training, strategic advice and operational support as an Independent Consultant. She brings a grounded and practical understanding to support organisation's further their mission through establishing robust planning frameworks, powerful storytelling and strategic funding support.





FUNDRAISING: A PEOPLE-BUSINESS

BY JIM DATSON, PROJECT PERISCOPE LTD

Fundraising is primarily a people-business. Funds received as a result of a fundraising endeavour is effectively a barometer measure of the health of the relationship between an organisation and its donors and supporters.

Fundraising success is relationship-based with donors and supporters as stakeholders equally important as the service delivery as with other key staff/volunteers, and clients.

A key aim of any fundraising team is to achieve 'romancing the zeroes' meaning that the aim is to influence \$5 donors to become \$50 donors ... \$50 donors to become \$500 donors ... and so on. That is simply not achieved by asking people for more. It is a process of inspiring donors/supporters so that they make that choice.

The saying "If you want someone's opinion, ask them for money – if you want their money, ask them for their opinion" is a key verity that underpins the reality that no-one wants to be considered simply as a 'cheque-book.' Fundraising is a relationship-development business.

The 'golf-bag' is the ideal metaphor for a fundraising programme for organisations. At any point on a golf course, any player may opt to use a different club to make effectively the same shot as others. None are right and none are wrong. They select on the basis of what is 'most right' for them. Successful fundraising ensures that there is a range of giving/supporting options from which donors/supporters can choose.

"Never make up a donor/prospect's mind for them" is a key tenet of fundraising. A \$5-a-year donor maybe deemed uneconomic from a direct-mail fundraising perspective, or a retired volunteer of umpteen years of no further use to that service. But, cutting them out can then also rate-limit potential bequest income for example.

A people-business, fundraising is. ■



JIM DATSON
Project Periscope Ltd
www.periscope.net.nz



CROWDFUNDING AND WHY IT DESERVES ITS PLACE AT THE STRATEGY TABLE

BY TIM PARE, THE FUNDING NETWORK NZ

One of the obvious impacts of the pandemic on charities, particularly grassroots ones, has been on traditional fundraising. The questions remain stuck in the quiz master's throat, the sausages are still in the freezer and the bucket shakers face empty streets. Yet, the need for services has increased, as has the number of registered charities – August 2021, for example, saw a reported 1,800 new charities registered, all applying for the same pot of money.

Fundraising has always needed multiple approaches that fit together to hopefully do slightly more than make ends meet... the grant applications, the lottery pot, the social enterprise, the legacies etc. However, a clear, well-planned and executed crowdfunding campaign, is still a rarity and yet, the ability to develop a wider and deeper relationship with your supporters, has never been more important.

Yes, most charities have a Givealittle page or similar,

a donate button on their website and even as part of the signature on their emails, but for most of us, the realm of digital fundraising is limited to the occasional, slightly haphazard Facebook post or newsletter plea.

For those who do it well, crowdfunding brings a host of benefits: it raises the profile of your charity and awareness of your issue and impact; it brings in hard-earned \$ that, with a bit of skill and luck may turn into regular support; and it creates avenues for relationships with new volunteers.

A successful crowdfunding campaign is not purely about the \$ and the idea that just setting up a page on Givealittle is going to lead to money raining down from above is pie in the sky. A successful crowdfunder takes time in advance to map out your networks, to think about your content and the different approaches you will employ with different audience types. And, let's not kid ourselves, the actual live campaign is an emotional roller-coaster on a par with Toy Story!

If done well though, the rewards can be built on year by year and provide critical, unrestricted or project-based funding to support your kaupapa and help you achieve more. It can open up conversations with possible partners or corporates and it can connect you with people wanting to support in different ways with different skill sets. So, when you are setting your funding strategy table, save a place for crowdfunding. ■

TIM PARE

The Funding Network NZ | thefundingnetwork.org.nz

The Funding Network NZ exists to help small, Kiwi charities develop their skills and raise vital \$ to support their work. Our current Generosity Generator programme is live from April 1st to April 15th and opportunities to apply for future programmes will be posted on our Facebook page and through our newsletters.





Looking after your donors: A first few steps

BY STEPHANIE MAITLAND, MAITLAND & ASSOCIATES

Receiving cash donations is a great income source for any Charity. Having people make a donation to support your work is fantastic. It can often be untagged so you can spend it as needed, which is very useful!

But have you received a donation but the person never gave again? They made a donation to you because they liked what your organisation does. It resonated, it caught their interest but it's now up to you to build their involvement, to keep their interest, to secure a second (and future) donation.

Recurring donors are five times more valuable than one-time supporters.

Why do donors stop donating?

- Think the charity doesn't need them
- No information on how donations were used
- Never got thanked for donating or received a receipt
- Think there are others more deserving
- Could no longer afford
- Death

There is a lot we can do about the top four, not a lot about the bottom two! So make sure every donor is thanked promptly with a personal thank you and a receipt. Yes send it by email if you must but at least include a message in the body of the email and address the donor by name. Maybe you might even like to consider having a thank you plan based on how often people donate or the level of donation. It could include a phone call, hand written note, different thank you letters.

If I donate to your organisation twice this year will they get the same thank you letter? How often do you refresh them? Is that one on Give-A-Little been the same since you set up the page? If I donated to your organisation for the first time will I get a letter that

acknowledges that it's the first time I donated or just the standard thank you letter, the only one you have?

I donate to a few charities via monthly direct credit and used to always get a letter in the mail each April saying thank you, letting me know what my donations helped to achieve and included my annual receipt. Last April most were sent via email. Two sent my receipt, with no message, just a simple receipt attached, nothing else. We can do better than that!

Four things donors need from you:

- A prompt thank you
- A personal thank you
- A reason to trust you
- Proof of their gift's impact

Inform and involve your supporters. Many will become life-long donors. They will also buy your raffle tickets, become volunteers, attend your events and some will ultimately leave your organisation a gift in their Will. ■

Acknowledgments

*Donor Stewardship Programme Checklist –
Network for Good*

*How to Build a Donor Centred Gift Acknowledgment
Programme - Claire Axelrad*

Stephanie Maitland CFRE, FFINZ, MFINZ
Maitland and Associates – Fundraising Consultants
maitlandassociates.co.nz



Working in the not-for-profit sector for over 25 years, Maitland and Associates has the knowledge and practical experience to help you to maximise your fundraising. We can review your existing fundraising programme, can complete your fundraising activities for you or provide guidance and training to support your organisation as you implement your fundraising plan.



LiiFT
INFORM AOTEAROA INSPIRE

ANCAD TRAINING | ZOOM SESSION

FUTURE-PROOFED FUNDING

MOVE YOUR NFP TOWARDS SUSTAINABLE FUNDING

Presenter: Therese Lanigan Behrent,
Independent NFP Funding Consultant
and Capacity Builder

Thursday 10 March 2022

Cost: \$35

10 am to 11:30am | Zoom

For more information:
simon@ancad.org.nz
www.LiiFT.nz



ANCAD TRAINING | WORKSHOP

STRATEGIC GRANT SEEKING AND WRITING

Presenter: Therese Lanigan Behrent, Independent
NFP Funding Consultant and Capacity Builder

Friday 25 March 2022 | Cost: \$80

Te Tuhi Centre, 13 Reeves Road, Pakuranga

9:30 am to 12:30 pm

For more information: simon@ancad.org.nz
www.LiiFT.nz

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SOCIAL SERVICES



Stephanie Maitland

MAITLAND & ASSOCIATES

What is your background?

I wanted to work in Sports Marketing but there weren't many jobs around at the time so went to work for a small, local charity in an Admin/PR role and discovered that with most small charities, everybody did a little bit of everything to keep it ticking along, so I got involved in fundraising.

This led me to the Fundraising Institute of New Zealand (FINZ) as I wanted to learn more. I attended their meetings, workshops and conferences. Over the years I've held a number of volunteer roles within the Institute at a national and local level including National President, Conference Chair and Chair of Northern Division.

I've worked for local, regional and national charities in a variety of salaried roles. Each giving me the opportunity to learn. I have a Diploma in Public Relations, am a Certified Fundraising Executive (CFRE), one of 10 in New Zealand, and a Fellow of FINZ.

What do you currently do?

I am self-employed, have been since 2003, working with charities, schools and sports organisations throughout New Zealand. Supporting them to raise the income they need to provide their programmes/services/activities. I either train/mentor/support them to fundraise themselves or actually do their fundraising. For example trust applications, direct mail, special events, developing and implementing Gift in Wills programmes, corporate support.

I realised that many organisations need to fundraise but didn't have the knowledge, time and/or interest to do so. By providing options where organisations can be supported to learn how to fundraise or have someone implement their fundraising activities means that I get to work with many organisations on a variety of projects.

My connection with ANCAD goes back a few years

as originally a presenter on their Five Good Ideas programme. I'm currently working with the great team there to plan their upcoming Funding Fair while looking to diversify their income streams.

What inspires you or drives you?

The difference I help to make each day. I can write a direct mail letter chatting about a need in a community and people respond by making a donation. They get what I was trying to explain about the urgent need this person, that family, that animal has. They want to help by making a donation.

I once had a client who rang me in tears. She had received notification of the outcome of a grant application I had prepared and she was just so thrilled. They were to receive \$50,000 a year for three years which was huge for them. We talked about what they would be able to do with that money, the families they would be now be able to support.

That's what it's all about.

What super-power would you like to have?

To be able to eat whatever I want and always be a size 10 without having to go to the gym. Is that a superpower? OK, maybe not, then it would be great to be able to hear what people are thinking.

What's one thing (or more) you couldn't do without?

My family. My Mum and Dad died within a couple of years of each other and it just makes you realise time is short, cherish those close to you. Oh, and chocolate caramel slices.

Favourite movie (or book) of all time, or just in the last year?

"The Blind Side" - the story of Michael Oher, a homeless and traumatised boy who became an All-American football player and first-round NFL draft pick with the help of a caring woman and her family. A family who



Stephanie Maitland

took him in off the streets, gave him a home and made him part of their family.

I've watched it so many times. It just shows what we can do for each other if we just take the time to look around and see what's happening to others and how we might be able to help. We can't all give a person a home but there are small things we can all do to make someone's day.

What's your favourite season of the year and why?

Spring – I love flowers and spring ones are especially lovely. It also means we've got through the cold of winter and summer and trips to Cooks Beach on the Coromandel are on the way!

Where do you see the whole funding environment for the NFP community heading?

There will always be money available. New Zealanders are very generous and support charities in the work they do and will continue to do so.

Certainly some grant funders, in particular the gaming machine trusts, have been impacted by Covid -19 but hopefully there will be no more lockdowns and funding for the vital work that charities do, will quickly bounce back to pre-lockdown levels.

Many businesses have struggled financially and sponsorship is usually the first budget line to be cut. However there have been businesses that have flourished during Covid so this will remain a viable funding option for some.

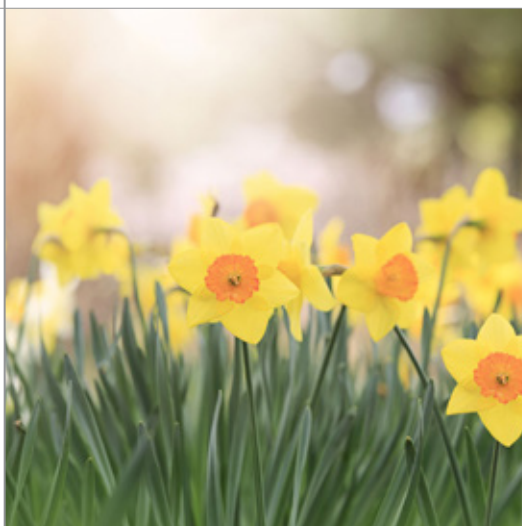
I certainly appreciate that New Zealand has many charities that do great stuff but are so reliant on one income source, usually grants. They have probably realised over the last two years that they need to diversify their funding-base, they can't rely on one fundraising activity. It puts the work of their organisation and the livelihoods of their staff at huge risk. Hopefully the current (and future) funding environment will be supportive of them finding new income sources.

What are you looking forward to this year or in the years ahead?

After the last two disrupted years, I'd like to hope that the second half of this year will bring some sense of "normal" that we can all get back to being out and about without a mask, travelling overseas and not be so wary of each other and the slightest cough in the supermarket.

That concerts, theatre, stage shows can all go ahead again. That businesses that have struggled to survive can get back on track. That students who had to leave school to get a job to support their families, can return to their studies.

Personally, I'm looking forward to attending the Fundraising Institute of New Zealand's conference (30 Aug – 1 Sept in Wellington) after being postponed twice. To be able to meet up with other fundraisers (in person, instead of over Zoom), to learn from each other, hear international speakers and see new products/services to the industry will be worth the wait. ■





BRAIN AWARENESS MONTH

Brain Awareness Week is a global campaign to raise awareness of neurological conditions and bring to public attention the importance of brain research.

People of any age can suffer from neurological conditions, often debilitating and sometimes deadly. Here in New Zealand we celebrate Brain Awareness Month to help highlight these conditions and the importance of funding research today that will save lives tomorrow.

neurological.org.nz



Modifying your risk of dementia

BY DEMENTIA AUCKLAND, da.org.nz



Think of your brain as 'Headquarters' – the control room where all your core functions for your body and mind come from. It doesn't get a holiday or take time out, it's always "on", working 24/7, taking care of your thoughts, breathing, movement and senses even while you're asleep.

Everything starts and ends with our brain, so if it's at risk, there is a greater chance of developing the brain diseases that can lead to dementia.

The Lancet Commissions prevention, intervention and care report released in 2020 suggests, "It is never too early and never too late in the life course for dementia prevention."

We know there is a connection between poor lifestyle choices and dementia but the report highlights that 40% of dementia cases could be prevented or delayed by modifying these identified risk factors.

So, if you were offered a health prescription to protect the wellbeing of your brain you'd say – "where do I sign?!"

Below are the 10 potentially modifiable risk factors that can help reduce your risk of developing dementia.

LIFESTYLE

UNHEALTHY DIET AND NUTRITION

An unhealthy diet with poor nutrition has a huge influence on brain health, our brain works best when it gets premium fuel. Eat a balanced diet with high-quality foods that contain lots of vitamins, minerals and antioxidants to nourish and protect your brain.

EXCESSIVE ALCOHOL AND SMOKING

Heavy drinking has proven links to changes in the brain, cognitive impairment and dementia. Smoking also puts the brain at a higher risk of developing dementia. Aim for three alcohol free days per week, stop smoking or reduce exposure to second-hand smoke.



Modifying your risk of dementia continued...

WHAT STEP WILL YOU TAKE?



POOR QUALITY AND QUANTITY OF SLEEP

Poor sleep quality and duration, insomnia or obstructive sleep apnoea may be associated with a higher risk of dementia. Sleep is vital for our body to repair, be fit and ready for another day. Aim for an average of 5-7 hours per night.

PHYSICAL

PHYSICAL INACTIVITY

Physical activity is vital for our heart, body and mind. Our brain needs oxygen and blood flow to work efficiently. The recommended amount is 150-300 minutes a week with an emphasis on balance and strength as we age to prevent falls.

BRAIN INJURY

Protect your head from concussions and head injuries that are not good for your brain, elevate the risk of problems with cognition and increase the risk of dementia.

COGNITION

COGNITIVE DECLINE

If we don't use it we lose it, it's vital to maintain cognitive function by remaining mentally stimulated.

Crosswords, puzzles, Sudoku, read the newspaper and books, learn something new, try an app like Lumosity and get creative on a regular basis.

MEDICAL HEALTH

HEARING LOSS

Protect your hearing and get hearing aids if they're needed. A decreased level of input to the brain, means less processing occurs which can lead to cognitive deficits if not addressed.

HYPERTENSION, DIABETES, CHOLESTEROL AND OBESITY

Aim to maintain a systolic blood pressure of 130mm Hg or less from the age of 40, have regular medication reviews, maintain a healthy weight which in turn will have an effect on cholesterol and other medical conditions like diabetes and heart disease.

EMOTIONS

DEPRESSION

Depression can be related with the incidence of dementia and may be an early warning sign. It is important to get help and support for mental health and wellbeing to manage stress, anxiety, unresolved grief or other issues.

SOCIAL ISOLATION

Loneliness and isolation lead to poor health and well-being outcomes; cardiovascular disease, high blood pressure, high cholesterol, dementia and hormone imbalances. Maintain structure in your week, stay socially active, keep in contact with family, friends and enjoy time with other people. Taking just one small step towards modifying our risk factors can have a positive effect on the overall health

and wellbeing of our brain. Preventing dementia needs to begin early and continue to be a priority throughout our lives.

March is Brain Awareness Month, you can take a step towards better brain health during March and help Dementia Auckland raise funds for their Living Well Groups, helping people living with dementia find purpose, friendship and joy. Find out more at www.stepsfordementia.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



SIMON RITCHIE
TRAINING COORDINATOR

simon@ancad.org.nz
0800 426 223
(0800 4ANCAD)



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.





Essential First Aid Workshop

Lots of vital learning took place at ANCAD's LiiFT AOTEAROA recent training with First Aid, with presenter Sarah Thompson from First Aid First Ltd. Held at the Mary Thomas Centre in Takapuna.

People had commented *"This was the best first aid course I have ever been on."*

Due to popular demand ANCAD intends to host another first aid workshop of this type with Sarah again, on 23 September, 9:30am to 2:00pm. Mark it in your calendars now! Stay tuned for further details as we get closer to the event. ■

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:

3 March | 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:

10 March | 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:

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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



free

WWW.DEVONPORTPENINSULATRUST.NZ

KIDS ATHLETICS SERIES

TUESDAYS 4-6PM, 15TH FEB - 22ND MARCH

VAUXHALL SPORTS RESERVE
(NORTH SHORE RUGBY CLUB GROUNDS)

RUNNING, JUMPING,
THROWING, AGILITY

DEVONPORT PENINSULA TRUST
Making Community Happen

Devonport-Takapuna Local Board
Public Council

This is a Covid-19 safe event. To enter, all persons over the age of 12 are required to present your "My Vaccine Certificate" to event officials as a condition of taking part in the event. Please wear a face mask and remember to use the NZ Covid Tracer App to keep track of where you have been and turn on Bluetooth tracing. Stay home if you are feeling unwell, wash your hands often with soap and water before and after you leave home.

Kids Athletics is a 6 week 'have-a-go' style athletics programme where primary and intermediate school aged kids have the opportunity to try a variety of athletics activities in a non-competitive environment.

Activities include running races, long jump, high jump, agility games and ball skills.

Attendance is free and casual so there is no need to book in advance.

Registration is done on site, near the bleachers.

Facebook link: <https://fb.me/e/ecHOPEog5>

**For more information contact Maria ph: 09 445 9533 or
email: maria@devonportpeninsulatrust.nz**



Learn to Lead from the comfort of your own home!

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



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Law Centre

Providing access to Justice in your Community

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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.

TO REGISTER PLEASE VISIT OUR WEBSITE

WWW.ACLC.ORG.NZ/EDUCATION

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

MAKE TIME ... TAKE TIME



Volunteering Auckland
Ohu Tūao o Tāmaki Makaurau

LoVE Online Zoom Sessions

In 2022 join your colleagues and peers, those who recruit and support volunteers in Tāmaki Makaurau | Auckland on the first Thursday of each month.

**Next Session: March 3rd 2022
10.30am to 11.30am**

Guest Presenter: Chantelle Cobby, The MicroVolunteering Collective

An introduction to what microvolunteering is, what it means, why it exists, and how it breaks down some of the barriers to traditional volunteering.

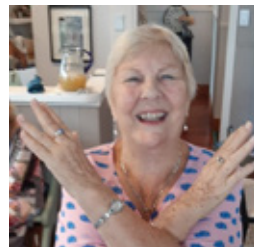
Register your interest:
gm@volunteeringauckland.org.nz



2022 International Women's Day

Luncheon

“Gender equality today for a sustainable tomorrow”



Speaker : Monica Moore



Communication Evolutionist!
Live and Virtual Keynote Speaker, Workshop Presenter, Award Winning Author Monica is the President of the Professional Speakers Association of New Zealand (PSANZ)

#BreakTheBias #IWD2022

Sunday 6th March 2022

2PM—4PM

**Mary Thomas House
Channel view Room, Takapuna**

**INSPIRE
EMPOWER
CONNECT**

Join us as we celebrate
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email: sinorthshore@siswp.org

Website: www.sinorthshorenz.com





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surrounding art is required to start.*

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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 ROSE CENTRE



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

CHRISTMAS IS COMING

25th – 26th March. Harmonious Events and Patrick Kelly present a coming of age one man show with Kazim Khan.

COMPANY THEATRE

Reading of **Three days in the Country** by Patrick Marber, directed by Anne Rimmer. 7pm Monday 7 March at The Rose Centre. Book kathygent@xtra.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



EXPERIENCE IN DANCE & TEACHING

22 Years of Dance Experience

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Gold Medallist Europe (World Hip Hop Champion 2007)

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Strong male Dance Teacher.

Quality outcomes.

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Let's Siva Primary School Programs Provides:

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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



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



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



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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

Not sure of your rights when renting?

Citizens Advice Bureau North Shore (CABNS) says that renting issues are some of the most common enquiries clients ask them about. Some of the regular problems that they see include questions about rent payments, bond refunds, disputes over damage and inspections, and problems with mouldy, damp housing.

CABNS says that lots of renting problems occur because people don't know their rights and responsibilities as tenants (or landlords).

There are a few key things to remember when you are renting. One of the most important, is that it's a legal requirement to have a written tenancy agreement. The agreement is your 'go-to' if you have any disputes. It sets out the terms that you agreed to with your landlord. You also need to keep a record of any changes to the agreement, such as adding or removing any co-tenants.

If you have any problems, the best thing to do is raise them with your landlord as soon as possible. It's good to put any issues in writing, so that you have a record of this communication. Talking to your landlord (or tenant) as soon as possible can help resolve a lot of difficulties, but if you can't reach an agreement or your landlord doesn't sort things out within a reasonable time period, you have some other options.

A polite follow-up discussion or email can sometimes result in action, but if this doesn't work the tenant can send the landlord a 14-day notice to remedy. This is a letter warning the landlord that they have 14 days to fix the problem, or you may go to the Tenancy Tribunal to sort the matter out. If the landlord still doesn't act, the tenant can make an application to the Tenancy Tribunal. It costs around \$20 (\$20.44 in fact!) to apply to the Tenancy Tribunal and you can apply online or using a paper form.

Knowing your rights is always a good place to start. Find more information about your renting rights on the CAB website www.cab.org.nz, or get in touch with your local CAB. Not sure? Ask us. 0800 367 222

Citizens Advice Bureau (CAB) is a nationwide, but locally based, community organisation that provides free, confidential, independent information and advice. The CAB helps people to know and understand their rights and responsibilities and to find the community services they need.

Visit our website for more information www.cab.org.nz
For online resources for tenants and their advocates, visit www.tenant.aratohu.nz

Not sure?
ASK US.



**Citizens Advice Bureau
NORTH SHORE:**
Birkenhead | Browns Bay | Glenfield
Hibiscus Coast | Northcote | Takapuna
0800 367 222 | www.cab.org.nz



You have a right to
privacy and to peacefully
enjoy your home.



Not sure?
ASK US.



Citizens Advice Bureau

NORTH SHORE:

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Hibiscus Coast | Northcote | Takapuna
0800 367 222 | www.cab.org.nz

Know your renters' rights

Citizens Advice Bureau



Ngā Pou Whakawhirinaki o Aotearoa

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.

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



Companionship & Morning Activities for Seniors

With our CMA Centres sadly on pause for the remainder of this term, we are pleased to invite you along to our **CMA Keeping Connected Zoom Call**. The call takes place on every Monday at 10am! Jenny will be running some strength and balance exercises followed by a music quiz from our resident music man Dave! All guests and friends of CMA are invited to join us!! (please ensure you have a straight back chair for the exercises).

Join Zoom Meeting Link will be provided on our Facebook page each week so please take a look there! <https://www.facebook.com/NorthShoreCMA/>

We look forward to you joining us, I'm sure they'll be a few giggles.

Take care, stay safe and well.

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>

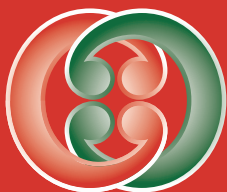


Mairangi Arts Centre offers an extensive range of fun yet educational classes in painting, drawing, clay and mixed media. The programme caters for budding young artists aged 5–14 years old and, unless otherwise stated, all materials are included.

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.

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