

# Community Connections

The official magazine of Auckland North Community and Development

The  
Matariki  
issue

Matariki  
celebrations

15 ways to  
celebrate  
National Volunteer  
Week 2022

State of the  
Neighbourhood  
results

ANCAD has a  
new website

June 2022



# In this issue

## Special notices

ANCAD has a new website	04
Become an ANCAD Board Member	05
Become a member organisation	05
A right royal event: Jan Rutledge investiture ceremony	05
ANCAD/TNCT Community Network Meeting	06
Auckland Region Community Funding Fair	07

## Features

Matariki	08
15 ways to celebrate National Volunteer Week 2022 <i>by Margaret McLachlan</i>	10
State of the Neighbourhood	12



## ANCAD programmes and resources

Resilient communities <i>by Madison O'Dwyer</i>	13
LiIFT <i>by Simon Ritchie</i>	14
NSFVPN / CFG / YCS <i>by Deb Humphries</i>	19
ACA / CAA <i>by Geoff Andrews</i>	20
ANCAD's Funding Directory Auckland Region 2022	21

## Community events

Matariki Holistic Day	24
Pupuke Birdsong event	25
Onewa Christian Community celebration	26

ANCAD – 0800 426 223 (0800 4ANCAD) – [info@ancad.org.nz](mailto:info@ancad.org.nz) – Mary Thomas Centre, 3 Gibbons Road, Takapuna, Auckland 0622

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

## Haere mai



**FIONA BRENNAN**

General Manager, ANCAD  
fiona@ancad.org.nz  
0800 426 223  
(0800 4ANCAD)

It is a pleasure to bring you this edition of the Community Connections magazine. As we celebrate Matariki, let us enjoy a time of reflection and restoration and strengthening connections with whānau.

We gather with family and friends to reflect on the past, celebrate the present, and plan for the future during this Māori New Year season. What stories will you be sharing as you gather together? What events and gatherings have you planned? We would love to share in your celebration by sharing your stories and events.

ANCAD brings a fresh-look to our website with additional resources and visibility on our work. We look forward to telling your stories and our stories over the coming months. Thank you to all who have contributed to this monthly edition.

Last month we celebrated some stories around youth and youth volunteering. This month we have our volunteer awards on Thursday 9 June, along with those of Takapuna North Community Trust, in a joint awards ceremony and networking event. We acknowledge all our volunteers past and present and recognise the value of volunteering with the many unsung heroes quietly building cohesion, inclusion and a sense of community spirit.

We warmly welcome Cheryl Martin (QSO) the General Manager of Volunteering Auckland to speak at the networking event, who, for nearly 30 years has built the capacity and capability of the volunteering sector in New Zealand. We look forward to National Volunteer Week 2022 (19 - 25 June). Te Wiki Tūao ā-Motu National Volunteer Week cele-

brates the collective contribution of all volunteers who enrich Aotearoa New Zealand. They grow our people, open minds, open hearts and create joy.

Due to the success and demand from our last Funding Fair, which was held online in March, we have scheduled a second Funding Fair webinar for August with an opportunity to hear from new speakers and funders. We also encourage you to purchase our latest Funding Directory available in print and downloadable formats, on our website, in the Shop section.

This month ANCAD is pleased to sincerely thank its most recent funders: Four Winds Foundation, Pub Charity Limited and the Lion Foundation, along with MSD for their support and contributions to ANCAD's staffing, programmes and other services. We would be unable to deliver our capacity and capability work without the support of these funders and the continued contributions of our other valued funders who include the Auckland Council, Foundation North, the Lottery Grants Board and The Tindall Foundation. We are grateful for the opportunity to contribute to our shared outcomes and values that benefit our communities locally, regionally and nationally.

We also encourage you to take advantage of the range of ANCAD's programmes and services and enjoy the benefits that come with ANCAD membership. If you have a specific request, then please do get in touch.

Ngā mihi o Matariki, te tau hou Māori.  
Fiona Brennan



# Special notices

## ANCAD HAS A NEW WEBSITE!

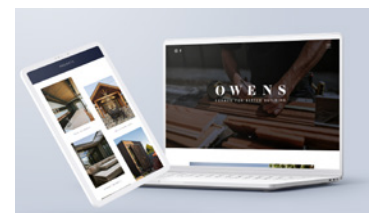
[ancad.org.nz](https://ancad.org.nz)

ANCAD is pleased to announce that we have a new website together with some new branding colours, that better reflects the scope of the mahi we do. You are welcome to take a look and find out more about the type of work that ANCAD does. We have a new SHOP functionality that will make it easy to obtain sought-after resources. Also, check out just what an ANCAD MEMBERSHIP will get you! Read our STORY, find out about our TEAM and BOARD and see some of our new SERVICES and PROGRAMMES that we have launched. We look forward to continuing to engage with you all in person as well as now online.



### Websites by Jon

Jon developed the website for ANCAD. Websites by Jon provides high quality website design at a fair price. Throughout the process you'll be working directly with the owner, Jon, who strives to make the build as easy as possible. He's local, friendly, and ensures that the outcome is a mobile friendly website that is easy to navigate, edit, and read.



WEBSITES BY *jon.*



# Special notices

## Become an ANCAD Board Member

ANCAD invites you to consider an oversight role with Auckland North Community and Development (ANCAD) in becoming a member of the Board. ANCAD has been privileged to have the services of six current members and we are looking to add to those on the Board who wish to contribute their skills and strengths.

For further information and to show your interest contact Fiona Brennan, ANCAD General Manager. Email: [fiona@ancad.org.nz](mailto:fiona@ancad.org.nz)



## Become a member organisation

Becoming a member organisation of ANCAD helps us to help community and at the same time will enable you to enjoy several benefits including: 15% off LiiFT training sessions/15% off the Funding Directory/1-hour free consultation/plus lots more. See the Shop page on ANCAD's new website for a full description and to become a member.

[ancad.org.nz/product/become-an-member-of-ancad](https://ancad.org.nz/product/become-an-member-of-ancad)

## A right royal event

Jan Rutledge (General Manager, De Paul House and ANCAD Board member) here at the recent Investiture Ceremony at Government House receives the Queen's Service Medal awarded her in the New Year's Honours list.



# Special notices

**ANCAD/TNCT**

# COMMUNITY NETWORK MEETING

**Please join us on  
Thursday 9 June 2022**

**4:00pm to 6:00pm**

**Senior Citizen Hall,  
5 The Strand, Takapuna**

This event is open to all groups and community organisations in the local area as well as throughout Tāmaki Makaurau for those who feel they would benefit from attending and sharing ideas.

This will also be a thank you event for volunteers with awards and a speaker from Volunteering Auckland.

Come and share afternoon tea with us!

**Please RSVP to Sarah Thorne,  
[office@takapunanorth.org.nz](mailto:office@takapunanorth.org.nz) for catering  
and room management purposes.**

HOSTED BY



**AUCKLAND NORTH  
COMMUNITY AND DEVELOPMENT**  
Te Runanga Rātongā Hāpori o Te Raki-Pae-Whenua



**TAKAPUNA NORTH  
COMMUNITY TRUST**





# Special notices

**FREE**

## AUCKLAND REGION COMMUNITY FUNDING FAIR

**Wednesday 3 August 2022 | 10 am – 12 noon | Online via Zoom**

Hosted by Auckland North Community and Development.

ANCAD's FREE BIG AUCKLAND REGION COMMUNITY FUNDING FAIR for this year was such a success in March that we have decided to hold another one in August! Version 2. With all new speakers and funders.

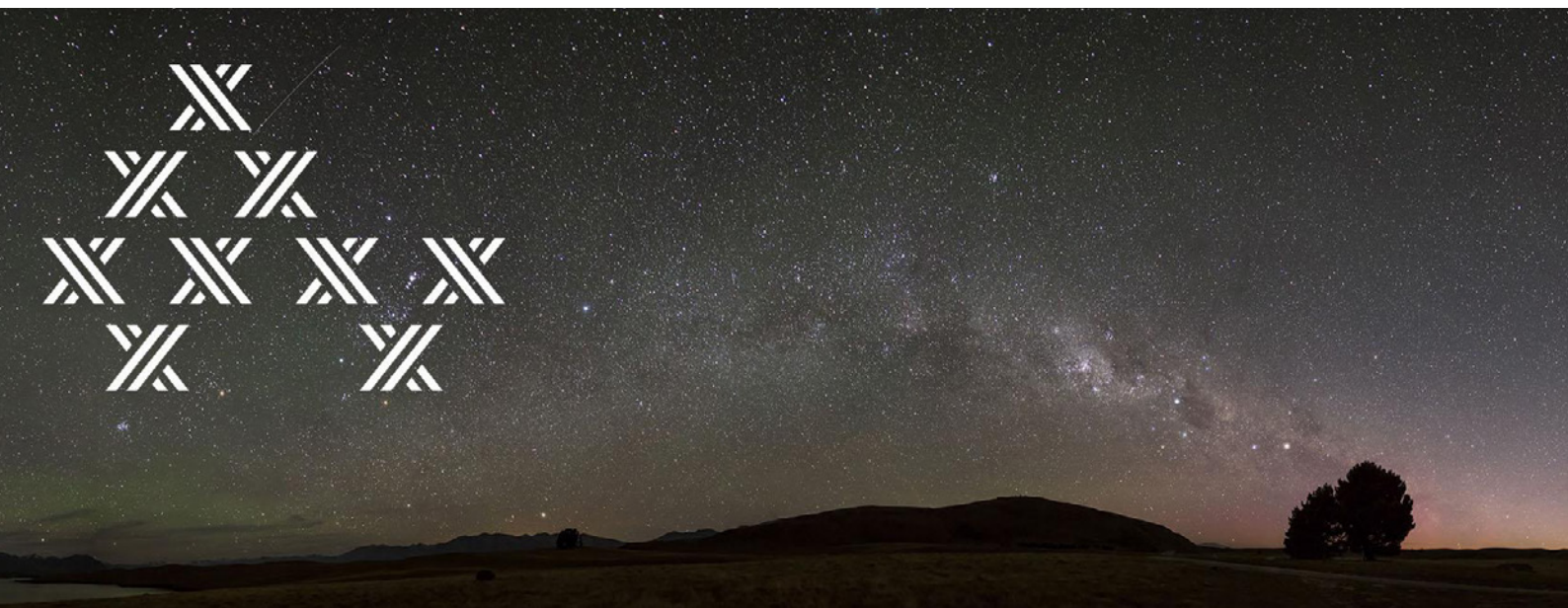
Do you apply for grants? Are you in need of funding? Then you need to attend ANCAD's Auckland Community Funding Fair V2 where we bring the funders to you! It will be online this year due to COVID restrictions which opens it up to a lot more to attend.

Hear directly from the funders (a good few of them at least)! This session is ideal for: Anyone seeking funding for their organisation or is involved with an organisation that needs to seek funding. Link to the Zoom webinar will be sent out after registration and closer to the event. You can register now on ANCAD's website page under EVENTS.



**AUCKLAND NORTH  
COMMUNITY AND DEVELOPMENT**  
Te Runanga Ratonga Hapori o Te Raki-Pae-Whenua

# Matariki



Matariki is an opportunity for all people of Aotearoa to come together and reflect on the year that has passed, celebrate the present, and plan for the future.

Matariki is a time for remembrance, celebrating the present and looking to the future.

For the first time in Aotearoa, it will officially be celebrated as a public holiday on the 24th of June 2022.

Matariki is the Māori name for the cluster of stars, that rises in midwinter and for many Māori, heralds the start of the new year.

It is an opportunity for all people of Aotearoa to come together and reflect on the year that has passed, celebrate the present, and plan for the future.

The following information is taken from the official website [matariki.net.nz](http://matariki.net.nz)

## MATARIKI HUNGA NUI

Matariki Hunga Nui means the many people of Matariki. It speaks to how Matariki calls people to gather together to remember and honour those we have lost since the last rising of Matariki.

The reappearance of Matariki in the morning sky during mid-winter coincided with a traditional ceremony called 'whāngai i te hautapu.' During this ceremony

food was cooked and offered to the different stars of Matariki while karakia (incantations) were conducted.

The first part of this ceremony was dedicated to the dead and honouring those who had passed since the last rising of Matariki. The names of the dead were called out during the ceremony and people would weep for their loved ones. Matariki is said to carry the dead across the night sky throughout the year, and when the names of deceased are called out, Māori believe the spirits of the dead become stars in the sky.

## MATARIKI AHUNGA NUI

Matariki Ahunga Nui talks to the great food piles of Matariki. Communities and whānau would gather to give thanks for all the blessings of the past year, and reconnect with one another. Food and feasting are central elements in Matariki, and people would share the fruits of the harvest. Other forms of celebration included music, dance, art and spending time together.





**MATARIKI MANAKO NUI**

Matariki Manako Nui refers to wishes and desires. Māori would send their hopes and dreams into the stars during Matariki. This was a period for learning, sharing, discussion and decision making. One of the key points of discussion during Matariki was the environment, especially the health of the environment. Many wishes of the ancestors were connected to wellbeing of people and the environment. Māori understood that lives depended on maintaining a strong connection to the physical world and caring for nature. ●

*In Māori culture, Matariki is both the name of the Pleiades star cluster and of the celebration of its first rising in late June or early July.*



# 15 ways to celebrate National Volunteer Week 2022

National Volunteer Week 19-25 June 2022 honours the collective energies and mana of all our volunteers in Aotearoa.

More than one million people across Aotearoa volunteer for an organisation, contributing \$4 billion to the economy. Much more happens within communities and informally between people.

This Te Wiki Tūao ā-Motu - National Volunteer week, the theme is 'Time to Shine - He wā pīataata.' Let's take the time to reflect - whaiwhakaaro on all those who give mahi aroha - volunteer for their communities. It's a time to recognise and celebrate volunteers, a time to shine - pīataata. It's Matariki, a new year and a fresh start; a time to dream - moemoeā and make plans for the future.

These ideas have been inspired by national and international National Volunteer

Week campaigns, as well as some new ideas for this year! Pick and choose the ones that resonate with you.



By Margaret  
McLachlan

*Communications Manager,  
Volunteering New Zealand*

- 1 **NVW2022:** Firstly, check out [nationalvolunteerweek.nz](https://nationalvolunteerweek.nz) for everything you need to know about NVW2022. You can download all NVW copy and resources there. Don't forget to use #NVW2022 and #timetoshine in your promotion!
- 2 **Time to shine:** He wā pīataata is this year's theme – wherever possible, use the NVW2022 theme as the basis for all your activities and celebrations







**3 Social media campaign:** Share pictures on social media, give a shout-out to your volunteers by holding star print-outs and share using #timetoshine

**4 Collaborate:** Connect with local community groups to create a combined NVW2022 campaign (shared effort, more impact!).

**5 Morning tea:** Share the same cupcake recipe with your team, so you can all share the same morning tea! Try for coloured icing in the NVW2022 branding.

**6 Thank you cards for your volunteers:** Even better if they're handmade.

**7 Be the chalk of the town:** Create NVW stars and quotes all over the pavements. You could ask your volunteers for quotes about why they volunteer and who they volunteer for – help inspire others to consider volunteering!

**8 NVW stars over your windows:** Print the NVW stars and stick them all over your windows at home, so people can see them from the street. You can download the stars from the Resources/ Other tab on the NVW website.

**9 Certificate of recognition:** Use NVW as an opportunity to formally acknowledge your volunteers.

**10 Create thank you videos for your volunteers:** Interview people online in your community and ask them to share what your volunteers mean to them and the impact they've had.

**11 Good news stories:** Contact local and national media with stories about your volunteers (even better when they're told from the perspective of your volunteers).

**12 Ask your volunteers:** If you want to really do something your volunteers will appreciate, give volunteers options to choose from regarding how they'd like to be acknowledged.

**13 Share your volunteer stories with VNZ:** VNZ love receiving good news stories about volunteers and they can be shared on social media, VNZ's blog or volunteering stories page.

**14 Contact your local Volunteer Centre:** Your local Volunteer Centre is the best place to start for learning about what online events and activities are happening in your region for NVW2022.

**15 Use NVW2022 to encourage regular interactions between your whole team:** If you're a volunteer involving organisation, consider how regular team interactions between volunteers and paid-staff help strengthen relationships. Create a team to enter online quiz nights or other community activities. ●

*More than one million people across Aotearoa volunteer for an organisation, contributing \$4 billion to the economy.*



Good Works Trust Foodbank

# State of the Neighbourhood

## Te Āhua o ngā Hapori

NEIGHBOURLY | April 2022 | Insights Series #1: Supporting Local | He Terenga Whakamōhio #1: Tautoko ana i ngā Hapori

The following information comes from pages 17, 18 of a 20 page report that came from an online survey of 7000 respondents, conducted by Neighbourly/Stuff, in December 2021.

### 70% of neighbours offered help to a neighbour

Regardless of where you live in Aotearoa, we agree that having a good relationship with our neighbours is incredibly / quite important.



Q. How important do you believe having a good relationship with your neighbours is?

We're a nation of caring people. During peak pandemic periods and lockdowns, many of us offered support to our neighbours and checked-in on them (7 in 10). Many also received support.

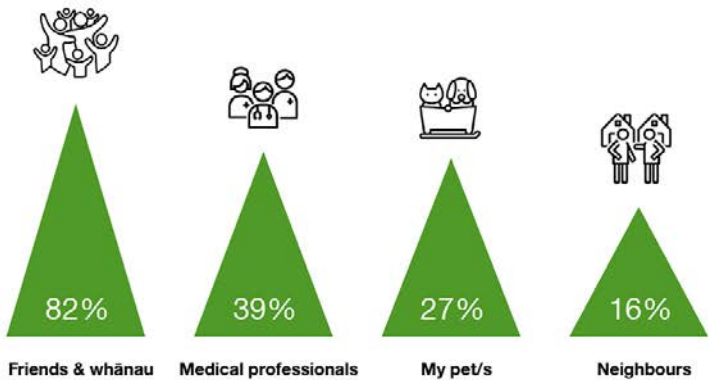


Q. During the pandemic and lockdown periods, have you experienced the following?:

### Friends & whānau remain our number one support...

#### Top 4

Neighbours generally turn to friends and whānau for mental wellbeing support and for 1 in 4, it's our fur babies that we turn to in times of need.



Q. Who do you turn to for support for mental wellbeing? (select all that apply)  
 1: Ministry of Health, 2019  
 2: <https://www.health.govt.nz/publication/annual-update-key-results-2020-21-new-zealand-health-survey>

Mental health and wellbeing is paramount to the overall health of New Zealanders.

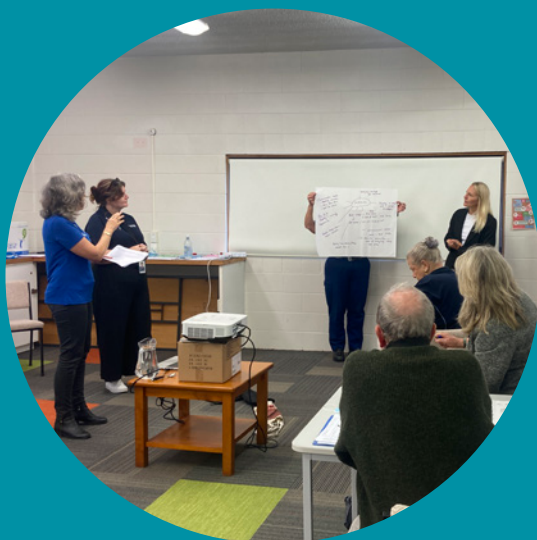
Mental distress affects many New Zealanders; 1 in 5 adults aged 15 years and over are diagnosed with a mood and/or anxiety disorder<sup>1</sup> and more Kiwis reported psychological distress during Covid<sup>2</sup>

Let's keep supporting our neighbours – you never know who needs help right next door.



# Resilient communities

UPDATE: MAY 2022



By Madison O'Dwyer *ANCAD*

On May 17th, community members from the Takapuna-Devonport local board area attended an emergency preparedness workshop facilitated by Auckland Emergency Management (AEM). In this workshop, AEM created a scenario of severe weather and flooding, and participants planned a personal and community-wide response. The feedback from the workshop was that participants felt more prepared for a severe weather event and also enjoyed meeting volunteers from other suburbs.

(This workshop was open to the public and there will be another later in the year, so if you'd like to attend, keep an eye on the ANCAD comms or email [madison@ancad.org.nz](mailto:madison@ancad.org.nz)).

Additionally, the Resilient Communities work is gaining traction around the Auckland area. Agencies such as Community Constables, Community Patrol, St Johns and Neighbourhood Support are keen to provide as much community support as possible. The work of ANCAD and the Sunny-nook/Forrest Hill volunteers will be featured in two upcoming articles which we'll link to the [resilientaucklandnorth.org.nz](http://resilientaucklandnorth.org.nz) website.

In June, we have more community connections planned for the Devonport, Milford / Castor Bay and Belmont / Bayswater areas. If you'd like to get involved, please email me at [madison@ancad.org.nz](mailto:madison@ancad.org.nz). ●



**RESILIENTAUCKLANDNORTH.ORG.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



**SIMON RITCHIE**

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

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](http://www.liift.nz) ●





# 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

DATE	SESSION TOPIC	TIME	PRESENTER	LOCATION
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 May



**SIMON RITCHIE**

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



The month of May saw a great number of community leaders attend our **Resourcing Leaders in Times of Change** session online discussing the topic of 'Consciously leading a healthy organisational culture.' People said that this was "a very helpful and practical session" as well as "a chance to hear from others about the great ideas they have." The session on May 11 helped folks understand how to 'Really do more with less.'

A week later we held another one of LiiFT's popular topics on **Digital marketing for small NFPs**. People said how this was "perfect for beginners" and "very informative and engaging."

The following week engaged people with the topic centred around **How to develop strategies that make a difference in the real world** where the difference between planning and strategy was made clear and much insight was gained looking at the history of strategic planning and the differences and nuances involved with this for NFP/community groups compared with the business world.

With Matariki happening in June we have some very relevant and worthwhile sessions coming up this month. Check out the programme and the website at [www.LiiFT.nz](http://www.LiiFT.nz) for more information. ●



# LiiFT Aotearoa sessions in June

ANCAD TRAINING | ZOOM SESSION

## COLLABORATING IN COMMUNITY-LED CHANGE

Presenter: Kindra Douglas  
(Inspiring Communities)

Thursday 9 June 2022 | Zoom

Cost: \$35 | 10 am to 12 noon

For more information:  
simon@ancad.org.nz

**LiiFT**  
INFORM AOTEAROA INSPIRE  
www.LiiFT.nz

ANCAD TRAINING | ZOOM SESSION

## GETTING BEYOND BUSY

SIMPLE STRATEGIES TO REDUCE OVERWHELM  
AND BOOST PRODUCTIVITY

Presenter: Aly McNicol (NZ Coaching & Mentoring Centre)

Wednesday 15 June 2022 | Zoom

Cost: \$35 | 10 am to 11:30 am

For more information: simon@ancad.org.nz

**LiiFT**  
INFORM AOTEAROA INSPIRE  
www.LiiFT.nz

ANCAD TRAINING | WORKSHOP

## PARTNERING WITH MĀORI: HOW TO PRACTICALLY APPLY TE TIRITI O WAITANGI IN YOUR LEADERSHIP AND WORK

Presenter: Hilary Star Foged

Wednesday 22 June 2022

Cost: \$80 | 9:30am to 12:30pm

Mary Thomas Centre, Takapuna, Auckland

For more info: simon@ancad.org.nz

**LiiFT**  
INFORM AOTEAROA INSPIRE  
www.LiiFT.nz

ANCAD TRAINING | ZOOM SESSION

## CULTURAL AWARENESS AND ITS IMPLICATIONS FOR LEADERSHIP

Presenter: Hilary Star Foged

Wednesday 29 June 2022 | Zoom

Cost: \$35 | 10 am to 11:30 am

For more information: simon@ancad.org.nz

**LiiFT**  
INFORM AOTEAROA INSPIRE  
www.LiiFT.nz





## NSFVPN / CFG / YCS: Meeting dates 2022



### **DEB HUMPHRIES**

Coordinator  
fvpnns@gmail.com  
021 0810 7516

### **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:  
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:  
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.





## AUCKLAND COMMUNITY ACCOUNTING

Auckland Community Accounting welcomes requests



### GEOFF ANDREWS

Project Manager  
[geoff@ancad.org.nz](mailto:geoff@ancad.org.nz)  
 021 054 6240  
 0800 426 223  
 (0800 4ANCAD)

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](mailto:geoff@ancad.org.nz) or give me a call on 021 054 6240 or 0800 426 223. ●



AUCKLAND  
 COMMUNITY  
 ACCOUNTING



COMMUNITY  
 ACCOUNTING  
 AOTEAROA



# Auckland Community Accounting

Auckland Community Accounting is a free and confidential service which offers support and assistance on accounting matters to small and medium community organisations within the Auckland region.

## 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 or looking to purchase?

## HOW DOES IT WORK?

- Auckland Community Accounting provides community groups in the Auckland Region with free and confidential assistance on accounting matters.
- Teams made up of senior accounting students from Massey University 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](mailto: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.

Auckland Community Accounting 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, Programme Manager  
0800 426 223 | 021 054 6240  
[geoff@ancad.org.nz](mailto:geoff@ancad.org.nz)



AUCKLAND COMMUNITY ACCOUNTING



**AUCKLAND NORTH  
COMMUNITY AND DEVELOPMENT**  
Te Runanga Ratonga Hapori o Te Raki-Pae-Whenua

# Community Accounting Aotearoa

Community Accounting Aotearoa is a free and confidential service which offers support, and assistance on accounting matters to small and medium community organisations outside the Auckland region.

## WHO IS THIS SERVICE FOR?

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 or looking to purchase?

## HOW DOES IT WORK?

- Community Accounting Aotearoa provides community groups outside the main centres with free and confidential assistance on accounting matters.
- Teams made up of senior accounting students from Massey University will provide support using digital technology software such as Zoom.
- 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](mailto: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.

Community Accounting Aotearoa 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



### COMMUNITY ACCOUNTING AOTEAROA

Geoff Andrews, Programme Manager  
0800 426 223 | 021 054 6240  
[geoff@ancad.org.nz](mailto:geoff@ancad.org.nz)



COMMUNITY ACCOUNTING AOTEAROA



AUCKLAND NORTH  
COMMUNITY AND DEVELOPMENT  
Te Runanga Ratonga Hapori o Te Raki-Pae-Whenua



# 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](http://www.ancad.org.nz) under the SHOP tab. You have three options to select from:



1

PDF

\$25 for the pdf version (incl. GST). Download straight away from the payment confirmation page.

2

PRINTED HARD COPY

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

3

COMBO

\$59.50 of one hard copy and the pdf (incl postage and GST)

*NOTE: Dispatch of hard copies will be within 5 working days of receipt of order. PDFs can be downloaded directly by clicking on the download button on the confirmation of payment page.*



# Matariki Holistic Day

FRIDAY 24 JUNE 10 AM TO 3 PM

• MEADOWOOD COMMUNITY  
HOUSE  
55 MEADOWOOD DRIVE  
UNSWORTH HEIGHTS  
• FREE ENTRY

• Crystals, Candles, Tarot, Reiki,  
• Naturopath, Life Coach, Reflexology,  
• Readers, Jewellery, and lots more






Brought to you by blackcattarotnz and Emerge Life Coaching



# 防治鼠害: 恢复原生鸟鸣

## 联合工作坊

家中有鼠出没?  
来参加工作坊、獲取捕鼠知识!

-  学习新西兰的独特生态环境
-  认识新西兰原生鸟类
-  辨认及防治入侵物种
-  了解生态缓冲区计划
-  捕鼠器及诱饵器设置示范

- \*工作坊将以普通话进行
- \*届时我们将会免费派发捕鼠器和诱饵器

扫描QR code  
线上报名参加



日期: 六月十八日 (星期六)

时间: 早上十时半至中午十二时

地点: Glenfield Greyhounds Clubrooms

144 Sycamore Drive, Sunnynook, Auckland 0620

讲师:



**Dr Sze Wing Yiu 姚思颖博士**

Pupuke Birdsong Project 鼠害防治顾问  
奥克兰大学生物安全及保育理学硕士研究生  
香港大学动物行为生态学博士  
香港大学生态与生物多样性理学学士



**Ms Kelly Long 龙嘉慧小姐**

Pest Free Kaipātiki 社区活动主任  
梅西大学动物理学硕士  
梅西大学动物理学学士

主办机构:



PUPUKE  
BIRDSONG  
PROJECT





## Join us to celebrate if you had an association with:

- ❖ The Community of St Aidans, Northcote
- ❖ St Andrews Presbyterian Church, Birkenhead
- ❖ St Philips Presbyterian Church, Birkdale

## We are marking:

- ❖ the creation of a new parish
- ❖ a total of more than 200 years' committed work in the Northcote, Birkenhead, Birkdale and Beach Haven communities by three former congregations.

**Date: Saturday 2 July 2022**

**Time: 12 noon – 2pm**

**Venue:**

**Onewa Christian Community, 172 Hinemoa Street,  
Birkenhead**

- ❖ A light lunch will be served

- ❖ *Bring church memorabilia to share*

All attending will be invited to make a thanksgiving offering (receipts will be issued for your tax rebate)

*RSVP required by 19 June:  
email to  
[admin@onewacc.org.nz](mailto:admin@onewacc.org.nz)  
or phone / text  
021 0919 7097*



# Venue hire

ANCAD facilitates the hiring of three meeting spaces within the Mary Thomas Centre in Takapuna. Please contact us for more information.



## CHANNEL VIEW LOUNGE

- Capacity 80 people.
- Morning 8:00am–12noon  
Afternoon 1:00pm–5:00pm  
Evening 6:00pm–10:00pm
- Commercial rate: \$50 + GST per hour (up to 4 hours).
- Community (NFP) rate: \$25 + GST per hour (up to 4 hours).
- Kitchen \$15 + GST one off charge.



## ST ANNE'S ROOM

- Capacity 60–80 people.
- Morning 8:00am–12noon  
Afternoon 1:00pm–5:00pm  
Evening 6:00pm–10:00pm
- Commercial rate: \$50 + GST per hour (up to 4 hours).
- Community (NFP) rate: \$25 + GST per hour (up to 4 hours).
- There is a kitchenette in the St Anne's Room.



## WYN WILLIAMS ROOM

- Capacity 20–30 people.
- Morning 8:00am–12noon  
Afternoon 1:00pm–5:00pm  
Evening 6:00pm–10:00pm
- Commercial rate: \$36 + GST per hour (up to 4 hours).
- Community (NFP) rate: \$18 + GST per hour (up to 4 hours).

### FOR MORE INFORMATION:

Mary Thomas Centre | 3 Gibbons Rd, Takapuna, Auckland  
Channel View Lounge: [accounts@ancad.org.nz](mailto:accounts@ancad.org.nz) | 022 095 3462  
St Anne's Room and Wyn Williams Room: [hub@ancad.org.nz](mailto:hub@ancad.org.nz) | 0800 426 223 | 021 054 6240

Takapuna Community hub  
Kotahitanga



AUCKLAND NORTH  
COMMUNITY AND DEVELOPMENT  
Te Runanga Ratonga Hapori o Te Raki-Pae-Whenua

# 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](http://www.cab.org.nz)



## Can I bring an animal onto public transport with me?

If you have a [certified disability assist dog](#), you have the right to bring the dog onto any public transport such as buses and trains (also taxis and public places such as supermarkets, shopping malls, hotels and cinemas). This is a right under the [Dog Control Act](#) and the [Human Rights Act](#) (relating to discrimination on the basis of having a disability).

With other domestic animals (eg pets) it depends on the transport provider.

For example:

[Metlink](#) allows domestic pets on buses, trains and most ferries during off-peak times as long as they are kept enclosed in an appropriate pet carrier. They can ride for free.

[Auckland Transport](#) (AT) allows domestic pets on trains and most ferries during off-peak times as long as they are kept enclosed in an appropriate pet carrier. You can take your pet onto a Waiheke Island Bus, but not any of the other AT buses. If you take your pet onto a ferry you may have to pay a fee for this.



The CAB is here to help with free, independent information and advice. Feel free to contact any of the North Shore branches for more info. Not sure? Ask us. [www.cab.org.nz](http://www.cab.org.nz) | 0800 367 222

Not sure?  
ASK US.



### Citizens Advice Bureau

#### NORTH SHORE:

Birkenhead | Browns Bay | Glenfield  
Hibiscus Coast | Northcote | Takapuna  
0800 367 222 | [www.cab.org.nz](http://www.cab.org.nz)



Birkenhead 09 418 0032, [birkenhead@cab.org.nz](mailto:birkenhead@cab.org.nz)  
Browns Bay 09 479 2222, [brownsbay@cab.org.nz](mailto:brownsbay@cab.org.nz)  
Glenfield 09 444 9451, [glenfield@cab.org.nz](mailto:glenfield@cab.org.nz)

Hibiscus Coast 09 426 5338, [hibiscuscoast@cab.org.nz](mailto:hibiscuscoast@cab.org.nz)  
Northcote 09 480 2971, [northcote@cab.org.nz](mailto:northcote@cab.org.nz)  
Takapuna 09 486 3139, [takapuna@cab.org.nz](mailto:takapuna@cab.org.nz)

Available Mon-Fri 9am-3pm. Branch operating hours may vary

## 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](mailto:northshore@englishlanguage.org.nz)

**[www.englishlanguage.org.nz](http://www.englishlanguage.org.nz)**

\*Free for NZ resident visa holders and citizens.





## Elder Abuse Awareness Week June 15-22<sup>nd</sup>

Elder Abuse is behaviour or lack of appropriate action, occurring within a relationship of trust, which causes harm or distress to an older person. The older person and the abuser are frequently members of the same family or they can be a person employed in a position of trust.

### What are the warning signs?

The following signs MAY indicate an older person is being abused:

- unexplained behaviour, sleeping or eating habits
- withdrawal and/or edginess
- fear of a particular person
- confusion
- unexplained injuries
- drowsiness (due to over-medication)
- recoiling from touch
- unusual withdrawals from bank accounts
- unpaid bills, lack of money for necessities.

**There are many different types of Elder Abuse & several may be present at the same time, these include:**

- Physical Abuse
- Psychological Abuse
- Financial Abuse
- Neglect
- Sexual Abuse
- Institutional Abuse

### How Age Concern Auckland can help:

Age Concern Auckland's qualified and experienced staff have a wide knowledge of the needs of older people and their carers and will work closely with clients and relevant organisations to address elder abuse. Their service is free and confidential and their social workers are available for advice and individualised support.

You can also contact them for information on issues relating to abuse or arranging seminars and presentations on elder abuse and neglect prevention.

**You can contact Age Concern Auckland's Elder Abuse Response Service team on 09 820 0184**

**For more information about Age Concern Auckland visit [www.ageconcernauckland.org.nz](http://www.ageconcernauckland.org.nz)**



AUCKLAND COMMUNITY  
**Law Centre**  
Providing access to Justice in your Community

# KNOW YOUR RIGHTS ZOOM WEBINARS JUNE 2022

**A FREE LEGAL EDUCATION SERIES DELIVERED TO OUR  
COMMUNITY, IN OUR COMMUNITY.**

**YOU CAN SELECT AND ATTEND ANY OR ALL OF THESE  
SEMINARS.**

**PLEASE FEEL FREE TO SHARE THIS FLYER AROUND TO ANYONE  
WHO MAY BE INTERESTED**

**TO REGISTER PLEASE VISIT OUR WEBSITE  
[WWW.ACLC.ORG.NZ/EDUCATION](http://WWW.ACLC.ORG.NZ/EDUCATION)**

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





# TOPICS

## **Wednesday 01 June - ACLC'S Services 10am-11am**

A general introduction on how ACLC works  
e.g. our eligibility criteria, what areas of law we cover  
and how we can assist clients.

Please note that this will be an **interactive zoom session**  
Please turn your cameras on and feel free to ask questions

## **Wednesday 8 June Separation and Dissolution of Marriage 10am-11am**

The law around separation and dissolution of  
marriage in NZ

## **Wednesday 15 June - Privacy Law 10am-11am**

Privacy Act 2020 updates

## **Wednesday 22 June - Employment Law 10am-11am**

How to raise a personal grievance

## **Wednesday 29 June - Family Court Processes 10am-11am**

A practical guide to navigating the Family Court

Tamariki time to play with big toys, be active and make new friends

**BELMONT & BAYSWATER**

**HŌTOKE/WINTER FUN**

**TAMARIKI (0-5) PLAY**

**Tuesday mornings 9:30am-11:30am**

**7 JUNE - 25 OCTOBER, 2022**

(including school holidays)



**BAYSWATER SCHOOL HALL, ROBERTS AVE, BAYSWATER**

Parking available • Supervision by caregivers required





## Stress Management for Chronic Pain

Living with Chronic Pain can bring many challenges which can be stressful to navigate. This online Zoom group will focus on recognising the links between the brain, pain and stress. Topics include:

- Training the brain to reduce the severity and frequency of pain flare-ups, by paying attention in different ways to thoughts, emotions and behaviours.
- An introduction to specific skills to cope with pain and manage stress.

Please note that this group is designed to complement the support you are receiving from medical practitioners for physical pain, rather than replace it.

**DATE** Every Thursday,  
19th May to 21st July  
(10 sessions)

**TIME** 6:30pm-8:00pm

**VENUE** Online (Zoom)

**COST** \$95 (**Free with referral**)



**ABOUT NICOLA DUNCAN**  
(B.A. Hons, Post Grad Dip CBT, MNZAC)

Nicola is a registered counsellor and has considerable experience in relationship counselling, loss, conflict, depression and anxiety. While she employs a number of modalities in her counselling practice, Nicola finds CBT in a group setting to be particularly helpful for those experiencing stress, anxiety, depression or low self-esteem.



For more information and registration, please contact  
Hearts & Minds

**PHONE** 09 441 8989  
**E-MAIL** [learning@heartsandminds.org.nz](mailto:learning@heartsandminds.org.nz)  
**WEB** [www.heartsandminds.org.nz](http://www.heartsandminds.org.nz)

# ANCAD funders

ANCAD thanks our valued funders for their support!





Our vision:

**RESILIENT**

**SAFE**

**CONNECTED**

communities



**AUCKLAND NORTH  
COMMUNITY AND DEVELOPMENT**  
Te Runanga Ratonga Hapori o Te Raki-Pae-Whenua