

# Community Connections

The official magazine of Auckland North Community and Development

Dealing with  
depression  
and anxiety

How to have  
a safe and  
supportive  
kōrero

What is  
workplace  
wellness?

East Coast Bays  
School Kapa Haka  
Performances

The  
wellness  
issue

October 2022

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

## Haere mai



**FIONA BRENNAN**

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*LiiFT Aotearoa full day's workshop held in Tryphena, on Great Barrier Island.*

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

This month's spotlight is on workplace wellbeing. According to the Mental Health Foundation, Statistics New Zealand's Survey of working life found that 1 in 5 New Zealand workers report always or often being stressed by work. A survey by Southern Cross Health Insurance and Business New Zealand (2020) reported that New Zealand lost 7.3 million working days due to work absence. The cost of absence to the economy was \$1.85 billion with 64% of organisations report stress is increasing, with Covid-19 as a significant contributor. These statistics continue to increase, indicating that we all need to put more resources and time aside to focus on these critical issues relating to our own health and wellbeing.

We are grateful for our magazine contributors from Hearts and Mind, the Mental Health Foundation, Aotearoa Multicultural Families Society and LEAD for their thought-provoking and insightful articles.

Making time for self-care and wellbeing is a priority, not just an optional-extra in the workplace. Highlighting these issues provides an opportunity to kōrero with our whānau and our work colleagues to develop more comprehensive strategies that increase our resilience and wellbeing.

We all have preferred tools and practices. On a personal level, I have found that daily

meditation and mindfulness practice is a useful tool for building the foundations of inner-peace, which in turn allows us to respond constructively to the challenges and opportunities that arise in our daily lives. Reflective journaling is also a useful practice that many find cathartic and helpful. I hope you find tools both old and new, that support your own wellbeing and that of your organisations.

## COMMUNITY

Māori Language week was a highlight in Hibiscus and Bays last month. The Bays in action collective facilitated by Deb Humphries from the ANCAD team planned a memorable kapa haka with East Coast Bays School. Bays in Action, with the support of ANCAD, are currently recruiting for a Youth Development Coordinator to increase youth voices in the Bays.

The Pasifika community are coming together at Massey on the 6 October for a community network evening at Student Central. We will hear from a number of organisations including North Shore Pasifika Forum, Pacific Massey, Sport Pasifik and Harbour Pasifika. ANCAD is delighted to support this event via the working group and our Pacific Lead enabler, Pale Sauni.

Please do also attend our networking forum on the 27 October, with a presentation by Fiona Colbert of Digital Seniors; a programme being piloted on the North Shore.

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

## COMMUNITY RESILIENCE

Our community resilience coordinator, Maddison, continues to work locally to build emergency response and preparedness plans that will strengthen and inform people and communities in the Devonport Takapuna area. I would like to acknowledge the support of Michael Alofa, our specialist advisor from Auckland Council, for his generous guidance. We have really appreciated his contribution to the leadership of this work and his behind-the-scenes, supportive mahi.

## ANCAD TEAM

Our team is growing and we will be introducing new staff and volunteers through our monthly magazines over the coming months. This month you will read about Kim Kendrick, our new board member, who brings a wealth of community and professional experience.

## LOCAL BOARD ELECTIONS AND LOCAL COUNCILLORS

Don't forget to vote! Voting and contributing to our democratic elections, getting to know our local representatives on the local boards strengthens our communities and society. We encourage everyone to get involved and have their say.

Thank you to all our community partners, organisations and funders whom we have the privilege of working alongside. We wish you an enjoyable September and hope you take advantage of the many opportunities and events happening around Auckland and on the North Shore, in particular.

Please do reach out to our team at ANCAD if we can assist you with any community initiatives, participation in our training programmes, or if you have any questions about our work and what we offer. ●

Ngā mihi  
Fiona Brennan

*Te Wiki o te Reo Māori*  
East Coast Bays School Kapa Haka Performance





# Special notices



## CHECK OUT OUR ANCAD MEMBERSHIP BENEFITS

15% off  
LiiFT training  
programmes

10% off  
venue hire

Priority  
access to ACA  
programme

1 hour free  
capability  
and capacity  
consultation

15% off  
Funding  
Directory

Promotion  
of your  
organisation



## ANCAD Network Meeting

You are most welcome to attend this Auckland North Community and Development community network meeting to be held at Mary Thomas Centre.

Special guest speaker: Fiona Colbert, Community Manager,  
Digital Seniors Auckland North

Date: Thursday, 27 October

Time: 12.00pm noon to 2.00pm

Venue: St Anne's Room (ground floor), Mary Thomas Centre, Takapuna

There will be the opportunity to introduce yourselves and share what is going on with you and your group's work and to raise any community issues.

RSVP your attendance to Sarah Thorne, [sarah@ancad.org.nz](mailto:sarah@ancad.org.nz)

# Special notices

## ANCAD's Funding Directory Auckland Region 2022

PRICES NOW REDUCED EVEN MORE – WHILE STOCKS LAST!

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:



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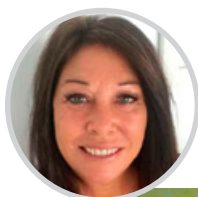


# Dealing with depression and anxiety

By Maria Thorndyke

Operations Manager Hearts & Minds  
(Dip PC Couns, Dip Sach Psych, Dip  
Clinical Sup, Reg ICP)

[www.heartsandminds.org.nz](http://www.heartsandminds.org.nz)



## IS THIS YOU?

It's 7.00am and you are in the shower and suddenly you feel your heart start to pound. At 2.00pm you are at the shops and out of nowhere you feel like you can't breathe. By 8.00pm you are relaxing watching tv and you immediately feel your chest tighten and your throat constrict. It's 3.00am and you wake from your sleep in a pool of sweat and feel shaky!

Anxiety attacks do not discriminate. They have no sense of time and don't have any issues about where you are when they attack. Anyone who has ever experienced any anxiety/panic attacks will know that they can be the most terrifying experience.

Many people are dealing with depression and anxiety every day of their life. For some people who are dealing with depression, just getting out of bed in the morning can feel like the most exhausting thing in the world. For others, withdrawing from social interaction and isolating becomes the norm. All the things you used to love doing now seem too hard and no longer enjoyable.

Our increasingly complex world can be stressful at times and more and more people are suffering with mental health issues. So many things can trig-

*The more self-aware you become the easier it is to acknowledge what you need, so it is important to find the right kind of help and support.*



## Dealing with depression and anxiety

ger anxiety and depression, and no one knows when it might strike.

### EMOTIONS

The recent announcement of the Queen Elizabeth's death has been felt around the world. The loss of such a royal figure and seeing the sadness amongst the royal family and public worldwide can easily trigger your own emotions and remind you of your own personal losses.

Grief and loss affect your mental wellbeing hugely and it's not just death that can trigger these emotions. The loss of a job, relationship breakdown or relocation, in fact, any change in personal circumstances can create challenges for your emotions. Losses and grief come from many sources and with it often comes other emotions such as anger, anxiety and fear. The complexities of emotions are amazing and yet you are expected to ignore them and carry on as "normal".

The more self-aware you become the easier it is to acknowledge what you need, so it is important to find the right kind of help and support. The more you understand about mental health and your own wellbeing the more you can support not only yourselves, but your friends, family and colleagues too, especially when you notice they are struggling.

Our mental well-being is very personal and individual and everyone's symptoms and experiences will be different. Therefore, there is never one solution or one "fix" to the emotions or issues you may be feeling or dealing with. It's about trying to understand the best you can where your own emotions are coming from. Look at ways of finding out how to understand more about what you are experiencing.

### TOOLS & TECHNIQUES

Learning some good breathing and distraction techniques may help you manage these difficult situations and are very effective for helping manage anxiety attacks. One method is allowing your outward breath to be slightly longer than your inward breath, this helps slow the heart rate. Distract yourself from what is happening in your body in that moment by using your senses. 3 things you can see, hear, smell or touch. Be creative with your thinking and imagine seeing yourself as a more confident and calm you.

Set yourself the tiniest of goals if you are dealing with depression e.g., "today I am going to get out of bed and have a shower". You can always add to your goals, but make sure they are small and achievable.

Give yourself permission to feel the way you do and acknowledge your emotions. By setting yourself some simple steps and goals, learning some effective coping skills can make a huge difference to your everyday life.

Find a purpose for yourself each day. If possible, go for a short walk and get some fresh air, ground yourself, breathe and tell yourself you are in control. Be compassionate to yourself as well as others going through mental health issues. It's a bumpy path, but a slow walk will allow you to reach where you want to be, stay positive, calm and allow yourself to feel. Tell yourself it's going to be okay! ●





# HOW TO HAVE A SAFE AND SUPPORTIVE KŌRERO

Source: Mental Health Foundation

Connecting with others is important, especially if you've noticed someone you care about hasn't been themselves lately. You might have noticed a change in their behaviour, in the things they are doing (or not doing) or saying (or not saying). You may have noticed them withdraw from things they would normally enjoy. Here's some advice if you find yourself having a kōrero with someone who's going through a tough time.

## Setting the scene

- **Who is the person you're concerned about, and who are you in relation to them?** Are you a colleague, manager, friend, whānau member or romantic partner, for example? To open the kōrero at work, see our [Open Minds e-learning programme](#).
- **Are you the right person to open the kōrero with them,** or is there someone you know who is better placed? Who would that be? Could you talk to them about it?
- **If you are the right person, find somewhere relaxing, quiet and private to have the kōrero.** Have it kano ki te kano if possible.
- **Timing is important – it's best not to open the kōrero when the person is busy doing something else.** It can be easier to start a kōrero when you're already doing something relaxing together, such as going for a hīkoi/walk. Avoid opening the kōrero at times when you're also feeling distressed, stressed or busy, so that you have the time and patience to give your best to it.



## Opening and having the kōrero

You can have a kōrero by:

- **Just opening it.** There's no right way to start, but an open-ended pātai/question such as "I've noticed you're not yourself lately, anything up?" can work a treat.
- **Giving someone space** and the opportunity to open up at their own pace.
- **Listening carefully to how they describe their experiences** and asking open-ended questions to keep the conversation going.
- **Asking them about how they're feeling and share how you're feeling.** This takes the pressure off the conversation and can help your loved one feel they're contributing and have advice of their own to share.
- **Validating their feelings.** Try to see things from their point of view and understand what might be causing their feelings. Accept your loved one's experiences as real and true for them.
- **Echoing back what you're hearing.** During your kōrero, it's important to echo or repeat key points your whānau member or loved one is saying. This will help to clarify what you're hearing.
- **Trying not to 'fix' their problems.** It's better to accept our loved ones instead of trying to rescue them. Remember that small, simple things can help, and that just being there for your whānau or hoa/friend is probably helping a lot.

Your kōrero may stop here, or it may lead to more kōrero. If it leads to more kōrero, it's important to consider whether the person would like your support, and whether you are the right person to offer that support. Make sure you don't take on the role of a professional counsellor or be someone's sole support person. See the following page for a list of services that you can turn to for help.

**Remember to look after yourself.** Being there for someone else can be tough, so make sure you take some time for yourself, and get the support you need too.



# WHERE TO TURN FOR SUPPORT

If you've had a kōrero with someone and you think they need further tautoko, or if you're worried about yourself, it's okay, there is help available – no one should go through a tough time alone.

The best first point of contact is to visit your GP or tākuta or offer to go to a GP/ tākuta with your friend or whānau member. They can help assess what further support might be needed.

Below is a list of some of the services available in New Zealand that offer support, information and help. All services are available 24 hours a day, seven days a week unless otherwise specified.

## In crisis

If you or someone you know is in immediate danger, call 111.

## National helplines

**Need to talk?** Free call or text 1737 any time for support from a trained counsellor

**Lifeline** – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

**Suicide Crisis Helpline** – 0508 828 865 (0508 TAUTOKO)

**Youthline** – 0800 376 633, free text 234 or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz) or online chat

Remember it's okay to get support for yourself when you're supporting someone you care about. [Yellow Brick Road](#) provides support for the loved ones of people experiencing mental distress or illness.

# What is workplace wellness?

By Hilary Star Foged *LEAD Centre for Not for Profit Leadership*



Is it a dynamic process, varying often or quite a steady state of being? What affects my wellness? How do I measure my own wellness and wellbeing?

The current literature on stress, health, wellness and wellbeing, more and more explores wellness beyond the physical dimensions. Indigenous cultures have traditionally clearly linked the aspects of culture and wellness, our beliefs and wellness, and our connection to nature, to the earth, with regards to people’s health. Western understanding has traditionally focused on physical health contributing to wellbeing, and in the workplace particularly has linked people’s health and wellbeing to fitness and diet, health and safety, and seeking to ensure employees are less absent as a result of illness.

This is changing as spiritual, emotional and social aspects of wellbeing have become more present in conversations, critical EQ is to skilled leadership and to work relationships.

The increase of alternative experience wellbeing. In Sweden in 2007 a study showed that the concept of well-

ness as a holistic concept in medical practice, where all aspects of people’s needs should be informing the care given, was alive and well in that country. (Strindberg, E. Et al, 2007).

The Human Potential Centre at AUT completed a comprehensive research in 2013 regarding wellbeing in this country, based on research from the UK, who identified five areas which they named as Winning Ways to Wellbeing, ways in which people experienced higher levels of wellbeing:

People who socially connect to others:  
**Connect**

Give time and resources to others:  
**Give**

Able to appreciate and take notice of things around them:  
**Take notice**

Learning new things in their lives:  
**Keep learning**

Physically active:  
**Be Active**

They looked at those who had the highest scores in wellbeing as measured through the research and examined what factors contributed to and defined those people. They also compared the results with international findings. This snapshot of wellbeing will be monitored over the next four years to see if there are any significant changes. This report makes for a very interesting read! ([mywellbeing.co.nz](http://mywellbeing.co.nz))

The University of California, Riverside, has a website on wellness and describe the seven dimensions of wellness, as listed, with the understanding that each one is important in its contribution to a person’s overall health and wellbeing. Social, Emotional, Spiritual, Environmental, Occupational, Intellectual and Physical.

How these aspects of wellbeing are expressed within an organisation – how these are valued, supported, and modeled by the leadership, through the relationships, processes, meetings and learning, can also contribute to the fulfillment of the mission and vision. Many other websites add in Financial Wellness.



# What is workplace wellness?

David Whyte in *'The Three Marriages: Reimagining Work, Self and Relationship'* (2009) describes his book's purpose as "attempts to re-frame our language and our thinking to move away from a phrase that is deeply misleading, a phrase that often becomes a lash with which we punish ourselves... Work-life balance."

- "Work and life are not separate things and therefore cannot be balanced against each other except to create further trouble."
- "To dispel the myth that we are predominantly thinking creatures, who can, if we put our feet in all the right places, develop strategies that will make us...what we want to be."

He describes the *three marriages* as being our relationship with our work, with our intimate relationships with others, and with ourselves. Rather than trying to balance these, to find the depth of understanding and conversation that assists us to a more healthy conscious awareness of how they impact on each other.

## WHO IS RESPONSIBLE FOR OUR WELLBEING?

The Health & Safety at Work Act 2015 highlights the importance of each employee being aware of and responsible for their health and safety in their workplace. This raises some questions about how well we understand how to keep ourselves well at work. How do we identify and address our own stress, or an environment of stress at work? Is there a wellbeing culture in our workplace? How do you experience that and know it exists? Or where do you go if there are issues of stress, conflict, unhealthy practices to ensure these are addressed? What are we, as leaders, modeling by way of wellness practices in the way we lead, work and communicate?

There is a growing body of literature, research and conversation about resilience and its integral connection to wellness. How do we build resilience and sustain wellness given the demands and pressure of our work lives? ●

### The seven dimensions of wellness:

- Social
- Emotional
- Spiritual
- Environmental
- Occupational
- Intellectual
- Physical
- Financial



# AMFS

## EVERY MUM DESERVES TO BE SEEN.

### Aotearoa Multicultural Families Society

Aotearoa Multicultural Families Society (AMFS) aims to support and connect migrant families by establishing an interactive and safe growing community through structured learning programmes and activities. We provide a range of well-designed programmes for both parents and children to have a better understanding about each other and develop a better relationship.

Our key value is Mama Philosophy. The word philosophy comes from the Greek philo (love) and sophia (wisdom). Mama Philosophy means Mama loves wisdom. Parents are facing many new challenges nowadays especially for migrant families who are new to the country and try to settle and adapt to the new environment and support their children's growth. Our programmes will empower parents, especially mums to be able to learn parenting knowledge and practice in real life with ongoing and continuous support to each other.

Our key programmes and activities are:

1. Mama Philosophy Parenting Group - a mums' parenting support group which aims at establishing a learning community by studying Mama Philosophia together. It helps mums to resolve parenting issues and frustrations and supports their parenting journey.

The Moving Village - an organized walking activity which provides opportunities for children and families to not only walk/exercise together, but also practice communication skills, team work, resilience, getting out of their comfort zone through various activities during the walk. It also helps migrant families to appreciate the local environment and develop a sense of belonging and adapt better to life in NZ.

2. Children's Creative Holiday Programme - a programme which runs during the school holiday to build up children's creativity by various activities including drama, hand crafts, storybook writing and design, recycle material art, etc.

We also organize NZ education seminar and cultural presentations for local schools and organisations.

We have a group of volunteers which include parents and teenagers who actively participate and involve in different roles in our programmes and activities. We are developing our youth volunteer programmes and we are open to collaborate with other organizations for volunteer development and training.

In the next school holiday programme in October, we will present a Chinese creative drama, Journey to the West, which is one of the most popular Chinese classics. Our show is a combination of culture, literature, and drama. It is a very special performance and creation and we look forward to seeing you there.

Learn more about our programmes on Facebook: <https://www.facebook.com/AMFSmumclub/>

For enquires, email [aucklanddodo@gmail.com](mailto:aucklanddodo@gmail.com)



# Te Wiki o te Reo Māori! East Coast Bays School Kapa Haka Performances

By Deb Humphries *ANCAD*



Bays in Action worked in close partnership with the East Coast Bays Library to facilitate a tamariki focused community event for Maori Language Week!

The East Coast Bays celebrated Te Wiki o te Reo Māori (Māori Language Week) with a special community celebration. Our local schools showcased the talents of their kapa haka groups to whānau, friends, and all of our community. Everyone was welcome to come and support and watch the performances and celebrate the great mahi of these students.

The event was held in the Browns Bay Village Green outside the East Coast Bays Library on Sunday 18th September.

The initiative was coordinated in response to our local schools reaching out for opportunities to perform kapa haka in the community. The event itself

was fantastic but it was also a fabulous opportunity to develop greater relationships with our local schools which will support the development and implementation of our wellbeing focussed Bays in Action initiatives...

Bays in Action is a community-owned collective that is run and supported by a large and diverse group of community members, young people, schools, practitioners, local organisations and local businesses.

The purpose of Bays in Action is to: Increase youth voice in decisions that impact on young people; Increase youth wellbeing; Address issues impacting on youth safety and wellbeing; Support shared decision making in the Bays for positive youth outcomes; Increase opportunities for youth development including youth leadership development.

Bays in Action is funded by the Hibiscus and Bays Local Board and coordinated by Auckland North Community and Development.

You are welcome to connect with Bays in Action on Facebook here: <https://bit.ly/3LYTg28>



**Bays in Action**  
THINK TANK





# 5 minutes with Kim Kendrick

ANCAD BOARD MEMBER



## What is your work/professional background?

I have spent many years in Early Childhood working as a teacher, manager and then as an Area Manager.

## What motivated you to become a member of ANCAD's board?

I am passionate about working with the community and would like to utilise my skills to support community projects. I believe that our communities will be a better place when we work collaboratively and contribute our skills.

## Who/what inspires you?

Not one person inspires me but I am inspired by people who have deep integrity and contribute from the heart.

## What is your favourite season?

Summer. I love the beach and the ocean.

## What do you do to relax?

Spend time at the beach and on the water fishing or water skiing.

## Favourite book or movie?

It would have to be 'A fine balance' by Robinton Mistry. This book broke my heart, gave me hope, and changed the way I think about poverty.

## What do you think are the keys to success for community organisations?

- To be in touch with their community and really understand what they want.
- To focus on the doing and have something tangible to show for the time and effort.
- To be clear on what your objectives are and focus on key areas without spreading too thin.

## What do you think are the key challenges and needs facing Auckland and the North Shore?

It would have to be the cost of housing on the North Shore. Families will be forced out of the community by high rents and struggling to provide for their families.

## Best thing to cook in 30 mins?

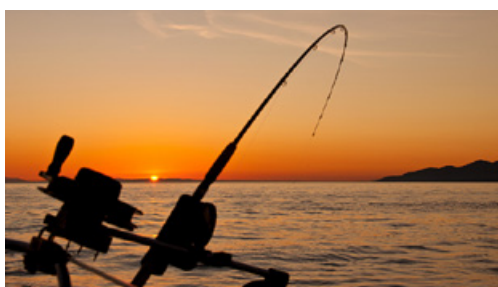
A red Thai curry.

## One thing you couldn't live without?

My trainers I need to for walks to de-stress.

## If you had a super power - What would it be and how would you use it?

Super Smart - I would use to make so much money I could establish my own charity. ●



# Community Development

UPDATE: October 2022



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Community Development  
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(0800 4ANCAD)

My first month at ANCAD has been a busy one in the Community Development space. I've met some wonderful leaders doing amazing mahi in their local communities. I've heard how ANCAD's support impacts their delivery and the areas where we can build stronger support and capacity building for the future. In between these meetings, we've been delivering events and attending meetings for upcoming projects. Here's a snapshot of September's Community Development activities:

## DIGITAL SENIORS

ANCAD GM Fiona Brennan and I attended the inaugural steering group meeting for the Auckland Council Digital Seniors pilot on 21st September. The pilot will take the learnings from the Wairarapa Digital Seniors project and adapt them to suit North Auckland's diverse older adults population. The project aims to reduce social and digital exclusion felt by seniors by offering one on one drop-in sessions with volunteers. The outcome is to support seniors to be comfortable and empowered with technology. The project is being led by Fiona Colbert, Community Manager, Digital Seniors Auckland North. Fiona will be the guest speaker at ANCAD's 27 October network meeting. ANCAD will work as part of the steering group to help support and build capacity of the project.

## MEET THE CANDIDATES

On 1st September, ANCAD hosted a Meet the Candidates event at Takapuna Senior Citizens Hall for Kaipātiki and Devonport-Takapuna Local Board candidates. Around 40 people turned up to listen to the 30 candidates speak and answer questions. We wish all the candidates the best of luck in the coming election period.



Meet the candidates

## MOON FESTIVAL

On 12th September Simon Ritchie and Sarah Thorne attended a Moon Festival celebration at Shore Junction with Aotearoa Multicultural Families Society. The event focused on the culture behind the celebration and provided an opportunity to hear from the group about their activities. A wonderful lunch was served and guests were all provided with Moon Cakes. It was a wonderful opportunity to learn more about Chinese culture and about the great mahi being done by the Aotearoa Multicultural Families Society. The Society has just joined ANCAD as a member and we look forward to work with Cheryl Han and her team in the future.

## Community development

### NETWORK MEETING

On 22nd September, we held a Network meeting at the Mary Thomas Centre. Hilary Star Foged of LEAD Centre for Not-for-Profit Leadership on the topic of 'how do we take care of ourselves as well as taking care of our team?'. This topic fitted in well with Mental Health week and provided some essential self-care tools for the team leaders who attended the event. Following Hilary's talk, there was an opportunity for introductions and networking amongst the attendees.

### COMMUNITY RESILIENCE

ANCAD's Community Resilience Emergency Preparedness Coordinator, Madison O'Dwyer, has worked with a group of Devonport stakeholders to deliver a draft Emergency Preparedness document for Devonport. The document will be finalised over the coming months. Some of the group attended the Blue Radius exhibition panel discussion at The Depot Artspace which was curated by Exhibition curator Laura Donkers. The panel discussion highlighted various outcomes for Devonport in the context of future sea level rises/coastal inundation. Madison is now working with the Belmont and Bayswater community to support the community to develop emergency preparedness.

### COMMUNITY DEVELOPMENT MEETINGS

It was wonderful to get out and about and start meeting some of our amazing community stakeholders as part of my new Community Development role. We aim to support organisations across the North Shore through our various activities and services as well as to map service provision and provide connection and collaboration opportunities. If you're keen to meet with me to explore how we can support you, please don't hesitate to get in touch.

### WHAT'S COMING IN OCTOBER?

- 6th October 6-8.30pm Shore Pacific Community Network Event Evening, Massey University. RSVP to [sarah@ancad.org.nz](mailto:sarah@ancad.org.nz)
- 27th October 12-2pm ANCAD Community Network Meeting, Mary Thomas Centre. Topic: Digital Seniors programme. Speaker: Fiona Colbert, Digital Seniors. RSVP to [sarah@ancad.org.nz](mailto:sarah@ancad.org.nz) ●

*Submissions Writing workshop held at the Sunnynook Community Centre.*





# Resilient communities

UPDATE: OCTOBER 2022

By Madison O'Dwyer ANCAD



## Tsunami

As a coastal country, Tsunamis can be a big source of anxiety for kiwis.

A Tsunami is a series of large ocean waves generated by disturbances on, or near to the sea floor. There may be more than one wave, and the following waves may be bigger.

New Zealand can be affected by tsunami generated far from our coast, as well as from nearby coastal earthquakes and disturbances.

Here's what to do to keep safe during a Tsunami.

### BEFORE

- Identify a safe space inland and high above sea level (refer to the map below).
- Plan an evacuation route and practice it.
- Make a plan to help vulnerable community members.

### DURING

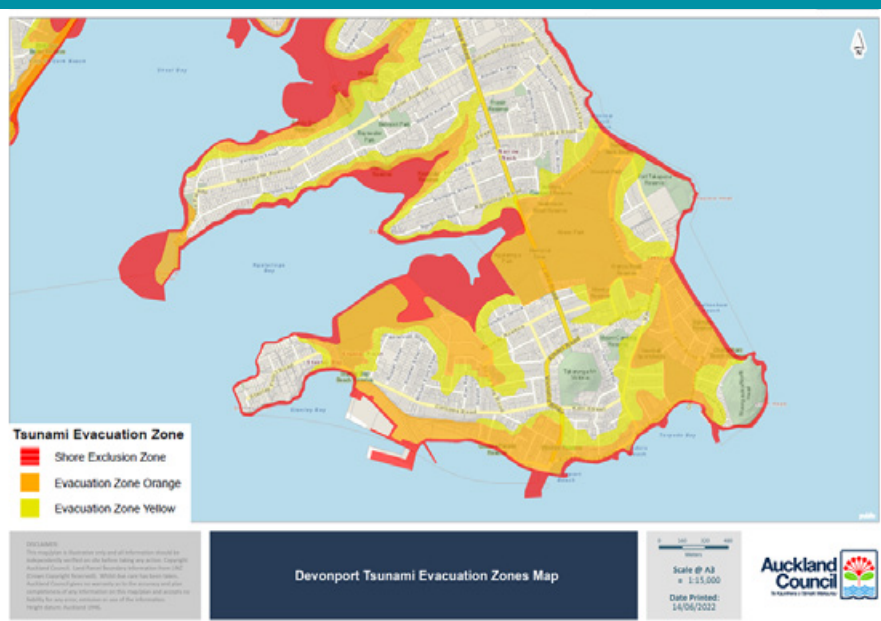
- Listen to local radio or Radio New Zealand (RNZ) for instructions from emergency services.
- If possible, walk, run, or cycle when evacuating from a tsunami - you don't want to get stuck in traffic in a tsunami zone. Consider carpooling if you have to drive.
- Stay in your safe place until you receive the all-clear from emergency services.
- Take an emergency getaway bag, and pets with you if you can.

### AFTER

- Stay tuned to a local radio station or RNZ.
- Use extreme caution when using roads, bridges, homes or buildings as they may be damaged.
- Report broken utility lines to appropriate authorities.

As a part of our planning process in Devonport, Auckland Emergency Management provided customised Tsunami maps detailing evacuation zones.

This is yet another way the Resilient Auckland North programme can support safer, more resilient communities. ●



[RESILIENTAUCKLANDNORTH.ORG.NZ](https://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 and Capability Lead*

*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
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



DATE	SESSION TOPIC	TIME	PRESENTER	LOCATION
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
July 7	The Incorporated Societies Act 2022: what you should know	10:00 am to 11:30 am	Carol Scholes (Overview Effect)	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
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
September 29	Role of the Treasurer	10:00 am to 12 noon	Mark Spooner	Mary Thomas Centre, Takapuna
October 19	Conflict in the team? Proven ways to turn around conflict and generate positive outcomes for all	10:00 am to 11:30 am	Sandy Thompson (LEAD)	Zoom
October 26	Leading with Good Governance	10:00 am to 11:30 am	Sandy Thompson (LEAD)	Zoom
November 2	Resourcing Leaders in Times of Change (bi-monthly) with topic du jour	10:00 am to 11:30 am	Sandy Thompson (LEAD)	Zoom

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 September



## **SIMON RITCHIE**

*Training and Capability Lead*

*simon@ancad.org.nz*

*0800 426 223*

*(0800 4ANCAD)*

September was another busy month for the LiiFT Aotearoa Programme. We held 5 sessions for NFP/community groups, including one completely new workshop entitled, "Role of the Treasurer."

On September 7 we ran another of our bi-monthly sessions on Zoom for leaders. This is now becoming more and more popular and helpful for many. The topic this month was 'Leaders as Coaches: Helping People Succeed, with presenter Aly McNicol and we had nearly 50 folks register for this valuable learning session. One attendee wrote, "The whole session was awesome, it was a great refresher and reflection on my leadership journey at this stage of my life."

A week later and Stephanie Maitland (Maitland and Associates) delivered a very informative and practically helpful session about the 'Other Funding Options available.' One attendee said that they really liked "The practicality of the information and the breadth of knowledge of the presenter."

On September 23 ANCAD hosted 16 people for the "Essential First Aid" 4-hour workshop. One attendee wrote, "I appreciated how straightforward Sarah (the presenter) was in her delivery of the content, focusing on the most important things." This is now the second time we have run this workshop this year due to popular demand and Sarah's amazing teaching way. We are still getting calls for another - stay tuned, we will see what dates are available with Sarah in the new year.



4-hour Essential First Aid workshop held at Mary Thomas Centre in Takapuna.





# LiiFT Aotearoa sessions in September



*LiiFT Aotearoa full day's workshop held in Tryphena, on Great Barrier Island.*



*Role of the Treasurer workshop held at the Mary Thomas Centre in Takapuna.*

In the last week of September we ran the inaugural 'Role of the Treasurer' 2-hour workshop, with presenter Mark Spooner (CA). This was run in connection with ANCAD's LiiFT Programme and ANCAD's Auckland Accounting Aotearoa Programme. The people who came really appreciated the practical support with information and help offered. One person wrote in their feedback, "This was the first training I had done as a treasurer and I picked up quite a few useful tips to make me better at my role." Some thought it was so helpful they wished it could go on longer. Stay tuned for a roll out of this workshop across Auckland!

ANCAD and the LiiFT Aotearoa Programme also seeks to provide education and training each year for those groups on Great Barrier Island. This was held on Sept 29 this year after a thick blanket of fog covered Auckland and had stopped our presenter Hilary Star Foged (LEAD) from going prior to this day. Word coming in is that this was another fantastic workshop, with around 25 people in attendance.

The month of October sees 2 new sessions to be held on Zoom. We have decided to run these topics from the feedback we have been getting from other LiiFT sessions, with the intention of meeting what people both want and need. These topics will include "Conflict in the Team? Proven ways to turn around conflict and generate positive outcomes for all." (Oct 19) and "Leading with Good Governance." (Oct 26). Both on Zoom. The we hold the final bi-monthly session on zoom for any and all leaders in the NFP/community group-space. This will be on Nov 2. Don't miss this last one as it aims to review 2022 and help to set up the new year in 2023!

Check out the LiiFT Programme and the website at [www.LiiFT.nz](http://www.LiiFT.nz) for more information and how to register. ●



INFORM AOTEAROA INSPIRE




# LiiFT Aotearoa upcoming sessions

ANCAD TRAINING | ZOOM SESSION

## CONFLICT IN THE TEAM?

PROVEN WAYS TO TURN AROUND CONFLICT AND GENERATE POSITIVE OUTCOMES FOR ALL

Presenter: Sandy Thompson (LEAD)  
Cost: \$35 | Zoom  
Wednesday 19 October 2022 | 10am to 11:30 am  
For more info and to register, please visit: [LiiFT.nz](http://LiiFT.nz)



ANCAD TRAINING | ZOOM SESSION

## LEADING WITH GOOD GOVERNANCE

Presenter: Sandy Thompson (LEAD)  
Wednesday 26 October 2022 | 10am to 11:30 am  
Cost: \$35 | Zoom  
For more info and to register, please visit: [LiiFT.nz](http://LiiFT.nz)



ANCAD TRAINING SERIES | ZOOM SESSION

## RESOURCING LEADERS IN TIMES OF CHANGE



**2 NOV TOPIC: SETTING GOALS AND EXPECTATIONS FOR CLARITY AND CHANGEMAKING**

A series of meet-ups via Zoom, every two months with Professional Development.

Hear from a presenter and each other on topical issues.

**FREE**

Presenter and Facilitator: Sandy Thompson, LEAD  
Dates: Weds 2 November 2022 | Venue: Zoom  
Time: 10:00 am to 11:30 am | Cost: FREE  
For more information and to register, please visit [LiiFT.nz](http://LiiFT.nz)

**TOP PRESENTER**

**HOT TOPIC**





## NSFVPN / CFG / YCS: Meeting dates 2022



### DEB HUMPHRIES

North Shore Family Violence  
Prevention Strategic Manager  
fvpnnns@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:

6 October | 3 November | 1 December

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:

13 October | 10 November | 8 December

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

Auckland Community  
Accounting and Community  
Accounting Aotearoa  
Programme Lead  
geoff@ancad.org.nz  
021 054 6240  
0800 426 223  
(0800 4ANCAD)



AUCKLAND  
COMMUNITY  
ACCOUNTING



COMMUNITY  
ACCOUNTING  
AOTEAROA

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

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

# 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.
- Commercial rate: \$50 + GST per hour.
- Community (NFP) rate: \$25 + GST per hour.
- Kitchen \$15 + GST one off charge.



## ST ANNE'S ROOM

- Capacity 60–80 people.
- Commercial rate: \$50 + GST per hour.
- Community (NFP) rate: \$25 + GST per hour.
- There is a kitchenette in the St Anne's Room.



## WYN WILLIAMS ROOM

- Capacity 20–30 people.
- Commercial rate: \$36 + GST per hour.
- Community (NFP) rate: \$18 + GST per hour.

### FOR MORE INFORMATION:

Mary Thomas Centre | 3 Gibbons Rd, Takapuna, Auckland  
[hub@ancad.org.nz](mailto:hub@ancad.org.nz)  
 0800 426 223

Takapuna Community hub  
 Kotahitanga



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





*Housing and family support*

# **BREAKFAST FUNDRAISER**

**with Author, Commentator & Co-founder  
of Duffy Books in Homes, Alan Duff**

**CATCH UP WITH DE PAUL HOUSE  
NEWS AND HEAR FROM WELL  
KNOWN NEW ZEALAND AUTHOR,  
ALAN DUFF**

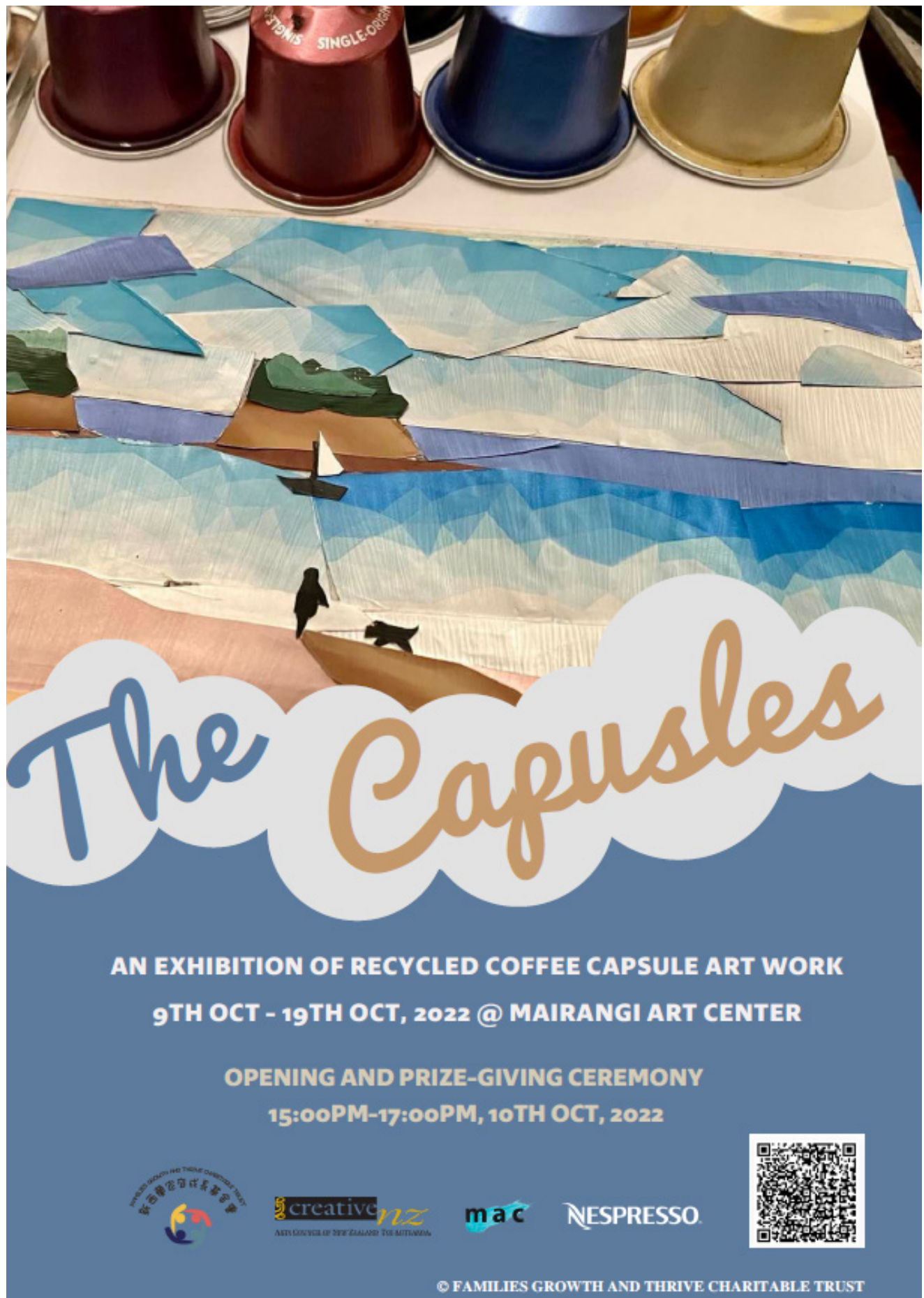
**17 October, 2022 | 7am - 9am**

**The Spencer Hotel, 9/17 Byron Avenue, Takapuna**



**Ticket Pricing:  
\$95 for individuals  
\$900 for table of 10**






**Please RSVP to [admin@depaulhouse.org.nz](mailto:admin@depaulhouse.org.nz)  
by 7 October, 2022**



# The Capsules

**AN EXHIBITION OF RECYCLED COFFEE CAPSULE ART WORK**  
**9TH OCT - 19TH OCT, 2022 @ MAIRANGI ART CENTER**

**OPENING AND PRIZE-GIVING CEREMONY**  
**15:00PM-17:00PM, 10TH OCT, 2022**

© FAMILIES GROWTH AND THRIVE CHARITABLE TRUST

CLASSIC • CULTURE • CREATION

# The real Monkey King

JOURNEY TO THE WEST  
CREATIVE DRAMA



**16/10/2022 1.00pm**  
**The Rose Centre, North Shore**







# AGM 2022 COME AND JOIN US



Tuesday  
18th October  
from 6:30pm

You are invited to our Bayview Community Centre Governance Board meeting, held in our Kowhai room. We will be reviewing the last year and electing Board members.

For more details - Bayview Community Centre  
72 Bayview Road.[manager@bayviewcentre.org.nz](mailto:manager@bayviewcentre.org.nz)



## 2022 KNOW YOUR RIGHTS SERIES

### 10am to 11am

Free legal education sessions in our community, to our community.  
You can attend any or all of these seminars in person or by webinar.

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@acic.org.nz](mailto:education@acic.org.nz) or 09 302 5347.

#### Webinars

**Tuesday 13 September** - Protection Orders: Applying and Responding

**Tuesday 20 September** - Basic Employment Rights

**Tuesday 27 September** - The Court & First Court Appearances

**Tuesday 4 October** - Consumer Issues

**Tuesday 11 October** - Neighbours/Fence Issues

**Tuesday 18 October** - Refugee Issues

#### In person sessions

**Thursday 15 September** - Protection Orders: Applying and Responding (Hall 2)

**Thursday 22 September** - Basic Employment Rights (Hall 1)

**Thursday 29 September** - The Court & First Court Appearances (Hall 2)

**Thursday 6 October** - Consumer Issues (Hall 2)

**Thursday 13 October** - Neighbours/Fence Issues (Hall 2)

**Thursday 20 October** - Refugee Issues (Hall 2)

**All in person sessions are held at the Western Springs Garden Community Hall**

**956 Great North Road, Western Springs, Auckland 1022**

*(NB: Hall 2 is the hall closest to the carpark)*

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

Rotary  
Kaipātiki



# 2022 Charity BOOK FAIR 7-9 OCTOBER

**GLENFIELD COLLEGE HALL**  
60 Kaipatiki Road, Glenfield

Friday 7 October: 11am\* - 7pm  
Saturday 8 October: 9am - 5pm  
Sunday 9 October: 9am - 3pm

\*\$10 Entrance Fee for first hour on  
Friday only, otherwise FREE entry

THANKS TO OUR SPONSORS



## BOOK COLLECTION

**2022**  
**SATURDAY 3 SEPTEMBER**  
**TO SUNDAY 2 OCTOBER**

### BOOKS REQUIRED \*

Do you have good quality books to donate?  
If so, you may drop them off at any of the  
Z service stations listed below.

If you are unable to do so, or have a large number  
of books, please contact Graham or Judy:  
**09 488-7105** to arrange for assistance.

\*Sorry, we don't accept damaged books, ex-Library books,  
Reader's Digest collections, encyclopaedia, phone books,  
magazines or newspapers. 100% of proceeds will be returned to  
the community for charitable purposes.  
Thank you for your support

Drop-off bins are located at the  
following Z Service Stations:

Glen Park	241 Glenfield Road
Greville Rd	43 Greville Road
Mairangi Bay	413 Beach Road
Milford	151 East Coast Road
Onewa Road	119 Onewa Road
Sunnybrae Rd	37 Northcote Road

## CAB North Shore Sunnynook Community

The North Shore CAB is collaborating with the  
Sunnynook Community Centre to offer a pop-up clinic on the  
**second and fourth Thursday of every month.**

Time: 1:30pm to 4:00pm  
Sunnynook Community Centre

Glenfield CAB's offered services and clinics:

**Sunnynook pop-up clinic | Legal clinic | Justice of the Peace clinics | Budgeting clinic**

Find more volunteering info at [www.cab.org.nz/getinvolved](http://www.cab.org.nz/getinvolved) or contact Glenfield CAB:

09 444 9451 | [glenfield@cab.org.nz](mailto:glenfield@cab.org.nz)







Auckland/Northland Regional Conference

## **Ageing research methods, creativity and arts**

9.45am—3.30pm, 1st November 2022

The University of Auckland (Grafton campus)

Keynote addresses by

Professor Brendan McCormack, The University of Sydney

**The cognitive and creative dance of research: Engaging the whole person**

&

Professor Evonne Miller, Queensland University of Technology in Brisbane

**Transforming healthcare: The power of participatory co-design and creative arts-based research**

Presentations by

John Parsons, **Photo elicitation using ‘inspiration’ booklets in focus groups with older people**

Richard Wright **Glory Days: Storytelling the establishment of community sporting memories clubs in Tāmaki Makaurau – Auckland**

Peter O’Connor & Moe Gregorzewski **Applied Theatre: Research, the arts and political resistance**

**Call for posters** (deadline 17th September 2022)

For more information, to submit an abstract and to register click [here](#)



# FREE FAMILY EVENT!

REGISTER ONLINE:

[HTTPS://BAYSWATERHALLOWEENTRAIL2022.RAISEIT.NZ](https://bayswaterhalloweentrail2022.raiseit.nz)

OR ONSITE AT THE EVENT



**BAYSWATER HALLOWEEN TRAIL** *walk or ride!*

THERE WILL BE LOTS OF TREATS, TRICKS, PRIZES, COFFEE AND FOOD FOR SALE AND A FREE SAUSAGE SIZZLE FOR KIDS!

**FRI 28 OCTOBER 5-7pm**  
Bayswater Park

*bike shoes* MOUNT YOUR ~~BROOM~~, PUT ON YOUR GHOST SHEET AND EXPLORE OUR GREEN ROUTE!



CAREGIVERS ARE RESPONSIBLE FOR CHILDREN UNDER THE AGE OF 14 YEARS ATTENDING THIS EVENT



Bayswater  
Community  
Committee



BAYSWATER MARINA

Devonport-Takapuna  
Local Board



Harcourt's  
Cooper & Co





# 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:**

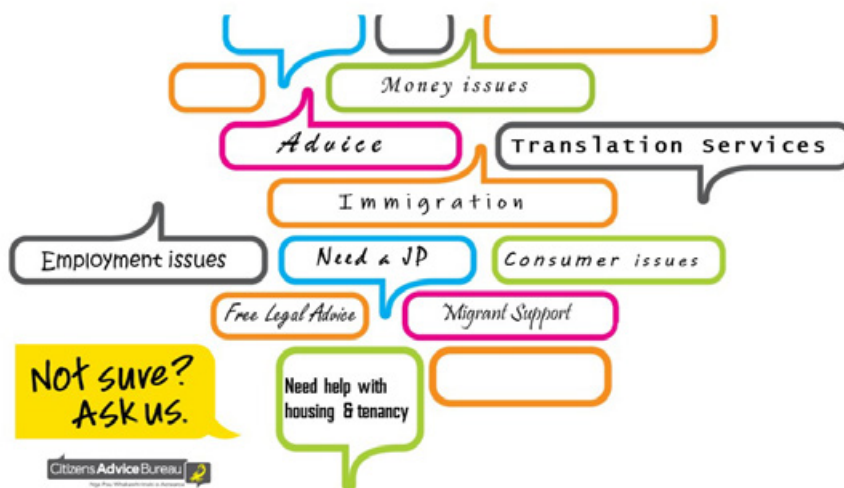
Birkenhead, Browns Bay, Glenfield,  
Hibiscus Coast, Northcote & Takapuna

0800 367 222

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



# LANGUAGE SUPPORT



If you're new to New Zealand or just need support getting settled, or perhaps need help in communicating the issue in another language, then the Citizens Advice Bureau is here to help. Friendly CAB volunteers have lots of experience helping new migrants to access information on education, employment, tenancy and getting to know the services in your community. Contact your local CAB and find out what's available in your area.

CAB are passionate about people knowing their rights and responsibilities and making sure money and other barriers don't get in the way. You can contact CAB by visiting or phoning your local CAB in one of over 80 neighbourhoods around New Zealand, or by calling free on 0800 FOR CAB / 0800 367 222 (from your mobile phone or landline). You can also email or get advice online through live chat.

- CALL 0800 367 222 (9am to 5pm weekdays)
- MESSAGE anytime via <https://www.cab.org.nz/find-a-cab/contact-us/>, or live chat when available
- VISIT your local CAB (For opening hours, visit <https://www.cab.org.nz/find-a-cab/>)

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.

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)



**FREE  
ENTRY!**

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

Parking available • Supervision by caregivers required



# BELLS & WHISTLES PLAYGROUP

Wednesdays (term time)

9:30am – 11:30am

Devonport Community  
House

\$2 entry (per family)



# Bayview Community PLAYGROUP

FRIDAYS  
9am - 11:30am

72 Bayview road  
Bayview Community Centre Hall

Come for a chat and a play

For more info email:  
[bayviewplaygroup@outlook.co.nz](mailto:bayviewplaygroup@outlook.co.nz)





# Tea and Games for Seniors

Devonport Community House  
Tuesdays & Thursdays  
10:30am - 12:00pm  
Gold Coin Donation

No bookings required  
Just come along!  
(09) 445 3068





# 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