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

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Haere mai

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

COMMUNITY

As we transition from wintertime to springtime, it's fantastic to see so many community events taking place in person over the next few weeks.

Multiple Sclerosis Week and Mental Health Awareness Week highlight significant areas of support needed for our community and society. ANCAD's next networking meeting on the 22 September will have a strong focus on wellbeing and mental health awareness.

Laura Donker's exhibition that runs through September at the Depot Art Space is unmissable. Blue Radius is a collaborative art and climate science exhibition and public events programme that imaginatively raises awareness of climate change induced sea level rise and other ecological emergencies happening along Tāmaki Makaurau's shores.

COMMUNITY RESILIENCE

Our community resilience coordinator continues 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 Auckland Emergency Management for this programme and in particular, Rachael Mercer, Resilience Advisor for local boards and community. Rachel's leadership, timely advice and the

close working relationship between AEM and ANCAD has supported our community-led initiatives and ensured we had the specialist advice we needed. We wish Rachel all the very best as she takes up a new role with the emergency management team at Counties Manukau DHB. We look forward to continuing our work with Melanie Hutton, Head of Resilience, and Rohan Jaduram.

PROJECT EMPLOY

Have you been to Flourish Café in Takapuna, run by Project Employ? Project Employ is on a mission to support young people with disabilities as they transition into the workforce. I encourage you to go and treat yourself. Some of the ANCAD team had the privilege of meeting the Flourish team and enjoying some great coffee. The staff are very welcoming, highly organised and well-trained. They recently featured in a Radio New Zealand video found at https://lnkd.in/e8BfnFUB.

ANCAD STAFF TEAM IS GROWING

We extend a warm welcome to Sarah Thorne, our Community Development Lead whose work will extend across Auckland North and the North Shore. We look forward to what will now be possible for our community engagement, with increased impact and presence in the community.

Our team is growing in other directions too. We are currently recruiting for a Safer Whānau Facilitator/ Admin Support person

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

under our extensive North Shore Family Violence prevention mahi delivered by Deb Humphries. The new role supports administration and facilitation of an expanded work portfolio.

Our Auckland Community Accounting Programme, led by Geoff Andrews, is recruiting for an additional coordinator to work with Māori organisations. Kim Bennett recently stepped back from this role to take on a strategic governance role with the ANCAD Board.

We have some other potential roles in the pipeline and will keep you posted with further developments.

OUR AGM AND A WELCOME TO OUR NEW BOARD MEMBERS

ANCAD recently held its AGM at the Mary Thomas Centre. We extend our grateful thanks for all who were able to attend. Jan Rutledge QSM spoke about community housing issues on the North Shore and the work she leads in emergency and transitional housing as General Manager of De Paul House. Jan brings considerable experience to the Board of ANCAD in social service and North Shore communities.

On behalf of the Board, I would like to warmly welcome Kim Kendrick, Kim Bennett and Cindy Bradley as our new board members. They bring a wealth of experience to the governance group. Their profiles will be available on our website soon and we look forward to interviewing them, in due course, for the Community Connections Magazine.

LOCAL BOARD ELECTIONS AND LOCAL COUNCILLORS

We start the month with our 'Meet the Candidates' event on the 1 September from 12pm - 2pm at the Senior Citizens Hall, next to the Mary Thomas Centre, in Takapuna. Do

come along and ask your questions. 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 of our community partners, organisations and funders with 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 in any community initiatives, participation in our training programme, or, if you have any questions about our work and what we offer.

Ngā mihi Fiona Brennan



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



Welcome Sarah!

Auckland North Community and Development (ANCAD) is delighted to welcome Sarah Thorne, formerly of Takapuna North Community Trust, to the newly created ANCAD position of Community Development Lead.

Sarah will be working to enable a range of community-led initiatives through engagement across North Shore communities and Auckland North.

Welcome Sarah!

To get to know Sarah better, please visit "5 Minutes with Sarah Thorne", page 12.

Meet Your Local Candidates Kia tūtaki ki ō kaiwhai pōti i tō rohe pātata



1 September 2022 | 12pm to 2pm Takapuna Senior Citizens Hall, 5 The Strand, Takapuna

Meet and hear from candidates. Know the candidates' positions on the issues that affect our city and daily lives. Make well-informed decisions when voting in this year's local elections.

Head to the ANCAD website for further information and to register.

Regenerating our connection with ourselves and our environment

By Sam Tu'itahi

Kaitakawāenga Hāpori Community Activator Kaipātiki Project

From its beginnings over 23 years ago as a neighbourhood environmental action group, Kaipātiki Project in Birkdale on Auckland's North Shore, is an innovative eco-hub running a thriving native plant nursery and facilitating local native ngahere, stream and estuary regeneration.

Despite the challenges, the impact of Kaipātiki Project's regenerative environment programmes has amplified over the last 12 months; strengthening their offerings and increasing community engagement and participation in many ways.

Formed in 1998 in Auckland's North, Kaipātiki Project is recognised as an innovator, trusted to lead by example and pilot/demonstrate new ways of working and living that help drive systemic change through world class thinking and delivery. Embracing Te Ao Māori, we partner with mana whenua and mataawaka Māori to understand how mātauranga Māori can improve environmental outcomes for the area and incorporate this into our work. We are known for providing lifelong learning opportunities for regenerative environment and sustainable living. We



Regenerating our connection with ourselves and our environment

do this by creating more opportunities to share knowledge across our diverse communities; workshops, courses, hands-on-ecology, volunteering, internships, EcoFest North & community events, online & social media platforms, mentor/umbrella fledgling groups, project collaboration and partnerships, membership to local and national networks and strengthening lwi relationships.

The nursery operates at sites in Birkdale and Hobsonville Point to produce an extensive range of native plants with 80+ species to enhance biodiversity. We grow 45k plants annually, all from eco-sourced seeds from the Tāmaki Ecological District, to help restore the bush for our native birds, animals and plants, and remove carbon from the atmosphere. Eskdale is our tūrangawaewae our home - from which we support the lwi, Hapū & Community Nurseries network, and facilitating, enabling and upskilling 40+ nurseries across Tāmaki Makaurau.

The Regeneration Team facilitate activities year-round in local reserves that contribute to Predator Free 2050, the reduction of invasive weed species and improving native eco-systems. Our Stream Care programme supports local goals by providing regular freshwater monitoring and contributing data on progress. The team has grown in the last year introducing two new part-time coordinators to increase delivery in these programmes.

The Teaching Garden and Community Compost Hub, continue to develop a circular process sustainable edible garden - improving soil fertility, planting strong seeds, maintaining plant health organically to produce nutrient dense food, harvesting and sharing this abundance with community, saving seeds for the next growing season, and working to the environmental conditions.

The Zero Waste Hub Northcote serves the community through education, support and collaboration with a focus on achieving the goal of Zero Waste 2040 in the Northcote town centre and surrounding residential and business area.

Achieving our strategy requires us to work boldly within and across sectors: we work collaboratively where possible and appropriate, working together to grow our impact for a sustainable future for people and nature.

Kaipātiki Project plays a vital role to support, engage and enable our community and volunteers to participate in regenerative environment and sustainable living activities that support overall wellbeing, bringing communities together, enhancing skills and creativity and building a sense of pride. We engage with intent, to work with a diverse range of volunteers, members, partners, funders, supporters, collaborators, donors and participants.

Conservation week 2022 is coming up and is a perfect opportunity for community to join local environmental initiatives. Running from the 5th to 11th of September, there are a range of activities you can join to connect with yourself, our community and our living world. Find out where your local restoration groups are and give them a hand!

We are also offering the following events during conservation week – more information and sign-ups can be found on our website through our "What's On" page.

- 6th September Eskdale Reserve
- 8th September Home Grown Food
- 10th September Jessie Tonar Scout Reserve
- 10th September Composting "How to" workshop.

Conservation Week

Conservation Week/ Te Wiki Tiaki Ao Tūroa 2022 takes place Monday 5 to Sunday 11 September.

This year's focus:
how we can take
action for nature.
Conservation Week
2022 encourages
New Zealanders to
immerse themselves
in nature and enjoy a
fresh prospective on
the unique spaces
and wildlife of
Aotearoa.

For more information on Conservation Week please visit: https:// bit.ly/3csSiOg







Multiple Sclerosis Awareness Week 12–18 September 2022

Every year MSNZ runs a campaign to raise awareness nationally for Multiple Sclerosis as a chronic condition affecting New Zealanders and highlighting the needs of those living with the condition.

Regional Societies across the country will hold Street Collections and events to raise vital funds for the work they do supporting people living with and supporting those with Multiple Sclerosis in their local communities.

Our 2022 campaign introduces 18 brave New Zealanders, proud to be a Face of MS showing how MS impacts them, the lives of their families and the vital support that they receive from their MS Regional Society. Check out the campaign website to read more about these faces and why they need your help.

We are based in the Takapuna Community Services Centre.

Here is Rochelle's story:

"I was diagnosed over 6 years ago and my symptoms are limited to numbness in the soles of my hands and feet, sensitivity to cold and fatigue.

Due to the mildness of my symptoms, MS impacts my daily life other ways such as the decisions I make every day to support my wellness. The food I eat, the exercise I do, the amount of work I take on, the rest I get and the strategies I implement to combat stress and things that life throws at me.

I feel grateful and lucky that MS has created space for me to give more consideration to both my physical and emotional wellbeing. The emotional rollercoaster that is navigating a life changing diagnosis has both challenged and strengthened me equally. I have learnt a lot about my strengths, capabilities and of course limitations.

At first, it was really hard to shift out of the negative "woe is me" mindset in to the "what can I do about this" mindset. It was very much a grieving process that presented much like it does when you lose someone close to you. Essentially, I was losing 'the me' as I knew her. But I soon discovered 'the me that I can be' even with an MS diagnosis.

In the end, I realised that 'the new me' wasn't that different from 'the old me' – she just needed to accept what was happening to her and start to think about what was still in her scope of influence.

MS Auckland has supported me by giving me an opportunity to connect with others on similar journeys, share my experience in a positive way that supports and benefits others and in turn spurs optimism and hope for our journeys.

The collective support of MS Auckland makes me feel supported and validated even in the mildness of my MS.

This disease is so different for everyone, but the Society always makes it clear that regardless of your "status" they are there for you and others, whatever level of support is needed."





AUCKLAND DOMAIN SATURDAY 17th SEPTEMBER

TO REGISTER GO TO WWW.MSAKL.ORG.NZ/WALK

Meet at Band Rotunda

@ Auckland Domain

2.30 - 4.00pm

Coffee&Cone Van

Wear orange for a chance to win one of our spot prizes!

Walk/Run a 2/4KM Loop
 Sausage Sizzle
 Kids Games
 Spot Prizes, including Best
 Dressed Dog
 Harcourts Cooper & Co

Free for MS Auckland Members Donation for Non Members (suggested \$20 / \$30 Whānau)

> Registration essential! Rain day 24th September





Can't make the date, but want to donate? Scan here.

MULTIPLE SCLEROSIS

AWARENESS WEEK 12-18 SEPTEMBER 2022

Mental Health Awareness Week (MHAW)

In 2022, Mental Health Awareness Week (MHAW) will be held on 26 September to 2 October.

From their website https://mhaw.nz/ MHAW is run annually by the Mental Health Foundation and has been since 1993. MHAW is endorsed by the World Federation for Mental Health and is marked in over 150 countries at different times of the year.

This year's theme is Reconnect - with the people and places that lift you up, hei pikinga waiora.

The past couple of years have been tough and it's easy to feel disconnected from the people and places that are important to us.

Whether it's reaching out to someone you have lost contact with, visiting a place that's special to you or getting outside in nature, we hope you'll join us this MHAW to reconnect with the people and places that lift you up to enhance your wellbeing - hei pikinga waiora.

To help you activate the theme for yourself, your whānau, school, workplace or community, check out the MHAW 2022 Guide for daily activity ideas.

Mā te whakarongo, ka mōhio through listening, comes knowledge

Mā te mōhio, ka mārama through knowledge, comes understanding

Mā te mārama, ka matau through understanding, comes wisdom

Mā te matau, ka ora through wisdom, comes wellbeing 26 September to 2 October



FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE & YOU WILL FEEL THE BENEFITS



DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD



REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

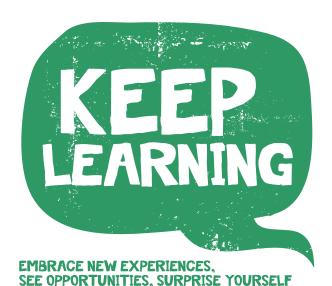


@ MENTAL HEALTH FOUNDATION OF NZ 201





YOUR TIME, YOUR WORDS, YOUR PRESENCE



Citizens Advice Bureau North Shore AGM

By Tim and Alison Takapuna CAB





Above: CABNS Board (photo: Danielle Grant, Kaipātiki Local Board). Bottom left: Claire and Rob, Chairs, CABNS (photo: Danielle Grant, Kaipātiki Local Board). Other photos: Tim Charman, CABNS.









The CAB has been serving New Zealand communities for over 50 years.

CAB North Shore, an ever-changing, adapting and growing bureau, saw its origin with the establishment of CAB Birkenhead in 1973. CABNS now boasts six branches across the North Shore and Hibiscus Coast which includes Birkenhead, Browns Bay, Glenfield, Hibiscus Coast, Northcote and Takapuna.

To recognise its annual achievements, CABNS held its customary Annual General Meeting at Mairangi Bay's Windsor Park on 18 August 2022. The 2021 meeting saw the CABNS AGM conclude on the eve of a nationwide Covid-19 lockdown and the 2022 meeting was not without drama either. The threat of gale force winds and torrential rain did not, however, manage to put a dampener on the proceedings.

Kicking off with a lovely lunch spread, CAB colleagues and guests were afforded the opportunity to catch up. Numerous local community leaders showed their support for the CAB, including MPs and members of Local Boards.

In his presentation, Area Manager Tim Charman outlined that across the North Shore and Hibiscus Coast CABNS has around 140 volunteers and 10 staff providing service across seven premises, all of whom contributed significantly to the more than 28,000 hours of community support over the past year.

The Board warmly thanked out-going chairperson Clare Russell (Glenfield Branch) who retired as the Chair after four years, with a total of six years of dedicated service to the Board, and welcomed in-coming Chairperson Rob Mackenzie (Hibiscus Coast Branch) who has taken over the helm.

The Board recognised a few special people for extraordinary length of service, stretching into decades. Elizabeth Wall (Browns Bay Branch) was

honoured with life membership after 40 years' service. Jenny Clarke (Hibiscus Coast Branch) and Malcom Wade (Birkenhead Branch) were also acknowledged for their 20 and 25 years of service respectively.

Anyone who has lived on the North Shore for any length of time will have seen ongoing evidence of a community bulging at the seams; new subdivisions, commercial hubs and infrastructure. Remember the green fields of Albany? It wasn't so long ago that we were buying apples from the many orchards there.

Guest speaker, Bill McKay, from the University of Auckland, rounded the afternoon off by drawing on his expertise in architecture and urban planning to offer insights into urban design for our expanding communities.

Considering the many challenges faced over the last few years, it was particularly important for this AGM to sign off on what has been a most successful year, and the event was upbeat for it.



5 minutes with Sarah Thorne

COMMUNITY DEVELOPMENT LEAD, ANCAD



What is your work/professional background?

I'm passionate about people and communities. Most recently I managed Takapuna North Community Trust, but I've also worked in event organisation, community development and communication roles in small to large, local and international enterprises.

What are you looking forward to in your new role at ANCAD as Community Development Lead?

Working with the wonderful people who I already know and meeting new people.

Who and/or what inspires you or drives you forward?

My daughters. They are amazing human beings and they inspire me every day.

What is your favourite season of the year and why?

Spring. I love the new bulbs popping through and promise of the Summer to come.

Best thing to cook in under 30 minutes?

I'm famous for my bottom of the fridge stirfrys.

Your 'happy place'?

At the dinner table laughing with my family.

Your 'super power'?

My creativity. I love to make things.



Resilient communities

UPDATE: AUGUST 2022

By Madison O'Dwyer ANCAD





Fire safety

Fire and Emergency NZ (FENZ) recently reviewed the Devonport Community Guide. Their comments focused on preventing home and local fires.

In 2021, NZ experienced one of the worst months on record for fire deaths. https://bit.ly/3As6y1M

If you haven't already, take a few minutes to brush up on your fire safety habits to keep yourself, your family and your community safe.

BEFORE A FIRE:

- Ensure there are smoke alarms installed in every bedroom, living area and hallway in the house — ideally, long-life photoelectric ones.
- Keep everything a metre from the heater.
 Plug heaters directly into a wall socket and avoid drying clothing and other items directly besides, or on top of heaters.
- Keep your kitchen clean, remove spilled fats or burnt foods from stovetops and clean the rangehood filters. Keep a fire extinguisher near the kitchen.

- Ensure powerpoints or multi-boards are not overloaded with appliances.
- Ensure the fireplace has a screen with a proper fireguard, and the chimney has been checked and/or swept in the last year.
- BBQ fittings are tight and secure, and there's at least 1 metre of clear space around the BBQ.
- Manage vegetation around your home to ensure there is a clear break between structures on your property and tree lines.
- Before you light a fire, visit https://www.checkitsalright.nz/
- Report illegal dumping of waste on public lands (0800 663867).
- It is illegal to let off fireworks in public places including roads, parks and beaches. Report illegal use of fireworks to Auckland Council (09 301 0101).
- Create a 3-Step-Escape plan to ensure everyone in the household knows what to do in the event of a fire. Visit www.escapemyhouse. co.nz for more information.





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



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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



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 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
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
November 2	Resourcing Leaders in Times of Change (bi-monthly) with topic du jour	10:00 am to 11:30 am	Sandy Thompson	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 August



SIMON RITCHIE

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August was a busy month for the LiiFT programme.

We started with a zoom training session on Governance and Management with presenter Carol Scholes which was well-attended with groups from 9 charitable sectors and those attending said that the content was just "gold". One person said "(This session) gave me clarity around my role plus the background around what being on a board really means, which was really important to the work my board are currently working on."

Then a week later Carol again presented a zoom session, this time on the topic of 'How to become a great Board member, Chair, treasurer, and office holder.' People who attended said they were really helped. Once person commented, "(This session) provided a clear picture of the responsibilities board members have, highlighting some areas that we didn't know about. Great material to inform our induction process for new Board members."

A week later we shifted the training to talk on zoom about the funding options available to groups, with presenter Therese Lanigan Behrent. After attending, one person said "The insight and experience of Therese - she has been on both sides of the funding / funder divide and has both a high level oversight and a detailed understanding of the challenges of sourcing funding. I found the slide describing the continuum of urgency of funding very helpful."

The following week Therese came to the Mary Thomas Centre where we ran a 3 hour workshop on the theme of 'Strategic Grant Seeking and Writing.' Sixteen people filled the St Anne's Room and absorbed a lot of very useful information. One person commented, "Therese is a great presenter. It's so helpful to have someone who has direct experience in reading applications and granting funds to be able to explain how best to do it."

In the month of September we have several sessions being run on zoom and in workshop format. The first is on September 7 specifically for those in positions of leadership; a bi-monthly course called 'Resourcing leadership in Times of Change' with presenter Aly McNicoll. On September 15, presenter Stephanie Maitland presents on zoom, on the topic of 'Other Fundraising Options: Donations, Bequests, Business Support and Events.' And on September 23 we will be running an 'Essential First Aid course' with presenter Sarah Thompson, who delivered a very good workshop earlier in the year - so good we had to bring her back. On September 29 we have introduced a new 2 hour face-to-face workshop titled, 'The Role of the Treasurer' being held in Takapuna.

Check out the programme and the website at www.LiiFT.nz for more information and how to register. •



LiiFT Aotearoa sessions in September















NSFVPN / CFG / YCS: Meeting dates 2022



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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:

1 September | 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

8 September | 13 October | 10 November | 8 December Meeting Time: 1:00–2:00pm

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

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 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 nonfinancial 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 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



AUCKLAND COMMUNITY ACCOUNTING





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 nonfinancial 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 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



COMMUNITY ACCOUNTING AOTEAROA



SAUCES REDUCED ON SESOURCES SAUCES REDUCED ON SESOURCES REDUCED ON SESOURCES RESOURCES RESOURCES RESOURCES RESOURCES RESOURCES REDUCED ON SESOURCES RESOURCES RESOURCE Auckland Region 2022

This is available for you to purchase in any of 3 ways from the ANCAD website at www.ancad.org.nz under the SHOP tab. You have three options to select from:



PDF

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

PRINTED HARD COPY

(80+ pages)

Maximum that can be ordered is two. than two) contact Susan directly at accounts@ancad.org.nz

One hard copy and the pdf

SALE PRICE NOW \$40 (was \$55) plus postage

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.



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.
- Community (NFP) rate: \$25 + GST per hour.
- 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.
- Community (NFP) rate: \$25 + GST per hour.
- 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.
- Community (NFP) rate: \$18 + GST per hour.

FOR MORE INFORMATION:

Mary Thomas Centre I 3 Gibbons Rd, Takapuna, Auckland hub@ancad.org.nz 0800 426 223 Takapuna Community **hub** Kotahitanga





Keep your Heart Healthy

Free information session for migrants





SUNNYNOOK COMMUNITY CENTRE

- ✓ What is Heart Disease. Understand Risk Factors.

 Minimise risks. Don't die early from Heart Disease
- √ 10.30am Friday 2nd, September
- ✓ Sunnynook Community Centre, 148 Sycamore Drive. Sunnynook.

 Meet in the Acacia Room for tea and coffee from 10.15am.

 Finish with a 'Heart Healthy' snacks and treats
- RSVP to Glenfield@cab.org.nz or just come in on the day
- Citizens Advice Bureau Northcote and Browns Bay offer free face-to-face Settlement Services for new migrants
- 0800 367 222 or www.cab.org.nz



Funded by Immigration
New Zealand



Depot Artspace

BLUE RADIUS – science and art address coastal emergencies and Tāmaki Makaurau's rising sea levels.

Depot Artspace, Devonport, 3 -28 Sep 2022



Blue Radius is a thought-provoking collaboration that sees Bianca Ranson's larger than life 'Carbon Stack' sculpture at the centre of this exhibition. Bianca is Ngāti Kahu ki Whangaroa, Ngāpuhi and represents the Protect Pūtiki activist group (Waiheke).

Sharing the gallery with Ranson's community-led carbon sculpture *Tuakana Teina* is NIWA's new Serious Game *My Coastal Future*, an engaging digital experience for tamariki.

By combining art, technology and climate science this exhibition is imaginatively raising awareness of sea level rises caused by climate change and ecological emergencies happening along local shores.

Also exhibiting alongside these two starkly different but conceptually compatible installations is the local premier of the award-winning digital artwork *Land Radius* | 2 by ecological artist Laura Donkers, and Devonport photographer Stephen Perry's photographic essay, *Coast Under Threat*.

This exhibition will explore the contributing factors and local realities of coastal emergencies through video, photography, sculpture, and NIWA's new online game, as well as a live panel discussion and workshop. Visitors to the exhibition will contemplate, respond to, and act on the current climate challenges that face us as individuals, communities and a society.

As part of the exhibition there will be a public waka-lantern making workshop led by local master carver Natanahira Te Pona at Devonport Community House on 17th September, 1-6pm followed by a light procession along Devonport Beach, highlighting sea level rise.

A public talk and discussion evening will be hosted between Richard Wallis (The Carbon Cycle Company), Professor Giovanni Coco (Devonport-based coastal oceanographer) and Alex Rogers (EO Hauraki Gulf Forum), taking place at Depot Artspace on 15th September, 6.30-8.30pm.

This exhibition is being funded by Foundation North. It was devised by Limen Lab https://www.limenlab.org/, a not-for-profit creative agency that works with communities and organisations to improve perceptions of the environment and attitudes towards nature. At this time of climate crisis and biodiversity loss, Limen Lab promotes art activities and creative experiences that develop engagement and open up perspectives. Limen Lab was set up by ecological artist, Laura Donkers. She is based in Kaukapakapa, Auckland and has over 10-years' experience of working creatively with communities in Auckland and the UK.

For further enquiries please contact: media@depotartspace.co.nz or mailto:laura@limenlab.org







East Coast Bays

Te Wiki o te Reo Māori - Māori Language Week

School Kapa Haka Performances Sunday 18 September 1:30 – 3:30pm

Watch our local schools kapa haka groups in the Browns Bay Village Green (outside the library)

The event will be in the Leisure Centre if weather requires

Everyone is welcome











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

Any questions or queries, please feel free to contact us on 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

<u>In person sessions</u>

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@aclc.org.nz or (09) 302 5347



Discover your rights Tühuratia ö motika



Not suve? ASK US.

Kāove i te māvama? Pātai mai.

CAB North Shore:

Birkenhead, Browns Bay, Glenfield, Hibiscus Coast, Northcote & Takapuna 0800 367 222

www.cab.org.nz

English for Employees

Need help with English at work?



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



English Language Partners North Shore

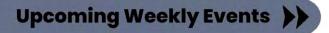
424 Lake Road, Takapuna, North Shore, Auckland **Phone** 09 489 2078

Email northshore@englishlanguage.org.nz www.englishlanguage.org.nz

*Free for NZ resident visa holders and citizens.



Participants with all English levels, from beginner to advanced & native speakers are welcome.





- 14 &15 Sept 2022 Mid-Autumn Festival Moon Cake Game博饼
- 21 &22 Sept 2022 Origami (Paper Folding) 折纸
- 28 &29 Sept 2022 Chinese knotting 绳结

Weekly activities (in Northshore Albany & Auckland CBD)

.....



Chinese knotting



More event information & Join in Please contact info@nedf.org.nz

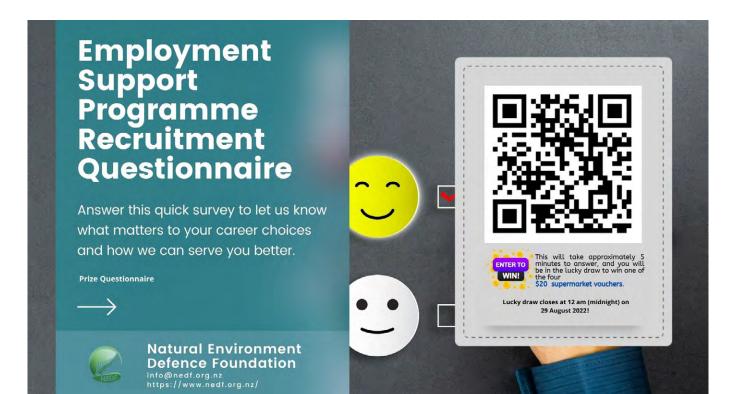
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Natural Environmente Defence Foundation

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https://www.nedf.org.nz/

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"If you are looking for a job or looking for promotion opportunities, what services would you be interested in?"

Filling out this questionnaire will help us understand your career choices' needs and we could provide you with better free career services that you or your friends may be the beneficiaries of! As a reward for your generosity, upon completion of the survey, we will enter you in a lucky draw. This survey should only take about 5 minutes of your time to complete.

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 or contact Glenfield CAB:

09 444 9451 | glenfield@cab.org.nz



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



BAYSWATER SCHOOL HALL, ROBERTS AVE, BAYSWATER

Parking available • Supervision by caregivers required









Wednesdays (term time)

9:30am - 11:30am

Devonport Community
House

\$2 entry (per family)









ART

MAC



On view: 27th Aug - 18th Sept | Opening Sat 27th August 12PM

Sponsored Awards include:

2D Merit Award: \$250 Factory Frames voucher

3D Merit Award: \$250 CCG voucher

Open Merit Award: \$250 Gordon Harris voucher

People's Choice Award: MAC voucher



Submissions open till Thurs 11th August. Scan QR code or email info@mairangiarts.co.nz for form.

Proudly supported by:

















20 Hastings Rd, Mairangi Bay. Tel 09 478 2237 www.mairangiarts.co.nz, info@mairangiarts.co.nz





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

