COM.CHAT

A Newsletter distributed to Community Groups in Whanganui and surrounding Districts

Issue 190 — September 2018

Hi Everyone

As I write this the last week of winter is upon us and we have just enjoyed beautiful spring-like weather over the weekend. Daffodils are popping up everywhere and there is that feeling of freshness in the air. Spring makes me feel hopeful.

I pause... and I reflect that not everyone is able to feel that way. There has been intense discussion in the last week about suicide and mental health sparked by the news that TVNZ news presenter Greg Boyed, who was battling depression, took his own life. I think about my own friend who lost her husband (and father to their young son) to suicide, and who is still struggling to find her way forward nearly two years on.

I think about the people affected by the recent shooting and resulting gang tension in the city... the family and friends grieving... the neighbourhood people living in fear of retaliation... the extra police who have left their own families to be here to keep ours safe.

I think about the fact that despite there being so many good people out there busting their guts for others and for our community, that our beautiful city is once again being tarnished by the negative actions of a few.

I think about the sad news that one of those good people, Jim O'Neill from Grumpy Old Men, was injured in a fire in the weekend (we wish you all the very best with your recovery Jim).

I am reminded how important it is to care... not only to look out for and care about others, but also to find the time to care for ourselves and our own wellbeing... to reach out... to ask for help, and to offer help to others.

I am reminded how important it is to be kind. That is where the real hope lies. Shelley

Rural Networking Meetings

05 Sept **12:30pm** — **Taihape** *(1st Wednesday of each month)*
Contact: Mokai Patea Services (06) 388 1156

10 Sept **10:00am** — **Waiouru** *(2nd Monday of each month)*
Contact: Carolyn Hyland (06) 387 5531

17 Sept **12:30pm** — **Southern Rangitikei** *(3rd Monday of each month)* 12:30pm, Rangitikei Health Centre, Blackwell Street, Marton
Contact: Cath Ash (06) 327 7633 or projectmarton@xtra.co.nz

Coordinators—please contact us to update any changes for these meetings

Generosity NZ

www.generosity.org.nz

Access is available at Youth Services Trust, the Davis Central Library, and Gonville Cafe Library.

Funding

COGS— funding round opened 11 April and closed 23 May 2018. www.communitymatters.govt.nz.

Community Contracts—the funding round for 2018/19 closed 31 July 2018. www.whanganui.govt.nz.

Whanganui Community Foundation—next closing date 29 October 2018 for Community Support Grants and 05 September 2018 for Quick Response Grants. www.whanganuicommunityfoundation.org.nz.

Pub Charity Ltd—next closing date 07 September 2018. www.pubcharitylimited.co.nz.

TG Macarthy Trust—closed 29 June 2018.

Four Regions Trust—next round closes 31 October 2018. www.powercowhanganui.org.nz.

Manawatu / Whanganui Lottery Community Committee—next **funding round closes 05 December 2018.** www.communitymatters.govt.nz.

NZCT & Lion Foundation—always open, allow up to 8 weeks for outcomes. www.nzct.org.nz & www.lionfoundation.org.nz.

Infinity Foundation—www.infinityfoundation.org.nz. **Closes last working day of the month.**

Good luck with your applications

What's on — mark your diaries!

SHINE CITY

YOUR LIFE HAS PURPOSE | LIVE YOUR POTENTIAL

Presents

THE

'CHOOSE LIFE'

(a fundraising event)

Talent Showcase and Charity Auction

FOR

ShineGIRL Whanganui | Shine WOMEN | STRENGTH

Where: Frank Bar and Eatery

When: Thursday November 1st 2018

Time: 7-9pm

Doors open from 5pm.

Ticket Price: $20 cash only includes a complimentary drink and dessert.

Tickets can be purchased from Mint Café and ShineCity office Suite 8, 208 Victoria Avenue.

Additional Information:

- $10 meals available for purchase.
- Extra drinks can be purchased from the bar throughout the evening.
- Mini Market open from 5pm upstairs

FRANK. BAR+EATERY

River Rockers Whanganui

We have members from 6 to 60+
Come along and learn Rock n Roll in a friendly supportive environment

Where: 20 Trafalgar Place - hall just inside the rear gates to Cooks Gardens

When: Wednesday Juniors 5.45 - 6.30pm
Beginners 6.30-7.30pm
Intermediate 7.30-8.30pm
Advanced 8.30 -9pm

Cost: First lesson is free
Adults $7 Adult Members $5
Children $3 Child Members $2

Great Company
Great Exercise

riverrockerswhanganui@gmail.com

Whanganui Diwali has become an icon not only in Rangitikei/Whanganui area but the surrounding towns and cities. People have been inquiring from Levin to New Plymouth. Diwali is one of the most popular festivals in New Zealand. People celebrate it with styles and it has become more multicultural. Other ethnic people will be taking apart at this year's festival.

This year Diwali Cultural Night will be held on 3rd November 2018 at Wanganui Girls College Hall (Memorial Hall is under construction).

If you are interested in helping or would like to perform, then please contact Balvindar on 021 930 472. It is FREE to the public.

SUICIDE

ASIST

LivingWorks

2018 UPCOMING WORKSHOPS

suicide to Hope

ASIST is a 2 day, skills building workshop that prepares helpers to provide first aid Interventions confidently and safely.

PROFESSIONALS, VOLUNTEERS AND INFORMAL HELPERS need to know how to help persons with thoughts of suicide in ways that increase their safety.

WHANGANUI ASIST
5-6 September
9am – 4:30pm
Book online:
www.a-ok.nz/asist

#A-OKASISTPRICES
Range from $200pp - $395pp

A-OK NATION-WIDE - 2018
ACTS OF KINDNESS THAT SAVE LIVES
A-OK is a collective of workshops | Delivered by Passionate, Caring and Experienced Facilitators
pule@1degreeworkshops.co.nz | 09 2780408 | 027 854 6988 |

degree workshops

BECOME SUICIDE-ALERT

SUICIDE

safeTALK

Suicide Alertness For Everyone

Learn four basic steps to recognize persons with thoughts of suicide and connect them with suicide helping resources.

2018 UPCOMING WORKSHOPS

ASIST

suicide to Hope

WHANGANUI
4th September 2018
10am – 2pm
BOOK ONLINE
www.a-ok.nz/safetalk

#A-OKSAFETALK
Prices $90pp
Subsidy criteria available

BOOKING DETALS

Email: caroline@a-ok.nz
Phone: 09 278 0408 or 021813229
aoksuicideSAFERworkshopsNZ

A-OK NATIONAL 2018
Acts of Kindness that saves lives
A-OK is a collective of Registered LivingWorks Trainers
Delivered by Passionate and Caring People

degree workshops | LivingWorks

What's on — mark your diaries!

'PEACE AT LAST': a concert for Armistice

You are invited to join the celebrations marking the end of World War One at a Combined Choirs concert in Wanganui on 29 Sept held at Wanganui Central Baptist Church in Wicksteed St at 2pm.

Choirs from the Whanganui and Rangitikei area will come together for an afternoon featuring songs and readings from the war and about peace. Choirs are the Wanganui Male Choir, the Lyric Singers, Schola Sacra, Wanganui Community Choir, Arcadian Singers (Taihape) and the Rangitikei Anglican Parish Choir.

Each choir will present their own items and there will also be an opportunity for everyone to sing along to famous WWI songs such as *It's a long, long way to Tipperary*, *Pack up your troubles*, *Roses of Picardy* and the stirring *I vow to Thee, my country*.

There is also a distinctly New Zealand flavour to the concert, which includes some of our most famous New Zealand songs. These were collected and arranged for the WWI Maori soldiers' songbook, including *Po Atarau (Now is the hour)*, *Pokarekare ana*, and *E pari ra*.

Modern NZ songs will also feature, from the popular style of folk musician Marian Burns' *Beautiful Soldier* to items by well-known NZ composer Chris Marshall to poetry by Fairburn, and local composer Alan Cruise-Johnston.

We are proud to have three young instrumentalists joining us; Wanganui's Gregory Xavier on violin, Marton's Richard Munt on snare drum and Joe Inman (PN) performing a historic cornet solo.

A power point showing historic scenes from the war and Armistice will run throughout the concert, complemented by celebratory decorations.

Admission is at the door: Adults $20, Seniors and students $15

COMMUNITY HOUSE WHANGANUI

FUNDRAISING EVENT

1.30pm SUNDAY 9th SEPTEMBER 2018

Community House Ridgway Conference Room

TICKETS $10.00 PER PERSON

TEAMS OF 6

BRING YOUR OWN TEAM OR JOIN ANOTHER

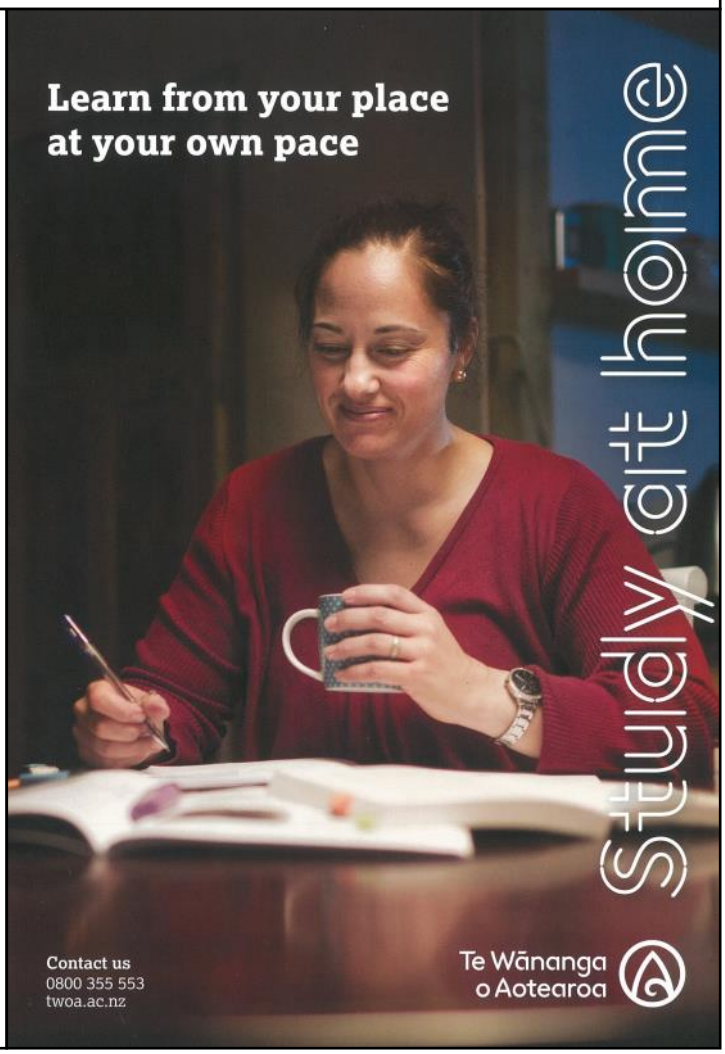
SPOT PRIZES & RAFFLE

Call the Community House Office to register your Team

Phone (06) 347 1084, pop in to 60 Ridgway St, Wanganui, or flick us an email office@communityhouse.org.nz

COMMUNITY HOUSE WHANGANUI

Supporting Our Community Together



What's on — mark your diaries!

MENS SHED WHANGANUI

The Men's Shed Wanganui is managed by a committee of seven, and run by two managers; Les Cockburn 027 479 3498, and John McGowan 027 2100 133.

They are open Tuesday and Thursday 9am till 3pm and located at 292 Wicksteed Street (opposite The Central Baptist Church Daycare Centre).

The Philosophy behind the Men's Shed is to help men and women in the transition to retirement by providing a physical space and support, where they can pursue hobbies and interests, while enjoying social interaction, to help maintain mental health, wellbeing and safety.

The most common activities are woodwork, metalwork and upholstery for which they have a large supply of tools, equipment and materials. These may be used to supplement your own resources while working on your own projects or help others with theirs. You can learn new skills and to enhance a sense of personal worth by achieving goals and contributing to the Shed's community commitment.

They have a wide variety of projects on the go, from toys, to letterboxes, bumble bee nest boxes, coffins, furniture repairs and rebuilds, upholstery, and general repairs to a variety of items.

https://www.facebook.com/mensshedwanganui.nz/

SEE THE SIGNS SPEAK UP STOP THE ABUSE 4thekidz www.4thekidz.org.nz

Whanganui Tedz Project

Providing care packs for children who have been through a traumatic time.

Meeting the needs of victims is at the centre of everything New Zealand Police does. When a child is a victim of abuse, Police do all they can to assist those children through a very difficult time. 4thekidz show these children that their community cares by providing packs of comfort.

We need help with the following for our packs:

A Soft toy to cuddle
A Blanket to wrap around a child
A Torch to light the darkness
Colouring in books and crayons to express ourselves and our emotions
Notebooks and pens to write or draw our feelings or wishes

If you feel you can help with any of the above or would like to volunteer with 4thekidz please contact us at:

admin@4thekidz.org.nz
Or find us on Facebook
https://www.facebook.com/4thekidz/

ms. Wanganui

We have a well-stocked selection of library books covering Multiple Sclerosis. There are available for borrowing.

For further information contact Barrie at the MS Office Wanganui on (06) 345 2336 or email MS Wanganui

mswanganui@xtra.co.nz

Tramway Wanganui Trust

Tram Rides

from **Tram Barn, 29 Taupo Quay**
every **Sunday 1-3:30pm**

Group Bookings Welcome
Phone (06) 345 7034
Facebook.com/wanganuitramways

VOLUNTEERS NEEDED!

At the Royal Wanganui Opera House we are always in need of more volunteers for a variety of roles – ushers for the upstairs circle, sweet stall, bar, doormen, ice cream sellers, and backstage crew.

A warm welcome would be extended to any fit and active volunteers who would be keen to assist at our working bees held back stage from 7.30pm every Tuesday evening. Come along and learn about what goes on behind the scenes of a live theatre.

If you are keen to put your name forward to volunteer at this beautiful historic theatre, please contact President Margaret Johnson on 344-8494 in the evenings or by email to bejae9@gmail.com – or alternatively call into the Box Office and have a chat to Treasurer Shirna Matthews.

Family Works

Family Works Whanganui Invites You To Come And Join One Of Our Awesome Groups To Promote Your Own Resilience And Strengths!

"FREE TO BE ME" DOMESTIC VIOLENCE PROGRAMME.

The Free To Be Me programme provides an opportunity to:

- Express your feelings about what has happened in a constructive and safe environment.
- Increase your understanding of why abuse occurs and how to protect yourself from now on.
- Gain new insights into control issues within relationships.
- Assist you to move on in your life in a positive, safe direction.

Topics for the programme are:

- Protection Orders and Safety Plans.
- Power and Control in relationships.
- Nature and Effects of Abuse.
- Impact on Parenting and Children
- Labelling and Expressing Feelings.
- Effective Communication and Conflict Resolution.
- Respectful Relationships.
- Self Esteem.

"FREE TO BE ME" CHILDREN'S PROGRAMME

Programmes have been designed to cater for children, 5-13 Years, who have witnessed family violence.

The programme aims to help children process and understand the violence and abuse that they have witnessed or experienced. They will learn strategies to keep themselves safe. The programme also provides an opportunity for the children to express their feelings about what has happened in a constructive and safe way.

Sessions cover such topics as:

- Effects of abuse.
- Labelling and expressing feelings appropriately.
- Non violent conflict resolution and problem solving.
- Coping with change, building resilience.
- Safety Planning.
- Self Esteem.

KIDS' CARERS PROGRAMME.

The parents and/or caregivers of the children who attend our "Free to be Me" children's programme are expected to attend weekly adult sessions to support their children. You will receive the exact same information that the children are, resulting in parents/caregivers being on the same page as the children. Everyone learning at the same time helps to bring about helpful changes within in family.

Growing Together Parenting Programme

A relaxed and informative group parenting programme. If you are interested in building stronger relationships with your kids. If you want to be the best parent or carer you can be....Then Growing Together could be for you!

• Developmental ages and stages • Positive communication • The four parenting styles• The temperaments of your kids • Modelling behaviour you want • Setting boundaries, routines, structure and discipline • Managing your own, Emotions.

You'll identify your own, parenting strengths and challenges, and realise you are not alone!

Boundaries For Women Programme

This programme can help you develop healthier relationships and bring back your zest for life. It will support you to develop and maintain healthy boundaries in your relationships with partners, children, parents, family, whanau, friends and associates.

Topics include:

- What a boundary is and what it looks like in practice.
- How unhealthy boundaries can develop and how to change behaviours.
- How to communicate your needs clearly.
- Characteristics and indicators of healthy boundaries and limits.

Call Us Or Come And See Us Now!!!
179 Wicksteed Street, (06) 345-6681, Email: Familyworks-wanganui@psc.org.nz
PROGRAMMES ARE FREE!!

What's on — mark your diaries!

Whanganui Regional Health Network

Keep well this winter!

Winter's here with shorter days, colder nights and the usual round of winter colds and illnesses.

Here are some tips for keeping you and your family well this winter.

- Get your annual flu vaccination – it's one of the best ways to stay well.
- Keep you and your home warm.
- Keep active, get lots of fresh air and drink plenty of water.
- Wash and dry your hands thoroughly to keep the germs away.
- Eat lots of fruit and vegetables – they're a great source of vitamins!
- Cover coughs and sneezes. Put tissues straight in the bin.
- Avoid slips, trips and falls – watch those frosty steps and paths.
- If you're playing winter sport, remember to warm up before the whistle and cool down and stretch afterwards.

Stay home and rest if you're unwell to keep the bugs from spreading, and see your doctor or practice nurse early to avoid getting worse. You can also call Healthline on 0800 611 116 for free medical advice 24 hours a day or visit www.healthnavigator.org.nz for tips and advice on winter ills and chills.

LOST?

Everyone feels like that sometimes. But you don't need to go it alone. Just free call or text **1737** any time to talk to a trained counsellor. They're ready to listen, support and help you make a plan to find yourself again.

The Women's Network:

Suffrage 125: "Her Story – Celebrating Whanganui Women". Combined women's groups of Whanganui invite you to celebrate the 125th anniversary of Suffrage Day on 14 September. Join us for a 3-course dinner in the Dining Room at the Grand Hotel from 7pm, with entertainment from representatives of the Male Choir of Whanganui, and inspiring excerpts from Airini Beautrais, Katie Brown, Dani Lebo, Nicola Patrick, Hellen Puhipuhi, Amorangi Rayner, and Jennifer Taylor Moore. Tickets available at the Royal Wanganui Opera House; $65 Adults / $55 for Seniors, Students and Supporters.

La Fiesta 2019: Invitations to participate in our tenth festival celebration are now open. La Fiesta is set to run from 14 February to 10 March next year. So, if you would like to run an activity or event in the festival programme, or have a great idea for one, we would love to hear from you!

Terrific Tuesday: Bellydance fusion classes every Tuesday at 10:30am and 12pm. Feel free to call by a bit before if you'd like to chat with Jill about how you can join in for around $5 per session. It's great for confidence, core strength and collegiality!

Wonderful Wednesday: The lively YARNZ group meets every Wednesday from 10am-12pm to knit and crochet up a storm. Join them for some lively crafting, conversation, a cuppa and some charitable giving. No experience necessary, there are people happy to teach you!

Thrive on Thursday: The Red Tent meets on the second Thursday each month from 10am-12pm. This is a wonderful sacred space of honouring and sharing self. On the fourth Thursday each month, join in the Women's Wisdom Circle for a morning of shared tips for making it through life, 10am-12pm, koha appreciated.

Fabulous Friday: On the first Friday of the month come and join us for our mother-led breastfeeding group, drop in from 10am to 12pm for a cuppa and a chat. If you're an expecting Mum, feel free to come on down and say hi before bubba comes along. This is a great group to connect with if you're looking for ideas or support, or want to share some of your feeding successes with other Mums. A Community Drumming Group also runs fortnightly on Fridays from 6:30pm, contact Jacqueline for more info about both of these activities 021 135 9948.

Services: We are here to cheerlead for you. We can assist with making personal action plans, compiling CVs and job application letters, developing strategies to improve communication and get on track, as well as supporting you through any challenging or changing times. We continue to provide free pregnancy testing and sexual health information/referrals, and we're a good place to "drop in" for general community advice.

Contact us: Drop in and see us in the Ladies' Rest Building [next to the Royal Wanganui Opera House] at 75 St Hill Street from 10am-2pm weekdays, apart from Tuesday when we open from 10am-noon; and Monday by appointment only. Appointments are available between 9:30am-5pm weekdays so feel free to call us on 345 6833 or email: womnet.wang@callplus.net.nz Check us out on Facebook too if you're a social networking buff, we'd love you to be a friend on our La Fiesta NZ and Women's Network pages!

What's on — mark your diaries!

SUNDAY, 2ND SEPTEMBER

(Father's Day)

SAUSAGE SIZZLE

10AM TO 2PM

MITRE 10 MEGA, WANGANUI

IN AID OF

BRAIN INJURY WHANGANUI

Sausages $2 each (EFTPOS available)

Stop by and say hi, and purchase some of our annual raffle tickets at $2 each, whilst enjoying a yummy sausage.

Brain Injury WHANGANUI

Brain Injury Whanganui

Brain Injury Association Whanganui

2018 Raffle

1st Prize	$500 Grocery Vouchers AND $100 Fuel Vouchers *(Value $600)*
2nd Prize	Women's Gift Basket *(Value $330)*
3rd Prize	Men's Gift Basket *(Value $250)*
4th Prize	Grocery Hamper *(Value $100)*

Tickets $2 each, 5 tickets per book

Tickets available in Wanganui from

Pharmacies:- Aramoho, Gonville, St John's Hill and Springvale,
H & A Print, Tangles Hair Salon – Springvale,
Community House Office, 60 Ridgway Street,
Platt's Pharmacy in Bulls,

and the Brain Injury Whanganui raffle stalls around our region.

Limited to 3000 Tickets
Raffle Closes: Thursday 1st November 2018
Drawn: Friday 2nd November 2018
Results Published: River City Press Wednesday 7th November 2018

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ms. Wanganui

- Information
- Support
- Advocacy

MS Annual Appeal

Friday August 31st 2018

Saturday September 1st 2018

Look out for our collectors throughout the city and stalls manned between 10am and 2pm.

Plus

MS Awareness Week

September 3rd – 9th 2018

Which will include two workshops

On September the 3rd and 7th

We do value your ongoing support and commitment.

Phone: (06) 345 2336 / 021 117 2826

Email: mswanganui@xtra.co.nz

Room 111, 1st Floor, Community House
60 Ridgway Street
PO Box 102, Wanganui
www.mswanganui.org.nz

ADHD Allergy WANGANUI

Eczema Help from an Allergy Specialist

A mother will share her child's eczema story. Come and hear about life before and after seeing Wellington specialist Dr Tosh Stanley. Before and after photos will be shown.

- Tuesday 4th September 2018 at 7.30 pm
- Riverside Church Lounge, Cnr Ingestre St and Somme Pde
- Non-members welcome: koha donation
- For more information phone Sharyn on (06) 345 8393 or e-mail

allergyadhd@gmail.com

MEDITATION

drop-in classes in Whanganui

with Gen Demo

every THURSDAY 6 - 7.30pm

Whanganui Community Arts Centre, 19 Taupo Quay (riverside entry)
www.meditateinpalmerstonnorth.org

What's on — mark your diaries!

WHANGANUI DISTRICT COUNCIL
Te Kaunihera a Rohe o Whanganui

Local Library Hubs

Call for Expressions of Interest

Whanganui District Council wants to establish a number of Local Library Hubs over the next four years and we want to hear from organisations or businesses interested in hosting a hub.

What the library needs from a potential partner:

- A venue that is open to the public for at least four hours per day for at least four days per week and staff or volunteers able to provide basic assistance to library members on site.
- Sufficient space to accommodate the library shelving and equipment.

What the library will supply:

- One self-issue and return station and sufficient library shelving to accommodate 1,200 to 1,600 books, a touch screen and wi-fi for library users,
- Venue-appropriate furniture to enable library customers to sit, read, go online, or just chat and support and training for venue staff.
- Regular replacement and re-circulation of stock by Library staff.

If you are interested, please send an expression of interest, outlining how you will meet the requirements above, to pete.gray@whanganui.govt.nz by **5.00 pm on Friday 28 September 2018.**

www.whanganui.govt.nz

Feldenkrais
The New Zealand Feldenkrais Guild

LIFT Yourself out of Winter Stiffness

MOTION is LOTION.
Beat the winter blues.
Oil your hip joints.
Differentiate your spine and connect all your parts for easy, well-coordinated movement.

Seven weeks for $80, or casual attendance $14

Feel free to contact me with any questions:
ph (06) 342 7892 *or email* katharina.sporl@gmail.com

Learning and support for parents

PROGRAMMES FOR PARENTS
TERM 3 2018

Building Awesome Whānau

Tiaki Tamariki Mai - to care for our children here.

- Beginning Monday 13 August 2018
- Time to be advised
- For parents/carers of children 14 years and under.
- This is a 7 week programme.
- Venue to be advised

MAPPS

Mother addressing Past Pain

A therapeutic group for mothers.

- Beginning Wednesday morning
- 1 August 2018 from 9.30 am – 12 noon
- This is a 6-9 week programme.
- For all mothers experiencing anger.
- At *jigsaw whanganui.*

White Water Years

Keeping relationships alive with your teens and pre-teens.

- Beginning Tuesday mornings
- 31 July 2018 from 10 am—12 noon
- This is a 9 week programme
- For parents/carers of children 9 yrs and up
- At *jigsaw whanganui*

Incredible Years

Valuing children by growing the behaviours we want to see and having good boundaries

- Beginning Thursday mornings
- 9 August 2018 from 9.30 am to 12 Noon
- This is a 14 week programme.
- For parents/carers of children between ages 3—7 yrs
- At *jigsaw whanganui.*

These programmes require that the families have a child in their care for at least 3 days and 3 nights except for MAPPS & Building Awesome Whānau

A meeting with the facilitators is needed before the programme starts.
Please contact *jigsaw Whanganui* for more information.

Suite 10, 236 Victoria Avenue
P.O.Box 4295, Wanganui 4541
Ph 06 345 1636 E: admin@jigsawwhanganui.org.nz

jigsaw whanganui

The Lil Clipeze Co.

Check us out on Facebook!

The Lil Clipeze Co.

About Us

All Clipeze are custom made for the requirements of each child including the length and number of straps needed. We have a variety of coloured clips and straps as well as many exciting designs to choose from.

We want all children and caregivers of children who wear a hearing device to feel confident and secure. The Clipeze attaches the hearing device to your childs clothing. If the hearing device falls off during day to day acivities there is much less of a chance of losing them. They are not only functional but also a great incentive for children to wear their aids as they are customised to suit your child's interests making them FUN!

Custom clips to secure hearing aids for Lil ones

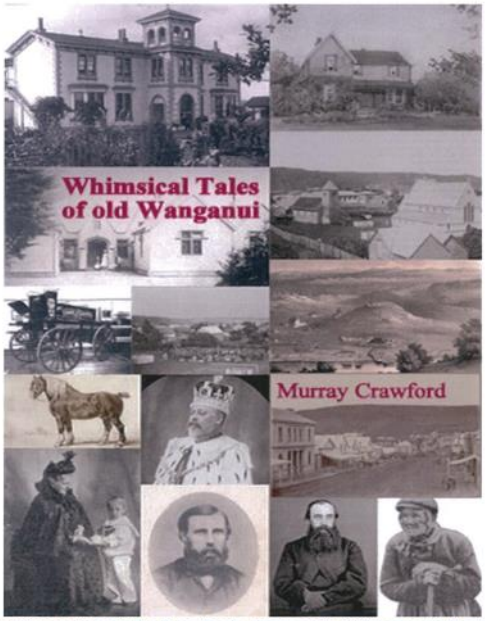
Amee Hudson
facebook.com/thelilclipezeco/

What's on — mark your diaries!

Books $35.00 each

Thank you for supporting

Alzheimers New Zealand
Whanganui



If you are interested in purchasing a book, please contact Alzheimers Whanganui
Phone (06) 345 8833 or email admin@alzheimerswhanganui.org.nz

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ENROL NOW LEARNER LICENCE

FREE

TUESDAYS AND THURSDAYS
10am - 12 noon

ENROLMENTS EVERY TUESDAY 9.45am

232 Wicksteed
Whanganui Learning Centre

FEEL THE FREEDOM

FREE SUPPORT

LEARN TO USE
DEVICES
COMPUTERS
PHONES

Free use of the internet and free training with patient people.

Learn at your own level and pace.

232 Wicksteed
Whanganui Learning Centre

pop in or phone the old way 06 348 4950

WHANGANUI: TOWARDS A RESTORATIVE CITY
Honoa ki a Rongo ki Whanganui

INTRODUCTION TO RESTORATIVE PRACTICE Workshop

Want to find out what Restorative Practice is and how you can use it?

This workshop will help develop your understanding of, and help you to apply, informal restorative practice.

This is a participatory workshop and explores:

- philosophy and concepts of restorative practice
- restorative practice language
- continuum of restorative practice
- application of restorative practice (low level)

One day Workshop
8.30am-4.30pm

Saturday 24th February

Wednesday 27th June

Friday 14th September

"A well run, thought provoking day in an open & honest, safe environment."

"One of the best courses I have been on. I would recommend to everyone."

"It's given me better problem solving skills."

$130 pp

- enquire about non-profit discount

- includes light lunch & refreshments

For more information contact:
Restorative Practices Whanganui
06 343 3648
info@restorativepracticeswhanganui.co.nz

Register online:
www.restorativepracticeswhanganui.co.nz/events/

Wanganui Competitions Society Inc
Remaining Festival Dates for 2018

Dancing – Ballet, Modern or Jazz and Tap
October 9-12 (inclusive)
Venue – Wanganui Girls College

Email wanganuicompetitions@outlook.co.nz
or phone David Wylie (06) 345 8393

QUIZ fundraising

Saturday 8th September 7:30 pm
(Doors open 7pm)
St Andrews Church-Glasgow St

Get a team of 6 together $10pp or come along and join a team.

Bring Loose Change, Fun Games & Spot Prizes During the evening

Fundraising to take a group of ladies and Youth away to Sista Conference in Auckland.

To book a team:

Please contact Sandra Tofa 0273682306

What's on — mark your diaries!

Te Punanga ō Hōhepa
Josephite Retreat Centre

Stamping Up - General Card Making
Another opportunity to make special cards.
Saturday 8 September 10am - 12.30pm $10
Julia Martin

6 Day Guided Retreat
EMBRACING MYSTERY
This Contemplative Retreat will draw on the writings of two mystics -
Thomas Merton, and **Mary Oliver**, a poet.
Each day will focus on a particular theme offering opportunities to embrace the Mystery of God.
This retreat will be led by **Lyndall Brown rsj**
Sunday 9 September 5.30pm to
Saturday 15 Sept after lunch.
$575 Live in/$425 Live out

Liturgy
Sunday 16 September 4 - 5pm

Tui Motu Group
Wednesday 19 September 7 - 8.30pm
Rita Cahill rsj

St John Book Sale

St John
first to care

25 Tawa Street, Wanganui

Next Sale

October 4th, 5th, & 6th

Thurs – 6pm – 9pm
Fri – 10am – 6pm
Sat – 10am – 4pm

For more information phone (06) 345 0878

SUSTAINABLE WHANGANUI
Creating resilience within our community

Sustainable Whanganui Trust needs more Volunteer Help at the WhEB (Environment Base)

Do you have ½ an hour to ½ a day that you can give on a regular basis? - *Training will be given*

For more information contact: **Sustainable Whanganui Trust**
83 Maria Place
Whanganui, 4500
Phone (06) 345 6000
sustainablewhanganui@gmail.com
www.sustainablewhanganui.org.nz

Wanganui Toy Library
LET THE CHILDREN PLAY

Wanganui Toy Library

142 London Street, Wanganui
Open every Thursday 9:30am – 11:30am
And every Saturday 10am-12noon
wanganuitoylibrary@gmail.com
027 746 6153
Facebook: Wanganui Toy Library

FAMILY WORKS FREE TO BE ME CHILDRENS SUPPORT & SAFETY PROGRAMMES HELP CHILDREN TO:

- BUILD RESILIENCE
- COPE WITH CHANGE
- CREATE SAFETY PLANS
- EXPRESS EMOTIONS IN A SAFE PLACE
- FIND NON-VIOLENT CONFLICT RESOLUTIONS

Groups are for the following ages – 5-7 years...8-10 years....11-13 years & Sibling Groups

Programmes run over 8 weeks during the school term
and we prefer enrolments to be completed prior to the school holidays.

Please phone us on (06) 345 6681 to talk to staff, request a referral form or visit the Family Works website
http://www.psc.org.nz/family-works/services-near/whanganui/

Wanganui Male Choir (Inc)
Founded 1898
PO Box 4100, Wanganui

BECOME AN ACTIVE MEMBER

COME AND JOIN US AS A CHORISTER

YOU DO NOT HAVE TO BE PLACIDO DOMINGO, NOR DO YOU HAVE TO BE ANDREA BOCELLI

WE ARE AN UNAUDITIONED MENS' CHOIR, ON THE LOOKOUT FOR NEW SINGERS, AND HAVE BEEN ACTIVE SINCE 1898

WE HAVE TWO MAJOR CONCERTS EACH YEAR, AND OCCASIONALLY PERFORM WITH OTHER CHOIRS DURING THE YEAR.

WE REHEARSE EACH TUESDAY 7.00pm AT THE JANE WINSTONE VILLAGE CHAPEL, OAKLAND AVENUE

WE NEED A FEW GOOD MEN!!!!

President:	**Tony Ross**	**027 611 5533**
Secretary:	**Oliver Lane**	**021 618 879**
Past President:	**Dennis Brown**	**027 240 4598**

GET OUT OF THE SHOWER AND ON TO THE STAGE

youth services trust

Youth Services Trust Whanganui
39-41 Drews Ave

YST provides free health and support services to youth aged between 10-24 years

Services currently provided are:
- Nurse Clinics
- Doctor Clinics
- Counsellors
- Social Work
- Youth Advocacy

Other services provided on site are:
- SUPP
- 100% SWEET
- Sexual Health Clinic (all ages)
- UCOL Health Care

Phone (06) 348 9935 0226855912
Email: admin@yst.org.nz find us on Facebook

Business & Community News

WHANGANUI ALL YOU NEED (AND THEN SOME)

A Whanganui Welcome

Is your organisation, sports or recreation group welcoming visitors to Whanganui for an event or conference?

Contact Louise Follett at Whanganui and Partners and Welcome Bags can be organised for your visitors – let them know what a great place Whanganui is! The Welcome Bag can contain any of the family of brochures, the Visitor Guide, Walkways and Cycling Guide, Heritage Guide, Arts Guide, and the Tourist Map.

Whanganui and Partners can also assist with:

- Accommodation advice and assistance
- On-line promotion of the event
- Assistance with finding the best venue for your needs
- Information on additional activities for your guests

Check out http://www.visitwhanganui.nz/whanganui-conference/ to find out more about conferencing in Whanganui.

Louise Follett
DD: 349 3254
Mobile: 027 404 6037
Email: louise.follett@whanganuiandpartners.nz

Want to let everyone know about your event?

AWA EVENT GUIDE WHANGANUI

Then contact us at www.awaeventguide.co.nz or phone Karen on 021 132 3939.

We print 1200 copies monthly and distribute them all over Whanganui and beyond.

We also Facebook and tweet.

Whanganui - Ō Tātou Tamariki yourkindergarten ASSOCIATION

The Whanganui Kindergarten Association is looking for people passionate about early childhood education to join their Board. Come be part of one of Whanganui's largest employers and truly make a difference to your community! For more information about us, check out our website (www.yourkindergarten.co.nz). Our Annual General Meeting, where we will be voting members onto the Board, is being held on the 26th July. Contact Kaz on 06 345 6729 or gmpa@yourkindergarten.co.nz.

ST. LAURENCE'S SOCIAL SERVICE TRUST

The Trust has limited funds available by way of grant for organisations which provide assistance to disadvantaged residents in the Whanganui community who are in need of support due to age, sickness, disability, or financial hardship.

Application forms and further details may be obtained from the Anglican parish office 243 Wicksteed Street, Whanganui, or by email from stuart.goodin@xtra.co.nz.

Applications, together with supporting information, close on Friday 31st August 2018.

MediaWorks Whanganui offers a free Community Notices service thanks to Mars Pet Care. These play 7 days a week on 92.8 More FM, 94.4 The Sound and 90.4 Magic.
This is radio airtime that you can use to promote your charity

livingwell

Seminar's ▸ last Thursday of every month

1:30pm Thursday 27th September 2018

In the Brechin Lounge, St Paul's Church, Corner Guyton and Cooks Streets, Wanganui

Our speaker is

Michelle Chapman-Cullen – MS Field Worker

Afternoon tea provided / gold coin donation appreciated

For further information contact Rachel at the office (06) 345 9318
officestpaulschurch@inspire.net.nz

Courtesy on our Shared Pathways

LET'S GO

Courtesy is paramount on our pathways, they are there for us all to share.

- Keep left to allow others to manoeuvre past you.
- Stay to the path, we share this environment with plants and animals.
- Cyclists beware there are slow moving pedestrians ahead, so keep your speed down, keep left and yield to other users.
- Ring your bell or say hello if you are coming up on someone.

Halls / Rooms for Hire

Cancer Society ROOM HIRE

MEETINGS- INTERVIEWS- CONFERENCE- WORKSHOPS- PERSONAL BUSINESS- SPECIAL OCCASIONS

AVAILABLE: MONDAY– FRIDAY 3.00PM ONWARDS & WEEKENDS

- Max capacity– 49 ppl
- Large room, 1/2 room or 2x 1/2 rooms
- Kitchen Facilities– Fridge, Oven, Microwave
- 4x Recliners
- Meeting tables & chairs to seat up to 24
- Whiteboard, Projector & screen available
- Wifi

FEES

- $25 per hour (min 2 hours)
- Full day 6hr+ $130
- Two full days $250
- Cleaning $15 (only for full day bookings)
- Regular user discount 10% (6 or more bookings p/a)
- Member discount– 10% on all bookings
- Special rate for 'Not-for-profit' groups– enquire within

TO BOOK CONTACT: ***The Wanganui Cancer Society (06) 348 7402 or email: enquiries.wgi@cancercd.org.nz***

Interview / Counselling Room

Yes I'm Available

Available for hire at Community House Whanganui
60 Ridgway Street Whanganui.

- White Board
- Desk
- Couch
- Table and Chairs

For further information phone the Community House office on (06) 347 1084

Our **Ridgway Conference Room** is a large self-help facility with training equipment, a kitchen/kitchen equipment, toilet, and tables/seating available (for up to 80 people theatre style, or 40 people seated at tables).

We now offer a choice of corporate grade wireless connectivity or 23 fast ethernet LAN connections at 10/100 mbs.

In addition, Community House Whanganui has other shared spaces available for meetings, training, client sessions etc.

Discounted rates are available for not-for-profit groups.

Enquire Today

(06) 347 1084
Room 102, 1st Floor, Community House, 60 Ridgway Street, Whanganui
office@communityhouse.org.nz
www.communityhouse.org.nz

St Paul's Presbyterian Church Guyton

Corner Guyton and Cooks Streets

Rooms for Hire

Three different sized rooms available to hire for meetings

THE WORSHIP CENTRE can seat (theatre style) about 130-150 people

BRECHIN LOUNGE can seat about 60 people

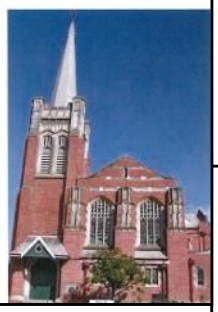
SMALL LOUNGE can seat about 30 people

- *Wifi available*
- *Extra tables available*
- *White board available*
- *Use of kitchen (that has hatches into the Worship Centre and Brechin Lounge) available*
- *Rooms have heating*
- *Very reasonable rates*

For more information and bookings contact Rachel at St Paul's Presbyterian Church office, 112 Guyton Street

Phone (06) 345 9318 (Mon-Fri 8am – 1:30pm)

Email: officestpaulschurch@inspire.net.nz



Christ Church Community Centre

Wicksteed Street (opposite 232 Wicksteed Street)

Upper Lounge – up to 40 people. Small kitchen area, suitable for making tea/coffee. Microwave and fridge. Tables and chairs. Two toilets.

Lower Lounge – up to 100 people. Fully equipped kitchen with two ovens/dishwasher/crockery and cutlery. Tables and chairs. Access to seven toilets.

New heat pumps recently installed in both rooms.

For bookings phone (06) 345 7723
(between the hours of 9am and 3pm Tuesday-Friday).

FOR HIRE

Halls / Rooms for Hire

We get a lot of enquiries at Community House from people and organisations looking for space for community groups to meet.

If you have a hall or room for hire and would like to go on our database for this, please email us at office@communityhouse.org.nz

Peat Street Studio

River City Dance & Leisure Inc. have a studio for hire.

It has a beautiful dance floor with mirrors, good kitchen and bathroom facilities, and will hold up to 100 depending on the type of function.

There is an alarm system, security cameras, floodlighting, ample onsite parking and large grounds.

Please contact Liz Frith: Mobile: 021 0205 4038, Landline: (06) 345 7401, or email: lizfrith01@gmail.com

Unichem

After Hours Pharmacy

Unichem Whanganui Pharmacy
36 Fitzherbert Ave, Wanganui
Weekdays 5:30 – 8:30pm
Weekends and Public Holidays: 12:30 – 8:30pm

Support Services

Community focused disability services

CCS DISABILITY ACTION is a nationwide organisation that provides support, advocacy and information for people with a disability. We have a long, proud history of working in partnership with disabled people, families and whānau to provide dedicated and flexible support services. We have a range of services available in Whanganui and surrounds including Supported Lifestyles, Supported Independent Living, Contract Board, Employment Services and Vocational Support.

Contact us

To speak with our Service Coordinator, James, please call our local Whanganui office on:

(06) 347 1176
Whanganui@ccsDisabilityAction.org.nz
www.ccsDisabilityAction.org.nz

CCS Disability Action Whanganui, including Raetihi, Taihape, Ohakune, Marton

ccs disability action
Including all people

TE HUNGA HAUĀ MAURI MŌ NGĀ TĀNGATA KATOA

Growing Together

Let us help you get real life skills... Over a FREE 4 week course we will help you

- *Improve your reading and writing*
- *Identify your skills, write your CV and cover letter*
- *Learn how to budget effectively*
- *Create healthy meals on a budget*
- *Fill in forms*

And much more.....

Contact Community Education for more information
Phone: 06 345 4717
Email: manager@communityeducation·nz

Community Education

Citizens Advice Bureau Whanganui

Nga Te Pou Whakawhirinaki o Aotearoa

Free and confidential information on

Employment • Consumer • Tenancy • Immigration
Neighbourhood problems • Legal clinics

We also collect items for Womens Refuge and take bookings for the St Johns Health Shuttle

Citizens Advice Whanganui
Nga Te Pou Whakawhirinaki o Aotearoa
120 Guyton Street - (06) 345 0844
Our office is open each weekday from 9.30am to 3.30pm

Join U3A to keep your brain ticking.

Think about joining U3A. Annual membership is only $15.

U3A
Whanganui
LIFELONG LEARNING

Contact Joy Mozer 347 9263 joymozer@xtra.co.nz for a welcome pack (subscription form, the latest newsletter and list of groups you can join).

Wanganui Budget Advisory Service

The Wanganui Budget Advisory Service has been providing top quality, free confidential and non-judgmental budget advice to family / whanau and individuals in Wanganui for almost 50 years.

We have seen an increase in the number of people struggling to manage their finances. Reduction in hours of work, increased prices of the 'basics', years of easy credit, etc, mean incomes are less than expenses. Financial burdens impact on every part of our lives, health, relationships, education, etc. We encourage anyone who is experiencing financial difficulties to contact our service as soon as possible. We accept referral from other community organisations, and are happy to work in conjunction with other groups. Advisors can create a budget plan, contact creditors, review payment options and explore alternatives. They liaise with departments such as WINZ and HNZ and may also refer to other community organisations.

Budgeting assistance aims to remove some of the stress, develop workable plans and give or restore the clients' independence in money management.

The main reason we can continue to provide a free service is because of our volunteers. These wonderful people want to give something back to their community.

We are currently seeking more volunteers to join our Governance Board.

If you are interested and would like more information, or would like some budgeting advice, please contact our office on 345 3746. (office hours Mon- Fri 9am – 2 pm)

Friendship Meals

CITYMISSION WHANGANUI

Friendship meals are **cooked midday meals** served at different churches throughout Whanganui for a donation of $3

Monday:	**St Mary's Parish**, cnr Guyton & Campbell Streets, Central City
Tuesday:	**Christ Church Hall**, 243 Wicksteed Street, Central City
Wednesday:	**St Lukes Hall**, cnr Cornfoot & Manuka Streets, Castlecliff
Thursday:	**All Saints Hall**, cnr Moana & Duncan Streets, Wanganui East (there is no meal on the 2nd Thursday or each month)
Friday:	**No meal**

ALL MEALS START PROMPTLY AT MIDDAY

The City Mission

The **Food Bank, City Mission Whanganui administrative offices** are operating from 7 Park Place (ground floor).

The "**Zest for Mission**" shop continues to operate at 163 Victoria Avenue.

Phone: (06) 345 2139

Email: admin@citymissionwanganui.org.nz

Website: www.citymissionwanganui.org.nz

CITYMISSION WHANGANUI

Support Services

Wanganui Foster Care Association Inc.

Welcomes new members

- We support: caregivers, respite caregivers, whanau, grandparents, and homes for life -with advocacy, mediation, negotiation, training, and provide a common meeting ground
- We are community based; working in a multicultural society. We recognise the confidential and diverse needs of others. We have social gatherings, meetings and outing
- Membership is free
- Children welcome at meetings

For more information and/or to become a member please call:
Chairperson - Noeline Smith (06) 322 1902
Secretary - Peter Smith (06) 343 8263

Inland Revenue Staff

are available as follows:

Inland Revenue
Te Tari Taake

Taihape: Every 1st Wednesday each month from 9:30am-2:30pm.
For appointments contact:
our Work and Income Receptionist **(06) 901 0109**

Ohakune: Last Tuesday of alternate months (Jan, March, May, July, September, November) from 9:30am-2pm at the Work and Income office. Appointments can be made at the Work and Income office, Goldfinch Street, Ohakune.
For appointments contact:
our Work and Income Receptionist **(06) 901 6162**

Marton: 3rd Monday morning 9:30 to 11:30 of every month (Feb, April, June, Aug, Oct, Dec) at the Work and Income Office, Marton.
For appointments contact:
our Work and Income Receptionist **(06) 327 4029**

Whanganui: 2nd and last Wednesday of every month from 9:30am-2pm at the Work and Income Office, 153 St Hill St, Wanganui.
For appointments contact:
our Work and Income Receptionist **(06) 965 8092**

YOUTH SERVICE

- Are you a young person and undecided about what to do with your future?
- Are you a parent concerned about your teenager's future?
- Are you a teacher, or school guidance counsellor wanting support to help a pupil at your school?
- Are you someone who is concerned about a young person who has left school without a destination?

Then give us a call – Youth Service can help!

- We help young people develop and achieve successful futures
- We help young people access other services they may need along the way
- We welcome enquiries or referrals from young people and from parents or others working with young people

We have youth coaches in Whanganui and the Rangitikei/Waimarino

Contact one of our team now!

Dallas Phone: (06) 965-8144 Mobile: 029-200-6685 Email: Dallas.Hair002@msd.govt.nz	**Cadena** Phone: (06) 965-8016 Mobile: 029-200-8156 Email: Cadena.Tuwhangai001@msd.govt.nz
Angela Phone: (06) 965-8034 Mobile: 029-200-861 Email: Angela.hope001@msd.govt.nz	**Rebecca** Phone: (06) 965-8094 Mobile: 029-201-5007 Email: Rebecca.Sewell001@msd.govt.nz
Jesse Phone: (06) 965-8130 Mobile: 029 2220613 Email: Jesse.HamiltonHall011@msd.govt.nz	**Dennis (Rangitikei/Waimarino)** Phone: (06) 901-0111 Mobile: 029-201-5072 Email: Dennis.Tucker006@msd.govt.nz
Marlene (Team Leader) Phone: (06) 965-8153 Mobile 029-201-2186 Email: Marlene.Whetton004@msd.govt.nz	

- For more information visit our website www.youthservice.govt.nz

Wanganui District Library Home Service

Can't Access the library?
We'll bring it to you

The Library Home Service provides items from the library to your door for free, kindly delivered by volunteers.
If you have had a recent operation or decreasing mobility due to age or illness you could be eligible for this service.

If you think Home Service could benefit you or someone you know please contact Raine on ***(06) 349 3203***

ARTHRITIS NEW ZEALAND

KAIPONAPONA AOTEAROA

ARTHRITIS NEW ZEALAND

For information on seminars, education talks, gout clinics, and workplace workshops, *phone* **0800 663 463**

diabetes nz wanganui branch

Diabetes Wanganui Social Meeting

3rd Sunday of the month from 2pm
St James Lounge, Boydfield Street, Wanganui East

Diabetes Marton Social Meeting

4th Sunday of the month from 2pm
St Stephen's Church Hall, Maunder Street, Marton

For more information contact
Irene O'Regan irene.oregan@xtra.co.nz, (06) 343 5696
or 021 622 055
or Rosemary Blair blairbears@xtra.co.nz, (06) 343 8393
or Linda Carter lindagray@clear.net.nz, (06) 344 4676
or 027 634 0007

Diabetes Wanganui Youth - Parents Support Group

Manawatu Horowhenua Tararua Diabetes Trust

Support Group Meetings every six weeks from 6:30pm
Red Room, Stellar Bar and Café, 2 Victoria Avenue, Wanganui

Tea, Coffee & Soft Drinks Provided

These meeting are an informal get together over a cuppa.
A chance to meet up again or come along and make some new friends with people who understand the daily challenges of diabetes.

For more information and to register please contact
Andrea Bell (Youth Coordinator)
Phone (06) 357 5992 or 0274 928 801
Email youth@diabetestrust.org.nz

Support Services

Living Well with Diabetes Support Group

Whanganui Regional Health Network

Meets every 4th Thursday of the month at Gonville Health Community Room from 10am – 12 noon.

Tea, coffee and morning tea provided.

For further information contact Mary on (06) 348 0109 ext 718

Wanganui's Own Flock of Lesbians

Regular social meetings for Lesbian/Gay women for coffee, brunch, fun activities, pink drinks, support, ideas sharing, and a laugh…

Email wangaflock@outlook.co.nz

and be in the loop for monthly itinerary and newsletter.

Lesbians visiting Wanganui are welcome to join in.

Please note: Screening is in place for all new comers by way of a coffee and a chat. *Jennifer*

LIGHT YOUTH WHANGANUI

Light Youth is Whanganui's newest established lgbtq+ group for any youth 13-25 of any sexual orientation, gender or sex. We are composed of queer youth, for queer youth and aim to be an uplifting source of support and education within our community

Where: Nga Tai o Te Awa, 142 Guyton St
When: Mondays (Term Time)
Time: 3.30-5pm

msg us on FB and we can arrange for a friendly face to meet you outside so you don't have to walk in alone :)

@Lightyouthwhanganui

St John Health Shuttle

St John Health Shuttles now operate between Wanganui and Palmerston North

- *Health Shuttle bookings should be made at least 24hrs before your appointment.*
- *Health Shuttles are provided as a community service, and your donation to the driver assists us to keep the service running.*

Please phone Citizens Advice Bureau **(06) 345 0844** between 9:30am and 2:30pm, Monday to Friday to book for health-related appointments.

ms. Wanganui

- Information
- Support
- Advocacy

- Information and education about Multiple Sclerosis
- Free Field Worker service
- Covering Rangitikei and Whanganui
- Support for Allied Health Professionals
- Regular support groups, exercise programmes, and practical education sessions
- Access for individual MS Scholarships and Grants

Phone: (06) 345 2336 / 021 117 2826

Email: mswanganui@xtra.co.nz

Room 111, 1st Floor, Community House
60 Ridgway Street
PO Box 102, Wanganui

www.mswanganui.org.nz

Deputy Daughters

CARING, COMPASSIONATE, HONEST & DEPENDABLE

A Deputy Daughter will…
- Visit to chat, play scrabble or do a puzzle
- Escort you to appointments
- Take you to visit friends or out for a drive
- Accompany you for a walk

The choice is yours!

LOCALLY OWNED AND OPERATED SINCE 2004
ACC REGISTERED VENDOR

Ph: (06) 344 6209 or 027 240 6209
Email: clairemathieson@xtra.co.nz
www.deputydaughters.com

Deputy Daughters provide services to those people who, in their elder years, either elect to continue to live in the comfort and familiarity of their own home or, through choice or necessity reside in an assisted care facility.

Often these people wish to retain some of the independence they had prior to losing their driving licences.

In many instances their sons and/or daughters live away from Wanganui and are therefore unable to "be there" for their parents as much as they would like to be. At other times, the recipients of our services do not have family to meet their needs. We accept that we cannot replace the support and love of a family member, nor do we endeavour to. We are a professional organisation and this is a business arrangement.

We are happy to provide our services on either a 'one off' basis or on a regular basis e.g. daily or weekly visiting.

Sometimes it is the small requests that bring the most pleasure.

Phone: (06) 344 6209 or 027 240 6209

Hearing Wanganui

Hearing Protection Programme

This is an educational, scientific, fun and interactive programme that is designed primarily for children aged between 8 – 12 (Year 4 to 8) to learn about decibels, hearing and how to prevent hearing loss.

The Hearing Protection Programme has been proven effective in changing attitudes and behavior associated with hearing. You get to explore sound, the way it travels, and how you can protect your hearing for years to come! For further information or to book a Hearing Educator for your school, club, group, social event, or just needing a guest speaker please phone:

Hearing Wanganui / 06 347 9743
35 Dublin Street, Wanganui 4500

Support & Interest Groups

Whanganui Family Violence Intervention Network

FAMILY VIOLENCE IT'S NOT OK | **IT IS OK TO ASK FOR HELP**

May 2018

HELPLINES

SHINE Domestic Helpline
9am – 11pm PH: **0508 744 633**

Sexual Abuse
safetotalk PH: **0800 942 8787** or TXT: **4334**
24 hours a day, seven days a week

What's Up (for ages 5-18)
Mon to Fri: 12pm - 11pm | Sat & Sun: 3pm -11pm
PH: **0800 942 8787**

Shakti (for migrant women)
24 hours a day, seven days a week
PH: **0800 742 584**

Age Concern Wanganui – He Manaakitanga Kaumātua

Serving the needs of older people

A free and confidential Elder Abuse Response Service for people experiencing, or at risk of, elder abuse and/or neglect.

PH: **0800 EA NOT OK (0800 32 668 65)**

Age Concern Wanganui
164 St Hill Street
PH: **06 345 1799**

ORANGA TAMARIKI
Ministry for Vulnerable Children

153 St Hill St Whanganui
ph: **0508 (FAMILY) 326 459**
24 hours a day, seven days a week

(Formerly CYF) Statutory Child Protection Service. Investigates concerns about serious abuse of children (physical, sexual, emotional and neglect), and provides youth justice services.

Children's Team
Works together with whānau and agencies to provide joined-up support for at-risk children, their families and whānau.

To refer to the Whanganui Children's Team visit ***www.viki.govt.nz*** or call **0800 367687**

CLAW
COMMUNITY LEGAL ADVICE WHANGANUI

Community Legal Advice Whanganui can provide those living with family violence **information and advice** on dealing with the police, protection orders, occupation or tenancy orders, relationship property, the process to end a marriage, civil union or de facto relationship, and seeking the services of a family lawyer.

Email: claw@claw.co.nz

76 Guyton Street
PH: **06 348 8288**

Family Works
A PRESBYTERIAN SUPPORT SERVICE

Provides free individual or group programmes **for women and for children affected by family violence**; an 8 week parenting programme - Boundaries with Kids, a Boundaries course for women and general counselling for individual adults, couples, children, adolescents and families.

There is a fee for general counselling but funding is available that may assist with this.

Caring .. Enabling .. Supporting

179 Wicksteed Street
PH: **06 345 6681**

Jigsaw whanganui
thriving children. flourishing families

Suite 10, 236 Victoria Ave
PH: **06 345 1636**

Our team journey alongside whānau and families to be confident and proud in parenting their children. Resisting violence, healing trauma, safety planning, strengthen family relationships, accessing what your family need from services health, education, legal, income support. Provide intensive homebased social work support, programmes for parents, Social Workers in Schools (SWIS), information and advice telephone support to whānau.

www.jigsawwhanganui.org.nz

New Zealand POLICE
Nga Pirihimana O Aotearoa

Bell Street
PH: **111**
24 hours a day, seven days a week

Attend **family violence crisis** incidents, ascertain details of incident, resolve crisis incidents, hold **offenders accountable** for their actions, coordinate **referral to support** services, and develop working relationships and strategies within the community that address and resolve incidents of family violence.

Rise
STOPPING VIOLENCE SERVICES

Rise Stopping Violence Trust provides programmes **for men, women and young people who would like to change their abusive behaviour**.

Provides a Men's Programme, Te Ara Tiko O Tane Programme, Women's Programme, Anxiety Management Programme and Youth Programme (ages 11-17 years).

Anyone can access these free programmes by visiting the office or go to ***www.rise.org.nz*** or ***admin@rise.org.nz***

Helping families and whānau to live violence free

284 St Hill Street
PH: **06 347 7992**

TE ORANGANUI

Te Oranganui's Whanau & Community Services **support whānau experiencing family violence**. They support whānau to build resiliency and live nurturing and cohesive lives.

Te Oranganui's other services also have a **zero tolerance** to family violence: Mental Health & Addiction, Disability Support Services, and GPs.

Korowaitia te puna waiora hei oranga motuhake mo te iwi
Empowering whānau into their futures.

57 Campbell Street
PH: **06 349 0007**

TUPOHO - IWI & COMMUNITY SOCIAL SERVICES TRUST

Services include **social work** support and intervention to reduce whānau/family harm, **advocacy** and negotiation with statutory and other support agencies, and **financial mentoring** and education services.

Whakapūmautia te mana o nga tangata i roto i ngā tāngata
Nurturing . Sustenance . Empowering

Tupoho House
249 Victoria Avenue
PH: **06 345 2042**

Whanganui Safe and Free
healing and preventing sexual abuse in our community

Suite 4, 236 Victoria Ave
PH: **06 343 3416**

Specialist therapy and counselling for children, adolescents, whanau and families, and individuals **affected by the trauma of sexual abuse and rape**.

Whanganui Safe and Free also offer **Kaiawhina/Family Support** for those directly and indirectly affected, and **preventative education programmes** for children and their parents/caregivers, for families and for students.

Email: administration@whanganuisafe.org.nz

WOMEN'S REFUGE WHANGANUI
Te Piranga Puna Wahine

Works with **women, children and families experiencing the traumatic effects of domestic violence**. Advice, support and advocacy, risk assessments and safety planning.

Safe housing for women and children at high risk of further harm as well as supporting women, children and families in the community.

Email: wrwhanganui@xtra.co.nz

PH: **06 344 2204**
PH: **0800 733 843 North Island Option 4**
24 hour crisis and support line

Wanganui Blind and Partially Blind Craft Group

Support blind and partially sighted people to achieve self-esteem and greater independence through learning handcraft skills and providing an effective environment where members can socialise together.

Vacancies are available on either Monday or Tuesday afternoons at 1:30-3:30pm.

VOLUNTEERS WANTED

They are looking for volunteers

- to assist members on Monday afternoons, and
- volunteer drivers for either Monday or Tuesday to transport members to and from Craft Group

Contact Bev (06) 348 4407

Playcentre

Playcentre Wanganui Association

Playcentre's strength is in the support of all whānau. It provides a safe, stimulating, empowering and nurturing environment enabling children to reach their full potential and enabling adults to develop new skills, which will last a life time.

Aramoho
Burnah St
(Churton School)
Tue-Thurs-Fri
9:15am – 12pm
343 1829

Eastside
10 Matarawa St
Tue-Wed-Thur
9am – 12pm
3447119

Rapanui-Brunswick
Rapanui Rd
Tue-Wed-Thur
9am – 12pm
342 9857

Springvale
39 Fox Rd
Mon–Tues-Wed-Thur-Fri
9am – 12pm
344 7119

Turakina
Turakina School
State Highway 3
Tues 9 am – 12:30pm
06 3426604

3 FREE visits

www.Playcentre.org.nz
Whānau tupu ngātahi - families growing together

If you have a community event which enhances our social community, and would like to have

Free Face Painting *there or as a fundraiser,*

please contact me Kirsty on 021 212 3819 or email lovelifelivefacepainting@gmail.com

facebook www.facebook.com/Lovelifelive-face-painting-hire

website http://lovelife.myob.net

Wanganui – Rangitikei – Waimarino Cancer Society

Contact us for support and information on any aspect of cancer

Cancer Society
Te Kāhui Akatepukupuku o Aotearoa

Our free service includes:

- Transport to and from treatment appointments locally and out of town
- Weekly therapeutic massages by appointment
- Monthly support groups - Men's, Women's and Lymphoedema
- Monthly Breast care consultations
- Appointments made for private consultation and advice from a professional in wigs
- Weekly Cancer psychology appointments
- Home visits by appointment
- Cancer Information and booklets
- Financial support for hardship
- Look good - Feel better referrals
- Cancer connect - **0800 226 237**

Visit us at 3 Koromiko Road, Wanganui or phone: (06) 348 7402
Email for support: yvonne.cuthbertson@cancercd.org.nz
Open hours: Monday– Friday 8.30am – 3.00pm

Support & Interest Groups

River City Artists

- Are you an artist interested in painting with a progressive group of painters?
- From beginners to established artists – all mediums
- We meet every Thursday 9.30 am – 4.00 pm in spacious air-conditioned rooms with full facilities and free off road parking
- We meet at 243 Wicksteed Street, Whanganui

For further information contact:

Val Donkervoort – 06 343 6316 or 027 4599 448

Richard Reading – 06 343 5636

AUTISM NZ
Every step together

Coffee & Chat

ASD SUPPORT COFFEE MORNING WHANGANUI

Every 3rd Tuesday of the month, 9.30am-11.30am

The Ladies Rest Building, 75 St Hill Street.

This is a great place to meet and share experiences while enjoying a cup of coffee.

For more information contact: Ayesha Middleton, Outreach Coordinator, 027 449 9049 or whanganui@autismnz.org.nz

DANCE

Wanganui Amateur Dance Association Incorporated

hold a social dance on the first Sunday of each month and dancers of all levels are invited

(Ballroom, New Vogue, Sequence, Latin, Social Dancers)

Venue: St Andrew's Hall, Bell Street, Wanganui (next to the police station)

Time: 7:15pm – 9:15pm, followed by supper

Cost: members $3, non-members $5 - ***First-timers Free!***

Membership: $10 annually

For further information please call

Bryce on **021 187 9643**

Male Singers / Lyric Singers

Non-Audition Choir

All Welcome

Contact Joanna Love (06) 345 9073

Practices Thursday Evenings

TE ORANGANUI

Tēnā Koutou Katoa
Day Activity Woman's Group
Tuesday - 9:30am-2:30pm

Held at Te Oranganui - B Block Campbell Street

We spend time doing art's and craft's, cooking, going to the movies, being out and about in the community but mostly just finding ways to have fun together.

People who use our services say we have:
- Peer Support
- A safe space
- Good communication
- Multicultural access
- A place of possibility and hope
- A pick up and drop off service

If you are interested call Jess or Sam on 06 345 5375 and make a time to come and visit or get your key worker to give us a call.

Plunket

Plunket Playgroups
Plunket Coffee Groups

Plunket now has an **Under 1's Playground** on a Monday 9:30-11:30am, a **Fitness Group** Friday 9:30-10:30am, and an **Open Age Playgroup** Friday 9:30-11:30 running from the Family Centre at 6 Bates Street.

Our PEPE Groups (Parent Education) are run weekly and usually last for 5-6 weeks.

Contact Heidi Wright, Community Support Coordinator on 021 529 600 *or email* heidi.wright@plunket.org.nz

Waverley Old-Time Country Music Acoustic Group

1st Saturday of every month, 1pm – 4:30pm
Waverley Baptist Church, SH 3, Waverley

All profits are returned to the community

$2 Door Donation

All Welcome

For more information contact Cindy or Cliff (06) 346 6424 *(free calling from Wanganui)*

Support & Interest Groups

NARCOTICS ANONYMOUS

"If you use drugs that's your business.
But if you want to quit, that's our business"

Meetings every Tuesday 7:30-8:30pm
and Friday 7:30-8:30pm
St Pauls Hall, via the **Cook Street entrance** only
For more information call
0800 628 632, 0800 NATODAY

AL-ANON FAMILY GROUP

CONFIDENTIAL SUPPORT FOR FAMILY AND FRIENDS OF PROBLEM DRINKERS

*Every **Tuesday** at 7:30pm*
Quaker Meeting House
256 Wicksteed Street, Wanganui

*Every **Friday** at 12:30pm*
Gonville Library Meeting Room
44 Abbot Street, Wanganui
...just pop on in ☺

AL-ANON

Alcoholics Anonymous

Alcoholics Anonymous

Phone 0800 229 6757

If you have a drinking problem maybe we can help...

AA Wanganui Area Meetings:

Sunday:	St John's Lutheran Church, 51 Liverpool Street, **9:00 am**
Monday:	Friendship Hall, Morris Street, Marton, **7:30 pm**
Tuesday:	**Tuesday Lunchtime Steps & Traditions** St John's Lutheran Church, 51 Liverpool Street, **12:30 pm**
Wednesday:	St Luke's Church Hall, 34 Manuka Street, Castlecliff, **7:30 pm**
Thursday:	St John's Lutheran Church, 51 Liverpool Street, **7:30 pm**

DOES ADDICTION CONTROL YOUR LIFESTYLE?

You need to take action now!

WE SHALL OVERCOME!
WELCOME TO RECOVERY CHURCH

Salvation Army Citadel
4 Indus Street, Wanganui
Every Friday from 6pm

Contact John on 027 279 2558

THE SALVATION ARMY

Pedestrians on Wheels

Monthly Meetings

- *1st Wednesday of each month*
  at Cactus Cream Café, 87 Victoria Avenue
  *for **Afternoon Tea*** at 1:30pm,
- *3rd Wednesday of each month*
  at The Brick House, 72 St Hill Street
  *for **Lunch*** at 12:30pm,
  *followed by a **Meeting** at* 1:30pm

(People may attend meeting without attending lunch)

Events are for those on Mobility Scooters and Wheelchairs.
For more information contact
Noelene Lane **027 758 0471**

Monthly Learning / Intellectual Disability Carer Support Network

Do you care for someone with a learning disability?

Would you like to meet others who are caring for and helping people with learning disabilities to make choices and come to decisions which will affect their wellbeing?

Would you like the opportunity to share information and friendship with others who have the same role?

The support group meets on the last Friday of each month, between **10am and 12noon** at the CCS Disability Action Centre, 28 Churton Street, Wanganui.

All are most welcome. Morning tea / coffee provided

For more information phone (06) 929 3161 or txt Linda 021 230 4095

Club G.O.L.D 2014

Walking Group
(Growing Older and Living Dangerously)

9:00 am every Tuesday and Thursday

Leaving from the Splash Centre Wanganui:

- People of all fitness levels are welcome to join
- No-one walks alone
- Two groups walk, giving you the option of either a 60 minute or a 30 minute walk
- Fun, friendly atmosphere

All enquiries to Deb Byers, Area Manager, Green Prescription Office (Splash Centre), *phone (06)* 349 2325 or 027 589 4440

Men's Grief Individual Support

Men who have suffered a loss (any loss — a wife, partner, child or sibling, divorce, redundancy etc.) are welcome to come for empathy and understanding.

We offer on to one sessions in the strictest confidence

WE FACE GRIEF TOGETHER

Please phone Pastor Barrie (06) 344 3345
or Doug (06) 345 0392

The Compassionate Friends
Parents Grief Support Group

As a group we have all experienced the death of a beloved child — of all ages, from any cause, recently or years ago.
Our group is open to parents, siblings and grandparents.

We meet monthly for coffee, chat and care.

1st Saturday of every month
The Yellow House at 11am

Join us to share, chat or just listen — even cry with those you know your pain.

Contacts: Sue (06) 345 0855 or Keren (06) 344 3345
www.thecompassionatefriends.org.nz

Counselling Services

▾ These counsellors/supervisors/practitioners have asked to promote their services to community organisations and will be contributing to the costs of distributing Com.Chat

SUPERVISOR AVAILABLE

Janet Mace

T.T.C., Certificate in Counselling (C.I.T.)
Certified Hakomi Therapist
Post.Grad. Diploma in Social Services Supervision
(with distinction) Massey University

Janet has been supervising a wide range of people from the helping professions since 1994. She has practised as a counsellor since 1987 and combines mindfulness with a strengths-based perspective in her counselling and supervision practice.

Call 021 743 793
or email aramoho@inspire.net.nz

Fliss Newton

MNZAC; Dip GINZ; TTC;
Cert Social Work

- ☺ Professional Supervision
- ☺ Couples Counselling
- ☺ ACC Trauma Recovery
- ☺ Children
- ☺ Workplace Issues
- ☺ Reaching your Potential.

(06) 347 6377
fliss@inspire.net.nz

Eftpos for Hire

Community House now has an eftpos machine available for hire.

Rates are negotiable depending on usage, with discounts available for not-for-profits.

For further information or to book please give us a call on (06) 347 1084.

Nicola Hartfield

MANZASW/FAMINZ (Mediation)
www.nicolahartfield.co.nz
info@nicolahartfield.co.nz
021 900 145

Professional Workplace Supervisor
Family and Community Mediator

Next Month's Deadline for Com.Chat

- The deadline for Com.Chat is the 18th of the month prior to publication.
- Please email your information to office@communityhouse.org.nz. Alternatively, hard copy flyers etc. can be dropped into our office on the 1st floor at 60 Ridgway Street.
- Enquiries can be made to Shelley on (06) 347 1084 or via email.

COUNSELLING CABOODLE

PROFESSIONAL SUPERVISION SERVICES

Debbie Biggar Phone: 02102689486 or info@counsellingcaboodle.co.nz
Whanganui, Bulls, Marton, Palmerston North or via Skype
Clinical or professional supervision, Counselling, or EAP (Employment assistance programme)
ACC Sensitive Claim and ACC Physical Injury.
Individuals Couples Groups Workshops Education sessions

Trauma	Anger management
Individuals, couples or groups	Mental health (depression, anxiety etc)
Addictions	Sexual Abuse
Relationships	Grief
Work place issues	Bullying
Self discovery	Managing change
Family dynamics	Assertiveness training/communication
Medical issues	And much more!

Will travel to other areas by negotiation. Able to do assessments and reports
Full member of NZAC, Registered DAPAANZ and DAPAANZ approved supervisor
www.counsellingcaboodle.co.nz

Please like us on Facebook.

Community House Whanganui

Like us on Facebook

It is our aim to update this page regularly with news and events from our community organisations in Whanganui.

If you have information you'd like us to share on our page please email us at office@communityhouse.org.nz.

If you do not wish to have your organisations news and events promoted on our page, please let us know.

My Memory Book

Personal Biographies combining text, photographs, documents and memorabilia to tell the story of your life or the life of someone you love.

For a free no-obligation consultation and quote phone Sue Miller
027 332 4773

The Counselling Centre (Marton)

www.counsellingcentre.org.nz
located at **18 High Street, Marton**
Phone (06) 327 5245

We provide Counselling and Family Therapy to individuals, couples and families in the wider Rangitikei district. This geographical area covers the rural towns of Marton (where we are based), Hunterville, Turakina, Ohingaiti, Mangaweka, Taihape and Bulls.

We are an incorporated society managed by a committee of local people. We receive funding to keep our service functioning from a number of different sources which include government agencies and charitable trusts.

Clients can self-refer and we also receive referrals from professional and health services in the Rangitikei district.

Our counsellors are skilled and experienced with professional counselling qualifications, are Members of New Zealand Association of Counsellors (MNZAC) and have strong networks and connections within the Rangitikei area.

We ask our clients for a small donation of between $5.00 and $40.00 per counselling session depending on financial ability. However, if it is too difficult to make a donation we are happy to provide Counselling at no charge.