

## Health Literacy more than just

Health literacy isn't just about being able to read and write. Health literacy is being able to receive information, process and understand health information needed to make appropriate health decisions.



The Waitakere Health Link has been leading a health literacy initiative across the Waitemata DHB to ensure health information is provided in a clear and simple way.

Waitakere Health Link coordinator Tracy McIntyre says that health literacy is not just based on intelligence "health literacy depends

on other factors such as language, culture, stress, age, sight and hearing as well as familiarity with the subject and general education skills."

"Its vital that health information is easy to understand so people can follow doctors instructions, know what to do before they come to hospital, be able to give informed consent and understand how to take medication properly".

Waitakere Health Link has been working with assistance from Rodney Healthlink and they have set up a monthly consumer health literacy reference group meeting.

The consumer health literacy group make a real difference says Tracy "we recommend using plain language, simplified information and illustrations and avoiding jargon. It's important that communications encourage patients to ask questions and that different cultures are recognised."

## TANI Events 2011

Please pen down this event on your calendar!

### General Network Meeting

**When:** 16th November,  
10:00am - 12 noon

**Where:** Western Springs  
Garden Community Hall, 956  
Great North Road

## In This Issue

Glimpse of TANI Activities: Family Violence Prevention Workshops & Network Meeting	----- pg 2
Asian Health Initiatives	----- pg 3
Healthcare Information & Services	----- pg 4-5
Safety, Community Services & News	----- pg 6-7
Community Events & Programmes	----- pg 8

# From The Desk of The Chairperson

*Kia ora,*

On the afternoon of 27th July, I attended the launch of the Green Paper for Vulnerable Children by Minister Paula Bennett in Aotea Square. Though many in the media offered the expected sceptical responses to the event, I am choosing to maintain a quiet optimism for the government's demonstration of good intentions. I like the vision for a New Zealand where "Every Child Thrives, Belongs, Achieves".

The plights of vulnerable people in our country – those who are young, elderly, poor, experiencing mental ill health or disability etc – remain dire. Whether we have confidence that anything useful will come out of the Green Paper process or not, the option of not contributing to the national discussions for improving life outcomes for our vulnerable children is unacceptable and irresponsible. I strongly encourage all our TANI members to getting their families, friends and colleagues to debate the issues and participate in this democratic engagement before 28 February 2012.

I am looking forward to the warming weather and trusting our Muslim friends are equally looking to the festivities at the end of their Ramadan fasting.

Shanti and Peace to you all,

Tess Liew

TANI Chairperson



Family harmony & Learning Workshop  
for Chinese community



Family harmony & learning workshop,  
Papatoe toe



General Network Meeting

## PARENTS VOICE

IT TAKES A COMMUNITY TO RAISE A CHILD.

MANA MĀTUA  
KO TE TOI O NGĀ ORA, KO TE WHANĀU ORA.

## Parents Voice: Your Voice on Food and Physical Activity!

Parents Voice is a new online network for New Zealand parents and caregivers who want healthier food and physical activity environments for their children.

If you support any of the following...

Limits on food and beverage advertising to children / Kids having healthy food at school / Safe places for kids to play walk and cycle / Access to fresh, local food / Easy to understand food labels

...then sign up as a member of Parents Voice at [www.parentsvoice.org.nz](http://www.parentsvoice.org.nz). Membership is free and once you join you will be entitled to fill in surveys on topical food and physical activity issues. Our current survey asks what you think about the price of milk. Results are collected anonymously and used to give NZ Parents a way to voice their concerns to the countries decision makers. So the more voices involved in Parents Voice the stronger the voice!

For free resources to promote Parents Voice in your community contact us on [parentsvoice@rocketmail.com](mailto:parentsvoice@rocketmail.com) or Facebook at [www.facebook.com/#!/pages/Parents-Voice/195225570509998](https://www.facebook.com/#!/pages/Parents-Voice/195225570509998).



Parents Voice is an online network of parents, whānau and caregivers who advocate for healthier food and physical activity for children in New Zealand.



Register online and have your say [www.parentsvoice.org.nz](http://www.parentsvoice.org.nz)

## Free Online CALD Training



CALD cultural competency courses for WDHB primary (PHO and GP practices) and MH NGOs workforce working with culturally and linguistically diverse (CALD) patients/clients.

Health Practitioners Competence Assurance Act 2003 (HPCAA) requires registration authorities to set standards of clinical competence and cultural competence. Health practitioners from various disciplines are required to develop cultural competence (cultural awareness, sensitivity, knowledge and skills) to provide culturally appropriate, effective and safe care to patients/clients from different cultural backgrounds

The CALD training programme offers practical courses designed to improve cultural awareness, knowledge and skills how to work with and understand Asian, migrant and refugee clients from different cultural backgrounds and how to work with interpreters effectively to improve the communication process.

Overall Goal: The overall goal of the CALD Training Programme is to provide insight and understanding to how different cultures respond and gives you the skills to care for CALD clients with confidence and sensitivity.

Visit to view the range of CALD courses and descriptions to [www.caldresources.org.nz](http://www.caldresources.org.nz)

## Chinese Diabetes Support Group



Hello, my name is Zhengxiu Xie. I am a new volunteer for Diabetes Auckland to help Chinese speaking clients. I am a NZ registered dietitian with four and a half years clinical experience. Currently I work as part-time Chinese information consultant for Disability Resource Centre Auckland Inc and I am also doing some nutrition presentations in the Asian community. I look forward to starting this volunteer role in July and I will be available on Wednesdays between 11-3pm.

您好，我叫谢正秀。我是奥克兰糖尿病协会新的志愿者来帮助说华语的朋友。我是新西兰注册营养师，有4年多临床经验。我现在是奥克兰残障资源中心的兼职华语信息顾问。我也有在亚裔社区作一些营养讲座。我将在七月份开始这份志愿工作，我的工作时间是每周三的十一点到三点。

### Chinese Diabetes Support Group

**Where:** Diabetes Auckland, 62-64 Valley Road, Mt. Eden

**When:** 2nd Wednesday of every month

**Time:** 10 am - 12 noon

**Cost:** \$2 for members of Diabetes Auckland, \$5 for non-members

**Contact:** Priscilla (Co-ordinator) - 626 2711 or Susan Li - 630 8338

Diabetes Auckland

62-64 Valley Road, Mt. Eden

Ph: 623 2508



## The Asian Youth Sexual Health Programme: Tackling a Big Taboo



The Asian Youth Sexual Health Programme was a pilot sexual education programme, run in conjunction with East Health Trust PHO and WONS. This initiative used social networking as a means to spread positive sexual health messages.

The programme provided a safe environment for youth to discuss sexual issues relating to sexual health and sexuality. The nineteen volunteers aged from 16 to 24 have justified the programme to be very successful having reached over 200 youth through engaging with their friends and families.

"We encouraged the youths to use social media as much as possible, with emphasis and guidance on being safe, confidential, discreet, ethical, sensitive, and appropriate," says project co-ordinator Agatha Chiu.

"Sex is a taboo topic in most Asian families and communities, leading to a shortfall of suitable information and support for Asian youth when trying to make good decisions about their sexual health and sexuality."

"Managing the language barrier, cultural values regarding sex before marriage, shyness and taboo related to the topic, and New Zealand's youth culture are just some of the barriers that need to be tactfully addressed," Ms Chiu says.

The group is actively seeking funds to cover the cost of running another programme.

For more information, please contact Project Co-ordinator Agatha Chiu at [agatha.chiu@gmail.com](mailto:agatha.chiu@gmail.com)

## Art for Disabled Asians to Express Themselves



Art is providing Asian students with a way of expressing themselves at a St. Lukes studio.

Spark Studio has been running art programmes in Fowlds Park since 2004 and welcomes students of all abilities. It has developed art programmes for people affected by stroke, as well as for children with autism.

Leota Doo started attending Spark Studio after having a stroke. The Stroke Foundation contracted Spark Studio to develop an art therapy programme. This led onto a weekly open studio which participants from the original art therapy course attend. It is looking to secure funding to repeat the art therapy programme in 2012.

Leota said: "It's really great. I'm doing things that I never thought I'd be able to do. It's very satisfying. It's also wonderful to see how we've all progressed over the courses."

Another of the studio's Asian students is making waves, having won a

place in the final of the IHC Art Awards 2011.

Jimmy Shum has been nominated for his work 'Jimmy is Sitting' and will be attending the Wellington finals on August 16th.

An Open Day will be held at the studio on Saturday 8th October from 10am.

For more info call 09 845 5361, e-mail [info@sparkstudio.org.nz](mailto:info@sparkstudio.org.nz) or [www.sparkstudio.org.nz](http://www.sparkstudio.org.nz)

## A National Network for Family Carers



The Complex Carers Group is a national support and information network for family carers who support disabled children and young adults who have intensive support needs.

Our aim is to provide a collective voice for these families to advocate for the unique needs of their disabled family member and provide information to the Ministry of Health, funders and providers.

We provide a Network Directory for our members who wish to participate to enable carers to make contact with others in similar situations or geographic locations.

For further information contact: Jan Moss, Co-ordinator, 09 443 5786 or if outside Auckland 0800 852 693. E-mail [complexcarers@xtra.co.nz](mailto:complexcarers@xtra.co.nz)

## Un-Masking Elder Abuse and Neglect



*Speak up if you notice any change in behaviour of an older person – they could be suffering from elder abuse and neglect.*

The call comes after Age Concern New Zealand's Professional Advisor

for Elder Abuse and Neglect Prevention Services, Jayne McKendry spoke today at an 'Unmasking Violence' conference currently being held in Taranaki.

Elder abuse includes any behaviour, within a relationship of trust, which harms an older person. It could be a one-time event or repeated patterns of behaviour and a lack of action. It is a significant problem in New Zealand – Age Concern receives approximately 1500 referrals to be investigated each year.

Ms McKendry says signs that someone is being abused could include; increased fear, anxiety or agitation, changes in eating, sleeping or spending patterns.

"An older person who is being abused may not show any obvious signs of this. In fact, they may work very hard to hide it."

According to Ms McKendry elder abuse is often the result of ageist attitudes and the use of power and control. Carer stress, or a person being particularly vulnerable due to an infirmity can also be contributing factors. She urges members of the public to challenge ageism and promote older people's rights. Concerned friends or family members should contact their local Elder Abuse and Neglect Prevention Service.

Contact details are listed on the Age Concern New Zealand website: [www.ageconcern.org.nz](http://www.ageconcern.org.nz). For further information please contact Jayne McKendry or Louise Collins on 04 8019338 or your local Age Concern Counties Manukau Inc Elder Abuse and Neglect Prevention Coordinator, email: [eanp@accm.org.nz](mailto:eanp@accm.org.nz) or Ph: 2794331 ext 800

## Having a Problem with a Health or Disability Service?



Seek the support of a free independent health and disability advocate to help you resolve your concerns.

The advocate will listen to you and explain the options available to you. The advocate is on your side and will assist you in the actions you choose to take to resolve your concerns.



Specialist Refugee/Migrant advocates are available to work with people from refugee communities as well as, migrants from non-English speaking countries.

Advocates are also available to provide free education sessions on health and disability consumer rights and provider responsibilities, as well as the role of the Health and Disability Commissioner and how an advocate can assist.

Anyone who wants information about the Code of Rights, how to organize a free education session or believes their rights have not been respected, can phone 0800-555 050 or email [advocacy@hdc.org.nz](mailto:advocacy@hdc.org.nz) to be put in touch with their local advocate.

Visit [www.hdc.org.nz](http://www.hdc.org.nz) website to read Your Rights in a number of Asian languages.

## Be Accessible



The Be. Team – from left: Qiuqing Wong, Philip Patston, Minnie Baragwanath, Lauren Wetini and Edit Horvath.



Be. Accessible is a new nationwide initiative designed to both inspire and enable a 100% accessible society for all New Zealanders.

Be. Accessible is responding to the needs of more than 20% of New Zealanders who are either disabled in some way or who need extra assistance accessing buildings,

organisations and society in general. One of the major initiatives launched by Be. Accessible is a website - [www.beaccessible.org.nz](http://www.beaccessible.org.nz). This website is designed for all New Zealanders wanting access information about transport, accommodation, dining, shopping and entertainment, useful services and in particular locations and services relating to Rugby World Cup 2011.

Be. Accessible has also launched Be. Leadership – an exciting new leadership programme that develops emerging leaders living with disability in NZ. Be. Leadership is now inviting applications for the 2012 programme (nb: applications close on 19th September 2011). Visit: [www.beleadership.org.nz](http://www.beleadership.org.nz) to find out more.

To find out more call: 0800 Be in touch (234 686) or email [info@beaccessible.org.nz](mailto:info@beaccessible.org.nz)

## Making daily living easier

DRC Auckland's Mobile Information and Equipment Service is coming to a community near you!



Photo: DRC's Mobile Service on the road.

- ✓ Find out about support options for you or someone you love.
- ✓ View a range of assistive products to stay safe and mobile at home and in your community.
- ✓ EFTPOS facilities available, if you wish to purchase.

For enquiries, or to find out when the Mobile service will be in your area please contact the driver, Justin:

Mobile: 027 283 0310

Freephone: 0800 625 100

Email: [justin@disabilityresource.org.nz](mailto:justin@disabilityresource.org.nz)

Website: <http://disabilityresource.org.nz/disability-services/mobile-service/>



## Free Bowel Screening For Waitemata Residents Starts This October



Bowel cancer is the most common cancer registered in NZ and is the second leading cause of cancer death. People diagnosed with bowel cancer, who get treatment in its early

stages, have greater than 90% chance of surviving five years. After five years they have the same survival rate as someone who has never had bowel cancer.

From October, Waitemata DHB residents aged 50 – 74 will be invited to take part in a FREE BowelScreening programme to detect bowel cancers at an early stage.

This is different from other screening programmes because people don't need to go to a doctor or screening centre and don't need to book an appointment.

"It's simple. All you need to do is wait for your invitation letter. Four weeks after you receive your letter you will get a free test kit. Just follow the detailed instructions and return the kit in the Freepost envelope provided. You will receive a result letter within three weeks of returning a completed kit. If you have a positive test you will be offered further investigations," says Moira McLeod, BowelScreening programme manager.

**If you'd like someone to talk about the BowelScreening programme at your next meeting or small event please contact Elizabeth Brown, Community Awareness Raising Coordinator, on 09 484 0230 or email [elizabeth.brown2@waitematadhb.govt.nz](mailto:elizabeth.brown2@waitematadhb.govt.nz)**

### Key information about the FREE BowelScreening programme

- Available from October for Waitemata DHB residents aged 50 – 74.
- Checks for early signs of bowel cancer in people with no obvious symptoms.
- It's a simple screening process you can do at home.
- When it's your turn to take the test Waitemata DHB will send you a letter and a test kit - so wait until you hear from them. (Please be patient because there are 132,000 people eligible for free bowel screening every two years)

## Planning For When We Are No Longer Here



### Trusts & Welfare Guardianship

#### West Auckland:

Wednesday 31 August – 7-9pm

Integrated Neurological

Rehabilitation Foundation, 2 Claude Brookes Drive (off Edmonton Road), Henderson

#### East Auckland:

Wednesday 7 September – 7-9pm

Eastgate Community Trust, 427 Pakuranga Road, Pakuranga

#### South Auckland:

Wednesday 21 September – 7-9pm

Nathan Homestead, 70 Hill Road, Manurewa

**Presenter:** Tony Banks, Solicitor

**Cost:** \$20 per family – Presentation handouts and light supper provided

**RSVP:** 636-0351 or [pfrcadmin@pfrc.org.nz](mailto:pfrcadmin@pfrc.org.nz)

## Labour Weekend Celebration

Labour Weekend will be an exciting time for people with disabilities and their helpers attending the Christian Ministries with Disabled Trust National camp at Totara Springs. Up to 400 people usually attend and this year CMWDT will be celebrating its 30th camp at this beautiful, wheelchair friendly site near Matamata.

The Trust welcomes people from all ethnicities and for many years disabled campers and volunteer helpers have included a number of Asians. A highlight of this year's weekend of fun, fellowship and life changing friendships will be the free, 30th anniversary carnival from 3 – 6pm on Saturday, 22 October.

Sponsored attractions will include log jousting, giant checkers, vertical bungee and an auction. Locals and day visitors from Auckland and elsewhere will add to the carnival atmosphere and on Sunday evening campers can watch the Rugby World Cup final live on a big screen.

**New helpers receive some training on the first night (Friday) and CMWDT will also run a seminar on how to help people with disabilities on Saturday, October 8th, at its drop-in centre, 173 Mt Smart Rd, Onehunga.**

Ph: 09 636 4763, E-mail: [info@cmwdt.org.nz](mailto:info@cmwdt.org.nz) or check the website at [www.cmwdt.org.nz](http://www.cmwdt.org.nz)



## Family Harmony Services - The Vagus Centre



*This new service is provided by the Chinese Mental Health Consultation Service Trust.*

**With recent funding from the Ministry of Social Development, we are now able to provide a FREE counselling service**

to Chinese individuals or families having difficulties in relationships and parenting issues. This service is to enhance harmony within Chinese families before any family violence or legal involvement erupts.

The aims for this service are to enhance family relationships, provide professional advice for the enrichment of family relationships, encourage the Chinese families to live harmoniously and settle happily in New Zealand and reduce the propensity to serious physical and psychological consequences.

### The services we provide:

1. Assessments for individuals and families: the needs; family functioning and safety issues.
2. Counselling Services for individuals / couples / families (up to six sessions)
3. Referral to other Services when appropriate
4. Others: Counselling for life crisis/ Parenting issues / Culturally appropriate clinical services for Chinese.

**Contact us: Ph: (09) 624 4639 email: [info@cmh.org.nz](mailto:info@cmh.org.nz)**

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

## Oh No, Another Day, How Will I Ever Cope?

*If this is the start of your day don't despair - Call GROW!*



**G**row is a voluntary association of people who know they are inadequate or maladjusted to life (mentally, socially or spiritually). Who earnestly desire to change, and are helping one another to grow to personal maturity. GROW has no affiliation with any organized church or religion. Its broad basis of belief is in ourselves and one another as persons, and in the spiritual values of heart, mind and character, which we have found to be the foundation of personal life and mental health. We believe that Friendship is the KEY to good mental Health. GROW groups, varying in size from 5 – 15 people, are open to all Meetings are held weekly day or night and last for 2 hours.

**Please contact GROW for a information packet, and any enquiries.**

**Group lists are available. Ph: 09-8466869.**

## Individualised Funding



**NATIONAL HEALTH BOARD**  
**Disability Support Services**

*Individualised Funding is a way of paying for home and community support services funded by the Ministry of Health.*

The Ministry of Health funds disability support services for people who have a long-term physical, intellectual and/or sensory (vision/hearing) impairment, that is not covered by ACC and who are generally under the age of 65. Individualised Funding is currently limited to home and community support services only.

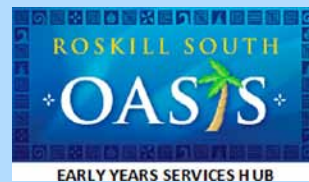
Individualised Funding is available to those people who have had a needs assessment and been allocated home and community support services. Individualised Funding gives you and your family more choice and control over how you use the supports you are allocated. This may mean you can choose what you want to use the support hours for, who you want to provide the support and when and where you want the support provided.

If you want to manage your support using Individualised Funding, you must do this through an Individualised Funding (IF) Host organisation that is contracted by the Ministry of Health.

The IF hosts will help you to understand Individualised Funding. They will also help you to manage your supports and your responsibilities.

**More information about Individualised Funding, Host organisations and Needs Assessments can be found at [www.moh.govt.nz/disability](http://www.moh.govt.nz/disability), by emailing [disability@moh.govt.nz](mailto:disability@moh.govt.nz) or by calling 0800 373664.**

## Early Childhood Service for Vulnerable Families



An Early Years Services Hub, Roskill South Oasis, runs from 56 Glass Road, Mt Roskill. We are open from 8.30am to 4pm.

The purpose of a Early Years Services Hub is to improve outcomes for families, especially

vulnerable families with high needs children, aged from pre-birth to six years, through improving access to services and improving service co-ordination.

We work alongside most service providers but our main focus is antenatal, early childhood education and well child providers. We offer parenting information, home visits, supported referrals to other agencies and run other programmes/activities as they are required.

Currently we have a playgroup, coffee group, an oasis group, a self defence class running from the Oasis Hub. During the school holidays we run a school holiday programme and this October (during the school holidays) we plan to have a Parenting Expo. We also offer social work advocacy.

**If you have any questions phone the Hub on 620 8079 and talk to either Bronwyn or Vicky.**

## Simple Steps at Home Can Save a Lifetime of Injury



Everyday an average of 22 children are admitted to hospital because of unintentional injuries. Most of these injuries happen at home.

"This is why creating a home environment where kids can grow and learn safely is an important parenting strategy," said Ann Weaver, Director of Safekids New Zealand.

Below are simple steps you can take to prevent unintentional injuries at home:

- **Falls:** Use stair gates and window safety latches; Bunk beds are for older kids; Babies don't need baby walkers; the safest place to change babies is on the floor.

- **Poisoning:** STORE all medicines and chemicals out of children's reach and sight; ASK your pharmacist for safety caps on medicines; FOLLOW the dose instructions from your doctor or pharmacist; and ENSURE you follow safety instructions on medicines, chemicals and cleaners.

- **Burns:** Keep hot drinks out away from children; Set your hot water temperature to 50-55° Celsius at the tap; Make sure kids are always a meter from the heater; Use smoke alarms.

- **Drowning:** Maintain hand contact with babies and stay within sight and reach of young children in the bath; Secure or empty any container that can hold water deeper than 40mm.

- **Strangulation:** Pull cords on curtains/blinds should be kept short and out of reach.

For more information visit [www.safekids.org.nz](http://www.safekids.org.nz) or call 09 631 0717.

## Prevention on Falls at Home



As the lead agency on fall prevention in New Zealand, ACC is currently working on its Falls 2014 programme. ACC's 2011 high priority on fall prevention is focusing on preventing serious falls in the home amongst 25 to 64 year olds.

Why focus on falls at home?

- Falls is the major cause of injury in the home
- 25 to 64 year olds make up over 40% of all home falls and account for 60% of the cost to ACC

- In 2010, over 107,000 claims for home falls were made by 25 to 64 year olds
- 2/3 of these claims were made by people in the workforce
- In 2010, almost 10,000 people were off work for more than a week as a result of a fall at home
- And almost 3,000 people were off work for more than 3 months as a result of a fall at home.

Yet, only 71% of people realise there is a risk of being injured in the home and only 25% think it could happen to them. Achieving a change in attitude toward risk of injury in the home is a long-term goal. We encourage you to take action, starting with one simple change to reduce the risk of being injured at your home. **For more information about home safety or if your organisation is interested in running a home safety project please contact Juliet Huang, Community Injury Prevention Consultant, at [juliet.huang@acc.co.nz](mailto:juliet.huang@acc.co.nz)**



## How to Keep Young Children Safer Around Water – at Home



Nine children under the age of five have drowned already this year, three more than for the whole of 2010.

Drowning is the second leading cause of unintentional injury death for children in New Zealand and for this age group it is the home environment that poses the greatest risk.

By following a few simple steps you can help make your home safer for young children, remembering that it only takes a small amount of water.

- Supervision – Remain in constant visual contact, stay



Photo provided by Safekids NZ

close and be ready to respond. Stay focused on the child without distraction, i.e. not reading or talking on the phone. Always stay with children at bath time.

- Learn child and infant CPR and know what to do in an emergency.
- Keep bathroom, toilet and laundry doors closed.
- Provide fencing for home pools, including portable pools and spas.
- Hazards – Identify any container that can hold more than 40mm of water that could pose a danger, such as buckets, rain water bins, unused paddling pools or pet water bowls. Secure them or empty and store them away.

Further home safety information can be found at [www.watersafe.org.nz](http://www.watersafe.org.nz).

## Call For Working Smoke Alarms in All Rental Properties



Did you know that you are more likely to die in a fire in "rental" accommodation than if you lived in your own house?

Near misses, (potential fire fatality) in a couple house fires (rentals) recently in the Auckland Region again supports the Fire Service continual concerns about houses with none, insufficient, or non working smoke alarms.

Some people believe that because they haven't had a house fire "ever" that they are exempt. You are "not" as most fires in the home are the first experiences of such a tragedy, some families, have to endure.

When you are asleep, you do not smell. A working smoke alarm is your nose when you are a sleep, in the next room, outside or even when a passerby hears the noise and calls 111.

If you don't have working smoke alarms NOW then contact your landlord immediately and get them to have them installed. Or purchase your own, install them and when you leave your rental, take them with you.

It could be your turn for a house fire TONIGHT. Are you prepared?

**For more information please contact your local fire station.**

**Or go to [www.fire.org.nz](http://www.fire.org.nz)**

## Diwali lights up Auckland Libraries



Auckland Libraries will celebrate Diwali, the Festival of Lights again this year with something for the whole family.

Get lost in the flamboyance of colour, entertainment, culture and food at your local library during the annual Hindu festival.

All Aucklanders can take part in Diwali activities about Indian culture, music, food, art or dance from 1-15 October. The kids will love the Diwali themed Storytime (appropriate for 3-5 year olds), or henna painting for the more hands on. Everyone can get into Bollywood styled aerobics or sari wrapping demonstrations, plus Hindi speakers can join a Q&A about Auckland Libraries services – 'Ask in Hindi'.

There is a wealth of ethnic and cultural material at Auckland Libraries. Go online and you can find over 500 newspapers in 37 languages from New Zealand and around the world. There

are books, DVDs and magazines in over 40 different languages in our Community Language Collections or learn to speak Urdu or Hindi using Audio books or eBooks.

Auckland Libraries is a place to celebrate cultural festivals like Diwali, Pasifika and Chinese New Year with your local community. **You can find out what's on at your local library via the Auckland Libraries website [www.aucklandlibraries.govt.nz](http://www.aucklandlibraries.govt.nz)**

## The Bright Future Starts From Here

The "Bright Future Starts From Here" event is presented in conjunction with the Mental Health Foundation, Counties Manukau District Health Board, Office of Ethnic Affairs, Fo Guan Shan and Yan Oi Sei.

The event aims to promote the different career paths available to Asian youths, as well as the various social and health services available to the wider Asian community within New Zealand.

This exciting event is also an opportunity to celebrate the Mental Health Awareness Week.

**Date:** Saturday, 8 October 2011

**Time:** 10am to 3pm

**Venue:** Fo Guan Shan (Chinese Temple), 16 Stancombe Road, Flat Bush, Auckland

**Cost:** \$25 registration fee

If your organisation is interested in having a stall at the event please contact Kitty Ko on 09 538 0723 or email her at [kos@middlemore.co.nz](mailto:kos@middlemore.co.nz)

## Asian Youths Blaze Ahead with their Musical Talent

In support of anxiety disorder sufferers

**Brighter Future Musical 2011 presents...**

**VIP**  
anxiety shift permanent

**Two nights of sensational all-singing, dancing and martial arts-musical!**

**September 2 & 3**  
7.30PM

**Dorothy Winstone Centre**  
Auckland Girls Grammar School  
Gate 2, 16 Howe St  
Newton, Auckland

Early Bird \$15 (Until July 24)  
General Admission \$20

Book 022 BFM 4 PAW  
or [www.eventfinder.co.nz](http://www.eventfinder.co.nz)

For more info, visit: [brighterfuturemusical.com](http://brighterfuturemusical.com)

**Raising funds for the Phobic Trust of New Zealand Inc.**



MULTICULTURAL YOUTH NEW ZEALAND CONFERENCE 2011

**KNOW YOUR RIGHTS**  
STEP UP AGAINST WHAT'S WRONG

Thursday  
29th Sept  
2011  
@ Wesley  
Community  
Centre

\*FREE for young people aged 15 - 24 years\*

The 2nd MYNZ Conference will be held this year with the theme "Know Your Rights, Step up against what's Wrong". It's all about championing youth participation and connecting diverse experiences amongst Aotearoa's Asian, African and Middle Eastern communities, and youth from migrant and refugee backgrounds. Workshops cover a range of topics such as: migrant youth identity & Treaty of Waitangi, human rights & social justice, gender & cultural diversity and family relationship safety, youth activism & skillshare workshops.

Registration opens from 31st July 2011. Book your space at [www.youth.shakti.org.nz](http://www.youth.shakti.org.nz). For more info, contact us at [youth@shakti.org.nz](mailto:youth@shakti.org.nz) or ring 09) 262 0487.

**WHEN:** 29th Sept  
10am - 4pm  
**WHERE:** Wesley  
Community  
Centre, 740  
Sandringham Rd  
Extn. Mt Roskill

Hosted by:  
**Shakti  
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