



Are you a community-based organisation, group, Marae, Church or school wanting to set up an edible garden?

This programme has the goal of re-introducing food-gardening back into being the norm. We want a larger and larger proportion of New Zealanders growing their own fruit and vegetables in all kinds of settings: homes, schools and public open spaces.

We will work alongside you to provide free:

- ✓ Startup advice
- ✓ Support to garden mentors and community co-ordinators
- ✓ Site check and planning help
- ✓ Funding application advice
- ✓ Budget reality check
- ✓ Sustainability best-practice
- ✓ Information by phone on gardening matters
- ✓ Workshops on key topics
- ✓ Access to a supplier network
- ✓ Links to other gardens
- ✓ Resources and web-based information
- ✓ Mini starter kit



A collaborative initiative proudly supported by:



For more information, or to access the Gardens4Health programme, contact:

Richard on: (09) 273 9650
Mobile: 021 824 573
E-mail: gardens@dpt.org.nz
Or visit: www.dpt.org.nz



Feedback on the Health Passport is Now Available



Health and Disability Commissioner
Te Toihau Hauora, Hauāitanga

The Health and Disability Commissioner would like to thank all individuals and organisations who supported us and provided us with valuable feedback on the Health Passport during public consultation.

A summary of the feedback received during public consultation on the Health Passport is now available on our website: <http://www.hdc.org.nz/about-us/disability/health-passport-consultation>

For any questions or enquiries regarding the Health Passport, please contact Hemant Thakkar on 0800 11 22 33 or email hthakkar@hdc.org.nz

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From The Desk of The Chairperson

Kia ora,

Welcome to the last edition of our TANI newsletter for 2010.

We hope you will all find something in this edition that will support you in your work with the Asian communities you work with.

I would like to take this opportunity to extend a special "Mingalar Bar" to all of our Burmese colleagues and friends for the wonderful news regarding the release of Aung San Suu Kyi from her house arrest in Myanmar. The headlines have quoted her saying "There is a time to be quiet and a time to talk. People must work in unison. Only then can we achieve our goal." Let us, then, all be mindful of those wise words and wish this 1991 Nobel Peace Prize Laureate all the very best for her time to talk and pray for her continued safety.

More immediately relevant to us, Pansy Wong's resignation from Cabinet will mean the loss of an important champion for Asian issues in government. We must all work harder to increase our influence there. I do hope that many of us are already exploring options to cultivate political alliances in the new Auckland Council.

Finally, on behalf of the TANI council and staff, I would also like to thank all of you for your continued support of TANI and we certainly look forward to another fabulous 2011.

Warmest regards,
Tess Liew ☺
Chairperson, TANI



HPV Promotion



Asian Health & Wellbeing Issues & Challenges, TANI Network Meeting



Champions of the Future - Leadership workshop Oct 2010



TANI's participation in Diversity Forum



HPV Promotion



Prof Tsang's sharing SSLD model, TANI Workshop



HPV Promotion



TANI participation in Diversity Forum

Diabetes – The World’s Biggest Health Catastrophe



Some people may call it “sugar disease” - but the 200,000 New Zealanders living with diabetes already know the bitter realities, as well as the sweet required to live well. The good news is that when it comes to type 2 diabetes - prevention is a big deal, especially if you’re at increased risk of developing diabetes.



Every day 19 New Zealanders are diagnosed with diabetes. A leading cause of death, poorly managed diabetes is the major cause of heart attacks and strokes, kidney failure and blindness. It is the largest contributor to foot and leg amputations and causes impotence.

With around 60% of us overweight, a BOAT (Bit Of A Tummy) may not worry us too much. However, the other ‘bits’ of the problem should. A Bit Of a Tummy often goes with a ‘Bit’ of diabetes. And, a ‘Bit’ of a heart attack or a ‘Bit’ of a stroke can ruin your life.

If you have a BOAT and especially if you have a LOT (Lot of Tummy), check your diabetes risk factors at www.diabetesauckland.org.nz or call into Diabetes Auckland’s at Nesfield House, 62-64 Valley Road, Mt Eden for more information on how you can learn more about diabetes. Phone 623 2508 for more details.

Active Asian



The Chinese Sport Forum, organised by Harbour Sport’s ActivAsian team was held on Thursday 9th September.

It was an ideal opportunity to on start the process of consultation between the Chinese community and regional sporting organisation leaders with over 90 people present including 65 from the Chinese community and 14 sports represented. There were presentations on the changing demographics of the North Shore and focus groups discussing ways for sports to connect with the Chinese community. The forum concluded with a panel discussion that provided fascinating insights about their experiences in sport and opinions about sport and the Chinese community.

Feedback from the focus groups included:

The key barriers for Chinese engaging in sport:

Language/ Lack understanding of rules of different sports /Cost, lack of funds – facilities, uniform, activities/ Availability of facilities for minority sports /Ignorance of culture in both directions.

The key needs in encouraging Chinese sport participation:

Facilities for young children and parents being able to do something while kids are playing sports/ Provide sport specific training for Chinese community/ Improved access to information/ Sport clubs to collect information / Interpreter or Chinese coordinator in clubs / Extended

hours of facilities – evening and weekends /Leaders of the community to encourage participation in sport and lead their community.

Opportunities identified:

Promotion of sports/ Influence people in important positions in RSOs./

Networking between cultures/ Publicity of Chinese community in English newspapers to raise awareness/ To learn from other countries about how to develop certain sports/ More promotion through school – Children as messengers for parents and sports/ Create an ethnic section in each sport/ Provide Chinese with opportunity in a greater variety of sports.



Photograph taken at the Chinese Sport Forum

If you would like more information about the ActivAsian project, please contact Jenny Lim, Asian Community Sport Coordinator, ph 09 415 4654 email: activasian@harboursport.co.nz, messages can be left in Chinese.

Finding Success - The Natural Way



Success comes not only from hard work but from being natural.

Learning to let loose your natural abilities is part of the key whether at a beginner or a top sporting level. Avoiding this or trying to find something

more than you can give leads to tightening up and poor performance.

For children in sport being natural is particularly important as they are learning whether or not they enjoy sport. It has to be fun first but also appeal to their natural competitiveness. Most will naturally compare themselves to others so support and helping them find the skills they have inside takes patience and skill.

Auckland Badminton is running programs in schools 3:30pm to 4:30pm for children so that they can access the sport more easily and you can help by becoming a coach.

Free Training as a Coach: Contact cliff@auckbad.co.nz or visit www.auckbad.co.nz. You get trained for free and if you pass we can offer you a job at the end of it.

Summer Badminton: You can also join in our summer club which is open to anyone Monday nights at 99 Gillies Ave from 7pm at the community affordable price.



Healthy Eating on a Budget

Aims
To provide information and skills to those who work with families and community members who might benefit from better, more cost effective nutrition.

What we offer:
We offer ‘Healthy Eating on a budget’ programmes to individuals, groups and organisations working with families in the community across the wider Auckland area. Each programme will be tailored to participants’ needs, but will include the following components:

- food choice
- health consequences of poor nutrition
- energy balance
- food groups
- shopping on a budget
- cost comparisons
- meal planning
- food labelling
- food and nutrition policy
- special nutritional needs
- recipes
- getting positive messages across effectively
- practical demonstrations and opportunities to practice skills

We also offer a two hour update session to participants within two months following their completion of the programme.

Fully funded by MOH



Contact
Coordinator
Phone: (09) 2739650
E-mail: cooknkiwi@dpt.org.nz
Website: www.dpt.org.nz



Need A Free Handyman, Grandma?



Handyman Fieldworker Service



Age Concern Counties Manukau Inc has launched a new service – Handyman Fieldworker Service.

We invite you to contact us if you, or an older person you know in the counties manukau area, needs help with odd jobs that will take less than an hour. These are small jobs, not a task a tradesman would normally be contracted to carry out, like hanging a picture, changing a light bulb or washer or battery etc. Call us for more information 2794331 ext 800.

We also take this opportunity to wish everyone and especially our older folk in the community a safe and happy holiday

season.

Unfortunately as well as a season of celebration, sometimes this time of the year brings increased stress and financial pressure and a new sense of loneliness for many.

If you are able, we hope you can spare the time to share a few friendly moments with an older friend or neighbour, who may be feeling isolated and lonely.

Time, kindness and respect are the most valuable gifts of all.

For information on our Accredited Visiting Service, Elder Abuse and Neglect Prevention service, Handyman Fieldworker Service, Total Mobility assessments or becoming a member, making a donation or attending our Health Promotion programmes please feel free to contact us 2794331 ext 800 or sandya@accm.org.nz.

Age Concern Counties Manukau office will close on Friday 17th December at midday and reopen on Monday 10th January.

Are You Recovering From Breast Cancer?



YWCA Encore is an eight week programme designed specifically for women who have experienced breast cancer surgery at any time in their lives. It incorporates gentle exercises, relaxation techniques, information and support; it is safe, fun and therapeutic.

Auckland Programmes 2011

Henderson

West Wave Aquatic Centre, 1st February to 22nd March

Takanini

Longford Park, 2nd February to 23rd March

Attendance is by ENROLMENT only and Participation is FREE!
For details and enrolment call: 0800 36 26 73

Making Complaints

A Guide for Mental Health Service Users

The Human Rights Commission recently launched a resource, providing information and practical steps to help ensure mental health service users in New Zealand receive quality service and treatment.

Making Complaints – A Guide for Mental Health Service Users fills a much needed gap in information on complaints processes for people who experience mental health issues. The guide will assist people using these services to advocate for themselves and whānau members.



It outlines issues such as, “what if I think my rights under the Mental Health Act have been breached?”, “what is the best way to complain?”, and “where do I get legal advice?”

Making Complaints – A Guide for Mental Health Service Users is available to download from the Human Rights Commission’s website. Hard copies can be requested by contacting InfoLine on 0800 496 877 or email infoline@hrc.co.nz.

Did You Know That Arthritis Costs Over \$3 Billion?



To put this in perspective - that’s the equivalent of all of the forestry exports for last year being spent on people with arthritis.

Arthritis New Zealand supports the APLAR (Asia Pacific League of Associations for Rheumatology) with the Every Day Counts campaign. This campaign was developed to highlight the fact that for every day a patient with rheumatoid arthritis remains undiagnosed and untreated they pay an unnecessary personal price.

At the same time, society and communities face a significant financial cost through increased unemployment and welfare payments, and greater healthcare spending.

Arthritis New Zealand offers support those with arthritis through:

- Free clinics and self-management courses
- Information and education - including condition-specific seminars and education talks, informative brochures, a quarterly magazine, local newsletters and the website.
- Local awareness and fundraising - local fundraising initiatives and opportunities for volunteering
- Advocacy and Lobbying - representing the interests of those affected by arthritis to local and national decision makers
- Research – funding research projects in New Zealand which focus on the cause and treatment of arthritis.

For more information on Arthritis New Zealand please visit arthritis.org.nz or phone 0800 663 463.



Improved Primary Care In Waitemata District Under New PHO Model

In a move to further improve primary care in the district, Waitemata District Health Board is streamlining the number of Primary Health Organisations (PHOs) from six to two and creating a new Maori organisation.

Under the new model, geographic boundaries will be removed and general practices will be able to choose which PHO they belong to within the Waitemata District. The decision follows extensive stakeholder consultation which found in favour of the revised model. Waitemata DHB chairman, Dr Lester Levy, says there is a strong move toward a regional approach around primary care. "The other two metro DHBs do not have geographically constrained PHOs and have indicated a preference for a district-wide model", says Dr Levy.

The new PHO model supports greater regional collaboration, with DHBs and PHOs moving towards a more collective approach through the Government's Better, Sooner, More Convenient policy which is aimed at providing more healthcare services in the community. "Now that the consultation has been completed, we are able to focus on

our real interests which is shifting more services to primary care and creating a more seamless healthcare system", says Dr Levy.

Patients will still be able to choose their GP, just as they can now, and the new PHO model means they can expect to see further improvements in the overall quality of primary healthcare they receive in the future.

Waitemata DHB will now commence the process of selecting two district-wide PHOs with the aim to recommend the preferred providers at the November Board meeting. In conjunction with the new PHO model, the Board is looking to announce the formation of a new Maori organisation next month and has stated that it is pleased with the progress already made in this area.

For further information contact: Paul Patton, Director of Communications, Tel: 09 486 8995, Mob: 021 829 802

Mt Roskill South Asian Stakeholder Meeting



ProCare Health Ltd and Settling In, Ministry of Social Development facilitated a meeting on 20th October 2010 for stakeholders working in the Mt Roskill area. The key focus was to update one another on current initiatives and identify opportunities for collaboration.

The forum provided an opportunity to get insights from guest speakers on current health trends in south Asians (Sarah Marshall) and awareness campaigns being developed to address the two major health issues in South Asians (cardiovascular disease and diabetes), Aimee Rensford, NDSA and Ethnic Communications presented the campaign. Also Zena Wrigley, Coordinator at Roskill South Oasis Early Hub, shared her rich experience in Community Development in NZ context. She shared anecdotal events that tackled common community issues through grassroots initiatives and merely mobilising the 'doers' in the community. She elucidated to issues around 'gate-keeping' and 'patch protecting' in some community projects and the need for the emphasis on collaboration and building on existing projects/resources available rather than re-inventing the wheel. Similar shared interests need to be identified as an opportunity to maximise the potential there is in each community and also address the existing gaps.

If you would like to come along to the future meetings please email Jenny Janif: jenny.janif001@msd.govt.nz

Free Interpreting Services for Primary Health Providers in the Auckland Region

The Primary Health Interpreting Services funded by the Northern DHB Support Agency are part of the Auckland Regional Settlement Strategy Health Action Plan to improve access for communities from non-English speaking backgrounds.

Free interpreting services are available to:

General Practices/ All PHO services (Retinal Screening services, Psychological services, Podiatrist services, Physiotherapists)/ Community based retinal screening services /Pharmacy Services / Community Laboratory Services /Community Radiology Services/ Community Pre-school Oral Health Education Services/ Plunket Nurses/ Accident & Medical Clinic/ Independent Midwives/ Home based support services (ADHB only)/ Birthcare

For more information about Access Criteria Guidelines for the Provision of Phone and Face to Face Interpreting services, please contact: Waitemata Auckland Translation and Interpreting Services 0800887765 or e-mail watis@waitematadhb.govt.nz, website: <http://www.watis.org.nz>

Auckland District Health Board Interpreting Service (09) 6236453, Fax (09) 6234695 or email: phip@adhb.govt.nz

Counties Manukau District Health Board Interpreting and Translation Service 0800 470022, Fax (09) 276 0198 or e-mail its@cmdhb.org.nz

Primary Health Care - Family Violence Intervention Programme (FVIP)



**Safer Homes in New Zealand Everyday
Call Shine Free Helpline 0508 744 633
www.2shine.org.nz
In a crisis call 111 and ask for the Police**

"If only I'd been asked...."

Family Violence has a high prevalence and many long-term negative health effects.

Research shows that women want their GP to ask the question they find too hard to raise - they trust their GP as a confidential person and believe this is a safe environment to get information" - NZ College of General Practitioners.

Domestic abuse can happen in any family or relationship. "Coping with the effects of domestic abuse is a difficult and lonely time for victims. You have the right to protect yourself and your children and be safe - 70% of all domestic abuse incidents are witnessed by children. These children are often deeply traumatised and don't understand what has happened, often blaming themselves.

PHO Family Violence Intervention Programme (FVIP)

With the support of Auckland District Health Board, Sue Hobbs, Shine's Primary Care Family Violence Intervention Co-ordinator is developing a comprehensive programme of screening, identification, assessment, support and referral for family violence within General Practice settings. Sue is presently working primarily with Te Hononga O Tamaki Me Hoturoa and Auckland PHO to implement routine family violence screening within their member practices.

If you would like to find out more about the programme please contact Sue at sueh@2shine.org.nz



English Language Partners Connecting Diverse Vibrant Communities Through Stitch New Zealand



Formerly ESOL Home Tutors, we provide English language skills and social support for effective resettlement of adult refugees and migrants in Aotearoa New Zealand.

English Language Partners is a community-based, non-profit, non-governmental organisation offering English language and social support services. Twenty-two centres offer programmes to help bridge language and social isolation barriers faced by new residents.

A range of English language programmes are delivered by a unique blend of qualified professionals and trained volunteers.

2009 Quick Facts:

Delivery hours	807,359 (est.)
Learners	8,389
Refugee learners	1,350
Volunteers trained	1,095
Active volunteer tutors	3,164
Staff	280

Programmes:

1. Community English groups
2. One-to-one home tutoring
3. Certificate in ESOL Home Tutoring
4. English for Employees
5. ESOL-Literacy
6. English 100
7. Get Ahead Start (Open Polytechnic course)
8. English for Migrants
9. Job mentoring

Not all locations offer all programmes. For more information, visit www.englishlanguage.org.nz

The Stitch Project is a wonderful opportunity for people to come together to celebrate the cultural diversity of Auckland City. The project will run through to June 2011 and Raeburn House warmly welcomes anyone who would like to join in the fun.



The Stitch project began when Raeburn House invited all ethnicities to share stories, symbols, special colours, and pictorial representations illustrating what is special about their culture. These images were then collated by local artists onto 18 panels, and an open invitation issued to all ethnic groups and communities to come along each week to stitch the panels.

Stitch sessions are free and take place every week in four different locations across Auckland City (North Shore, West, Central, and South Auckland). Participants do not need to know how to stitch, as friendly experts are on hand to assist beginners. This is a great way to make new friends and be involved in celebrating the many cultures in Auckland City.

If you would like to join in the fun or to learn more about the project contact Joan Hamilton on 09 486 8952, email Joan@raeburnhouse.org.nz or visit www.raeburnhouse.org.nz.

Public Holidays 2010

The general rule for public holidays is that they are taken on the day they fall. There are four public holidays that are treated differently. These are Christmas Day, Boxing Day, New Year's Day and 2nd of January.



When any of these four public holidays fall on a Saturday or Sunday the first step is to look at your employees' work patterns. You need to determine if the public holiday falls on an employee's 'Otherwise Working Day'. You can use the Department of Labour's Holidays Online Tool to help you. You can then use this chart to help you determine which day the public holiday will be taken.

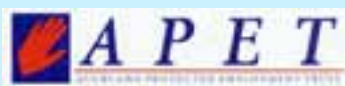
The 'Holidays Online' tool also helps you to work out what to pay and what leave an employee is entitled to on public holidays. Make sure you have payroll information or a payslip handy when you use the tool.

For more information, please visit the Department of Labour website www.ers.dol.govt.nz/holidays or contact 0800 20 90 20

	Not an otherwise working day	Is an otherwise working day
Christmas Day (Sat. 25th December)	Christmas Day taken on Monday 27th December *	Christmas Day taken on Saturday 25th December
Boxing Day (Sun. 26th December)	Boxing Day taken on Tuesday 28th December *	Boxing Day taken on Sunday 26th December
New Year's Day (Sat. 1st January)	New Year's Day taken on Monday 3rd January *	New Year's Day taken on Saturday 1st January
New Year Holiday (Sun. 2nd January)	New Year Holiday taken on Tuesday 4th January *	New Year Holiday taken on Sunday 2nd January

*If the day that the public holiday is taken on is not an otherwise working day for that employee then the employee observes that public holiday as an unpaid public holiday.

APET Community Connection



"I am only one, but still I am one... I can not do everything, but still I can do something... I will not

refuse to do something I can do..." - Helen Keller (deaf and blind person). Auckland Protected Employment Trust (APET) was founded 35 years ago to provide vocational training and employment for people with disabilities.

In 2004, APET established the Community Connections programme to facilitate and assist with the full involvement and participation of people with disabilities in the community. APET now provides employment and training opportunities as well as facilitation and community participation support for people with disabilities and their families.

Our vision is for people with disabilities to reach their full potential

in a supportive environment so that they become as independent as possible. We support and work with our people to develop skills and positive values in the areas of leisure and social activities, life Skills, vocational, environment and employment (We are proud to say that we have people who can Work and Participate.

To learn more about who we are and what we do, please contact any of our staff at 278 1678 ext 203 or visit our office at 11-15 Laureston, Avenue Papatoetoe. You can also check our



Staff, employees and service users of APET in Papatoetoe.

Drownings Are No Accidents, Preventable!

Be water safe this summer!



With summer on its way and the days getting longer it is little wonder our attention is turning to the water – whether a backyard pool, the beach, or heading out to the rocks for a spot of fishing – yet every year too many lives are lost as a result of drowning.

Drownings are no accident, they are preventable and WaterSafe Auckland offers a few simple strategies that can help you, your family and friends be safer in, on and around the water this summer.

- Learn swim and survival skills.
- Enrol children in learn to swim and water confidence classes but never assume that they are water safe because they have had lessons.
- Choose to swim at patrolled beaches and swim between the flags.
- Actively supervise children near water – that means being within

arm's reach and focused on the child, not reading, talking or texting on the phone.

- Wear a lifejacket when rock fishing or going out in small boats. It is the one thing that could save your life if you fall in to the water.
- Check weather and tide conditions before heading out on the water.
- Know your responsibility around pools fencing, even inflatable pools must be fenced.



For more water safety advice visit www.watersafe.org.nz or call (09)306 0809 for your free copy of the New Settler Water Safety DVD.

Fire Safety Tips For Your Safe Summer

The New Zealand Fire Service extends warm summer wishes to readers of The Asian Network newsletter, and we offer some Fire Safety Tips to help you keep safe this summer.

Summer time is when we get to spend time outdoors, enjoying a variety of activities with our family and our community.

Barbecues are the focal point for a lot of entertaining and summer family meals. Before using a gas barbecue, check gas connections for leaks and make sure your LPG cylinders are checked. Remember to keep looking when you're cooking, even outdoors.

If you are holidaying in a caravan, the risk of a small fire turning serious is much greater. Make sure your caravan has a photoelectric smoke alarm and that it works.

A fire in a boat is a boaties' biggest fear. Keep safe on your boat, with the right fire fighting equipment and emergency installed, and a photoelectric smoke alarm in the cabin. Never refuel your boat from on board and make sure that all appliances and equipment are turned off.

As a final word on summer holiday safety – Don't drink and fry. For more information go to www.fire.org.nz

Have a safe summer!



Alcohol is the most commonly used recreational drug in New Zealand

ACC estimates that nearly a quarter of all claims have alcohol as a contributing factor.

There are approximately 1,000 alcohol-related deaths in New Zealand each year. Those who consume large quantities when they drink, including those who drink to intoxication, face an increased risk of suffering or causing harm. In 2008, it is estimated New Zealanders spent \$4 to \$5 billion on retail alcohol sales – that's about \$85 million per week, or \$12 million per day.

Approximately 50% of fire fatalities, 20% of drowning deaths, 31% of fatal crashes and 21% of serious injury involve alcohol.

Top tips for hosting parties:

- Provide substantial food early on and keep it coming throughout the party.
- Plan activities so drinking isn't the focus of the party.
- If people are drinking, don't keep topping up half-full glasses.
- Provide a range of interesting non-alcoholic drinks – orange juice can become boring after a while.
- If someone refuses a drink, don't push it.
- Look after young people around alcohol.
- Don't let people drive home when they've been drinking – arrange safe transport home or organise somewhere for them to stay.

For further information check out <http://www.alac.org.nz/ProvidingAlcohol.aspx> and www.homesafety.co.nz

Free Legal Advice For Youth



YouthLaw is a national community law centre for children and young people.

YouthLaw provides free legal advice over the phone or by email to young people under 25 who do not have financial means to obtain legal help or cannot get legal aid.

YouthLaw can provide legal advice on traffic issues such as fines and accident; Court system; Criminal; civil matters including Employment, Consumer, Insurance, Education, Family and Tenancy.

Our advice line is open 10am-4pm Monday to Friday. Please call on (09) 309 6967 or email queries to info@youthlaw.co.nz, website: www.youthlaw.co.nz also provides legal information and some are translated into Korean and Chinese.

Gift Buying Tips for a Safe Christmas and Summer Season



Picking the right gift for the kids, family and friends can be quite challenging. This holiday and summer season, show that you love them by treating them with gifts which they can enjoy and at the same time, help protect from injuries at home, at play and on the road.

What to buy:

- A booster seat. Jazz it up and let their imagination run wild (tell them it's a rocket ship or a fairy chariot!). Remember: If they're under 148cm

tall, they still need a car seat or a booster seat.

- A cycle helmet. If Lance Armstrong needs one, your kid will too. Let them pick their own helmet and remember to be a role model

(buy and use one yourself).

- Tools with safety locks. Nothing pleases dad more than a brand new power tool. Buy one with a safety lock, and protect curious little hands by storing them out of children's sight and reach.
- A Portable Pool Fence. Owners of small or portable pools still need to comply with pool safety regulations. A portable/ flexible pool fence is a perfect gift to help enjoy the summer season safely.
- Smoke alarms. If you've visited a relative or a friend's house and notice that they don't have a smoke alarm, buy one as a present (don't forget the batteries). What better gift than one that could save their lives in a fire.

For more information in keeping kids safe at home, at play and on the road, visit www.safekids.org.nz.

New to New Zealand? Welcome to Waitakere!



Settlement Support New Zealand (SSNZ) is a national initiative to help you settle in your new community by providing information about living in New Zealand.

We work with new migrants and local organizations to find practical solutions to the early challenges of settling in Waitakere, we provide FREE local information, advice and support for migrants.

SSW partners with the most appropriated lead service provider in Waitakere –the local Council – so local SSNZ websites have information relevant to what's available.

SSW provides a clear point of contact for local information and services useful to new migrants in Waitakere, which include:

Community Groups / Employment / English language / Education / Health / Housing / Recreation / Legal / Transport / Immigration / Daily Life.

For a **FREE confidential consultation**, make an appointment with your local Settlement Support Coordinator or if you have any queries in settling into Waitakere call 0800 776 948 (SSNZ 4U) or email ssnzwaitakere@waitakere.govt.nz (in English) or ssnzwaitakere@gmail.com (in Chinese or Japanese) or visit Our websites: <http://waitakere.govt.nz/ourpar/settlementsupport.asp>

SCOT Fundraising Event For Street Children and Orphans

New Zealand Home Loans Massey presents



A fundraising event for the benefit of Pinoy Street Children & Orphans Trust - SCOT and for the establishment of SCOT's Learning Centre.

Ticket prices: \$5 /individual, \$15 /Family

11 December, 2010 @ 12:00 noon

Auditorium 2 Church Unlimited

Cnr Te Atatu Rd & Great North Rd, Glendene

Lots of prizes to be given away! Plus **FREE** eye check up from OPSM!

Contact Patrick: 0274574489 or Nanette: 02102653242

www.scot.org.nz

Call For Abstracts: 2011 National Nutrition and Physical Activity Conference

Agencies for Nutrition Action is now calling for abstracts for RETHINKING OUR FUTURE (Titiro ki muri kia whakatika ā mua: Look to the past to proceed into the future), to be held **May 3-4th 2011** in Auckland.



The conference theme reflects the need to confront our practices around population nutrition and physical activity promotion so as to inform the approaches we take going into the future.

This is the only national conference designed for those with a work focus or interest in ensuring all New Zealanders have an opportunity to live, work and play in environments that support healthy eating and physical activity.

Promote your work and organisation as leaders in the area of public health nutrition and physical activity by submitting an abstract.

A guide to submitting abstracts and registration brochures are available at www.ana.org.nz/conference11/ or contact Julia Lyon at julia@ana.org.nz for further information.

Abstract Submissions close 10th December 2010

Community Health and Wellbeing Seminar

You are cordially invited to attend a Special Seminar

Topic:

Transformation of Services and making Culturally appropriate care accessible to Diverse ethnic groups: Learnings from the UK

Date: Thursday, 16th December, 2010 Time: 12–1pm, followed by a light lunch

Venue: School of Population Health, 261 Morrin Rd, Glen Innes, Tamaki Campus, The University of Auckland

Special Guest Speaker: Professor David K Sallah

To accept this invitation: Please email Ms Rajal Purabiya at r.purabiya@auckland.ac.nz or Phone: 09 3737599 Ext: 86551 before Friday, 3rd December, 2010 to confirm your attendance.

This Seminar is hosted by the Centre for Asian Health Research and Evaluation, Social and Community Health Section, School of Population Health.



Nightwalks With Nature

Kakamatua Inlet Spider & Moth Walk
Tuesday 1 February

Grace Hall and Robert Hoare from Landcare Research will lead this walk showing some special spider and rare moths big and small that reside in this area. See giant Puriri moths and spider nightlife. Gumboots are recommended for this walk.

Cascade Kauri Night Plants Walk
Thursday 3 February

Exhibition Drive Walks
Tuesday 8 & Thursday 10 February

Cascade Kauri Fish Walk
Tuesday 15 February

Meeting time is 7.45pm ready to walk at 8pm for all walks and the walking time is approximately 2 hours.

All walks cost \$5 per walk per person. Proceeds go to The Ark in the Park Project.

For further information, please contact KAY LINDLEY, ph:837 8820, mob:027 274 2280, email: kay@healthwest.co.nz, website: www.healthwest.co.nz

