

Stop the spread of flu germs

Cover your mouth and nose with a tissue when you cough or sneeze

Put your used tissue in a lined rubbish bin or in a plastic bag

Wash and dry your hands often, especially after coughing or sneezing – use soap or hand gel

Stay away from others if you're sick

www.moh.govt.nz/pandemicinfluenza
Protect your family/whānau from inFLUENZA
 New Zealand Government

The Ministry of Health acknowledges the Office of Auckland Public Health, Auckland & Central Coast District Health Board and North Tairāwhiti District Health Board for providing this material.
MINISTRY OF HEALTH
 HAUORA HEAORA
 January 2009. Reprinted June 2010. Code PE12718

TANI Events 2011

Please pen down these events on your calendar!

General Network Meeting

8th June, 10:00am - 12:00pm
 Western Springs Garden Community Hall, 956 Great North Road

General Network Meeting

25th August, 10:00am - 12:00pm
 Western Springs Garden Community Hall

General Network Meeting

17th November, 10:00am - 12:00pm
 Western Springs Garden Community Hall

Reflections from the 9th Annual Asian Forum – Asian Youth Health & Wellbeing: “Healthy body, healthy mind”

Issues affecting Asian youth health in New Zealand were discussed at the 9th Annual Asian forum held by The Asian Network Incorporated (TANI) on 24 March 2011.

More than 130 health professionals, NGO's and members of the community attended the forum where they listened to 6 different speakers and participated in 6 workshop sessions. Among presenters, there were speakers from the Office of Ethnic Affairs, Ministry of Youth Development, Pakuranga Medical Centre, East Health Trust, AUT and The University of Auckland. In addition, an Asian youth shared her inspiring success story with all the attendees.

Asian students have higher rates of depression (13.5%) compared to their New Zealand European counterparts (9.3%) according to a University of Auckland study. This, among other issues such as the prominence of diabetes and low levels of exercise amongst the Asian community, was one of the key areas of concern at the forum. The keynote speaker, Susan Wauchop from the Ministry of Youth Development, says more attention is needed for problems facing young Asian New Zealanders.

Article continued on Pg 2.



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From The Desk of The Chairperson

Kia ora,

Warm greetings to all TANI friends, supporters and readers!

We are now settling into living with unsettled weather that is Auckland winter, for better or worse, and I trust you and your families will keep warm and healthy all through this season.

It is also the time to make your voices heard in the corridors of power and I strongly encourage you all to read the Auckland Community Plan and make your submissions about how you feel about it. Democratic action is a right and privilege that must be exercised to keep alive and meaningful, and it is our responsibility as citizens to express our opinions and thoughts regularly to those we elect to serve us. Speak up and advocate for yourselves and your fellow citizens!

Several forums have been convened to discuss various aspects of how the “new” Auckland Super City will work e.g. second Auckland Community Development Summit on 1st June; “Community Development in the Super City” on 28th June and I hope to see many of you present. TANI will be at this forum to contribute to the conversations and ensure Asian perspectives will be included. We look forward to seeing you all at the above and other similar events.

Look after yourselves and each other. With Metta,

Tess Liew, TANI Chairperson

Reflections from the 9th Annual Asian Forum – Asian Youth Health & Wellbeing: “Healthy body, healthy mind” - Continued from Pg 1.



Asian Youth Forum

Asian youth and parents together. The issues have been discussed but the services are not being accessed by migrant youth. So the messages need to be filtered to youth networks.”

Forum evaluation:

TANI has received 66 evaluation forms (almost 50%) back from the participants. Out of the received feedback forms:

78% have ranked presentations were useful (ranked 5 to 6), 70% have said that the workshops were useful (ranked 5 to 6), 80% have responded that the forum was valuable (ranked 5 to 6), 93% have said that ethnic food was nice (ranked 5 to 6), 95% have responded that staff/facilitators were helpful (ranked 5 to 6), and 86% have said that the overall management was well organised (ranked 5 to 6)

In addition to this, lots of suggestions and recommendations were received to make the future forums more fruitful.

During the workshop sessions, the entire participants were divided into 2 groups; Youth group and adult group. Then further these groups were divided into 3 sub-groups; Biological health, physical activity & nutrition and psychosocial health. Lots of stigma was identified by both groups (youth and adult) to talk about biological issues amongst themselves. So, it was suggested to service providers to work with parents as well and more emphasis was given on to increase number of adult education sessions in the schools. In physical activity workshop, limited knowledge of healthy supplement foods, healthy cooking methods and education around nutrition was highlighted by Asian youth. Psycho-socio workshop was another learning curve for all attendees. Youth group was asked to identify intergenerational and intercultural gaps or any other factors which might influence their mental wellbeing. Youth group mentioned about not being understood by others and often judged based on their appearance, culture, not fitting in, intercultural conflict. Non acceptance of homosexuality by Asian culture and ongoing, pressure/expectations from parents was also highlighted by Asian youth.

For more information on the forum report and Asian health issue and resources, Please visit TANI website at www.asiannetwork.org.nz OR call at 09-8152338.

“Support services for young people need to be made more accessible to youth in schools and communities. A lot of young Asians are succeeding in school but the downside can often come at a cost in terms of stress and unhappiness.”

Cammy Leung, deputy head of culture at Diocesan School for Girls, says she wasn’t aware of any Asian health problems until she attended the forum.

“I am shocked that so many young Asians showed signs of depression. I think it’s in the Asian culture to hide our emotions. We look like we’re coping fine but I think there’s a lot of pressure to fit in and do well.”

“There are so many organisations like TANI that are willing to help but people just aren’t aware of them.”

Vishal Rishi, programme manager for TANI agrees that people need to be more aware of the issues facing Asian youth.

“We need to raise the health education amongst the issues have been discussed but the services are not being accessed by migrant youth. So the messages need to be filtered to youth networks.”



Adult Group Workshop



Youth Group Workshop

Asian Youth Sexual Health Pilot Programme: A Truly Collaborative Success!



Asians are the fastest-growing ethnicity in New Zealand. Currently, there are no culturally sensitive sexual health education services catering to Asian youth's sexual health concerns. Managing the language barrier, cultural values and taboos, and New Zealand's youth culture are just some of the barriers that need to be tactfully addressed.

East Health Trust hosted 20 Asian youths on 2nd & 9th April for two intensive FREE training days. The aim is to reach 200 Asian youth in East Auckland through the volunteers' community outreach efforts by the end of June 2011.

This is a collaborative pilot in conjunction with East Health Trust and the Asian Health Foundation of NZ - with WONS (www.wons.org.nz) taking the lead. The

Asian Youth sexual health volunteers were selected from the networks of East Health Trust, WONS, The Asian Network Incorporated (TANI), and Chinese New Settler's Trust (CNSST).

There will be a final focus group and formal certification event on the 9th July at East Health Trust Building, to properly recognise the volunteers. The event is expected to be attended the youths' family and friends, local media, stakeholders, and a special celebrity presenter.

For more info contact Project Coordinator Agatha Chiu at agatha.chiu@gmail.com

Improving Access to Mental Health Services Among Asian Communities



Counties Manukau District Health Board (CMDHB) had implemented various activities to improve Asian peoples' accessibility to mental health services since 2007. One of the recent activities included setting up a promotion stall at the Botany Town Centre on 12th March 2011 Saturday which 78 people from the general public participated in the Quiz and Prizes draw within 4 hours.

The Quiz and Prizes draw aimed to help the general public to understand how they can refer themselves to mental health services and the services that Mental Health Foundation, Yan Oi Sei and SF Auckland provide. CMDHB also sponsored a free health talk (Cantonese) organised by the Hong Kong University Alumni Association New Zealand and promoted its services to over 120 Chinese speaking participants on 17th April 2011 Sunday. The free health talk invited consultant psychiatrist Dr. Sai Wong, clinical psychologist Ms. Meggan Lam and Associate Professor Elsie Ho as the guest speakers on three mental

wellbeing topics.

If you are interested to know more information on how to access mental health services, please contact Kitty Ko (Asian Mental Health Service Development Coordinator) on 5380723 or kos@middlemore.co.nz.

New Parking Charges at Waitakere and North Shore Hospitals



Due to growing demand for public carparking spaces, Waitemata DHB is making changes to visitor and patient carparking arrangements at Waitakere and North Shore hospitals.

From 13 June, patients and visitors to Waitakere Hospital will have to pay to park on hospital grounds.

Waitemata DHB has attempted to keep parking free at Waitakere Hospital for a number of years, but a growing population and the development of new services such as 24-7 emergency services for children – and adults from mid-June – mean Waitakere Hospital is now the busiest it has ever been in its history.

We are also extending paid parking for patients and visitors to North Shore Hospital to include weekends and weeknights, which will apply from 1 July.

There will also be no charge for those spending less than 30 minutes on the grounds, enabling patients to be dropped off for their appointments.

The parking system is automated. Patients and visitors will need to pay before returning to their vehicle.

Alternative travel options for getting to both hospitals, such as bus and rail, can be found by calling 0800 10 30 80 or at www.maxx.co.nz

The new parking charges at both hospitals (applicable 24 hours, 7 days a week at Waitakere from 13 June and North Shore from 1 July):

| | |
|----------------------|------|
| Less than 30 minutes | Free |
| First hour | \$3 |
| 1-2 hours | \$5 |
| 2-3 hours | \$7 |
| 3-4 hours | \$9 |
| 4-5 hours | \$11 |
| Max. charge per day | \$11 |

Brown Rice May Help to Control Blood Sugar

Written by Louise Weiwei Lu, PhD student, AUT



Over the last 20 years researchers have suggested that consumption of large amounts of refined carbohydrates may contribute to poor blood sugar control.

This may contribute to the increasing prevalence of type 2 diabetes, gestational diabetes, obesity, and metabolic syndrome.

This is because refined rice (e.g. sticky Asian white rice and glutinous rice) contains more amylopectin than brown rice (de Munter, Hu, Spiegelman, Franz, & van Dam, 2007). Amylopectin is a form of starch that can be digested and absorbed quickly causing a rapid blood glucose rise after a meal. Brown rice, however, keeps the fibre rich kernel and the germ layer which contains essential nutrients (vitamins B1, B2, B3, and B6, lignans, gamma-oryzanol, magnesium and other minerals) and helps slow down the rate of digestion and absorption of glucose.

There is evidence that the consumption of more than five standard cups of white rice each week is associated with an increased blood glucose level (de Munter, et al., 2007). In contrast, consuming at least two standard cups of brown rice each week was associated with lower the risk (Zhang et al., 2010).

The authors concluded that replacing one-third of a cup of cooked white rice with brown rice daily may have a beneficial impact on blood glucose control and reduce the risk of type 2 diabetes in the long term (Sun et al., 2010).

Transition Expo 2011: The Progression from School to Community Life



Hosted by Parent & Family Resource Centre (PFRC) & Ministry of Social Development (MSD)

When: Thursday 7 July 2011, 9:00am - 2:30pm

Where: AMI Netball Centre

7 Allison Ferguson Drive, St. Johns, Auckland

Transition providers are contracted by the MSD to facilitate a smooth progression from school to community life for a young person with a disability who is ORS (Ongoing Resourcing Scheme) funded. Transition coordinators help the student with a disability, their family and education professionals from school decide on an appropriate community placement for post-school life. This is an important decision for any young person and requires planning and knowledge.

This Expo is suitable for all students aged between 14-21 years who are ORS funded, parents, family members, caregivers, education experts, careers advisors, school transition coordinators, teachers and all those involved in the care of a young adult with a disability.

Come and meet the Transition providers, sports/recreation/information groups, and Ministry of Education and WINZ representatives to obtain information and to chat to them.

Please contact PFRC for further information on (09) 636-0351 or pfradmin@pfrc.org.nz

Green Prescription
ACTIVE FAMILIES

Rongoā Kākāriki, whānau kori, whānau ora

**Come and join
Active Families**



Your family can be involved in and receive:



- Fun weekly activity sessions
- Advice on basic healthy nutrition
- Great tips on how to improve your Family's lifestyle

We currently have 3 mainstream programmes running in Glenfield, East Coast Bays and Hibiscus Coast and our Pacific programme in Northcote



For more information and how to get involved:

- Contact Carl James Fenton at Harbour Sport (09) 415 4611 Or
- Ask your GP for a Green Prescription

Defining Emotions and Adapting Difficult Behaviour



Help is now available for defining emotions and adapting difficult behaviour.

The programmes are intended for use by professionals, individuals and concerned parents.

The programmes are ideal for people with autistic spectrum disorders developmental delay, cerebral palsy, behavioural issues, traumatic brain injury, stroke, abuse and addiction.

Make sense of that face! Compare and learn!

The revolutionary Degrees of Emotion application can help with defining emotions so the person learns how facial expressions can give clues to other's feelings. Learning how to name the different expressions has been a way of increasing emotional literacy i.e. the ability to name/recognise emotions. The programme uses software with a dynamic display of photographic images. Photographs have been shown to be more effective than using line drawings in teaching autistic children.

A better way to behave? Here's the help you need!

The innovative, easy to use "Storyboard" application has been developed using both figures and text, to change behaviour. The programme has been used effectively by people who want to help to change socially inappropriate behaviour and work towards inclusion and acceptance in the community. The programme has also been used to help re-script entrenched or repetitive behaviour.

For more information visit www.degreesofemotion.co.nz or phone 0800 4degrees.

Handling Seizures Confidently



Do you know how to recognise a seizure and what to do if someone has a seizure?

Our Epilepsy Field Officers offer you a brief 40-60 minute free Epilepsy Training Session at your premises which includes:

- viewing video clips of different types of seizures so you are more confident in recognising seizure situations
- a brief coaching session on handling different seizures
 - discussion around safety considerations
- an Attendance Certificate for those participating

For further information or to arrange an Epilepsy Training Session please contact:

Colleen Perkin - Field Officer

Epilepsy New Zealand North Shore/Rodney Branch

Ph. (09) 442-0977 or 0800 20 21 22

Email. colleen.nsr@epilepsy.org.nz

Fundraising For Dementia Awareness

Help grow our dementia support services through Cuppa for a Cause 2011.

Alzheimers Auckland is a not-for-profit organisation. We provide free services to meet the needs of all people with dementia, their carers, family, and friends. Alzheimers and other dementias can be a very isolating and distressing diseases, and it is extremely important that people realise they don't have to do it alone! Over the last 25 years, the organisation has grown along with demand, and developed services that are directly aligned with community need, including Dementia Key Workers, Carers Education, Carers Support Groups, and one to one and small group socialisation services for people with dementia.

Cuppa for a cause is a simple way of raising funds and awareness of dementia while having fun! It links in with the fact that people with dementia lose the ability to do those everyday things we all take for granted like make a cup of tea. Cuppas can be simple refreshments after a normal meeting or can be more elaborate like a cuppa champagne.



We supply a cuppa pack and there are amazing prizes to be won. All you need to do is have your cuppa between May and September.

For more information contact Alzheimers Auckland on (09) 622 4230 or email [Saatchig@alzheimers.co.nz](mailto:saatchig@alzheimers.co.nz) or visit www.alzheimers.co.nz

Art Lessons for People of All Abilities



If you have ever wanted to learn how to print, paint or draw in a fully accessible, fun, diverse and safe environment then Spark Studio may be the place for you.

We have provided quality arts education to the disabled community for many years and now welcome people of all abilities. Our classes build wellbeing and promote self-development through the vehicle of creative expression.

Printmaking: Learn and practice different techniques and processes of observational drawing, printmaking, and screen printing, and create potentially saleable items such as handmade cards, mounted prints and silk screened cushion covers.

Professional Practice: For experienced artists to work towards a creative goal such as collating a body of work for solo or group exhibition, or create a small publication.

Figure drawing: Build your knowledgebase and technical skill in drawing and painting the human figure, and learn to incorporate other aspects such as still life, objects and symbols or personal icons.

Open Studio: Work on your own art project with the support of tutors to suggest ideas and demonstrate techniques. A good opportunity to try out new and different ideas and mediums.

To find out more about our classes call 09 845 5361, or visit www.sparkstudio.org.nz

Home Support Services can make life easier



Spectrum Care's Home Support Services provide individual assistance to children, young people and adults with a disability (and their family) within their home.

The Home Support team assists individuals to develop life skills that will enable them to lead a fuller life, and to achieve goals that focus on skill development and access to the community.

Home Support also gives family and caregivers time to spend with other family members, or time to pursue other interests while a trained Community Support Worker is with the person.

Home Support Services provide help with:

- Developing a person's skills, ie handling money, cooking and making friends
- Accessing the community, ie joining clubs etc
- Helping with educational goals
- Matching the person with a buddy who will join them in a range of activities

We work with individuals and families to provide a service that takes all their needs into account, including culture and language.



Access to Home Support Services is via a referral from a Needs Assessment and Service Coordination agency such as Taikura Trust (phone 0800 835 4672).

For more information on Spectrum Care's Home Support Services, contact the Manager – Community Support Services on 09 634 3790.

Regional Consumer Network

- We are a Mental Health Network and we work in all areas of Auckland.
- We are funded by the Auckland District Health Board to support those who experience mental illness to get to the right service at the right time. We are a FREE service run on a membership basis.
- We work in collaboration with Bo Ai She and other organisations.
- We are an information and resource service and can refer people to the right service required for their situation.

If we do not know we will find out for you. We also publish a Newsletter each month which keeps our members in touch with what is happening in the wider Auckland area to do with Mental Health. We have a friendly staff of four and you can contact us during work hours to make any enquiries.

If you would like to become a member or have any questions please call us on 623 1762.

Children the Focus of Separated Parenting Programme



A free information programme for separated parents is now being offered by Family Works Northern, the child and family services division of Presbyterian Support Northern.

Parenting through Separation focuses on the wellbeing of children whose parents are separating or thinking about separation. It helps parents help their children by providing information about how separation affects the family, and how to reach a positive outcome for everyone involved.

"The programme helps parents understand separation from the child's point of view. We discuss children's needs and how partners can communicate and behave with each other and their children to ensure the best outcome for the kids," says Family Works Northern General Manager, Laurie Pedlar.

The programme also provides information on how the Family Court works and how to talk with partners about care arrangements for the children, says Laurie.

The small-group programme consists of two sessions of about two hours each. Ideally, both parents attend, but not at the same time. Parenting through Separation is run at nine Family Works Northern sites under contract to the Ministry of Justice. All programme leaders are experienced family workers.

To find out more, please visit www.northern.familyworks.org.nz.

Please note our new address:

Family Works Northern Leslie Centre, 37B Dornwell Rd, Mt Roskill, Ph: 639 2016, Fax: 625 6320, email: lesliecentre@northern.familyworks.org.nz

Your Life or A Fish? Rock Fishing Safety Tips For Winter

Summer may be over, but rock fishers continue to head out to their favourite rock fishing spots on Auckland's notorious west coast, in search of a catch.



As winter approaches with its wild and unpredictable weather and sea conditions WaterSafe Auckland wishes to remind readers of some simple safety tips that could help ensure they return home safely.

- Wear a life jacket
- Fish with a friend
- Constantly check sea and weather conditions
- Wear light, warm clothing and sports shoes (not gumboots)
- Learn safe ways of rescuing others without putting yourself in danger
- Always keep an eye on the sea
- Follow the advice of safety signage
- Know where the angels rings are and how to use them



Remember, wearing a lifejacket should be your number one priority, it is your best chance of survival should you fall in to the water or are swept off the rocks by large surf.

Further rock fishing safety information can be found at www.watersafe.org.nz or call us (09 3060809) for a free copy of the New Settler Water Safety DVD.

Winter Fire Safety

Winter chills are now upon us, it is time to check up on all those electrical appliances, we so often take for granted and yet too often cause fires.

Electric Blankets

To some an essential part of our lives to fend off those cold winter chills. Here are some precautions the Fire Service recommend to reduce your exposure to unwanted fires.



冬季取暖 注意安全

寒冷季節取暖安全注意事項

- 請安裝可使用的煙霧報警器
- 請將電暖器放置於距其它物品一米外處
- 請在睡前關掉電熱毯
- 請清理家中的煙囪
- 請將燃盡的煙囪灰放入金屬桶中



更多信息請瀏覽網站
www.fire.org.nz

- Summer storage. Keep the blankets flat. DO NOT FOLD.
- Have the blanket tested by a qualified electrician annually.
- Check your electric blanket BEFORE you start to use it. Making sure that it is secured to the bed and operated as per the Manufactures instructions.
- Don't sleep with your electric blanket on.
- If you have any concerns about your electric blanket then switch it off NOW and get it checked out immediately.

Working Smoke Alarms

Have working PHOTOELECTRIC smoke alarms in every living area. Test your smoke alarms monthly and vacuum 6 monthly.

Escape Plans

If you don't have an escape plan then design one now. Tomorrow may be too late.

For more information please contact your local fire station. Or go to www.fire.org.nz

Pakuranga Counselling Centre



Pakuranga Counselling centre has been serving our community for 16 years, offering affordable counselling to those who are in need of our help at a tough time in their lives.

We have 12 counsellors of whom one counsellor speaks Mandarin and Cantonese, one counsellor speaks Fiji Hindi and one counsellor speaks Afrikaans.

The centre sees individuals, couples, adolescents and children and provides counselling for a wide range of issues. Our prime objective has always been to empower people to work through matters of concern; enabling them to bring about positive change in their lives. Attached comments from clients.

"The counsellor was incredibly insightful, understood exactly how I was feeling, the situation I was in and able to clearly and simply outline possible solutions. She was able to easily understand me as a person – what my values are, etc. I can't think of anything to improve – the service has truly been remarkable. After just two sessions I feel so much more positive and able to care – Thank you!"

"The service was very sympathetic and the counsellor easy to talk to. They provided many tools, coping mechanisms and techniques to help."

For further information contact Ph: 576 4248, Fax: 579 4249

Driver Sober Campaign on the Shore



The SADD (Students Against Driving Drunk) workshop was conducted on March 18, 2011. The invites went out to all SADD Leaders and representatives from all the high schools



in North Shore. The response has been more than encouraging. The message for this workshop was "Drive Sober". This was to link in with the regional alcohol campaign that was going on during that period.

At the end of the workshop day, all the students made a pledge

by signing on the "We Are Sober Driver" banner. Sophie Wickens the SADD Regional Coordinator uploaded the photo onto the SADD website and it went viral to family and friends too. The message was loud and clear. We received very good feedback from young people. They said that this message drove them home safely.

For further information, please contact Angie Cheong | Community Road Safety Coordinator – North Community Transport, P 09 355 3553 XT 8715 | F 09 355 3550 M 027 291 0079, www.aucklandtransport.govt.nz angie.cheong@aucklandtransport.govt.nz

Little Kiwi Dragon Day

Little KIWI Dragon Fun Day -- Dragon Boat Festival

Dear parents and lovely children :

The Dragon boat festival is coming. Chinese New Settlers Services Trust invites you and your families to join our Little KIWI Dragon Fun Day on 6th June, 2011. There will be traditional Chinese activities perfect for the kids like "sticky rice dumpling making", parenting games, parenting skill sharing and also enjoying the wonderful performances and spectacular magic show!

Activity Aims: Celebrate Chinese festival and enjoy family activity!!

Participants: 0-5 years old children and their families

Reservation is required.



Venue : Panmure Community Hall,
(7-13 Pilkington Road, Panmure, Auckland)

Time : 6th June 2011, Monday, 9:30am—12:30pm

PHONE : (09) 570 1188

Organised by CNSST and Ministry of Social Development,
We appreciate the support of Panmure Chinese Association!



All Newcomer Information Seminars & Activities

Raeburn House
Connecting diverse vibrant communities



NEW TO NEW ZEALAND?



Settling in a new country is not always easy. We are here to help you find the information and services you need.

Join us at this **FREE** seminar to learn about.....

Employment Rights

Do you want to know more about your rights as an employee?

- Employment Agreements
- Minimum Wage rules
- Types of leave
- Terminating employment
- Union rights
- The role of the Employment Relations Service (ERS)
- Fair treatment and employment
- What to do if you have a problem at work



Presenters from Department of Labour (ERS), The Human Rights Commission

Date: Tuesday, 14 June, 2011

Time: 9:30am – 12:30pm

Venue: Level 1, Norman King Building (opposite Northcote Library), Norman King Square, Ermie Mays Street, Northcote.

To book your place, please phone: (09) 486 8635 or email: ssznorthshore@raeburnhouse.org.nz

visit www.raeburnhouse.org.nz for a list of information seminars / workshops available



All newcomer information seminars and activities Settlement Support NZ (SSNZ) North Shore would be hosting FREE information seminar and activities:

• **Local Settlement Network Forum: Volunteering**
Tuesday 31st May 2011, 9:30am-12:00pm

• **Employment Rights Seminar**
Tuesday 14h June 2011, 9:30am-12:00pm

• **IRD and Money Matters Seminar**
Tuesday 12th July 2011, 9:30am-12:00pm

9:30am-12:00pm

- **Global Friends** - Friendship group for newcomers and Kiwis, meets fortnightly every Thursdays, 12pm-2pm
- **Neighbours in Our Community** - Cultural awareness session, last Thursday of every month, 12pm-1pm

These seminars and activities are available for all newcomers (migrants), community and service providers.

If you are interested in attending , please confirm by emailing to ssznorthshore@raeburnhouse.org.nz or phone (09) 486 8635 or visit Raeburn House website www.raeburnhouse.org.nz .

New Zealander Of The Year Awards 2011



S K Thurai Sundaram QSM, JP and Rani Thurai Sundaram, Senior New Zealander of the Year 2011 & Local Heroes 2011

Strengthening Family Through Care

Masada is proud to celebrate 9 years of its delivery of service to the community.

MASADA FAMILY CENTRE

Strengthening Through Care

- Counselling Services
- Mentoring Kids & Teens
- Womens Support Group
- Respite Care for Special Needs Kids
- Volunteer Work experience
- Immigrant support

MASADA
SUPPORTING OUR COMMUNITY
"Glenhouse" Glenaside Avenue
Pakuranga Auckland
Ph 576 5229
Email familycentre@masada.org.nz
www.masada.org.nz

Specialising at first in childcare, Masada has now become a fully-fledged family centre supporting every member in the community. Our staff and volunteers come from all over the world and contribute to the daily function of the centre.

Contact our friendly staff and enquire about all that we are able to offer you.

Ph 09 576 5229, or email Jimmy Hsu at familycentre@masada.org.nz or norma-jean@masada.org.nz, or visit www.masada.org.nz

Champion on Family Violence Intervention at ADHB



Written by Kathy Lowe, Nurse Specialist
ADHB, Family Violence Intervention
coordinator 09 307 4949 ext 23571

The Family Violence Intervention Team at Auckland District Health Board realise that health is not the entire solution to the problem and that the problem is complex. However, inactivity is not an option for us. Family Violence is everyone's problem and everyone has a part to play in the solution.

Every time we see a child who has been abused, we need to stop and think. Has that child been seen by us before? If so, were there any signs of abuse that we missed? Have the parents been seen by us before? Did we screen the mother for partner abuse?

If we didn't screen, we missed an opportunity to offer early intervention? Just maybe that early intervention could have prevented the child being abused. We should be partially responsible for the abuse to that child if we didn't provide early intervention. A sobering thought I know.

There are many opportunities for assistance to be offered. We often hear from staff who say the woman didn't tell them she was being abused. We believe strongly that routine screening takes away the

impetus for the patient to have to find the courage and words to tell. We need to ask, not wait for someone to tell.

Pretty much every condition we can think of, gastrointestinal disorders, cardiovascular disease, diabetes and asthma, are suffered more by people who also suffer from family violence. We are learning now that the chemical pathways in our bodies change under constant, unrelenting stress to cause problems with our immune system and inflammatory responses.

In every community we need to reinforce the message that 'Family Violence is not OK, but it is OK to talk about it'. We need to find ways to challenge friends and neighbours when behaviour is unacceptable. We need to expect to be screened for family violence when we access healthcare. In some cultures it is very difficult to separate men and women to be able to do that.

Of course all of this is reliant on there being enough, good, culturally safe services to manage and assist victims who do disclose. At ADHB we need your help to find better ways to identify, support and refer Asian victims of family violence. In the meantime, let us not get blasé about family violence and accept it as normal. Let's keep being passionate and determined to ensure family violence is not tolerated!

Recognising and Responding to Family Violence in General Practice



Family Violence is a significant health issue within New Zealand.

- One person is killed every 12 days by someone in their family
- There are around 57 confirmed cases of child abuse or neglect every day
- 10 Children are killed every year, by a member of their family
- The Police are called to 200 family violence situations a day (NZ Police)

Sue Hobbs, Shine's PHO FVIP Co-ordinator of Shine (Safer Homes In NZ Everyday), is currently working with Te Hononga O Tamaki Me Hoturoa, and Auckland PHO to develop a Family Violence Intervention Programme (FVIP). General Practice will identify, assess, offer referral and advocate for victims of family violence. Patients who experience family violence will receive an empathetic, supportive, and non judgmental response from their GP. No proof of abuse will be requested to support a disclosure.

Family Violence Champions at AUT Health Counselling and Wellbeing, Ostend Medical Centre on Waiheke Island, Roskill Union Health Centre and Tamaki Family Health Centre will pilot the Programme later this year. GP's and Practice Nurses will receive family violence training.

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

Research in New Zealand and overseas confirms that routinely asking women about their experience of family violence is acceptable to almost all women. Far from offending patients, battered women expressed relief and gratitude to be offered support.

Domestic abuse can affect anyone at anytime. Children are always affected by domestic abuse.

Free and Confidential Helpline: 0508 744 633, 7.30am-11pm Monday – Friday, 9am-11pm Weekends.

Professional Child Protection Training Coming to Auckland



"Whenever a child is hurt or killed, there is always someone who says "I was worried about that child but I didn't know what to do"

Child Matters' is New Zealand's only specialist provider of child protection related training and education. Child Matters provides professional training from introductory level half day workshops through to a one-year NZQA accredited Diploma course.

Training for people working with children and families is absolutely critical. These people are best placed to notice if something isn't right, and speak up if they're worried. To protect children, people

need to have: skills to know what to look for, knowledge to know what to do, and confidence to take the appropriate action.

Programme in Child Protection Studies

The Programme in Child Protection Studies is the only specialised, NZQA accredited (level 3) child protection training on offer in NZ. It provides students with a broad base of skills, and just as importantly the confidence to act effectively when children have been abused and to intervene early when a child is at risk.

The content covered in the programme is designed to enhance the skills of those who are already working with children. It is an excellent opportunity for networking and collaboration with others who work with children in your community.



South Auckland : 18-22 July 2011, Central Auckland : 25-27 July 2011, and North Shore : 7-11 November 2011

For more info, ph 07 838 3370, Email: summer@childmatters.org.nz Website: www.childmatters.org.nz