

The

# Asian Network Incorporated

# NEWSLETTER

Feb '2010

Sai Group Workshop



## South Asian Healthy Eating & Healthy Action (HEHA)

TANI is delighted to introduce Pranav Jani as our newly appointed Project coordinator for the South Asian Healthy Eating Healthy Action (HEHA) project. Pranav has been a

part of University of Auckland for over 18 months working with the Tobacco control research centre on Keeping Kids Smokefree (KKS). Pranav started with TANI on 1<sup>st</sup> December 2009. On 23<sup>rd</sup> January 2010 HEHA workshop was held for Sai community group at Threekings Pavilion where around 20 individuals participated actively. The focus of this workshop was to spread awareness among the participants about the common prevailing diseases among the South Asian community namely heart disease, high cholesterol, diabetes and obesity. Dr sherly Parackal delivered the module followed by a question-answer session. Participants then took part in a bollywood aerobics demo presented by Amanda from SPROUT.

This was the first workshop for 2010 and Pranav looks forward to a bright and successful year ahead with TANI.

### TANI events 2010

1. 1<sup>st</sup> April, 8th Annual Asian Forum  
9am - 4pm
2. 16<sup>th</sup> June, General Network Meeting  
3pm - 5pm
3. 8<sup>th</sup> Sept., General Network Meeting  
3pm - 5pm
4. 24<sup>th</sup> Nov, General Network Meeting  
3pm - 5pm

Venue for all the meetings is:  
Fickling Centre, 546 Mt Albert Road, Auckland

#### Contact info

Vishal Rishi or Samuel Cho

**The Asian Network Inc.**

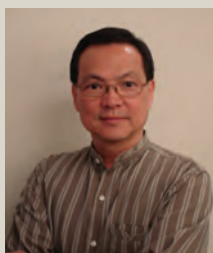
PO Box 27550, Mt Roskill, Auckland

Ph: 09 815 2338, Fax: 09 815 2330

email: samuel.cho@asiannetwork.org.nz

or asian\_network@xtra.co.nz

[www.asiannetwork.org.nz](http://www.asiannetwork.org.nz)



### Queens Service Medal for Mr John Wong

The Asian Network Inc. (TANI) is pleased to share with all our readers and supporters that another member of TANI council, Mr John Wong, has been awarded a Queen's Service Medal (QSM) in the 2010 New Year Honours. TANI congratulates John for his outstanding contribution to the ethnic communities.

Mr Wong has been involved in the Chinese community since 1992. He has contributed to the well being of new migrants and Ethnic groups in New Zealand with his involvement in a wide range of community organisations.

He is one of the founding members of TANI, the Auckland Regional Migrant Services Charitable Trust and the Ethnic Voice New Zealand. He is Director of Asian Services at the Problem Gambling Foundation of New Zealand, Chairman of the Chinese New Settlers Services Trust, and the Chinese Positive Ageing Charitable Trust. Mr Wong has been a counsellor with Chinese Lifeline and coordinator of the New Zealand Chinese Youth Trust.

## The Asian Network Inc. (TANI)

Kindly invites you to the 8<sup>th</sup> Annual Asian Forum

*Theme: A Collective Approach To Prevent  
Family Violence In Asian Communities*



When: Thursday, 1<sup>st</sup> April, 2010, Time: 09:00am till 4:00pm

Where: Fickling Centre, 546 Mt Albert Road, Auckland

To register email Samuel Cho:

[samuel.cho@asiannetwork.org.nz](mailto:samuel.cho@asiannetwork.org.nz)

**FREE  
ENTRY**

## From the desk of Chairperson

A very happy and prosperous new year of the fire tiger to all TANI networkers!

I am delighted to be able to extend warm Pacific greetings to all of you on behalf of the TANI council and staff in this first newsletter of 2010, in my new chairperson role on the council. TANI has hugely expanded its capacity and reach since its inception in 2001, and I would like to salute past and present members, staff and volunteers for their contribution to the development and growth of this "bamboo-root" enterprise created for enhancing health and wellbeing outcomes for all Asian New Zealanders.

We are looking forward to your ongoing support and participation in all of our regularly scheduled forums as well as the greatly anticipated International Asian Health and Wellbeing Conference we will be co-hosting in July at the University of Auckland. TANI has renewed its commitment to serve our Asian constituents and encourage all of you to use this newsletter as a forum for sharing news, stories, ideas and challenges to add to our cooperative enquiry and learning. Your feedback is welcome as always.

**Tess Liew**

Chairperson, TANI



## Cervical Cancer Vaccine Available

**CERVICAL CANCER VACCINE AVAILABLE AGAIN, TO YOUNG ASIAN WOMEN IN 2010**



Auckland District Health Board (ADHB) Public Health nurses are back in schools, offering free cervical cancer vaccination to young women.

do not have the immunisation at school will still be able to be immunised free at their general practice or health clinic.

ADHB HPV Project Co-ordinator Natalie Desmond believes the benefits of the HPV Immunisation programme will become evident over time.

"On-going clinical studies show that after five years, protection against the HPV virus remains high and suggest that protection will last much longer.

"As cervical cancer develops over many years, it will be a while before we see the impact of the programme on cervical cancer rates. But lower rates of HPV infection and abnormal cervical changes will be seen much sooner. We also expect to see cases of genital warts reduce significantly, as has been the case in Australia," said Natalie.

Young women born in 1990 and 1991 have until 31 December 2011 to start the HPV immunisation programme. Young women born from 1992 onwards have until their 20th birthday to start the programme.

The vaccine being used in New Zealand is called Gardasil® and is given as a series of three injections in the upper arm, usually over a six-month period.

It has been shown to have an excellent safety profile in clinical trials and has been licensed for use in over 100 countries around the world including Australia, USA, Canada and the United Kingdom.

For more information, call 0800 IMMUNE (0800 466 863) or visit [www.onefortheirls.org.nz](http://www.onefortheirls.org.nz) and [www.cervicalcancervaccine.govt.nz](http://www.cervicalcancervaccine.govt.nz).

For further information please contact:  
ADHB HPV Communications Executive  
Christine Dennis  
Ext 4950  
Mobile 021-627-468



ADHB Asian Community Engagement Worker Lili Sui says the vaccine will help protect girls and young women from future cervical cancer.

"More than 99 percent of cervical cancer is linked to an HPV infection and this year alone, more than 60 women will lose their lives to this cancer," she said. "Immunisation is particularly critical for Asian, Pasifika and Maori women because these ethnic groups have a higher incidence of cervical cancer."

2010 will be the last year of the school-based programme for girls in school year 9 and above. From 2011 onwards the HPV vaccine will only be available to girls in school year 8 at participating schools. However, girls in other years who

## Active Asian Project



Harbour Sport's ActivAsian project continues to progress well starting the term one with two 'Fun Ferns' netball coaching programmes being delivered in two primary schools on the North Shore for Chinese children.

This netball programme is designed to introduce children to the game of netball and for them to develop their basic ball, movement and game skills. 38 Chinese children attended in week one with 16 being boys. Although netball is traditionally a female sport this programme develops fundamental movement skills which can be transferred to many other sports.

The intention is that by introducing Chinese children to netball and developing skills in a fun way their confidence will increase and some of the children will want to continue to play netball and join their school team.

Harbour Sport has developed a translated brochure of key messages about the importance of sport which also includes details of local sporting organisations and opportunities on the North Shore. The ActivAsian team will be distributing these at the Chinese New Year Festival in Northcote on February 20th. North Harbour Table Tennis will also be present for people to play for FREE.

If you are would like further information about this project please contact: Jay Martin [activeliving@harboursport.co.nz](mailto:activeliving@harboursport.co.nz) ph: 09 415 4618.

## Asian Smokes in New Zealand



Asians in New Zealand have the lowest smoking rates compared to other ethnic groups in the country, according to a new report by The Quit Group.

An average of 11% of Asians smoke, compared to 19% of Europeans and 42% of Maori. Within this figure there is a strong male-female contrast – 18% of Asian males smoke (compared to 20% European), and just 5% of females (compared to 19% European).

Indians have the lowest smoking rates of Asian smokers, and half of Asian smokers registered with the Quitline are Indian. While two-thirds of Indians prefer to call the Quitline rather than use the online service, among Chinese the split is more even, with almost half preferring to register online.

"The report will be a good information source for health workers in NZ and emphasises that we can't assume that all Asians are the same when it comes to smoking patterns – they're clearly not.

Interestingly, most Asian smokers heard about Quitline from friends and family, compared to non-Asians who most commonly hear about Quitline from TV adverts.

As with non-Asian smokers, smoking rates are generally higher among those who live in multi-person households compared to family units, and for those on lower incomes. An exception is Korean smokers, whose rates are not affected by household income.

Written by Chris Pitt, The Quit Group.  
For the full report, please feel free to contact:  
Judy Li, [judy.li@quit.org.nz](mailto:judy.li@quit.org.nz)

## Cervical Cancer vaccine Gardasil



The Cervical Cancer vaccine Gardasil is now available free for young women and girls born after 1st January 1990. All girls in this age group who are still at school will be offered the vaccine in a school vaccination programme in 2010, and from 2011 onwards the school vaccination programme will continue only for girls in year 8. Girls who have left school, and any girls who decline to have the vaccination at school, are able to have the vaccine free from their GP or health clinic.

GARDASIL is given as a series of 3 injections given over a 6 month period. It is really important to complete all three doses of the vaccine to gain the most effective protection...

GARDASIL may not fully protect everyone, and does not prevent all types of cervical cancer, so it is also important that young women have routine cervical cancer screening smears from the age of 20 years. Please ask your doctor or practice nurse any questions you have about GARDASIL or cervical cancer.

## Free Asian Counselling Services

2006 Census showed most Asians in New Zealand are new migrants. They face a range of issues due to their migration, which can cause significant stress to their daily life. Asian migrants rarely seek help from public services due to the stigma attached to alcohol and drug problems, lack of understanding on alcohol, drugs and prescribed medicine-related issues, and language difficulties. Furthermore, counselling is still a fairly foreign concept for Asians. To help these clients, Community Alcohol and Drug Services (CADS) have set up an Asian service and provide counselling in Asian languages (i.e. Mandarin, Taiwanese, and Korean). It aims to remove language barriers and provide more culturally appropriate service for the Asian communities.

For information or service, please contact any of CADS units in Auckland, which are situated in: Manukau City, Henderson, Takapuna, and Kingsland.  
Contact Rebecca Zhang, CADS, Phone 09-845-1800 or email: [Rebecca.Zhang@waitemataDHB.govt.nz](mailto:Rebecca.Zhang@waitemataDHB.govt.nz)

## Walk2Work

Walk2Work Day is part of a Living Streets campaign that aims to encourage people to walk more in their daily lives. It is a free event held before work in a location close to the main walking routes, targeting people who have walked all or part of the way to work.

The campaign aims:

1. To encourage more people to walk to work and encourage active healthy lifestyles for all New Zealanders.
2. To raise the profile of walking as a as an essential mode of transport.
3. To decrease road congestion by reducing the numbers of private vehicles on our roads.
4. To support the local economy (by way of retail purchases from walkers on their journey to work).



Events will be held at various locations all over New Zealand on March 10th 2010. Click on the <http://www.livingstreets.org.nz/walk2work2010/eventsmap> to find an event near you!

If you would like to run a Walk2Work event in your area, please fill in this form or contact caroline.barnes at livingstreets.org.nz or ring 04 385 8280 and see here for the Walk2Work Day Guide (118K pdf). For more info, see Walk2Work Day 2009.

## Are you recovering from breast cancer surgery?



YWCA Encore is a free eight week programme designed specifically for women who have experienced breast cancer surgery at any time in their lives. Encore is a national programme run by the YWCA; a community based charitable organisation.

Safe, fun, therapeutic and free to attend, Encore is conducted by women and incorporates gentle exercise, relaxation techniques, information and support.

Attendance is by ENROLMENT only and Participation is FREE.

South Auckland Programmes for 2010:

1pm- 3pm Sundays, 8 weeks from 11 April - 30 May 2009

Venue: Fulton Swim School, Patumahoe School, Pukekohe

To enroll Call: Connie Zein 09 636 9469 or 0800 362 673

More info: [www.akywca.org.nz](http://www.akywca.org.nz)

## Make it a safe summer

During this summer season, please do remember to say "NO" to drinking and driving. It is really not the drinking but how we are "drinking". We can all make good choices by;

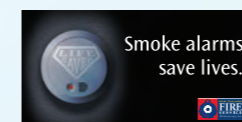
"Watch out for your mates and be a Sober Driver".



This billboard advertisement is on Bruce Mason Building, Hurstmere Road, Takapuna. It is also on a trailer that is on the move everyday around North Shore City. If you are interested to learn more about keeping safe this summer, please log on to our website on [www.safesummer.co.nz](http://www.safesummer.co.nz)

For more information on road safety, please contact -Road Safety Coordinator, Angie Cheong on telephone number; 09-4868600 ext 8715 or mobile; 027 291 0079. You can send your email to: [angie.cheong@northshorecity.govt.nz](mailto:angie.cheong@northshorecity.govt.nz).

## Smoke Alarm Saves Lives



Most fire fatalities in the home are at night. A high percentage of those that perish as a result of a fire are found either still in the bed, having not been aware that there is a fire, in the bedroom where they have woken in time to know there is a fire but unable to escape, mainly because of the hot toxic fumes (smoke) from the developing fire, or in some cases in the hallway trying to escape.

### Did you know?

That when you sleep that part of the brain that smells

sleeps to, so our reliance on this sense to respond, in most cases has gone or drastically reduced. So our noses that do such a great job when we are awake, deservedly need a rest and recharge too.

### So what can we do?

Fire wise, get working smoke alarms installed in EVERY living area. Every bedroom, common area, hallways, top and bottom of stairways in multi storey houses. Then if a fire does start you are more likely to hear a smoke alarm operating and take some appropriate action.

### Where do fires start in the home?

30%+ in the kitchen/ 20% approx in the lounge/ 12% in bedrooms/ 10% in laundries/ 10% in garages. So this is why the New Zealand Fire Service say "a working smoke alarm in every living area".

For more information or advice, contact your local fire station or visit our website [www.fire.org.nz](http://www.fire.org.nz).

## Safe Waitakere Injury Prevention project

The Safe Waitakere Injury Prevention project works with a range of communities and partners to identify and address a variety of injury risks. These include such things as Water Safety, Driveway Run-over Prevention, Fall prevention, DIY Safety, Burns and Scalds prevention and many more.

Our strategic planning continues to acknowledge the needs of:

1. Maori/ Pacific peoples/ New Settler populations/ Older people/ Children
2. Working with local health delivery agencies and community services is one of the key methods for raising awareness and promoting change. We also utilise local and regional community events to promote key messages to families and target populations.



### Health Navigator Website

Health Navigator NZ is a community based, non-profit project commenced by a group of GPs, nurses and allied health professionals for our colleagues and patients.

The project is being led by the Health Navigator Charitable Trust in collaboration with a range of partner organisations including Heart Foundation (NZ), Asthma Respiratory NZ, SPARC, Mental Health Foundation, Arthritis NZ, Diabetes NZ, Webhealth and local District Health Boards.

Their key aim is to link all the key health resources together and develop an online gateway or portal that will simplify the process of finding educational resources, tools and quality tested health information that will support and enable individuals and their whanau to manage their health and long-term conditions more effectively in partnership with their healthcare team. The website can be viewed at [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz) and was launched at the RNZCGP Conference on 11th Sept.

### The Chinese Women's Wellness Community Group (CWWCG)



CWWCG is a non-profit organization established in 2003. Our aim is to promote and educate Chinese women in the community on health issue. We provide free education talks on cervical cancer, breast cancer, HPV, menopause and osteoporosis and sexual health in Mandarin or Cantonese; produce resources in Chinese; provide colposcopy support for Chinese women who does not understand or speak Chinese; organise Women's Health days throughout the year; participate in Chinese festive events to promote our services and hold regular clinics in Highland Park, St Lukes, North Shore and New Lynn.

We welcome new members to our group. A membership fee of \$20 per year or any donation is very much appreciated. For more information or enquiries, please contact Betty Ling on 846 7886 Ext 711 or 021-0566118 / Linda Wu 021-250 6924 / Janice Lin 021-0494631.

### CAB Language Link

Is a free and confidential service that provides a first point of communication for newcomers endeavouring to settle in New Zealand. We are helping to empower people by providing support and accurate information; those that have used our service value the impartiality and non-judgemental aspect of it. We have also established these new email addresses to help new settlers who have very little or no English and need assistance in the

following written ethnic languages:

arabic@cab.org.nz chinese@cab.org.nz  
hindi@cab.org.nz japanese@cab.org.nz  
korean@cab.org.nz spanish@cab.org.nz  
vietnamese@cab.org.nz russian@cab.org.nz



### The Phobic Trust New Zealand

Does anxiety cause you to feel panicky, or cause you to have panic attacks which makes your heart beat incredibly fast? Do you fear crowds or avoid certain places, like an aeroplane, or enclosed spaces? Do you wash your hands obsessively, or take things uncontrollably? We can help.

The Phobic Trust is a registered charitable trust established in NZ to provide specialist treatment, education and support specifically to anxiety disorder sufferers. We are the only organisation in New Zealand that specialises in anxiety and anxiety related disorders and have treated people for over 20 years. If you suffer from anxiety or depression we can help, so contact our 24-hour phonenumber for more information specific to your needs. Everybody has anxiety, but when it becomes something problematic to how you live, then come and seek help. There is also the opportunity for you to train and become a phonenumber volunteer, so if you are keen on giving something back to the community. Contact us on 0800 14 ANXIETY or (09) 846 9776.

## Diabetes Education for Asian communities



Diabetes Auckland runs diabetes education for residents of Auckland city with type 2 diabetes. These are group classes

held at a number of community venues. They are generally attended by a variety of people and the teaching is in English.

During 2009 a team of South Asian professionals partnered with Diabetes Auckland to provide a course specifically tailored for people of South Asian heritage and taught mostly in Hindi. Diabetes Auckland was grateful for the assistance and support of Faieza AliKhan, diabetes nurse from Greenlane; Ella Kumar, South Asian HEHA coordinator, Dena D'Souza diabetes eye clinic, Hyma Danthala, Nutritionist and Purvi Chhichia, Nutritionist with Procare Network Auckland.

Two Hindi courses were held over the year, one during the daytime in the first half of the year and an evening one in November. Both courses were appreciated by those who attended. Diabetes Auckland is grateful for the assistance received in making these possible. In 2010 a further South Asian/Hindi course will be held in June and a Chinese course is planned for May. (Pic: First Hindi Diabetes Course)



Enquiries to Teresa Cleary Diabetes Auckland Ph 623 2508.

## Free Education Support Service for Kids

footsteps education limited has a national footprint and provides an early childhood discovery and learning service at home. footsteps provide programmes with tools to enhance a child's thinking, interaction and development and is based on supporting and enhancing the strengths and abilities of the child. Our programme is available to children being cared for in a home based setting by foster parents, whānau, nannies, au pairs, and home based caregivers. Home based care means that infants and children have one primary caregiver and are quite often in a family grouping with other children.

Foster parents, caregivers and families, have welcomed the support from the footsteps teacher/kaiako and enjoy implementing the learning ideas and using the resources provided by the teacher/kaiako, which often come from the home and surrounding community.

For more information, please call 0800 footsteps (366 878).

## Free Parenting Workshop

Roskill South Oasis Early Years Services HUB provides free program and Creche to the community as follows:

1. March 2nd – Deputy Principals – Hay Park Primary, Waikowhai Primary, & ADHB B4 Schools checks – "Preparing your Child for School"
2. March 16th – Hilary Nobile – Brainwave- "Promoting Healthy Brain Development."
3. March 30th – Three Kings Library – "Enrolling your child at the Library."

Time: 10-11:30pm. Venue: 56 Glass Road, (Off Dominion Road Ext) Mt Roskill South Auckland 1041. Enrolment is necessary for each workshop. Please contact Zena on (09) 620 8079 or e-mail: zena@roskilsouthoasis.org.nz.

### ProCare Health Limited



ProCare is New Zealand's largest primary health organisation, with 500 general practitioners treating more than 660,000 enrolled patients in Auckland.

ProCare GPs must be highly experienced and committed to ProCare's philosophy of quality and continuous improvement, and be willing to help themselves and others to learn. Many of our members have or are working towards the Royal New Zealand College of General Practitioners Quality Accreditation – Cornerstone.

ProCare general practices play a central role in providing care and improving the health of a wide cross-section of populations from Whangaparaoa and Helensville in the north to Waiuku in the south – including European, Maori, Pacific, Indian, Asian, African, Latin American and Middle Eastern.

ProCare provides services that support general practice in five areas:

1. Clinical Support – Clinical programmes that support care for patients, continuing medical education for GPs and nurses, and assistance to practices working towards Cornerstone accreditation.
2. Primary Care Services – Direct-to-patient services and an after-hours registered nurse triage telephone service.
3. Health Promotion – Nutrition, exercise, health promotion and community programmes that promote healthier lifestyles for our enrolled population. The team also provides culturally appropriate health promotion programmes. The advisors also work closely with their enrolled general practices to support them in offering healthier lifestyles for the enrolled population.
4. Business Support – A wide variety of practical business assistance to help practices stay focused on their core purpose of patient care, including help with information technology, quality initiatives, patient register submission, funding and procurement deals.
5. Advocacy – Participation and leadership in local and national issues affecting primary care, from collective contract negotiation and primary health working groups to representation on IPAC and the PHO Alliance.

## Child Restraint Workshop and Checking Clinics

Asian Safety Education & Promotion Trust (ASEPT) was established as a Korean Safety Group in 2008 by the support of ACC. In 2009, the name was changed to the current ASPT in order to meet the various needs of Asians and we were registered as a charitable trust.

Our aim is to pursue happiness and improve Korean New Zealander's quality of life. As part of our aim, we have been providing workshops about 'Child Restraints(CR) and Checking Clinics' for Korean parents who have small children. This initiative has been supported by ACC, Plunket, Safe2Go and North Shore City Council.



We held six workshops and checking clinics so far through the Auckland Region and all of them were very successful. We have received excellent feedbacks from over 120 participants.

This year, we are planning to diversify these workshops and will cover some other safety issues such as 'Drive To The Condition (DTTC)', 'Intersection safety' and 'Seat belt safety'. Hopefully, we could also extend our service to Hamilton or Rotorua in the near future, which has a large Korean population as well.

Contact: Joy Kim, Ph: (09) 537-9595 Mob: 027-5689-689.

## Toddler Day out and Great Parent Fair

...is on again in Waitakere ... a day of free fun for children

under five (and their brothers and sisters) as well as their parents, uncles and aunts and grandparents. It is on Children's Day, Sunday 7th March 2010 at the Waitakere Trusts Stadium, between 10 am and 3 pm.



The day is focused on learning activities, fun, rides, petting zoo, non-stop stage show of multicultural family friendly acts and competitions, information and services for parents, a healing area for free massages, and high quality educational equipment and toddler friendly products.

Bring along your toddlers and their favourite relatives, there will be prizes for four generation families! Bring a picnic (or there is some food to purchase if you wish).

For more information ph Anita on 8387105 or Elaine 8374849.

## Rockerz and Diversity @ Dio



14 girls from the Indian Culture Group at Diocesan School participated at the Rockerz High School dance competition for the first time this year. The event was hosted at Logan Campbell

Centre in Greenlane on the 23rd May 2009. All participating schools were given \$300 and the teacher in charge was honoured with a trophy of appreciation. Although we did not win, the girls took great pride in their costume and performance and had a lot of fun.

On the evening of 5 June, the International Prefect, Kiertana Selvakumar and her committee presented 'Diversity @ Dio', a celebration of the many different cultures represented at our school.

Ritu Sehji, teacher in charge of the student International Committee says, "We wanted to celebrate the fact that

## Spectrum Care



Spectrum Care is an independent charitable trust that provides services for children, young people and adults with disabilities and their families.

Our services include 24-hour support for people living in residential homes throughout the Auckland and Waikato regions, respite care for adults in the Waikato and Bay of Plenty, and respite care for children in Auckland. Spectrum Care also offers specialised Home Support, Behavioural and Aspiration services for people in the greater Auckland region.

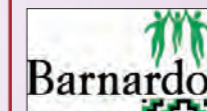
Our services are divided into nine key areas:

Adult Services/ Advocacy Services/ Aspirations Services/ Behaviour Support Services/ Community Cultural Services/ Child, Youth and Respite Services (CYR)/ Home Support Services/ Orakau House – Respite care for infants/ Transition Services.

For more information on Spectrum Care, visit [www.spectrumcare.org.nz](http://www.spectrumcare.org.nz). To contact Spectrum Care, phone: (09) 634 3790 or email: [info@spectrumcare.org.nz](mailto:info@spectrumcare.org.nz).

## Family Support Service

Barnardos offers Family Support. This service is Free and confidential for families who want to make changes in their lives. We start by listening.



With Barnardos support the family decides what changes they would like to make. The family is allocated a Family Support Social Worker who visits the family in their home.

Once the social worker has discussed the family needs they work with the family to develop small achievable goals.

If you would like support from Barnardos phone: 0800 4 barnardos. 0800 4 227 627 37. [www.barnardos.org.nz](http://www.barnardos.org.nz).

