

# COMMUNITY NEWS

## JUNE 2022

### In this issue:

- What's happening with the us in the Community Partnership Team
- Funding
- Organisation Profile
- Notices

### Community Newsletter

These newsletters go out bi-monthly. The next newsletter will be August 2022.

Information about services you provide, upcoming events, training opportunities, etc are welcome.

Please get your items to Jodie Griffiths at Council by Friday 29 July 2022 for the August issue, email:

Jodie.griffiths@marlborough.govt.nz

### Community Workers Forum meeting

Monday 13 June, 12 - 1pm

Monday 11 July, 12 - 1pm

Held: Marlborough Community Rooms

### Youth Workers Collective meetings

Wednesday 8 June, 12 - 1pm

Wednesday 13 July, 12 - 1pm

Held : MySpace

## Community News June 2022

With the change in COVID alert levels, we are seeing more events and community-based activities being held, with people enjoying re-connecting with others and getting out and about.

Our Funders Information Workshops are being held Monday 13th June in Picton and Tuesday 14 June in Blenheim, an opportunity to listen to funders, find out about resources and tools, Q&A and one on one time with funders to discuss your projects/organisation.

In addition to funding, there will be helpful information for Not-For-Profit and community organisations on volunteers, resources + tools and possibly some financial guidance. There is no cost to attend and light refreshments will be provided

Registrations are essential:

VOLUNTEER MARLBOROUGH & MARLBOROUGH DISTRICT COUNCIL  
PRESENT THE 2022

# FUNDING INFORMATION WORKSHOP



PRESENTATIONS FROM FUNDERS + RESOURCES  
Q&A + TOOLS + NETWORKING OPPORTUNITY

**PICTON: 13 JUNE, 2022 | 5:30 - 7 PM**

**BLENHIM: 14 JUNE, 2022 | 10 - 11:30AM**



Ministry of  
Ethnic  
Communities  
& Development



VOLUNTEER  
MARLBOROUGH



Rātā  
Foundation



Te Tari Taiwhenua  
Internal Affairs



MARLBOROUGH  
DISTRICT COUNCIL

[WWW.BIT.LY/FIW2022BLENHIM](http://WWW.BIT.LY/FIW2022BLENHIM)

[WWW.BIT.LY/FIW2022PICTON](http://WWW.BIT.LY/FIW2022PICTON)

021 0231 2802 (MEG, VOLUNTEER MARLBOROUGH)

MGR@VOLUNTEERMARLBOROUGH.ORG.NZ



15 Seymour Street  
PO Box 443  
Blenheim 7240

Ph: +64 3 520 7400  
Email: [mdc@marlborough.govt.nz](mailto:mdc@marlborough.govt.nz)  
[www.marlborough.govt.nz](http://www.marlborough.govt.nz)

# ORGANISATION PROFILES



Welcome to Sally Thomas who has recently started with the Brain Injury Association in Marlborough. Sally is the new part time Liaison Officer based here to provide support and information to our clients with brain injury and their families. Sally is very much looking forward to connecting with people from associated agencies, so please get in touch to say hello. If you or someone you know would like further information, check out [www.braininjury.nz](http://www.braininjury.nz), email: [marlborough@brain-injury.org.nz](mailto:marlborough@brain-injury.org.nz) or phone 022 5929 490.



## TRAINING

# COPING WITH CHANGE GRIEF AND LOSS

A **FREE** ONE HOUR ONLINE PRESENTATION  
WITH **REBEKAH BALLAGH** COVERING  
THE DIFFERENT FORMS OF GRIEF, WITH  
TOOLS & **COPING STRATEGIES**.

## JOURNEY TO WELLNESS Rebekah Ballagh

COUNSELLOR - AUTHOR - ILLUSTRATOR



**LIFE  
EDUCATION**  
Learning with Harold



Online via Zoom

**Tuesday 7th June, 7.30pm**



# VOLUNTEER MARLBOROUGH

## PARTNERING WITH MĀORI

TE TIRITI O WAITANGI

A VOLUNTEER MARLBOROUGH TRAINING WORKSHOP

## PARTNERING WITH MĀORI

### **Te tiriti o Waitangi**

For the past 10 years, **Hilary Star Foged** has been working with leaders and managers from community based organisations, including schools, exploring with them both the significance and history of Te Tiriti o Waitangi, and how to build relationships and accountability in partnership with Māori in Aotearoa today. As Pākehā, this is an absolutely essential conversation, identifying how colonisation has impacted all of us and how we work towards a truly decolonised Aotearoa.



To quote a participant of a recent workshop, "I have been involved in other Treaty workshops years ago and came away feeling so loaded with guilt & a feeling of helplessness that I felt I never really moved on from there. This workshop has really enabled me to look far more deeply at the possibilities and actual practical application of the Treaty for us as a community based organisation in building partnership with Māori"

**DATE:** Tuesday 14 June

**TIME:** 9:30am - 4:00pm

**PLACE:** Meeting Room,  
Community Centre, 25 Alfred  
Street, Blenheim

**COST:** \$30 / person

## THE FACILITATOR

**Hilary Star Foged** has spent 20 years working with government and NGOs in the community health sector from a community development perspective.

Her focus is on empowering individuals and communities. Hilary encourages and inspires others to recognise their own skills and wisdom.

Hilary is an experienced and skilled facilitator of Te Tiriti workshops.



## NOTICES

# Worried about your Gambling? Chasing your Losses?

## Nelson - Tasman - Marlborough Problem Gambling Services

**What:** Support and health promotion services focused on reducing gambling related harm.

**Where:** **Nelson:** Our main office is located upstairs at 159 Hardy Street (upstairs).  
**Marlborough:** 68 Seymour Street, Blenheim 7201 (limited office hours, please phone).

**Who:** Services are provided FREE by AAAS Ltd through Ministry of Health funding.

**Contact:** **Gina Anderson** (Blenheim) **C** 021 864 972 **E** gina@addictionadvice.nz **W** www.healthpoint.co.nz  
**Mathew McMillan** (Nelson) **C** 021 0226 0819 **W** www.healthpoint.co.nz  
**F** www.facebook.com/adviceandsupervision

\* **MVECS** (Multi-venue Co-ordination Service).

Need to exclude (Ban) yourself from one or more gambling venues in the area?

\* **Education, Support and Advice.**

Need free and confidential education, advice or support for yourself or someone else?

\* **Health Promotion Activities.**

Does your community, agency or workplace need help with awareness raising, education or training?



### Contact us today:

**Gina Anderson** (Blenheim) **C** 021 864 972 **E** gina@addictionadvice.nz

**Mathew McMillan** Manager (Nelson) **C** 021 0226 0819

**W** www.healthpoint.co.nz **F** /adviceandsupervision



# **Cross-cultural Awareness workshop 10 June**

## ***Intercultural awareness training for successful interactions & conversations between people from different cultures***

The Marlborough region is home to people from many different ethnicities who live, work and volunteer together. In our increasingly mobile, globally connected world, **the ability to understand culture and culture-related behaviour is a core skill for successful personal as well as professional interactions.**

Increase **your** Cultural Intelligence to be ready for life in a diverse society.

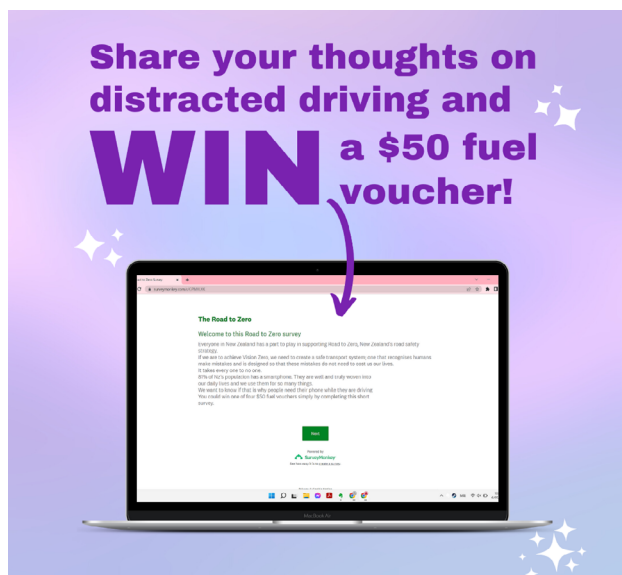
In this one-day workshop you will...

- reflect on your own cultural identity and the impact of beliefs and values,
- increase your knowledge about culturally related behaviour and gain insight into cultural traits beyond confining stereotypes,
- get to know models and tools to compare and understand cultures better,
- learn about appropriate ways to communicate in different settings and minimize misunderstandings.

**This workshop will be facilitated by Birte Becker-Steel.**

A Social Worker by trade, Birte has 20+ years of experience developing and facilitating workshops, trainings, and events. She is an enthusiastic person with a strong passion for life-long learning. Working with people from many different countries, providing settling in support for 8+ years and settling into a small rural community as a migrant herself taught her a lot about the relevance of cultural competence. Birte embraces diversity and she considers inclusion the key factor to enhance individual well-being and community resilience. **Would you like to join this cost free one-day workshop? Reserve your spot by contacting MMC's office on 03 579 6410.or email [info@mmc.nz](mailto:info@mmc.nz) - (Marlborough Multicultural Centre)**

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## **Driver Survey**

Share YOUR thoughts about driving distractions: [www.bit.ly/RoadToZeroSurvey22](http://www.bit.ly/RoadToZeroSurvey22). Complete the survey and be in to WIN one of four \$50 fuel vouchers!

Please share this with your networks; the more responses we receive, the better road safety groups will be able to address concerns around distracted driving.

All survey responses are anonymous; we will only take your contact details to get in touch if you win, and your private information will not be connected to your survey responses.

Survey closes Friday, 3rd June.



# Stay fire safe this winter

By Darren Crawford

Senior Advisor Community Readiness and Recovery

Occupants have only 3 minutes to escape a house fire. Homes in the 1950's took 10-15 minutes to reach fatal temperatures, today it's 3-5 minutes.

Creating a 3-step plan to save your life and that of your whanau is quick and simple to do, a 3-step plan consists of.

1. Have an initial plan for escaping your house
2. Have a second plan in case the first is not possible due to blocked exits or fire preventing your escape
3. Have a dedicated meeting place (often this can be the letterbox or a neighbour's house)

You can **create an escape** plan by visiting [www.escapemyhouse.co.nz](http://www.escapemyhouse.co.nz). The plan takes only a few minutes to create and is sent to your email for printing and displaying in a prominent place. It's a great idea to have a practice run blindfolded, this helps to understand how disorientating black smoke is.

Early warning of a fire is directly related to surviving a fire, working smoke alarms are key. It's important to consider your hearing, can you hear the alarm with your hearing aids removed at night? This is an important question, it's easy to run your own experiment by removing the hearing aids and standing behind a closed door, get someone to activate a smoke alarm in another room and if you can't hear it you are likely to qualify for a Hearing Assistive Technology alarm system (HAT). HAT systems have pillow shakers and strobe lights to alert you to fire and funding is available to supply and install HAT systems, call 0800693473 for an assessment.

As Winter approaches there are some simple steps we can take to prepare ourselves and others to prevent or survive a fire.

- **Keep a minimum distance of one metre from a heater.** This includes drying clothes, warming ourselves or having a heater too close to curtains or furnishings
- **Keep looking while you're cooking.** 1 in 4 house fires start in the kitchen, typically from unattended cooking
- **Don't be an over-plugger.** Overloaded power multiplugs and power points can overheat and easily cause a fire
- **Be careful where you stash your ash.** Disposal of fireplace or brazier ash is a common cause of fire, store ash out of the wind, away from your house and in a metal container, preferably with a sealed lid.
- **Get your chimney cleaned.** Chimney fires are avoidable, cleaning your chimney each season not only prevents fires, but your fire will burn more efficiently and use less wood. Book your sweep before the Winter rush, it's a good idea for locals to combine and get their chimneys swept at the same time to share travel cost especially in remote locations.
- **Turn your electric blanket off before bed**
- **Clean the lint from your dryer every cycle**

I hope you all stay warm and safe this Winter and please don't think you are an inconvenience by asking us to come and do a FREE Home Fire Safety Visit, we love visiting and supporting our community, call **0800693473** to book.

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Tēnā koe / Kia orana / Greetings

The Heart Foundation is undertaking a pulse/pātukituki campaign, to raise awareness of heart rhythm conditions. There are more than 60,000 people living with New Zealand's most common rhythm condition atrial fibrillation (AF), which can lead to stroke and heart failure. And it's likely there are many more New Zealanders who don't know they have it. Regular pulse checks can help with detection and treatment.

The key message of the campaign is Know your pulse, know your whakapapa, reflecting the importance of heart health for all whānau.

As part of this campaign, I would welcome the chance to share some resources with you and discuss opportunities to engage with your consumers / members / community / staff. This community engagement can be tailored to meet the needs of your staff /members /consumers, with options to share information via social media, online gatherings or in person. The key elements include:

- an individual pulse check
- help linking people into the health service (where needed)
- education on the importance of pulse and how to take it
- heart-healthy living.

<https://www.youtube.com/watch?v=K5TF7XEBfiE&t=1s>

As we are a not-for-profit organisation, these services are provided free of charge. It would be great to discuss this further with a member of your team.

## ***FRIENDSHIP GROUP***

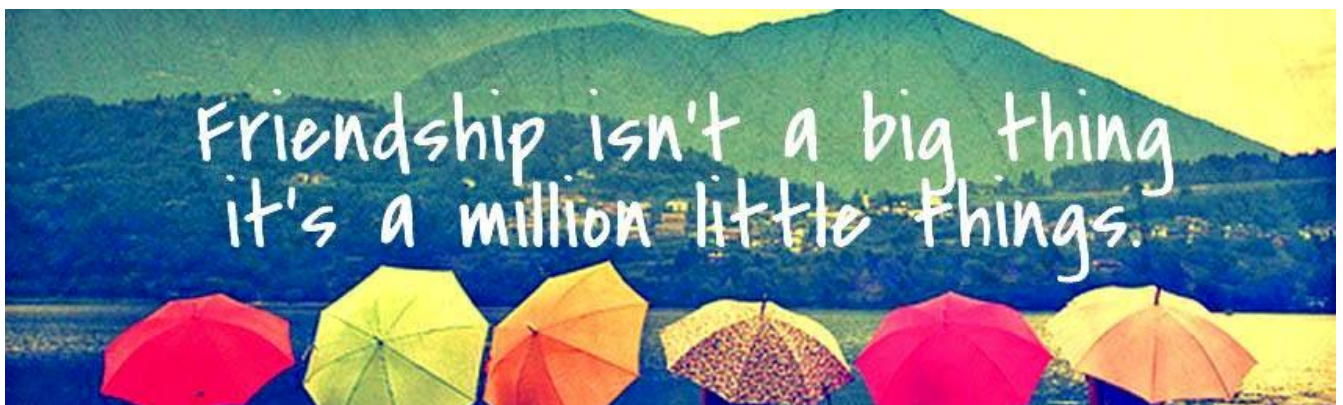
### **FOR AGE CONCERN MEMBERS**

A social club for a cuppa and a chat with  
monthly guest speaker.



Meetings are held on the 2<sup>nd</sup> Tuesday of the  
month from 10am – 11.30am @ Sowmans  
(Hutcheson St)

Please call (03)579 3457 to confirm  
attendance



# Connect Marlborough Trust and Connect events

Every week (except public holidays)

Monday 9:00am : Crafty Hands (knitting group)

Tuesday 10:00am : Sewing and embroidery group

Wednesday 10:00: Depression Support Group

Wednesday 6pm: Youth Group - for kids 11 - 16yrs.

Friday 10:00am: Connect Coffee morning

Once a term:

**Shine Girl Program** for girls 11-16 years old. Shine Girl is a unique personal development program that over eight weeks, uses an inspirational, practical, and experiential approach to learning, while also encouraging girls in their worth, value and potential.

Shine girl brings hope and purpose as we help girls to recognize their strengths, the power of their choice and seeing a future. It's a fun-filled program giving girls an opportunity to celebrate their individuality, develop decision-making skills, build self-confidence and be a positive influence in their world.'

Next term we will focus on girls who are in year 7 and 8, the Program runs once a week for 8 weeks starting Thursday 4th of August (day may subject to change)

For more information contact Tineka 0211644287 [tinekahesketh@gmail.com](mailto:tinekahesketh@gmail.com)

## **Women's Wellness Course:**

So we will be starting on Friday the 12th August at 12:30pm.

It will go for 2 hours and woman can register by messaging the Connect Marlborough Trust Facebook page.

We will have 8 sessions ending on Friday the 30th of September.

The mission: To empower woman to take control of their holistic wellbeing and thrive in every day life

The weekly topics are:

- Eating for mental health when on a budget
- About your menstrual cycle and how it impacts daily life
- The importance of Routine and organization of your household
- Get moving- mindset around movement and exercise
- Building healthy relationships
- Your values and morals and beliefs
- Emotional intelligence
- Planning for your future- your personalized plan to holistic wellbeing

## **Simple Cooking on a Budget**

Starts Thursday 11th August - 11am - 1pm. Runs for six weeks. Cost \$30 (subsidies available)

Includes

- Money saving tips
- Healthy options
- Cooking for one or more
- Lunch provided each week.

Please email [admin@connectblenheim.org.nz](mailto:admin@connectblenheim.org.nz) to register.

## **CAP (Christians Against Poverty)**

Debt Centre and Budget Courses

One on one appointments available.

Please email [kim@connectblenheim.org.nz](mailto:kim@connectblenheim.org.nz) for more information or call 0508 227 111



8 Beaver Rd, Blenheim  
03 578 3676 | 027 317 7889



CHURCHWARD PARK SCOUT GROUP  
C/O PO Box 5052  
Springlands  
Blenheim 7241  
New Zealand  
m 021 812 657  
andrew@CWParkScouts.org.nz

**scouts.org.nz**

Hello,

I'm Andrew from the Churchward Park Scout Group. Over the last 10 or so years I've been the Group Leader at our Scout Group, also filling the roles of Cub and Scout leader during this time. It's been a great journey, I've done lots, learnt lots and had a lot of fun.

During that time I've met young people from pretty much all the schools around Marlborough, and I hope they have enjoyed their time with our Adventurous Outdoors Program also. A highlight for me was watching the Mayor present our Scouts with their top Chief Scout award, before moving onto their next challenge in "Venturers" our section for older teenagers.

Scouting is a volunteer organisation, and we now find ourselves needing to recruit additional adult volunteers into the four Groups in Marlborough (Churchward Park, Nativity, Springlands and Woodbourne). I was wondering if you would be able to support us in doing this by placing this request into your newsletters and communications to your staff and organisation members. This isn't a hard sell thing, it's about connecting Scouts to like-minded individuals who will benefit as much for themselves by volunteering with Scouts, as the youth they work with.

As a volunteer with Scouts you can expect to have an introduction to Scouts, be taught some general skills and choose the section / age group you would like to work with. From there the current leaders will guide you through the award scheme, safety protocols and what we can do. Taking part in the activities is fun, and you will learn as you proceed. Camps and things will come along, how much, or how little you do is entirely up to you and your availability.

All volunteers will need to be Police checked, and Leaders will need to provide a couple of references also. While not a big deal, these checks are needed to keep our tamariki and everyone else safe. A uniform is provided, and ongoing training opportunities such as First Aid training, and training for specific activities.

For more information, we are planning a Leaders introduction on Saturday 11<sup>th</sup> June 2022 to learn more, and start you on your adult journey with Scouts.

If you would like to attend, please visit <https://tinyurl.com/ScoutsIntro> or call / txt Andrew on 021812657

Kind Regards,

Andrew Whitt

Keeping Marlborough Scouting



**Come along and join the fun!  
We're raising funds to support  
Breast Cancer, Marlborough**

# *The Havelock Lions Club* *Requests Your Company* *At A* **High Tea**

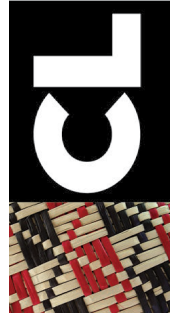
*To be served at the Havelock Town Hall on Sunday 19 June at 3 pm*

*Tickets \$25.00 each*

Please R.S.V.P. to TryBooking (<https://trybooking.co.nz/JWX>)  
or to The Gallery, Havelock (Ph 574-2821)



**We've got some raffles with fantastic  
prizes! Bring some cash to invest and win!  
And really help this great cause.**



Community Law  
**Marlborough**  
Te Ture Umanga mō te Iwi Whānui

## Incorporated Societies Legislation is CHANGING!

Community Law can help you navigate re-registering, constitutional changes, briefing your boards, and any other assistance you may require.

Please get in contact with us  
P: 03 577 9919 | 0800 266 529  
E: [reception@commlawmarlb.org.nz](mailto:reception@commlawmarlb.org.nz)

Nau mai, haere mai,  
**ACCESS | EMPOWERMENT | JUSTICE**

14 Market Street | Blenheim  
Phone: 03 577 9919 | 0800 266 529  
Email: [reception@commlawmarlb.org.nz](mailto:reception@commlawmarlb.org.nz)  
Web: [www.commlawmarlb.org.nz](http://www.commlawmarlb.org.nz)

*Find us on Facebook:*  
Community Law Marlborough



Community Law  
**Marlborough**  
Te Ture Umanga mō te Iwi Whānui

## SEMINAR Incorporated Societies Legislation is CHANGING!

Community Law will be running an information session via Zoom to advise you of the up-and-coming changes to the Incorporated Societies Legislation.

### Dates

Day Session – Tuesday 14<sup>th</sup> June 2022

(11am – 12pm)

Night Session – Wednesday 15<sup>th</sup> June 2022

(7pm – 8pm)

To register, please get in contact with us  
P: 03 577 9919 | 0800 266 529  
E: [reception@commlawmarlb.org.nz](mailto:reception@commlawmarlb.org.nz)

Nau mai, haere mai,  
**ACCESS | EMPOWERMENT | JUSTICE**

# TUPU AOTEAROA PROGRAMME

CALL US NOW  
0800 678 910

*Tupu Aotearoa is for Pasifika – A FREE employment and training pathway to career success.*

**Calling Tagata Pasifika** who are 15 years and older, a citizen or resident of Aotearoa New Zealand, and who are not in employment, education, or training!

Make your employment and training goals a reality:

- Personal Development Plan and CV
- Placement into training
- Free education support: learner licence, Unit Standards, digital skills, literacy and numeracy skills and more
- Some study costs are funded.

Your success will be supported by qualified and experienced tutors and mentors.

**Let's make a start!**

'Aere mai, ka tāta'i ... O mo mautolu ...  
'Alu fakataha pe mo mautolu ...  
Alu fa'atasi tatou.

**Contact us today!**

Phone: (03) 577 9080  
Text: 022 103 2161  
Email: [info.c8@literacy.org.nz](mailto:info.c8@literacy.org.nz)



**Literacy Aotearoa**  
Choice Change Freedom



**TUPU  
AOTEAROA**



# New service to support male survivors of abuse

## New Service to Support Male Survivors of abuse

& Free Phone Relationship counselling (donation appreciated)

& Nelson Male Room services

### Service to support male survivors of abuse

- Marlborough now has a visiting kaimahi able to support Male Survivors
- **Louis Chapman** (from the Male Room Nelson) PH 0273081215 or 03 5480403  
[www.maleroom.co.nz](http://www.maleroom.co.nz)

Our funding allows us to support them in a range of ways:

- from talking through the trauma
- helping with referring on
- support during police interviews
- legal help etc.

Louis will be coming over on an as needed basis

Contact with Louis if you need more information.

### Free phone counselling for Relationship Issues

- Free phone or web-based counselling (Donation appreciated) with qualified counsellors for **Men, Women or Young People** in Marlborough provided by the Male Room Nelson.
- There will possibly be a wait..
- Contact Louis via Facebook page <https://www.facebook.com/maleroominc/> or on 027 308 1215 or 035480403, between 9am and 5pm Monday to Friday to set up an appointment with one of their counsellors.

The Nelson Male Room also supports men

**The Male room is all about offering hope when you have little left of your own. We are here to help you make changes and to sort out the challenges and issues you maybe facing.**

Sometimes life doesn't work out the way we planned. Relationships come unstuck; past abuse inflicted on us eats away at our self-esteem, we fall foul of the law; unemployment drags us down, accident or illness take their toll, addictions take over and sometimes we feel beaten and kicked all at the same time.

***At the Male Room, we are against all violence towards men, women, and children. We work with families, and as such regardless of gender, race, orientation or creed, we will do our utmost to deliver the best possible service for the situation and individual and family.***

### Primary Services

1. [Are you going through divorce or separation?](#)
2. [Police safety orders; how we can help](#)
3. [Domestic Violence](#)
4. [Other Services](#)

### Sexual Support Services

1. [Sexual Abuse Survivors](#)
2. [Sexual Addictions](#)

Contact the Male Room Nelson - Louis Chapman (from) PH 0273081215 or 03 5480403 [www.maleroom.co.nz](http://www.maleroom.co.nz)



**What would  
Jesus do  
in 2022?**

**3rd Saturday  
5:00 - 6:30  
at St Andrew's  
5 Henry St.**

**Games, crafts, stories,  
& a shared meal.  
For kids 3-12 yrs & their  
adults**

**Fun!**

**Feb - Nov  
2nd Sat in April**

**[cruiseychurch@gmail.com](mailto:cruiseychurch@gmail.com)**



# TOA FIT HAKINAKINA (GYM)



Promoting healthy lifestyles by building strong whānau, our Toa classes support connection to Māori culture, while exercising in a non-judgemental non threatening environment.

- One on one PT training
- Wero challenge – functional fit group session
- 24/7 Gym Access membership
- Tu Waewae - Māori movement Wānanga

## TOA FIT JIU JITSU



A Marae based club umbrellaed by Rollone BJJ academy.

- Pakeke classes (3x weekly)
- Rangatahi classes (2x weekly)
- Wahine empowerment wananga

For further information about Toa Fit  
please contact  
[toafit@omakamarae.co.nz](mailto:toafit@omakamarae.co.nz)



Omaka Marae

## WHĀNAU ORA NAVIGATOR

(For all Whānau, no age criteria)

The Navigator's role is to work with the Whānau to identify strengths within Whānau, facilitate and mentor Whānau to identify aspirations, and draw on a range of approaches to support them in achieving their aspirations.

The Whānau Ora Navigator will use the PATH (Planning alternative tomorrows with Hope) planning tool.

This model assists Whānau in dreaming and realising that their dreams are attainable, by breaking down barriers and supporting positive, possible change.

The key focus of the Whānau Ora Navigator is to build Whānau capacity to be self managing and to lead healthy lifestyles that are economically secure.

For further details contact our Navigators

**DEEDEE 027 470 5073**

[deedee@omakamarae.co.nz](mailto:deedee@omakamarae.co.nz)

**NIKKI 027 3799989**

[nikki@omakamarae.co.nz](mailto:nikki@omakamarae.co.nz)



# **Marlborough Kindergarten Association invites you to**

## **TRAUMA INFORMED APPROACH THROUGH A NEUROSCIENCE LENS**

**21<sup>st</sup> July**

**12:30-4pm (teacher session)**

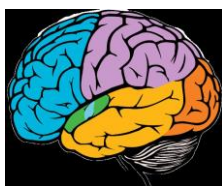
**6:30-9:30pm (teachers, agencies, whānau)**

**Lansdowne Sports Hub- Main room Upstairs**

### **Anxiety, Resilience, Wellbeing, Mindfulness, Regulation**

are all words and phrases you are more than likely well aware of, but are you aware of the neuroscience that underpins them?

Learn how to create an inclusive socially and emotionally safe learning environment for children, staff and whānau through an evidence based neuroscience perspective and lens. Hear how this award winning approach has made the difference for learners, staff and whānau - and how it can make 'the' difference in your space!



**WHAT IS TRAUMA?  
CALMING THE BRAIN**



**INTERGENERATIONAL  
TRAUMA**



**REGULATORY  
ACTIVITIES**

### **FACILITATED BY JASE WILLIAMS (NGĀTI TAMATERĀ)**



**Principal of Henry Hill School.**

**A decile 1A Primary School in Napier, Hawke's Bay-  
Winners of the 2021 Prime Minister's Education  
Excellence Awards - Wellbeing category.**

**Certified trainer in the Neurosequential Model in  
Education facilitated by Dr. Bruce Perry - regarded as**

the world's #1 authority on childhood trauma. The only Māori certified trainer in the Neurosequential Model in Education in the entire world, facilitating monthly Trauma Informed/Aware Hui in Hawke's Bay for local schools, ECE, and health professionals (prior to the recent Covid resurgence) as well as a 'Dad's Hui' as a place of healing for whānau in the community - focused on men's mental health and wellbeing from a 'keeping it real' perspective and grounded in neuroscience.

**Cost \$35 GST inc ( book 5 – 5<sup>th</sup> person half price)**

**Registration by 8th July.**

**Register on <https://www.surveymonkey.com/r/RK3WBV8>**

**Or contact [admin@mka.org.nz](mailto:admin@mka.org.nz) or (03)5784800**







**Creating safe, resilient and connected communities.**

## **Top of the South Neighbourhood Support Marlborough is on the move!**

These are exciting times for us as we continue to grow and improve the services we offer. Our Board has recently developed a new equity focussed strategic plan for the Top of the South region “**Strengthening Neighbourhoods, Connecting Communities**”

I am now working **full-time** and so can be reached throughout the week, Monday to Friday. I have a new email address and we have a new web address too (see below).

We have also moved into **Room 4 at the Community Centre**, 25 Alfred Street in Blenheim. Please call in and say hello! This relocation means we're neighbours with like-minded community organisations, which will help us to strengthen collaboration and partnerships.

Speaking of which, TSNS is one of the lead organisations working on a new Community Connectedness project in Marlborough called **Harakeke, weaving people together**. It brings together a database of local agencies, Talking Cafes and Signposter Volunteers to assist local people in finding the support they need, to make social connections and reduce loneliness. Watch out for the official launch of Harakeke coming soon!

June's Neighbourhood Support NZ monthly campaign encourages us all to **get involved** in our local communities. One way is to know what to do in case of an emergency. We have teamed up with Catherine Coates at Emergency Management Marlborough to offer an “**ICE Know How**” workshop which will be held from 1-3pm on **Wednesday 15 June** at 4 Wither Road. Come along and learn new skills, such as how to build an emergency toilet, what items you should have in your grab bag and how to store water safely. This practical, hands-on workshop should be great fun! Email Charlotte [now](mailto:Charlotte@neighbourhoodsupport.nz) to register your attendance. Refreshments will be provided and everyone is warmly welcome.

Julie Cadwallender is joining me on a part-time basis to work on a rural connectedness project. We plan to continue extending Neighbourhood Support throughout the whole of Marlborough. We will be engaging with rural communities to find out what their issues are and asking about ways in which Neighbourhood Support can work with them in developing community led initiatives.

Please contact me with your ideas, thoughts, or any issues relating to your neighbourhoods and communities. If you'd like our support with any projects you may have coming up, please let me know. Let's talk about how we can work together to strengthen our neighbourhoods.

Charlotte Wood  
Top of the South Neighbourhood Support, Marlborough Area Coordinator  
**021 573 936** or 0800 87 67 46 (TS NS GO)  
Room 4, 25 Alfred Street, Blenheim 7201  
[Charlotte@neighbourhoodsupport.nz](mailto:Charlotte@neighbourhoodsupport.nz)  
<https://www.neighbourhoodsupport.nz/>



## QUESTIONS TO THINK ABOUT & DISCUSS WITH FAMILY

- How do I feel about the medications that I am currently taking?
- Am I experiencing side effects caused by a medication and how do I feel about this?
- What would I like to be able to do that I can't do right now because of the medications that I am taking?
- Do my medications reflect my priorities for care?
- Do I still need all my medications or can some of them be reduced or stopped?



**Marlborough Primary Health**  
KIMI HAUORA WAIRAU | SEEKING WELLBEING IN MARLBOROUGH



**Marlborough Primary Health**  
KIMI HAUORA WAIRAU | SEEKING WELLBEING IN MARLBOROUGH

Any questions please contact  
[executiveadmin@marlboroughpho.org.nz](mailto:executiveadmin@marlboroughpho.org.nz)

**TaperMD™**

**REDUCING OUR  
MEDICATIONS AS WE GET  
OLDER.**

## WHAT IS TAPER?

- A programme which aims to improve quality of life by reducing medication use and drug side effects
- Free for adults over 75 years who are on 5 or more medications
- Uses best medical evidence
- Includes persons /family-whānau preferences & priorities

## HOW WILL IT WORK?

- Your health care providers will work with you and your family / whānau to discuss your preferences and priorities, review your current medications, and identify how these might be changed.

## WHY CONSIDER TAPER?

Medication side effects & interactions between medications are very common in older adults.

When a person is taking five or more medications, the likelihood of the medications doing more harm than good rises significantly. This is called 'polypharmacy' and is associated with significant increase in the risk of falls, changes in thinking ability, nutrition problems, fatigue and other symptoms.

## HOW TO JOIN

- Contact your health care provider to make an appointment
- Feel free to invite your friends/family to your appointment.





# Strangulation the context of Intimate Partner Violence – A Public Health Issue

Family Violence Workshop Series  
BLENHEIM, 16<sup>th</sup> June 2022

## About this Presentation/Workshop

It is critical that agencies, professionals and the wider community recognise the signs, symptoms and dynamics associated with strangulation in the context of intimate partner violence (IPV). Described as 'a red flag on the trajectory to homicide', strangulation together with other associated risk markers should be considered in all risk assessment and safety planning processes.

This workshop also introduces topics such as traumatic brain injury (TBI), sexual violence, threatening behaviour and other factors including ACEs (Adverse Childhood Experiences) to enhance decision-making and ultimately safety for victims, families and whanau.

By the end of this workshop participants will be able to:

- Define strangulation in the context of intimate partner violence
- Describe the signs, symptoms and injuries associated with strangulation
- Know some of the resources available to facilitate effective documentation
- Understand behaviours often associated with strangulation including TBI, sexual violence, threats and separation
- Apply learnings to risk assessment and safety planning
- Consider how an awareness of ACEs could be included in current organisational practice.

## The presenter

Rob has worked in the family violence sector for over 30 years. His work in this area was recognised in the New Year Honours list in 2006. He shares his experience as a police officer, a national and international advisor, a member of the Family Safety Team National Steering Committee and New Zealand Family Violence Death Review Committee.

Rob has developed and delivered training to many groups throughout New Zealand on a range of family violence-related topics. Leading up to and since the introduction of specific strangulation legislation, Rob has delivered presentations at workshops and conferences throughout New Zealand, raising community awareness of strangulation in the context of intimate partner violence as a significant public health issue.

## Dates, Times and Venue

Attendees are invited to an extended 5-hour session in the **Seminar Room at Marlborough Community Centre, 25 Alfred Street, Blenheim at 9.30am on Thursday 16<sup>th</sup> June 2022**. Registration details can be found on [www.robveale.com](http://www.robveale.com).

## Costs (GST inclusive)

- \$75 for staff from Government, DHB staff, other professionals
- \$50 for NGOs, PHO staff, community agencies and other not-for-profit organisations
- Groups may also choose to organise a workshop on a one-off cost basis. Please contact Rob directly.

Rob Veale MNZM  
Director, Rob Veale Ltd, Wellington



# FREE INTERPRETING SERVICE FOR NGOS & CHARITIES

Having difficulty  
communicating with  
your clients?



A new project in the Top of the  
South means some organisations  
can access interpreters for free  
in 2022.



To register or find out if your  
organisation is eligible, contact:

E: [nelson@interpret.org.nz](mailto:nelson@interpret.org.nz)

or

Multicultural Nelson Tasman on  
[info@multiculturalnt.co.nz](mailto:info@multiculturalnt.co.nz)

Nominate a volunteer you believe to be an outstanding helper, a great role model, a hard worker, or otherwise exemplary. Volunteer Marlborough will select from nominations received once per month. Nomination forms will be held on file for 6 months and re-entered each month. Nomination deadline: 28th of each month.

Organisations or individuals nominating volunteers need not be affiliated with Volunteer Marlborough.

If you have any questions or concerns, please contact the coordinator for volunteer services, Julie, on 5779388 or [vm@volunteermarlborough.org.nz](mailto:vm@volunteermarlborough.org.nz)

<https://forms.gle/kychHboGDELDJXmYU6>

## Start-up weekend to boost Marlborough

Marlborough's potential entrepreneurs have a chance to practice their skills at a Startup weekend to be held in June.

Startup Marlborough is an event aimed at people who would like to become entrepreneurs, but also for people interested in business generally or have creative ideas, and who would like to expand their skills and knowledge.

The weekend event, running from Friday evening on June 17 to Sunday evening on June 19 at the Marlborough Research Centre campus on Budge Street, will put people in teams to test ideas, work with mentors, and then prepare a pitch presentation to a "Dragon's Den" of judges to see how their ideas fly.

It is facilitated by former Marlborough man Angus Pauley, who heads up Start-Up Dunedin, along with Mark Unwin and Dorien Vermaas from the Marlborough District Council's economic development team.

Startup Marlborough project manager Tracey Green says fostering start-ups, technology and innovation through entrepreneurial activity is a goal in the council's draft Economic Wellbeing Strategy, which is currently out for public consultation.

"There is a lot of talent in Marlborough, but sometimes people need a bit of a steer in a fun environment on how to go about getting things started.

"This weekend is a 54-hour pressure cooker, taking people from an idea to a potential startup business. It will give an insight into the sort of things that people need to think about, work on, and build when starting up a business."

Business Trust Marlborough is organising the event, and Tracey says it fits well with the organisation's role in business mentoring, helping startups get going, and also operating the local angel investors' group, Angel Investors Marlborough (AIM).

She says that as well as looking for people to attend as participants, organisers are also looking for sponsors and volunteers to help during the weekend, whether as mentors or administrators.

"There are lots of ways people can be involved in this exciting development for Marlborough."

**For more information, contact: Tracey Green on 021 211 9488 or [info@marlboroughstartup.co.nz](mailto:info@marlboroughstartup.co.nz)**

Our Walking Group is up and running! It is 10am every Thursday, weather dependant. Meeting at the 'beavers' down by the river, by Raupo Cafe. Anyone that would like to walk and talk is welcome! Get out there and get connected people!! Ginny our wonderful volunteer is great fun and would love to meet you!



## Wellness Calls

Age Concern Marlborough are now offering Wellness Calls. Wellness calls are weekly phone calls made by the team here at Age Concern. It is a friendly check in every week to see how you are getting on. If you or anyone you know would benefit from a wellness call then please give the office a call and we will add you to the list. Connecting is important, and we would love to reach out to you.

### SUDOKU

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		4		5		6	2	7

### ANSWER

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6	7	5	4	8	1	2	9	3
9	1	2	6	3	7	5	4	8
4	8	3	5	9	2	7	6	1
3	2	6	7	1	9	4	8	5
7	5	8	2	6	4	1	3	9
1	9	4	8	5	3	6	2	7



## OLDER PERSONS

Seminar

Thursday 23rd June

St Christopher's Church Hall

92 Weld Street Blenheim

10am-1pm

Morning tea & light lunch provided. Cost \$5

### Guest Speaker

**Tania Nash**

**Community Engagement**

**Coordinator for St Johns**

### Entertainment

**A Cappella Belles**

Contact **Diana Brooks, Eldercare Coordinator** 021 269 4198

or email [diana@stchristophers.co.nz](mailto:diana@stchristophers.co.nz)

## **Current Programmes at St Christopher's Church Hall**

**92 Weld Street Blenheim**

### **Steady As You Go (SAYGO)** Gentle

exercise & balance class for Seniors

Every Tuesday 11:30am-12.30pm

Stay for a cuppa & chat afterwards.

Wear comfortable clothing & good walking shoes Cost \$2

Age Concern approved programme

### **Keep U Moving**

Gentle Walking Exercise for Seniors

Every Thursday 11:30am-12.30pm

(Except 4<sup>th</sup> Thursday in each month)

Stay for a cuppa & chat afterwards.

Wear comfortable clothing & good walking shoes. Cost \$2

### **Older Persons Seminar** on the 4<sup>th</sup> Thursday each month.

10am to 1pm. Interesting speakers, jokes, games & chat.

Morning tea & a light lunch provided. Cost \$5

Contact **Diana Brooks Eldercare Coordinator** - 021 269 4198

or email [diana@stchristophers.co.nz](mailto:diana@stchristophers.co.nz) for more information.

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