

#### 2025 Autumn Newsletter

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## CONNECTING COMMUNITUES

#### **TANI Autumn 2025 Events**

#### **Chinese Health Seminar**

Wednesday 26 March, 11am - 1pm Sunderland Hall, Sunderland Lounge Cinema Road, Hobsonville Point

#### **Upper Harbour Ethnic Community Conversations:**

#### **Meadowood Conversation**

Saturday 3 May, 3pm - 5:30pm Moa Room, Meadowood Community Centre

#### **Hobsonville Conversation**

Saturday 10 May, 1pm - 2:30pm Catalina Room, Headquarter Building

#### **Albany Conversation**

Wednesday 14 May, 1pm - 2:30pm Fruit Growers Room, Albany Community Hub



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#### From The Chairperson

#### Kia ora koutou, Greetings to you all!

As I settle into my first few months as the Chair of TANI, I am filled with excitement about the opportunity to serve our communities. For the past two decades, I have had the privilege of working alongside our communities for their well-being, and this new role gives me even more opportunities to connect, empower, and embrace the diverse Asian communities we represent.

It is with great pleasure that I introduce our newly appointed board member, Dr. Hagyun Kim, a distinguished academic and senior lecturer at Massey University. Dr. Kim's experience and dedication will be invaluable to our team.

On behalf of the TANI Board, I would like to extend a very happy New Year to our Asian communities, who are celebrating the New Year from February to April 2025.

We are excited to bring you the autumn edition of our newsletter, filled with valuable information and resources about the support services available to the communities we serve.

Asian health is at the heart of our work, and we understand that when we talk about health, we must also consider the social determinants of health & wellbeing. At TANI, we are fortunate to have a dedicated professional team providing comprehensive wrap-around services to address your well-being needs. We also have a full-time family harm navigator who works closely with the NZ Police, NGOs, service providers, government providers and Asian communities to implement our Family Harm Prevention Strategy.

We value your suggestions and continued support, and we look forward to seeing you at our upcoming TANI events, both in-person and online.

That's all for now. Stay well and stay safe, everyone!

Ngā mihi nui Nilima Venkat, MNZM, JP, BSW TANI Board Chair



#### Welcome to Our New Board Member

#### Kia ora koutou, 안녕하세요.

Team TANI warmly welcomes Dr Hagyun Kim, newly appointed board member. Hagyun is a registered social worker and senior lecturer at the School of Social Work, Massey University. Originally from South Korea, he has lived in Aotearoa New Zealand for over 22 years. He holds a Master of Applied Social Work from Massey University and a PhD in Occupational Science from AUT University. His research primarily employs Straussian grounded theory.



Hagyun is passionate about understanding the acculturation and integration processes of immigrants and refugees. He has published extensively to advocate for social justice for these populations.

Dr Hagyun Kim, PhD, RSW



#### **Tobacco and Vape Complaint Toolkit**



Health New Zealand has developed a new Tobacco and Vape Complaint Toolkit to help raise community awareness about how and where to make a complaint about a tobacco or vape retailer or ask a question about the Smokefree law.

The new toolkit contains resources, including posters, for communities to download and display in your communities and use on your website and social media pages. Members of the public can scan a QR code to make a complaint on an easyto-use online form. You can find the Toolkit at www.smokefree.org.nz/resources/toolkit-makea-smoking-or-vaping-complaint

This project is part of the **Getting to Smokefree** 2025 plan. Our goal is to reduce harm from tobacco and vape products by increasing compliance with the Smokefree Environments and Regulated Products Act 1990.



sherry.xue@asiannetwork.org.nz



#### **HBHF Mums' Feedback**

"Thank you to the Asian Network for providing valuable information for pregnant mothers".

"This program helped me learn a lot of things that I did not know as a first time pregnant mother".

"This session is very beneficial. Got to learn so many things through online presentations, booklets and from the participants too. All our friends posted variety of food pictures, daily activities etc encouraged and motivated me. Because of this program, I really focused on healthy lifestyle by following healthy eating habits, stay active and hydrated. Most of the time, we forgot to look after our self and always after think about kids. I now started giving time for myself 'Me Time' which is good for mental wellbeing."



#### Call Healthline free:

For general health advice and information call 0800 611 116 anytime For COVID-19 health advice call 0800 358 5453 anytime For COVID-19 vaccination advice call 0800 28 29 26 (8am - 8pm 7 days a week)

#### **Helping Those Who Care**



More than a million New Zealanders care for family / whānau who are unwell, frail, have a health condition or

disability. Yet family carers often feel invisible, taken for granted in their role. Do you support elderly, ill or disabled loved one? Carers NZ provides FREE information, advice and support to Aotearoa New Zealand's family carers.

Our website offers a wealth of resources www. carers.net.nz. Request a digital info pack & sign up for e-newsletters via supportteam@carers. net.nz. Add your voice through carers surveys and events. Request our free magazine Family Care (print & digital), a gentle and uplifting read beloved by thousands of carers across NZ. Join our Facebook Community www.facebook.com/ CarersNZ to participate in carers conversations and get to know us.

All our services are free, however we welcome help to keep them free for carers. Donations can be made directly into our bank account 12 3096 029832602. Find out more at www.carers.net.nz



#### Smarter Prevention, Healthier Future: Meet PreventS-MD





Stroke remains a leading cause of disability world-wide, but technology is transforming prevention efforts.

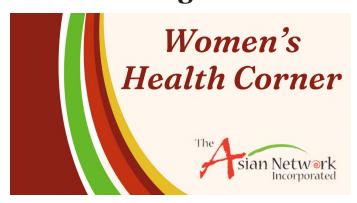
PreventS-MD is an innovative clinical software designed to help health-care professionals seamlessly assess and manage your risk of stroke and other non-communicable diseases (NCDs).

It identifies your risk factors and enables personalised prevention strategies for long-term health.

While awaiting the rollout of PreventS-MD, you can start monitoring your stroke risk with

the Stroke Riskometer™ app. You can download this from the app store. Both of these technologies were developed by experts in stroke research at AUT University, to empower individuals to assess their risk and to take proactive steps for a healthier future. Together, these tools make Stroke and NCD prevention more accessible and seamless at home and in your GP clinic.

## **Preventing Sexual Abuse** of Young Ladies



#### Sexual Abuse Include:

- Pressuring or forcing you into sexual acts against your will, even if you are married.
- Sharing inappropriate or sexual content about you online without consent.

#### Protect Yourself, Escape, and Seek Help:

- Stay Calm and Focused Take deep breaths and stay clear-headed. Assess the situation and plan your escape.
- Use Verbal Strategies Firmly say "No!" or "Stop!" to set boundaries. Distract the attacker with statements like, "Someone is coming."
- Attract Attention Scream or shout "Help! Call the police!"
- Use Self-Defense If you feel threatened, you can use self-defense to protect yourself.
- De-Escalate When Necessary Stay calm and non-threatening if the attacker is armed. Look for opportunities to escape.
- Leverage Your Environment Move to public areas, use alarms, or create distance with barriers.
- Call for Help Dial emergency services or use silent alerts if speaking is unsafe.
- Report Immediately Contact authorities, seek medical help, and consider legal action.





## Accessible Healthcare for All Women



Well Women and Family Trust is a MoH-funded community clinic providing women's health

services. Our experienced team includes nurses and health promoters from diverse cultural backgrounds, offering language support in Māori, Arabic, Hindi, and Chinese, ensuring care for all women.

Our primary services (free or low-cost) include:

- Cervical screening, HPV self-test
- Contraception
- HPV vaccination



We also run Health Promotion Initiatives to raise public health awareness and build partnerships with local communities and organisations. The next health promotion event is:

 Health Action Village Zone - Grace international Green Innes (29/05/2025)

For more info, visit www.wellwomenandfamily. co.nz or call 0800 846 788. Self-referrals are welcome.

#### Kidney Disease Prevention in NZ





Diabetes and high blood pressure (hypertension) are the leading treatable causes of kidney disease in Aotearoa

New Zealand. In fact nearly 50% of all people with end stage kidney disease, either on dialysis or transplanted, have diabetes as the primary cause of their kidney disease.

Early detection and good management of hypertension and diabetes can prevent kidney disease from occurring, while, for others, good management can slow down its progression.

Kidney Health NZ (KHNZ) is a national NGO charity providing support and advice to individuals and their loved ones throughout their kidney journey. Because KHNZ cares about early detection, we also provide testing events throughout Aotearoa New Zealand.

For more information about KHNZ, please visit www.kidney.health.nz or www.facebook.com/kidneyhealthnz. To talk with one of our kidney nurses, phone us weekdays on 0800 543639.



#### Helping Find the Key to Change





The world we live in is fastmoving and complex. People have all sorts of problems

that they need extra support with - and that's where Harmony Pasifika can assist. We're a charity bringing a holistic approach to community development that empowers individuals to thrive and contribute.

Since 2007, we have provided mental health support that helps individuals, whānau, and communities think differently and make lasting change.

We offer in-person and online counselling and therapy on topics including anger management, depression, trauma, grief, relationship, youth empowerment, and whānau support. We also specialise in supporting people with repeat impaired driving charges and associated problems including NZTA Assessments and regaining their drivers licence.

Our team come from many different backgrounds and we provide an inclusive environment that recognises the diverse backgrounds, ages and circumstances of our clients. Visit harmonypasifika.org.nz to find out more about how we can help you.

#### Need Healthcare information?

Visit www.healthpoint.co.nz that provides up-to-date information about healthcare providers, referral expectations, services offered and common treatment.





#### Beat the Flu, Get Vaccinated!





A timely reminder that the flu season starts around mid-March every year in New Zealand. The

annual flu vaccine will be available from your GP usually from April. You can also get vaccinated at many pharmacies and it may also be provided free by your workplace. It is vitally important to get vaccinated especially if you work in healthcare.

We encourage all people especially those who have chronic physical or serious mental illness such as diabetes or severe depression, impaired immune systems, are pregnant, or are over the age of 65 to get the flu vaccination as that is free for them. Children under 4 with previous hospitalization for severe respiratory illness are also funded. We also encourage those who are travelling overseas to get vaccinated too. If you do not meet the funding criteria, you can also request it for a small cost.

Visit immune.org.nz/immunisation/programmes/influenza for more information.



#### Hot Water Burns Like Fire

# First Aid Mr Quick Cool says: "Seconds to burn, BUT at least 20 minutes

Run water from the cold tap gently over the burn for <u>20 minutes</u> or until an ambulance arrives.

to cool!!"

- Oo not touch the burn or <u>burst</u> any blisters as this can cause infection.
- Once cooled remove clothing from the burned area. If clothing sticks, cut around the fabric.
- Cover the burn with clean non-fluffy material, eg. a sheet or loosely cover with plastic wrap to prevent infection.

(Do not cover the face)

- Seek advise from your doctor or hospital.
- In an emergency call 111





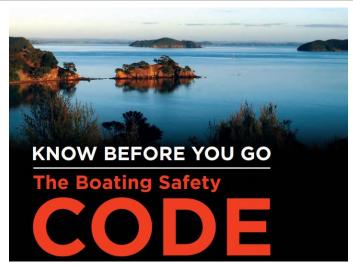
## **Boating Safety Information in Your Language**

COASTGUARD

Boating is a great way to enjoy New Zealand's waters, but the best memories are

made when you make it home safely.

The Boating Safety Code outlines five simple rules including wearing lifejackets, checking the weather and tides, and carrying appropriate communication devices. Find the simple safety



rules in multiple languages including Chinese Mandarin, Filipino, Hindi, Japanese, Korean, Malay, Thai and English here.

Before crossing a harbour or river bar, watch Coastguard Bar Crossing safety videos in eight languages, including Mandarin, Thai, and English. Watch them at Coastguard's website: www.coastguard.nz/boating-essentials/safety-on-the-water/safety-articles/bar-awareness

For those wanting to develop their boating skills and gain confidence on the water, Coastguard offers boating safety courses in English and Mandarin. Learn more at www.nzlegendboating.com/blank-1

## UNDERSTANDING AND RESPONDING TO SEXUAL HARM

Family Action is offering bespoke education sessions to raise awareness and support our communities with the difficult issue of sexual abuse. These sessions can be for families, carers or agencies wanting to know more.

Suggested topics can include:

What is sexual abuse
Managing disclosures of abuse
Legal processes involved
Impacts of sexual harm on children
Coping strategies for caregivers and children
Body safety
Self care
Resources

If you are interested in Family Action supporting your community to understand more about sexual harm and how to manage this please contact <a href="mailto:Nancy.jelavich@familyaction.org.nz">Nancy.jelavich@familyaction.org.nz</a>





## TANI's Support to the Community

Thank you Very much for sending the food parcel. This has been a big help to us.



I wanted to thank you for delivering the food parcel. I really appreciate your support for our family.

The Asian Network Inc. (TANI) supports individuals and families/whanau affected by floods and other severe weather events, and those needing urgent support. This includes food parcels, social service support, and information support i.e. information regarding job vacancies and benefits.

11:02 2degrees1 III

Hello Jian. Good morning. I have received parcels from woolworth. Thank you very much for your kind contribution to us.

17:30 2degrees1 🗈

you are more <u>than.welcome</u>. take care.

We know that the holiday season can be a difficult time for many and we wanted to do our part to support our members. Our dedicated staff delivered care packages during the Christmas holidays to those in need.

Hi Michelle, Good afternoon. I've received the food parcel. Thank you so much again for all your help!

1:40 pm

If you or someone you know needs emergency support, visit www.asiannetwork.org.nz/tani-emergency-support-services and click on the Microsoft Forms link at the top of the page. Please fill out the form and one of our social work staff will get back to you.



#### NZ HEALTH AND COMMUNITY ORGANISATIONS

Match up the organisations to their services.

Kidney Health NZ

Coeliac NZ

The Asian Network Incorporated (TANI)

**Burn Support NZ** 

Citizens Advice Burau (CAB)

Well Women And Family

Carers NZ

Neighbourhood Support Provides accessible women's health services in NZ (Cervical Screening, HPV Vaccine, etc.)

Service that offers free, confidential advice on legal, housing, and employment issues.

Community-led organization that connects neighbors to improve safety and build stronger communities.

A charitable organisation raising awareness and providing support for kidney disease.

Charitable organisation supports and advocates for family carers in New Zealand.

Organisation that supports people with coeliac disease and promotes gluten-free living.

Organization that helps burn survivors and their families with support and recovery.

Community organisation that supports Asian migrants and former refugees through health education and advocacy.



WE WOULD LOVE TO HEAR WHAT YOU THINK ABOUT TANI'S QUARTERLY NEWSLETTERS! WE WELCOME YOUR SUGGESTIONS ON WHAT TOPICS YOU WOULD LIKE MORE OR LESS OF.

Please send your feedback to info@asiannetwork.org.nz



#### **Stay Connected, Join** Neighbourhood Support



Looking to connect with your neighbours, improve safety, or prepare for emergencies? Join Neighbourhood Support North Shore for FREE!

Neighbourhood Support is a community-led initiative working with NZ Police and partners to build safe, resilient, and connected communities. We provide resources, tips, and support to help households stay safe and prepared.

For the Asian community, we aim to create an inclusive space where you can connect, share concerns, and support one another. Whether new or established in the area, we encourage your involvement!

You can participate by volunteering as a street contact, staying connected online or by email, joining community meetings and projects, or organising local events. Join us today and help create a safer, stronger neighbourhood! Contact us at nsnscoordinator@gmail.com.

#### Get ready to vote in **Auckland's elections**

Calling Auckland residents and citizens – are you enrolled to vote in this year's local elections?

Remember you don't need to be a ratepayer to vote - all Aucklanders are affected by Auckland Council's decisions on facilities and services and therefore you have a right to choose decision makers who will best represent you and your community's needs.

Every three years, Aucklanders vote for a mayor, ward councillors and local board members and this is the year you elect leaders for our city. Learn more about why you should vote and how the elections work here.

If you're 18 and over - you're eligible to vote. Visit vote.nz/enrolling now to check you're enrolled, and your details are correct to receive voting papers in September 2025. Make sure you don't miss out!

**Altogether Auckland.** Tāmaki Turuki.



#### **Community Network Meetings**



Citizens Advice Bureau Pakuranga is hosting monthly community networking

meetings. They are supported by Howick Local Board. These meetings are held to provide opportunities for community organisations to meet, share, cooperate, coordinate, collaborate and connect for positive beneficial outcomes for our local clients and community. Attendees can request for a speaking spot if they want to share some information. Anyone who represents a community organisation is welcome to attend.

To receive an invitation, please email Vani Kapoor (Community Services Coordinator - CAB Pakuranga): settlement.pakuranga@cab.org.nz. Next meeting is scheduled for early April 2025.

#### **Empowering Kiwis with Disability Support**







Firstport is a key resource for Firstport Kiwis seeking information and advice on disability in Aotearoa.

Whether you're fresh from a doctor's appointment or looking for ways to support a family member, Firstport points you in the right direction. It focuses on the "three P's": Partnership, Participation, and Protection.

Through Partnership, Firstport connects with the community, support organizations, and businesses to share information. In Participation, it explores new ways to engage the community and collaborates with NFPs and individuals. For Protection, Firstport ensures neutral, balanced advice, establishing trust.

As part of New Zealand's only nationwide Information and Advice contract, Firstport is committed to empowering the community by providing valuable resources, with over 170 additional local services across the country. Proud to be kaitiaki (quardians) of information, Firstport strives to equip and empower individuals with life-changing advice.

Source: www.firstport.co.nz



## **SuperGold Card: Support for Cardholders**



Do you have a SuperGold Card? Do you know someone who does?

The SuperGold Information Hub is a one-stopshop for up-to-date info on all of the offers available to cardholders. You might be surprised to learn how many things a SuperGold card can help with. It's not just public transport! There are nearly 6,000 offers available around New Zealand.

We've now expanded the website to include more about support and services available for cardholders. On the Support & Services for Seniors page, you'll find handy information about everything from the Prescription Subsidy Scheme to Digital Literacy Training. We encourage you to take a look: www.supergold.govt.nz/support.

## Gardening as Bridge-Building



The Parnell Residents' Gardening Project is a collaboration between

Parnell Rotary Club and Kāinga Ora – Homes and Communities. Tess Liew, community development manager, wanted to connect the Asian elders who lived in the housing complex with the project group to find out what they thought about the project and how they were affected by it. We were welcomed as volunteers.

We provided cultural and linguistic support by organizing meetings with the Asian residents to bridge the language barriers between them and the other project members. In this way, the Asian members shared their ideas about what to grow and how to use the gardens as a shared space with all the neighbours and project members. They discussed what to grow, how to cook what they grow, and ways to celebrate together. They help with the regular watering, weeding, and harvesting. Over six months, we helped integrate Eastern and Western festivals into the project and created familiar touchpoints for positive cross-cultural engagements like the Moon Cake Festival and Summer Solistice events.

The Asian elders said that having greenery around their homes lifted their spirits and improved their well-being. They expressed heartfelt appreciation to the gardening project team and enjoyed working with them. They also felt valued and cared-for by their neighbours and Kāinga Ora staff. For us, the greatest happiness is facilitating communication and seeing elders find belonging and comfort. This truly reflects the value of a community garden.



#### A Culinary Journey From Korea to New Zealand

Te Wānanga o Aotearoa

Eunice, a passionate Korean, has lived in Auckland for

four years. Her culinary journey started in Korea, where she studied Korean cuisine and taught baking and kimchi classes. She later moved to Australia for further training and chef work before settling in New Zealand to grow her business.

To enhance her entrepreneurial skills, Eunice joined Smart Steps to Business Level 3 at Te Wānanga o Aotearoa. The course helped her with business registration, food licensing, and tax filing. Engaging sessions with kaiako Rachel Hwang and classmates provided valuable insights into marketing her kimchi.

Now, Eunice sells her kimchi at the Grey Lynn Farmers Market, receiving great customer feedback. She offers a variety of seasonal kimchi, so please feel free to check out her Instagram @Euniceworkshop nz



### **TANI Hamilton News**

#### TANI Kirikiriroa/ Hamilton Office

#### **Supporting Asian Whānau with Neurodiverse Children**

In partnership with Your Way | Kia Roha, the TANI Hamilton office launched its first event series for Asian whānau with neurodiverse children in January and February 2025. These sessions fostered connections, shared valuable insights, and created a supportive space for families navigating ADHD, autism, and more.



The four interactive workshops covered:

- Social Skills Development
- Starting the Conversation
- Understanding the Senses
- Behaviour as Communication

Each session welcomed 30–40 families, offering practical tools and a sense of community. A heartfelt thank you to all participants, our amazing facilitators Joanne Lawless and Dr. Sanam Bagherian, and the Talents of the Pacific Academy (TOPA) team for their incredible support.



We look forward to more initiatives in 2025. For collaboration opportunities, contact Cindy Pak at Seunghee.pak@asiannetwork.org.nz.

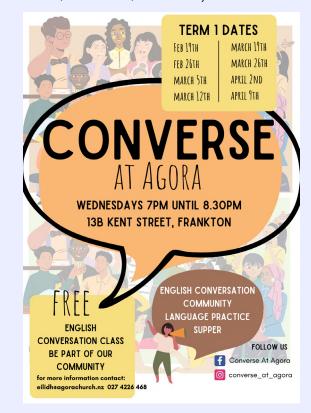
## Free English Learning Sessions!

All English language learners are welcome, regardless of visa status! Join our free English conversation classes in a friendly and supportive environment:

 Tuesdays 7PM, Chartwell Cooperating Church (126 Comries Road, Chartwell, Hamilton)



 Wednesdays 7PM, Agora Church (13B Kent Street, Frankton, Hamilton)



These sessions are thoughtfully led by Rev. Daniel Park (Chartwell) and Eilidh Botha (Agora) to help you improve your English while connecting with others. Come along, build confidence in English, and make new friends!



Contact Info: Vishal Rishi/Samuel Cho, The Asian Network Inc., 101 Church Street, Onehunga, Auckland 1061. PO Box 27550, Mt. Roskill, Auckland 1440.

Tel: 0800 00 TANI (8264) | Mob: 0212747448

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