

CONNECTING COMMUNITIES

TANI Spring 2024 Events

TANI Regional Network Meeting

Wednesday 20 November, 10am - 12pm
Western Springs Garden Community Hall,
956 Great North Road, Western Springs

Chinese Health Seminar

Wednesday 2 October, 10am - 12pm
Mount Eden War Memorial Hall,
489 Dominion Road, Mount Eden

Upper Harbour Ethnic Community Consultation Workshops

Three workshop options between
16–25 September, at various locations
Please contact us for more information

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From The Chairperson

Kia ora & greetings!

On behalf of The Asian Network Inc., I take great pleasure in bringing our Spring newsletter for your informative reading. I acknowledge the challenges Asian New Zealanders have been facing recently, whether it's cost of living, job losses or low businesses, resulting in loss of overall household income. I encourage you to get in touch with us or any of the providers mentioned in this newsletter that could help you in these most difficult times. Asking for any help is perfectly okay. Social and mental wellbeing support is available for all communities.

TANI has been actively involved in hearing and capturing your voices through a range of community engagements and programmes we organise time to time. I am delighted to share that TANI will be working very closely with the local government to develop Ethnic Communities Plan this year. I strongly encourage you to get involved at these initial stages, if you reside within Devonport-Takapuna, Upper Harbour, Hibiscus & Bays local board's geographical boundaries. We would love to hear your views on the issues that matter to you the most.

On behalf of TANI, I humbly value your participation and support for all our initiatives. Enjoy reading this newsletter and your suggestions for improvements in our activities are always welcomed. This newsletter is also available in Mandarin and Korean languages.



Ngā mihi nui,
Dr Lingappa Kalburgi
MNZM, JP
TANI Chairman

TANI's Work With Local Boards

Ethnic Leaders Circle

TANI is thrilled to share that we have successfully established the Ethnic Leaders Circle for the Devonport-Takapuna Local Board area. After a thorough and thoughtful selection process, we've welcomed six dynamic individuals from diverse ethnic backgrounds, each bringing valuable experience in engaging with and working alongside local ethnic communities.

These members will play a key role in amplifying the voices of ethnic communities living, working and studying in this area. Their insights will be instrumental in helping the local board enhance its services, foster greater inclusivity, and create an environment that truly supports the diverse needs of our vibrant communities.

Upper Harbour Local Board Ethnic Communities Plan

In partnership with Upper Harbour Local Board, TANI is playing a key role in developing their Ethnic Communities Plan, which will be included in the upcoming local board plan.



Here's what we have been up to: We have been actively gathering feedback through interviews with key stakeholders and surveys with the wider community. Our goal is to gather balanced data, to help the local board to understand what aspects of ethnic community development are most important to the ethnic people of Upper Harbour. A mixed-method approach was used for the interviews, using both quantitative and qualitative tools for engagement, and multi-choice questions in our surveys, to ensure we capture a comprehensive view of perspectives. The next step in this initiative is to hold a series of workshops. You can find the flyer for the workshops on the last page of this newsletter.

We want to extend a big thank you to everyone who has contributed so far by participating in interviews, surveys, and upcoming workshops. Your input is crucial and greatly appreciated as we work together to enhance the future of our ethnic communities in Upper Harbour!

The **Asian Network**
Incorporated

Need help?

SOCIAL WORK SUPPORT

The Asian Network Incorporated (TANI)
provides following support services to
people from Asian background:



Social Work support:
Resettlement, Employment,
Accommodation, Financial,
Family distress & Family
violence support



Advocacy Support



**Connecting to the
right services**



**Hardship Support:
Food Parcels**

Astha Machra (Practice Manager)
astha.machra@asiannetwork.org.nz <https://www.asiannetwork.org.nz/>

Jian Chen (Social Worker)
Jian.chen@asiannetwork.org.nz

And we know how powerful this is. We recently commissioned research to understand the psychosocial effects that Cyclone Gabrielle and the North Island weather events had on people's wellbeing - and what has helped them get through. Read the full research reports at <https://allsorts.org.nz/community-wellbeing-research>.

Findings showed that community and social connection were among the most important factors. People also noted that's what they want more of to help boost wellbeing: more social events, activities, and nurturing on the community spirit.

And so, this MHAW (23 - 29 September), that's what we'll do. Spotlight the stories of community, and provide you with the resources, activities, and tools to connect with and create your own.

Free health advice
when you need it



Healthline

0800 611 116

www.healthline.govt.nz

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)

Community Is... What We Create Together

Nāu te rourou, nāku te rourou, ka ora ai te iwi.

With your food basket and mine, the people will flourish.

COMMUNITY IS...
WHAT WE CREATE
together.

23 — 29 SEPTEMBER

NĀU TE ROUROU — NĀKU TE ROUROU — KA ORA AI TE IWI



mhaw.nz

Mental Health Foundation
New Zealand

Health New Zealand
Te Whaiti Ora

There's no denying the past years have been difficult for all of Aotearoa, with many of us going through or recovering from extreme weather events, bearing the brunt of inflation and cost of living, and feeling our society is becoming more politically divided.

Now more than ever, we could use a reminder to come together. That's why this year's Mental Health Awareness Week (MHAW) theme is: Community is... what we create together.

Chinese Health Seminar: Stroke Awareness



TANI in collaboration with AUT University and Sunnynook Chinese Community, organised the third Chinese Health Seminar for this year, delivered at Sunnynook Community Centre. The topic focused on stroke prevention, presented by Balakrishnan Nair and Michael Kravchenko from AUT University.

150 community members from across the Auckland region attended the event. They expressed their appreciation for the informative presentation, as well as the interactive discussions and activities. The attendees gained a clearer understanding of stroke risk factors, symptoms, and the importance of early intervention.

Recognising and Managing Seasonal Allergies



Allergy symptoms can mimic a cold or flu, causing a runny nose, sneezing, and itchy eyes or throat. If these symptoms last more than two weeks, you should identify the cause. Allergies can be triggered by seasonal pollen - tree pollen in early spring, grass pollen in late spring and summer, and weed pollen in late summer. Year-round symptoms might be due to indoor allergens.

To reduce exposure, stay indoors on dry, windy days, and wear a mask, sunglasses, and a hat when going outside. Pollen levels are highest between 5am and 10am, so keep windows closed and go out later if possible. Use air conditioning in your car and keep vents closed. Change clothes and shower at night to remove pollen.

For indoor allergens like dust mites and pet dander, keep your home clean, use a HEPA filter, and consider a dehumidifier. Visit your doctor for an allergy test and medication options. [Source: https://www.allergy.org.nz](https://www.allergy.org.nz)

Don't Let Whooping Cough Into Your Home



Aotearoa New Zealand (NZ) is experiencing an increase in whooping cough cases 226 as of June 2024.

Tragically, in 2023 three very young babies died from whooping cough in NZ. Pre-term and unimmunised infants are the most vulnerable to severe illness and death. Whooping cough is mostly preventable, by getting vaccinated.

Mama give your babies the best start! Get a Boostrix (Tdap) vaccine in every pregnancy from 16weeks pregnancy. This will give baby short-term protective cells (antibodies) to protect them from birth until they can have their own immunisations at 6 weeks.

Antenatal immunisations are safe, effective and free from GP or Vaccinating Pharmacies. Whooping cough vaccines can be given with other antenatal immunisations, flu and COVID-19 boosters.

For more information, visit: <https://info.health.nz/conditions-treatments/infectious-diseases/whooping-cough>

What Happens if You Get Māuiui (Sick)?



If you get sick (māuiui), you have several healthcare options available.

For general health information and advice, you can visit - <https://info.health.nz> or <https://healthify.nz>

If you prefer to talk to someone, call Healthline at 0800 611 116. They offer 24/7 support, including interpreter and NZ Relay services.

If you need after-hours advice in rural areas, call 0800 2 KA ORA (0800 252 672) from 5-8pm on weekdays, or 24/7 on weekends and public holidays. For tamariki under 5, Plunketline offers free, 24/7 advice at 0800 933 922.

Local pharmacy can help with advice on medicines, common issues like coughs and colds, and minor injuries. They can suggest over-the-counter treatments and fill prescriptions.

If you need to see a doctor, contact your usual healthcare provider. If you're away from home, find local GPs and pharmacies at <https://www.healthpoint.co.nz>. In case of emergency, dial 111.

For more information on healthcare options for you and your whānau, visit: <https://info.health.nz/services-support/find-the-right-healthcare-for-you-and-your-whanau>

Iron Awareness Month



October is Iron Awareness Month in New Zealand, a crucial time to emphasise the importance of iron in our diets. South Asian families can benefit from traditional diets rich in lentils, beans, and leafy greens, combined with vitamin C-rich foods like tomatoes and citrus fruits to enhance iron absorption. Incorporating red meat, a significant source of heme iron, is also beneficial. Adequate iron intake prevents anemia, a common concern. Regular blood tests and consultations with healthcare providers help maintain optimal iron levels.

Healthy Babies Healthy Futures (HBHF), funded by the Ministry of Health, offers a free program focused on the Bangladeshi community from October to December 2024. Workshops cover pregnancy, baby, toddler, and family nutrition. Eligibility requires being a Bangladeshi māmā, either pregnant or with a baby under 4 years old, living in the Auckland & Waitematā DHB region, and new to the HBHF program. Contact Bushra Ibrahim on 022 4647 448 (NZ Registered Nutritionist & Healthy Lifestyle Coach).

Health Coach Clinic



Want to transform your health but don't know how? Become the best version of you and transform your health, wellness and happiness.

A health coach can offer personalised support and guidance, utilising theories of behaviour change to empower the client to set achievable goals, develop strategies for self-determination and self-efficacy, and navigate obstacles. To arrange a booking, please phone: 09 576 8331, call/text WhatsApp: 028 438 2188, or email: enquiries.pakuranga@cab.org.nz

Free Dementia Education Programme



Our NRA funded CPT Education Training Programme on Dementia will be held on 4th September, 18th September, and 13th November 2024. Dr. Yu-Min Lin (Consultant Geriatrician), Dr. Joanna Wang (Old Age Psychiatrist), Julie Yap (Gerontology Nurse Specialist), and Jim Xu (Nurse Practitioner) are our guest speakers. The free online training covers topics such as Diagnosing Dementia, Types and Symptoms of Dementia, Medication Management, Communication Strategies, Supports for People with Dementia, their Carers and Families, BPSD Assessment and Interventions, Capacity Assessment, EPOA, and PPR Process.

This event has been endorsed by The Royal New Zealand College of General Practitioners (RNZCGP) and approved for 1.5 CME credits per session for Continuing Professional Development (CPD) purposes. Credits are for active Fellows of the College only.

Please fill in the online registration form (<https://forms.gle/zaEQ8Eq7NM2GB5tt6>) to register. For more information, please visit our website at www.chinesedementia.org.nz or contact our project manager, Kong Chan, at kong.chan@chinesedementia.org.nz

Need Healthcare information?

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



Embracing Gluten-Free Life



Receiving a diagnosis of coeliac disease can be an incredibly daunting experience, especially for young children. Despite finally having an explanation behind what has been going on in your body, the idea that the only way you can be well is to adhere to a strict, lifelong gluten-free diet is often a challenge, especially at the start.

All ages are affected, particularly children, their parents and whānau. This is why an organisation such as Coeliac New Zealand, who have been supporting people with coeliac disease for 50 years, is so important.

Become a member today, and visit us at our stand at the Franklin Positive Ageing Expo (1st October, at the Pukekohe Indian Association Events Centre, 59 Ward St, Pukekohe) or at the Gluten Free Food Festival (18-19th October) at the Due Drop Events Centre in Manukau – where our staff will be hosting a range of workshop and seminars for all ages.



New HPV Screening Options



Welcome to Well Women and Family Trust!

We specialise in women's health through our nurse-led organisation. Our expert nurses provide comprehensive care, while our health promoters support women before their nursing appointments. We offer transportation, mobile clinic services, and educational workshops.

In September 2023, HPV screening became the new standard for cervical screening in New Zealand. This test detects the human papillomavirus (HPV), which can lead to cervical cancer. You can choose to take a vaginal swab yourself or have a health professional assist, or opt for a cervical sample (formerly a smear test) taken by a professional.



Our free services include:

Cervical Screening / HPV self-test, Contraception, HPV Vaccination, Sexual Health Checks, and Women's Health Workshops. Contact us at 0800-846 788 or 09-846 7886, or book online at www.wellwomenandfamily.co.nz. Visit us at Unit 14/49 Sainsbury Road, Mt Albert.



Chinese Migrants' Healthcare Access in NZ, During and After COVID-19



Chinese late-life migrants in Aotearoa New Zealand face specific challenges accessing and using healthcare, an issue exacerbated by the COVID-19 pandemic. AUT's mixed-methods study investigated factors affecting healthcare access for recently-arrived Chinese migrants aged 65 and over. Through interviews with 12 participants and surveys of 63, we identified two key issues:

- Language barriers and cultural conflicts led to ineffective communication between Chinese patients and NZ caregivers, damaging patient-practitioner relationships and negatively affecting attitudes toward healthcare.
- Limited knowledge of the NZ healthcare system and insufficient information sources led to confusion and delays in seeking care.

These findings highlight the need for improved healthcare service delivery for migrants in NZ, particularly during pandemics.

Free General Counselling Clinics



Our free services include:

Cervical Screening Online (zoom) and face-to-face counselling service to help you deal with life's challenges including anxiety, depression, grief and loss, relationships, stress, sexuality and more. Sessions are client-led and structured to individual needs. Adults (16+) of all genders, cultures and abilities can book. (No couples counselling available at this time).

+65 Counsellor available. To book a session please phone: Citizens Advice Bureau Pakuranga 09-576 8331 or call/text WhatsApp 028 438 2188. Email enquiries. pakuranga@cab.org.nz



Know Your Rights



Nationwide Health & Disability
Advocacy Service
Ngā Kaiautoko

In Aotearoa/New Zealand, it is important that everyone knows and understands their rights when it comes to health and disability care.

The Nationwide Health and Disability Advocacy Service is a free service provided under the Health and Disability Commissioner Act 1994. Advocates offer free, independent, and confidential support to help you resolve issues with health and disability services.

Health and Disability Advocates assist people by:

- Providing a resolution focused service that supports people to achieve positive outcomes.
- Promoting respectful relationships, whanaungatanga and communication.
- Empowering and supporting people to raise issues.
- Providing services that are responsive to the needs and aspirations of tangata whenua.
- Raising awareness and educating providers and consumers around all aspects of the Code of Rights.

To talk through your options, contact an Advocate on 0800 555 050 or send an email to advocacy@advocacy.org.nz. For more information on the Advocacy Service, visit www.advocacy.org.nz

Protect Yourself Against Legionella



Legionnaire's disease is caused by an organism that lives in moist conditions and can cause a type of pneumonia. Legionella can be found in compost, potting mix, soil and mulches and you can catch it by breathing in airborne particles.

To reduce the risk of developing Legionnaire's disease, wear a face mask when working with potting mix or compost, to avoid inhaling dust that may contain the bacteria. If you're working indoors, make sure the area is well ventilated. It also pays to read the warning label on bags of compost or potting mix carefully. Gently dampening soil-type products with water helps reduce the amount of dust.

See your doctor if you develop flu-like symptoms after working in the garden.

Source: <https://healthify.nz/hauora-wellbeing/g/gardening-reducing-risks>



Deadline for Flood and Landslide Support



Homeowners affected by 2023 storms have until 30 September to register for Auckland Council's property categorisation programme, to find out if there is a serious risk to life at their home, and whether they qualify for support.

Homeowners are encouraged to consider registering for an assessment if they received a red or yellow placard after the storms, had serious flooding in their home (e.g. over half a metre), or were affected by a landslide.

There are construction and consenting grants available for work that will reduce this life risk on the property, including building retaining walls and shifting or raising the home. Where there is nothing that can be done to reduce this risk reasonably, the council is offering a voluntary buy-out at a valuation before any storm damage.

To register and read more, visit ourauckland.nz/storms or call the Recovery Office registration team on 09 884 2070.

Become a Blood Doner



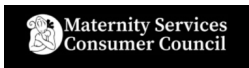
One donation can save up to three lives! By becoming a blood donor, you're giving a priceless gift to someone in need. It can help with cancer treatments, surgeries, and trauma recovery. Your donation can also assist those with autoimmune or bleeding disorders, making a significant impact across New Zealand.

You can donate your plasma.

Plasma donation is also crucial and in high demand. Despite its importance, only a small percentage of Kiwis donate plasma. You can donate plasma every two weeks, which helps those with low antibody levels, autoimmune disorders, and bleeding disorders. Are you ready to save a life? Visit <https://www.nzblood.co.nz> for more information.



‘Choices for Childbirth’ Multilanguage Translation



The Maternity Services Consumer Council is a consumer organisation that promotes the rights of women throughout the birthing cycle. We believe that birth is a normal life cycle event. We oppose the unnecessary medicalisation of childbirth. The MSCC provides a wide range of information on topics and current issues relating to the maternity services in New Zealand.

Our resource “Choices for Childbirth” published in 1994, in 2009 special funding was used to translate the resource into a variety of language, including Japanese, Korean and Traditional Chinese. We have been able to have the Traditional Chinese resource, reviewed and it is now available as a pdf on our website.

MSCC would dearly like to have the Japanese and Korean resources reviewed and updated and for that we ask the community for help. If you have the ability to translate from English to Japanese and or Korean, we would like to hear from you. Please contact the office: mssc@maternity.org.nz

Te Wananga – Teaching Made for You



Tongan-born Tangi Katoa grew up watching her mum, Lineni Paea, teach, instilling in her a love of education and a passion for teaching.

She spoke highly of the kaimahi at Te Wānanga o Aotearoa and explained how they weren’t just focused on how her learning was tracking; they took the time to learn about her story and her whānau background. Tangi valued the whānau-friendly environment at Te Wānanga o Aotearoa and is grateful her current career path allows her to continue having a good work-life balance.

Tangi’s advice to others considering a career in teaching is clear, “It’s never too late to go back and study. If I can do it twice, then anything is possible. Find your why and just keep going.”

“If you want to study at a place where your values are accepted and it’s family orientated, Te Wānanga Aotearoa is the place to be.”



Nathan Lo’s Placement Student Experience at TANI



My student placement at TANI was a fantastic experience. I have learned so much about what role an organisation like TANI plays in the community. I had many opportunities during my placement to attend trainings and network meetings. I also had a chance to share my knowledge of Te Tiriti o Waitangi and the colonisation history I learned at the university, which I applied to TANI’s Migrant Women Wellbeing Programme.

As a student social worker, I was surrounded by supportive, kind, and energetic supervisor, senior social worker, and other team members at TANI. A supportive environment allowed me to develop my skills more safely and effectively. From their work and the conversations, I had with them. I was inspired by their passion and contributions to the Asian community. Finally, I want to thank TANI, for the wonderful experience I had in the journey of my social work practice.

Upper Harbour Local Board Ethnic Communities Plan Survey

How satisfied are you with events and activities supported by the local board?

Do you feel you are fully engaged within your local community?

The Asian Network Inc. (TANI), on behalf of Upper Harbour Local Board, invites you to participate in a survey to identify the needs of Ethnic Communities in the Upper Harbour Local Board Area.

Link to the online survey
<https://www.surveymonkey.com/r/B662RL2>
 or Scan the QR Code to access the online survey

Nurturing Through Nature: Pupuke Birdsong Project



We connect people to nature through tree planting, clean-ups, pest control, water testing, and conservation workshops. Our activities enhance community well-being by fostering a relationship with nature.

This year, we launched our bilingual Mandarin & English “Grow Your Backyard” (GYB) workshop series. Through GYB, our local Chinese community learnt about native plants, how to identify and safely / humanely remove pest plants & predators, and improved their gardening knowledge. The enthusiastic response deepened their understanding of New Zealand’s biodiversity and the importance of collective conservation efforts. In spring, we will offer hands-on GYB sessions in local parks and reserves.

For custom nature-based events or volunteer opportunities, contact us at enviro@takapunatrust.org.nz



Simple Steps to Improve Your Sleep Habits



We spend about a third of our lives sleeping, which is vital for brain function, physical health, and, for children and teens, growth and development. Poor sleep can impair thinking, behavior, and relationships, and increase mental health issues and health risks.

To improve your sleep:

- Stick to a regular sleep schedule, even on weekends.
- Wind down with quiet activities an hour before bed, like reading or listening to music.
- If you can't sleep after 20 minutes, get up and do something boring until you feel sleepy.
- Make your bedroom cool, dark, and quiet.
- Limit blue light from screens in the evening.
- Exercise regularly and get morning sunlight.
- Avoid stimulants like caffeine, alcohol, and heavy meals close to bedtime.
- Consider sleep apps for further help: <https://healthify.nz/apps/s/sleep-apps/>

If these tips don't work, consult your healthcare provider. More sleep advice, visit: <https://info.health.nz/keeping-healthy/sleeping/>

GOVERNANCE MATTERS

FREE

Principles of Governance

Short sessions on specific topics. A series of Zoom sessions focused on governance principles for Boards or committees of NFP organisations in New Zealand.

Presenter: Carol Scholes, Overview Effect
Cost: FREE | Zoom | 6:30 pm to 7:45 pm
For more info and to register, please visit: LiIFT.nz

FEBRUARY 13
The difference between governance and management

MARCH 12
Legal responsibilities of Boards

APRIL 16
How to get ready for the Incorporated Societies Act

MAY 7
Health and safety and the Board's role

JUNE 4
The Board's role in financial oversight

JULY 23
Cybersecurity and digital leadership from a governance perspective

AUGUST 13
Decision-making in Boards/committees

SEPTEMBER 3
Effective meetings –how to have a good Board/committee meeting

OCTOBER 8
Handling difficult Board members

NOVEMBER 12
Recruiting and inducting new Board members

LiIFT
INFORM ADAPT INSPIRE
www.LiIFT.nz

HELP US IMPROVE!

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



The Muslim Ladies Association (MLA), a dynamic youth-led organisation, is thrilled to announce a Games Competition Night exclusively for ladies, on 14th September! This event aims to create a joyful and engaging atmosphere where women can connect, compete in fun games, and enjoy a night of entertainment and camaraderie. It's an excellent opportunity to unwind, make new friends, and celebrate community spirit.

To stay updated on this event, follow our Instagram page at @muslimladiesassociation.nz. For those interested in joining our vibrant community and getting more involved, we invite you to join our WhatsApp group through this link. <https://chat.whatsapp.com/JCGp10S5XxbCAFgYdOir6w>

TANI Hamilton News

The TANI Hamilton office has had an exciting quarter! In partnership with WINTEC Te Kotahi Oranga | Health and Wellness Centre, we launched a 9-week falls prevention programme on May 3rd, with 12 participants. The second programme started on July 26th, with 14 participants, and a third is in planning.

We also offer our regular WINTEC Health Screen on Tuesdays, a monthly cervical screening with Te Whatu Ora, and the Citizens Advice Bureau language clinic every Thursday. Check our website for updates.

We are also excited to announce the Welcoming Asians: Wellbeing, Food & Culture event at The Link Community Centre (Community Info Day) on September 7th from 10am to 2pm. For involvement as an organisation, food stall, or cultural performance, please contact Cindy Pak (cindy.pak@asiannetwork.org.nz) or Wendy Zhai (wenming.zhai@asiannetwork.org.nz), or register at <https://forms.gle/Jy7NsDjt2AjHHh42A>

Free

Family Violence Training (Series)

Increase knowledge on a wide range of topics from intimate partner violence, dating violence, elder abuse to self care, and much more.

Dates: Saturdays, 22 June, 20 July, 17 August, 21 September, 19 October, 16 November, and 14 December

Training time: 10am-12:00pm
Light lunch: 12:00pm-12:30pm

Location: 101 Church Street, Onehunga (free parking nearby)

Note:

- Different topics per session
- Free light lunch provided.

To register your interest, please scan the QR code or email us. sherry.xue@asiannetwork.org.nz

Welcoming Asians Wellbeing, Food & Culture

**SAT
SEP 7**

**10AM
-2PM**

Health & Wellbeing Info

Performances

Food

INFORMATION STALLS | HEALTH SCREENING | FOOD | ARTS & CRAFTS | MUSIC | DANCE | FASHION | KIDS' ZONE AND MORE!

The Link, 4 Te Aroha Street, Claudelands

TANI Hamilton Events

Plunket Wellness Clinic at Settlement Centre Waikato

We are excited to announce the upcoming Plunket Wellness Clinic at the Settlement Centre Waikato. This clinic offers essential health services and support for families from migrant and refugee backgrounds.

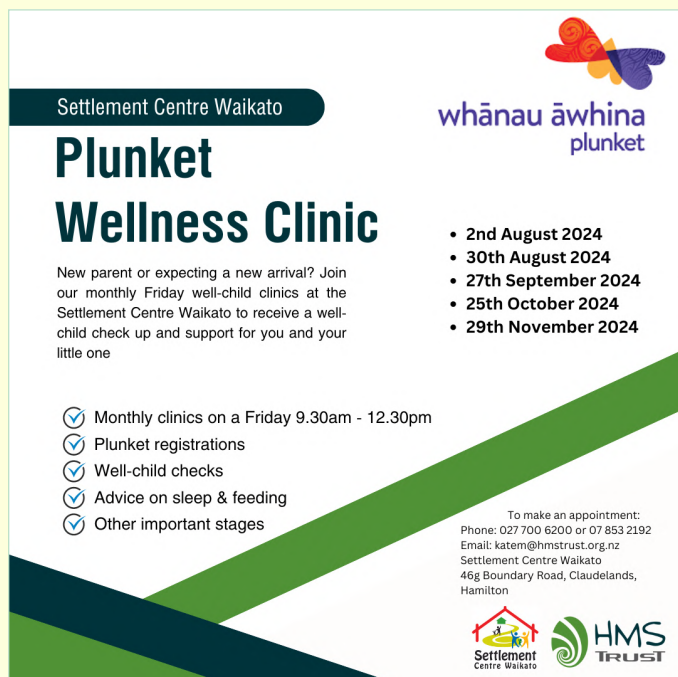
Clinic Hours: 9:30am to 12:30pm

Dates: 2 August 2024, 30 August, 27 September, 25 October, 29 November.

To make an appointment, please contact us at:

- Phone: 027 700 6200 or 07 853 2192
- Email: katem@hmstrust.org.nz

We look forward to welcoming you!



Settlement Centre Waikato

Plunket Wellness Clinic

New parent or expecting a new arrival? Join our monthly Friday well-child clinics at the Settlement Centre Waikato to receive a well-child check up and support for you and your little one

- 2nd August 2024
- 30th August 2024
- 27th September 2024
- 25th October 2024
- 29th November 2024

- ✓ Monthly clinics on a Friday 9.30am - 12.30pm
- ✓ Plunket registrations
- ✓ Well-child checks
- ✓ Advice on sleep & feeding
- ✓ Other important stages

To make an appointment:
Phone: 027 700 6200 or 07 853 2192
Email: katem@hmstrust.org.nz
Settlement Centre Waikato
46g Boundary Road, Claudelands, Hamilton

whānau āwhina plunket

Settlement Centre Waikato HMS TRUST

Upcoming sessions will be held at:

- Rototuna Library: 2:00pm on September 15 and November 24
- Chartwell Library: 2:00pm on October 20



Community Workshop on the Treaty of Waitangi

Tangata Tiriti is excited to offer a free workshop on the Treaty of Waitangi as part of Hamilton City Council's Welcoming Week. This engaging workshop aims to deepen understanding of the Treaty and its significance in our community.

Workshop Details:

- Date: Sunday, 15 September
- Time: 9:00AM – 3:00PM
- Venue: Aratiatia Marae, Fairfield College, 25 Bankwood Road, Fairfield, Hamilton

This workshop is open to all members of the community.

Please register in advance using the following link: <https://forms.gle/Lq7WKz5hbc9vPSk17>

We look forward to your participation in this important and informative event.



Te Tiriti in our Language programme with Hamilton Welcoming Communities invite you to our **free**

Community workshop about the Treaty of Waitangi

Sun 15th September 9 – 3pm
@ Aratiatia Marae, Fairfield College,
25 Bankwood Rd, Fairfield, Hamilton

A lively, fun and interactive workshop for ethnic communities & families

- Learn about your connection to "Te Tiriti o Waitangi"
- Learn about NZ history and important te reo Māori words
- Catering provided (incl. halal & vegetarian)
- Easy to read books and resources in 25 languages to take home!
- Certificates for all participants

Free registration. Click here to book: <https://forms.gle/Lq7WKz5hbc9vPSk17>
For any queries, please contact Saadia Arif: tio!@teatypepeople.org



You can order free translations & videos about the Treaty at www.teatypepeople.org/languages



Mandarin Storytelling Sessions



Igo Chinese Learning is excited to continue its successful collaboration with Hamilton Library, which has been enriching the local community for over six years through monthly Mandarin storytelling sessions.

These events are a great way for children interested in Chinese culture to enjoy stories, songs, and games in Mandarin.

The Asian Network Inc. (TANI) has also been a valuable partner, sponsoring activity prizes over the past year to enhance these events.

NZ Diwali
Join us for a spectacular Diwali in Auckland!

Saturday
26
October 24

12-10
pm pm

**TEAM UP
2 CLEAN UP**

Fun Street Clean For Everyone
Make your day meaningful

- Monthly Street Clean Events
- Across Tāmaki Makaurau (Auckland)
- Join Us for a Rewarding Experience!
 - Go beyond street cleaning
 - Enjoy the outdoors
 - Empower stronger community
 - Meet new people

Tools and refreshments are provided, as well as practical waste disposal tips.

Sindy Xian | 021 179 6772
sindy.xian@earthactiontrust.org.nz

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This programme is supported by
Auckland Council, Lottery Grants Board, and FOUNDATION NORTH.

Ethnic Community Consultation

Want to help shape your community's future?
The Asian Network Inc. (TANI), on behalf of the Upper Harbour Local Board invites you to a Community Consultation Workshop. Share your ideas and insights to help develop the **Ethnic Peoples/Communities Plan**.

Choose from one of the following workshops and make your voice heard:

Workshop 1:
Monday 16 September, 12:30 PM - 3:00 PM, Moa Room, Meadowood Community Centre

Workshop 2:
Saturday 21 September, 12:00 PM - 2:00 PM, Catalina Room, Headquarters Building, Hobsonville Point

Workshop 3:
Wednesday 25 September, 4:30 PM - 6:30 PM, Fruit Growers Room, Albany Community Hub

To participate in the consultation workshop, please RSVP to:
info@asiannetwork.org.nz

Auckland Moon Festival 2024
奧克蘭月亮節

🕒 - Fri 13 September [5pm-10pm]
- Sat 14 September [2pm-10pm]
- Sun 15 September

the Gluten Free Food Festival™

18-19 October 2024
Due Drop Events Centre, Auckland

FREE ENTRY
Tuesday 1st October 2024

FRANKLIN POSITIVE EXPO
Powered by Connection

9.30am to 3pm @ Pukekohe Indian Hall

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
E: info@asiannetwork.org.nz
W: www.asiannetwork.org.nz