



## Our Identity is Evolving Rātā Foundation

We've changed our name and logo but our core purpose remains the same.

**THE CANTERBURY COMMUNITY TRUST IS EXCITED TO  
INTRODUCE OUR NEW VISUAL IDENTITY AND NAME – RĀTĀ  
FOUNDATION.**

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This is the first major update to our identity since our inception in 1988. It is a historic move forward for us as an organisation and we want to make you aware of the drivers behind this recent evolution.

We hold in trust for the communities of Canterbury, Marlborough, Nelson and the Chatham Islands an endowment, or putea, of over half a billion dollars. This comes from the sale of the community's shares in what was previously known as the Canterbury Savings Bank. This endowment allows us to make millions of dollars worth of grants each year to community organisations in our four funding regions.

While our name has changed, our core purpose hasn't. We're still your organisation, working to connect, collaborate and transform the lives of those who live within our funding regions through our grant-making.

#### WHY WE'VE EVOLVED

All effective organisations evolve to keep pace with the changing needs of their stakeholders and the sector they serve. We started our identity evolution process with a Perception Survey in April 2014, which told us that:

Our name, The Canterbury Community Trust, was confusing. Many of our Canterbury applicants and influencers believed our funds were only for Canterbury, while our other regions found the name 'isolating' and 'not inclusive'.

Many respondents did not understand our history – 'where and who does the money come from'.

The word 'Trust' was misleading and confusing, leading people to ask 'what social services we provided'.

In developing our new name and visual identity – Rātā Foundation – we are addressing these concerns and taking a position of:

- Leadership, collaboration and smart investment
- Belonging to all our four funding regions
- Guardianship and community



Fundamentally, we have refreshed our identity to better reflect our strategic vision and core beliefs.

#### WHAT'S CHANGED

Our new name, Rātā Foundation, is inspired by the Southern Rātā tree. This ancient species is well known for its brilliant red flowers that provide one of the most colourful displays in the New Zealand forest. This name positions us as an enduring foundation, or trunk, which supports an abundance of branches, leaves and flowers – the community we serve.

Our new name is supported by a positioning line, 'Connect, Collaborate, Transform'. This line speaks to the purpose of the organisation which is to be a catalyst for healthy, happy and prosperous communities. We always work in partnership and collaboration to ensure we are having a positive impact in the regions we serve.

#### JOIN US ON THE JOURNEY

We want you to join us on our identity evolution journey. We want you to celebrate with us and own our new name by becoming a Brand Ambassador for the Rātā Foundation. We believe this is an exciting next step in our journey together to realise our collective vision for strong, connected, healthy, happy and prosperous communities. Just like the organic nature of the Rātā tree itself, we and the communities we support will continue to connect, collaborate and transform together.



## TRAINING/WORKSHOPS

### Mental Health Awareness Week

#### Visualising Mental Illness in a New Light

Te Ara Mahana 2015, Like Minds, Like Mine Marlborough

Challenge your beliefs, Understand, Be Inclusive

Everyone should be able to enjoy positive mental health and wellbeing

Be part of the movement, step forward and help Marlborough become an all inclusive community supporting

Whanau and Tangata Whaiora against stigma and discrimination

**6 October 2015—St Johns Rooms—12.30 pm – 2.00 pm**



### CHILD PROTECTION POLICIES AND SAFETY CHECKS

The Marlborough Children's Team invites you to attend a one day workshop on *Child Protection Policies and Safety Checks* delivered by Child Matters.

**Date: Friday 16 October 2015**

**Time: 9.00 am – 4.00 pm**

**Venue: Blenheim (exact venue details to be confirmed)**

This workshop will focus on providing information and guidance for the development, implementation and review of child protections policies. This workshop aims to equip participants with the relevant knowledge regarding the recent changes in legislation and the introduction of the Vulnerable Children's Act 2014, and how this applies to their organisation and workforce. Participants receive information about how to create a safe environment for children, advice on key components of a child protection policy, and best practice guidance on how to safely recruit staff.

The training is appropriate for all managers and senior staff who work in organisations that provide services to communities to improve their health and wellbeing. This training is relevant to those positions who have responsibility for policy development, and the safe recruitment of staff. The person attending this workshop should have some authority to make change within an organisation and drive a culture of child protection.

Morning tea refreshments will be provided. Please bring your own lunch. This workshop will cater to a maximum of 30 participants. Please register to attend the above workshop by contacting the Marlborough Children's Team by Wednesday 7<sup>th</sup> October on (03) 5791072 or email Heather Sorensen on [Heather.Sorensen@childrensactionplan.govt.nz](mailto:Heather.Sorensen@childrensactionplan.govt.nz)

**New for 2015**  
Lunchtime Law  
at the Library

Community Law  
Marlborough  
Te Tere Uaunga mo te tui whānui

Free legal education  
held at the  
Marlborough District Library  
From 12.10 to 12.50pm  
Every 2nd and 4th Wednesday of the month  
All Welcome

October Programme Tenancy Law	
<b>Renting and Boarding</b> Getting it right at the start <ul style="list-style-type: none"> <li>• Tenancy Agreements</li> <li>• Responsibilities of Landlord &amp; Tenants</li> </ul> <b>Presenter:</b> <b>Brian Kerr Tenancy Tribunal Mediator</b>	Wednesday October 14th 12.10-12.50pm
<b>Renting and Boarding</b> When things go wrong <ul style="list-style-type: none"> <li>• What are your rights?</li> <li>• Role of the Tenancy Tribunal</li> </ul> <b>Presenter:</b> <b>Brian Kerr Tenancy Tribunal Mediator</b>	Wednesday October 28th 12.10-12.50pm



### NMIT Open Day 2015 Marlborough—17 October 2015

Talk to tutors, check out a workshop, take a campus tour, enjoy fun activities suitable for all ages and go in the draw to win an awesome prize! Learn more with our free workshops.

**11.00 am – 11:30 am Learn to do a 10-point car check** – Join our automotive team as they show you how to do a 10 point weekly safety check on your car.

**11:30 am – 12.00 pm How to look good in 15 minutes** – Hairdressing tutor Ra Nicklin will show you how you can get ready in 15 minutes including make-up and hair.

**12.00 pm – 12:30 pm DIY's guide to the building code** – Carpentry tutor Alan Barnes talks you through what a DIY enthusiasts can and can't do under the current building code.

**12:30 pm – 1.00 pm The power of compost** – Five easy steps and a great recipe from Horticulture tutor Don Cross.

**1.00 pm – 1:30 pm How to choose the right wine** - Viticulture and Wine tutors provide advice on what to look for when choosing wine.

Plus, talk to tutors and staff about study options and scholarships for 2016, take a campus tour and bring the kids for some fun engaging activities suitable for all ages.

#### Ultimate Student Prize Pack

Go in the draw to win an Ultimate Student Prize Pack - including a Samsung Galaxy Tablet, HP Laptop, BNZ student account with 500 flybuis, and a student food hamper. You don't need to be studying at NMIT to win!



# TRAINING/WORKSHOPS



## Course Programme Term 4 October - November 2015



*Kia whakamohio -To inform    Kia whakamanawa -To encourage    Kia whakaara -To inspire*

<p><b>Introduction to French</b> Where: REAP House When: Wednesday 21 October (6 weeks) Time: 7.00pm-9.00pm Tutor: Julia Young Cost: \$125.00 <i>A functional French language course with a mix of spoken and written: asking for directions, meeting people and shopping. French is Julia's passion. Let her share it with you.</i></p> <p><b>Tourism Pathway</b></p>	<p><b>Te Reo Rua (Stage 2)</b> Where: REAP House When: Wednesday 21 October (6 weeks) Time: 7.00pm-9.00pm Tutor: Merehira Wills Cost: \$50.00 <i>This course will follow on from the basic understanding and use of the Maori language.</i></p> <p><b>Tourism Pathway</b></p>	<p><b>Introduction to Italian</b> Where: REAP House When: Tuesday 20 October (8 weeks) Time: 7.00pm-9.00pm Tutor: Barbara Rocco Cost: \$150.00 <i>To introduce students to conversation, basic grammar and the Italian culture in a fun, small group atmosphere.</i></p> <p><b>Tourism Pathway</b></p>	<p><b>Smooth Operator - Barista</b> Where: CPR Headquarters Wymen St When: Thursday 29 October (2 weeks) Time: 7.00pm-9.00pm Tutor: CPR Staff Cost: \$90.00 <i>Put your finger on the pulse. This course will take you through the art of making a consistently great CPR coffee, from the grind to the cup.</i></p> <p><b>Hospitality Pathway</b></p>
<p><b>Celebration Bread</b> Where: Foundry Kitchen, Wesley Centre When: Saturday 31 October Time: 10.00am-2.00pm Tutor: Annette Michna-Konigstorfer Cost: \$70.00 <i>Celebrate with artisan breads and seasonal treats of the world. You will be making: Chocolate Panetone, Gugelhupf, Mexican Pan de Muerto, Brezeln, Brioche and other specialties. Bring an apron and something for a shared lunch.</i></p> <p><b>Service Industry Pathway</b></p>	<p><b>Chainsaw Maintenance and Safety</b> Where: 247 Vickerman St, Grovetown When: Saturday 21 November Time: 9.00am-1.00pm Tutor: Tim Lovejoy David James Tree Services Cost: \$45.00 <i>Participants will be shown cleaning and maintenance, saw sharpening and chain adjusting, how to start and operate a chainsaw safely. Bring along your own chainsaw and any maintenance tools and eye, ear and leg protection.</i></p> <p><b>Employment Pathway</b></p>	<p><b>Introduction to Shearing</b> Where: A&amp;P Show Grounds When: Saturday 28 November Time: 10.00am-4.00pm Tutor: Chris Jones Cost: \$60.00 <i>A hands-on opportunity for anyone interested in improving their rural based skills, for someone who has a few sheep or someone who might use this as a pathway course to shearing as a career with qualifications.</i></p> <p><b>Employment Pathway</b></p>	<p><b>Rollers, Tracks and Wheels</b> Where: 68 Seymour St When: Tuesday 24 November Time: 8.00am-12.00pm Tutor: Grant Ingersoll Master Drive Services <i>Book and pay at Master Drive Services then bring your receipt to REAP Marlborough for a \$50.00 subsidy to help you gain qualifications in any of these industry certificated courses.</i></p> <p><b>Driving related pathway</b></p>
<p><b>Dangerous Goods</b> Where: 68 Seymour St When: Friday 6 November Time: 8.00am-4.30pm Tutor: Grant Ingersoll Master Drive Services <i>Book and pay at Master Drive Services then bring your receipt to REAP Marlborough for a \$50.00 subsidy to help you gain qualifications in any of these industry certificated courses.</i></p> <p><b>Employment Pathway</b></p>	<p><b>Tune up your Drawing Skills</b> Where: REAP House When: Thursday 12 November (5 weeks) Time: 6.30pm-8.30pm Tutor: Veronika Merkle Cost: \$50.00 <i>Useful, practical drawing skills learnt in a friendly, relaxed environment. Improve both your skills and your confidence. Always a popular course.</i></p> <p><b>Creative Industries Pathway</b></p>	<p><b>ESOL (English for Speakers of Other Languages)</b> Where: REAP House When: Wednesday 21 October (6 weeks) Time: 12.00pm-1.00pm Tutor: Julia Young Cost: \$50.00 <i>Basic conversational and written English language for beginners who have no or very little English. Limited class size so enrol early.</i></p> <p><b>Hospitality Pathway</b></p>	<p><b>ABC of Watercolours</b> Where: REAP House When: Thursday 22 October (6 weeks) Time: 7.00pm-9.00pm Tutor: Ken Jukes Cost: \$130.00 <i>From pencil to brushes, paper to paints. Learn how to prepare your paper and how to apply washes and general watercolour techniques. How to structure a picture and more. Most equipment supplied.</i></p> <p><b>Creative Industries Pathway</b></p>
<p><b>Wine Appreciation</b> Where: REAP House When: Tuesday 20 October (3 weeks) Time: 7.00pm-9.00pm Tutor: Sue Blackmore Cost: \$100.00 <i>Extend your wine knowledge with Sue who will teach you the basic components of taste, aromas, winemaking, wine and food matching, cellaring and serving of different wine varieties.</i></p> <p><b>Wine Industry Pathway</b></p>	<p><b>Defensive Driving Course</b> Where: REAP House When: 9,13,16,20 November Time: 6.30pm-8.00pm Tutor: Mike McCann Cost: \$100.00 includes manual and certificate <i>A solid course preparing for a successful outcome for Learner and Restricted licence holders. This will reduce wait times by six months by completing this course. Bring your licence.</i></p> <p><b>Driving related Pathway</b></p>	<p><b>Easy, Nutritious, Delicious Food</b> Where: REAP House When: Tuesday 20 October (4 weeks) Time: 10.30am-12.30pm Tutor: Angela Wilson Cost: \$80.00 <i>People have busy lives, come and gather some quick, delicious homemade recipes with allergy free options for busy families.</i></p> <p><b>Hospitality Pathway</b></p>	<p><b>Introduction to Calligraphy</b> Where: REAP House When: Tuesday 20 October (5 weeks) Time: 7.00pm-9.00pm Tutor: Joanna Hepburn Cost: \$90.00 <i>Fine tune your writing skills for those special cards, certificates and invites. A popular, informative course.</i></p> <p><b>Creative Industries Pathway</b></p>

<p><b>Introduction to Fly Fishing</b> Where: Taylor River opposite Clubs of Marlborough When: Wednesday 21 October (4 weeks) Time: 6.30pm-7.30pm Tutor: Clayton Nicholl Cost: \$60.00 <i>Bring your own rod, reel and flies. Learn about trout habitat, fly casting, knot tying, equipment, rules and regulations and plenty of hands on practice.</i></p> <p><b>Tourism Pathway</b></p>	<p><b>Grid Tie - Sell back your spare power</b> Where: Koromiko When: Saturday 14 November Time: 10.00am-1.00pm Tutor: Rick Rawlings Cost: \$40.00 <i>An introduction into alternative power. All aspects of this solar power system can be studied on a working system. Information on hydro and wind. See how you can sell your spare power.</i></p> <p><b>Employment Pathway</b></p>	<p><b>Waista Ukulele</b> Where: Waikawa Marae, 210 Waikawa Rd, Pictou When: Tuesday 3 November (6 weeks) Time: 7.00pm-9.00pm Tutor: Anne Maslen Cost: \$60.00 <i>This will be a fun, interactive and Waista focussed course. Learn basic chords and words to popular Maori songs.</i></p> <p><b>Tourism Pathway</b></p>	<p><b>Discover Scuba Diving</b> Where: Waikawa Dive Centre When: Saturday 21 November Time: 10.00am-2.00pm Tutor: Kate Trayling Cost: \$199.00 <i>Kate will take you through easy steps towards your first underwater dive. All gear included. Boat trip with sea dive. PADI certificate issued and can be used towards further diver training. Age 16 and over.</i></p> <p><b>Tourism Pathway</b></p>
<p><b>Stepping Up Programme</b>  Ongoing Free Computer Courses held at the Pictou and Blenheim Libraries. Topics include: Computer Basics, Word 1 and 2, Trade Me, Skype, Email, Tablets, Digital Photos and Facebook. Enrol at the library.</p> <p><b>Computer and Technology Pathway</b></p>	<p><b>Fashion Revamp - Upcycle your clothes</b> Where: REAP House When: Thursday 29 October (4 weeks) Time: 1.00pm-3.00pm Tutor: Kay Thomason Cost: \$60.00 <i>Come along to this fun, creative course where Kay will show you how easy it is to transform your wardrobe into something amazing. Bring some clothes to revamp, spare fabrics, cottons and buttons and your sewing machine or use one of ours and be inspired.</i></p> <p><b>Creative Industries Pathway</b></p>	<p><b>Interior Design</b> Where: Lynfords, Scott St When: Wednesday 21 October (4 weeks) Time: 7.00pm-9.00pm Tutor: Kay Thomason Cost: \$80.00 <i>This is a hands-on, practical course to improve your interior design skills and awareness, giving you the knowledge and confidence to enjoy successful results in interior design choices and decision making.</i></p> <p><b>Creative Industries Pathway</b></p>	<p> <b>Do you need some extra help with maths and reading?</b> <i>Learn about baking bread while improving your reading and Maths skills. Unit standards may be available. Contact Literacy Marlborough 0800 555 116 to register your interest and for more information. 12, 19 October and 9 November. 9.30am-1.30pm. No charge.</i></p> <p><b>Tourism Pathway</b></p>
<p><b>A Vege Patch from Scratch</b> Where: 8 Stafford St, Grovetown When: Saturday 14 November Time: 1.00pm-4.00pm Tutor: Allan Thomas Cost: \$30.00 <i>Almost no digging required. Salad plants, tomatoes and cucumbers for Christmas.</i></p> <p><b>Computer and Technology Pathway</b></p>	<p><b>Christmas Floral Art</b> Where: REAP House When: Saturday 21 November Time: 10.00am-3.00pm Tutor: Helen Jackson Cost: \$50.00 <i>Learn the tips and tricks from a well known floral artist to glam up your family's Christmas decor. Bring something for a shared lunch.</i></p> <p><b>Creative Industries Pathway</b></p>	<p><b>Computer for Beginners</b> Where: REAP House When: Wednesday 21 October (6 weeks) Time: 10.00am-12.00pm Tutor: Simon Schmidt Cost: \$60.00 <i>A course to teach the absolute beginner the basics of the keyboard, mouse, word, email and the internet.</i></p> <p><b>Computer and Technology Pathway</b></p>	<p><b>Introduction to Jewellery Making</b> Where: REAP House When: Tuesday 24 November Time: 1.00pm-4.00pm Tutor: Joan Clark Cost: \$35.00 <i>Learn the basics of jewellery making. A necklace, bracelet and earrings. Great gift ideas. You'll be hooked.</i></p> <p><b>Creative Industries Pathway</b></p>



**WAKA AMA OPEN DAY**  
MAKAMA OPEN DAY

The public is welcome to attend an open day to experience WAKA AMA.

The day will introduce waka ama as a kaupapa Maori means to a healthier lifestyle and to scope the interest in the establishment of the Okama Marae Waka Ama Club. Tutor: Kereama Payn, an experienced paddler and tutor of waka ama. He has competed at national and international regattas.

Blenheim Rowing Club, 295 Jones Rd (turn right onto Lower Wairau Rd after the Grove Road Bridge heading north to Pictou).  
Sunday 11 October 10.00am-2.00pm No Charge Complimentary Sausage Sizzle Please register at REAP

### Subsidy on all courses for youth age 16-30

REAP House 19 George Street, Phone 5787848 Email: admin@reapmarlborough.co.nz www.reapmarlborough.co.nz Payment required with enrolment, cash, cheque or internet banking

## ORGANISATION INFORMATION

**Take a  
moment  
to connect**

**ihc**  
IN YOUR COMMUNITY

# IHC Volunteering

*Volunteers supporting people with intellectual disability*

### **How can you volunteer with IHC?**

There are many ways that you can volunteer with IHC. We have volunteers throughout our organisation, from IHC Association volunteers who help us with local IHC activities, events and governance and local fundraising volunteers.

IHC also has a rewarding one-to-one volunteer programme that encourages friendship and learning in the community.

All IHC volunteers help to make a big difference to the lives of people with intellectual disabilities.

### **What is one-to-one volunteering with IHC?**

It is about one-to-one friendship. By taking a moment to connect with someone with an intellectual disability, volunteers make a positive difference in the life of another. The main emphasis of this role is volunteers including a person with them while doing something they usually do. This is what makes IHC Volunteering unique.

### **How does it work?**

We pair volunteers up with a person who has similar interests. It may be providing support to learn a new skill, achieve a personal goal or hanging out together to do something they both enjoy. The relationship is one-to-one and volunteers meet with their friend regularly. This means that volunteers spend time with only one person and they can get to know each other.

### **Why one-to-one?**

Because learning one-to-one works well. Group activities can sometimes be the only option available to a person with intellectual disability and we've found that some people work best one-to-one. We've found that volunteers bring their own unique skills and experience to the friendship which sustains learning in a fun, friendly and supportive environment.

### **Who can volunteer?**

We welcome applicants from 17 years of age and from all walks of life. People with intellectual disabilities have diverse interests and backgrounds so the more varied volunteers we have the easier it is to match people. Having a genuine interest in developing a connection with someone with an intellectual disability is a prerequisite.

### **What support do I receive as a volunteer?**

The regional volunteer coordinator will provide a full orientation to IHC, along with relevant training to the person they are matched with. Initially volunteers meet frequently with the coordinator either in person or over the phone. There are regular scheduled reviews that will ensure the friendship is successful.

### **For more information**

Jane Peoples  
Volunteer Coordinator  
027 836 0342 / 03 538 1115  
jane.peoples@ihc.org.nz

[www.ihc.org.nz/volunteer](http://www.ihc.org.nz/volunteer)



We are interested in hearing from some males in our community! We have some referrals from people with an Intellectual Disability that would like a male friend – someone to play golf with, play pool with, some DIY, wood turning, car maintenance. I also have a number of people who want to learn computer skills...excellent skill based programme for older students who are computer literate!

**Jane Peoples** | Marlborough Volunteer Coordinator, **IHC New Zealand Incorporated**—Tel: 03 538 1115| Fax: 03 578 0075| Cell: 027 836 0342| [www.ihc.org.nz/volunteer](http://www.ihc.org.nz/volunteer) 19 Henry Street, Blenheim, 7201 | PO Box 428, Blenheim, 7240.

## ORGANISATION INFO



**Take a moment to connect**

**Skill-based information sheet for volunteers**

*Volunteers supporting people with intellectual disabilities to achieve a goal*

### What is volunteering with IHC?

Skill based volunteering is about developing a friendship and providing support to learn a new skill.

### How does it work?

We'll pair you up with someone who has similar interests then develop a plan to help the person you are supporting achieve their goal. You will meet with them regularly and hopefully have a few laughs at the same time!

The relationship is one-to-one. This means that you spend time with only one person, so you both get to know each other and are able to develop a working relationship.

You will be provided with full orientation, relevant training and ongoing support from the Volunteer Coordinator.



### Why one-to-one?

Because learning one-to-one works well. Group activities can sometimes be the only option available to a person with intellectual disabilities and we've found that some people work best one-to-one. We've also found that volunteers each have their own unique approach and set of skills that they bring.

### Who can volunteer?

We welcome applicants from 17 years of age and from all walks of life. People with intellectual disabilities have diverse interests and backgrounds so the more varied volunteers we have, the easier it is to match people up. We are looking for people who have a genuine interest in helping another achieve their goals and dreams. For more information or to apply please contact:

Jane Peoples - IHC Volunteer Coordinator, Marlborough  
 jane.peoples@ihc.org.nz; 027 8360342; 03 5381115  
 19 Henry Street, Blenheim, 7201  
 PO Box 428, Blenheim, 7240

[www.ihc.org.nz/volunteer](http://www.ihc.org.nz/volunteer)



### Mental Health Awareness Week 5-11 October 2015

#### Give- Your time, Your presence, Your words

The Mental Health Foundation categorises the many ways we can contribute to our own mental wellbeing within 5 aspects: Connect, Give, Take Notice, Be Active and Keep Learning.

Giving feels good. If you are generous with your time and your words, and actively participate in social and community life, you will boost your mental health and wellbeing

The Mental Health Advocacy Service can provide the support you may need to reach for these goals; we have resources available at the office and work with you to encourage recovery.

C.A.R.E. Marlborough at 26 Percy Street is a consumer run support house for those with mental health issues. Ph 5780302

All are invited to their open day on Wednesday October 7<sup>th</sup> 2015 from 10am-3pm



Aonere House  
Level 2  
54 Scott Street  
P O Box 783  
Blenheim

## Kimi Hauora Wairau Marlborough Primary Health Organisation

As a community, many of us are going to the Emergency Department in Wairau Hospital for minor health problems that could be better treated elsewhere.

It's in everyone's interests that patients are seen by the most appropriate health professional, and that the specialist emergency department staff are free to treat those who need their life-saving skills.

That's why health leaders are working together on a new campaign to educate and encourage people to think about their options and see the most appropriate health professional for their condition.

Your GP, or in urgent cases outside of your GP's working hours, the Urgent GP After Hours, should be your first point of call. Most GPs have some appointments free for acute cases each day. The Urgent GP After Hours is accessed through Gate 2, off Hospital Rd, in Blenheim and is open from 6pm to 10pm on weekdays and 8am to 10pm on weekends and public holidays. Phone 03 520 6377.

If you're not sure who to see, call Healthline 0800 611 116 or your GP's number after hours to talk to a nurse for advice.

Pharmacists can also offer advice, and look after your first aid needs and emergency supplies of on-going prescription medicine.

If you need a dentist urgently after hours, call Wairau Hospital on 03 520 9999 and ask for the name and number of the on-call urgent dentist.

It's in everyone's interest that patients are seen in the right place at the right time.

### Some Safety Tips on using Social Media and Technology

1. Establish a time in the evening that ALL the family will stop using mobile phones, tablets, games consoles and computers. (This is to ensure that children and parents get enough sleep.)
2. Before giving your child a mobile phone establish that you, as parent know their password and will be monitoring their texts. (If you leave this too long to set up they will regard your rule as an invasion of privacy and it will be much harder to enforce.)
3. Ensure you are a friend on their Facebook page/s. Make sure the people they accept as Face book friends are real people known to you. Unknown "friends" can be predators masquerading as young people. Explain to your children why you are doing it (to keep them safe.) Delete all those unknown friends.
4. Monitor the games your children are playing. They are age rated. Some adult games are in a cartoon format and look like kids games – be wary. Get them to only use their avatar name when they play. (Keeps them safe from other players asking for a photo of themselves which is always suspect.)
5. Talk to your children about how once you have posted a photo you no longer have any control over it. It can and does go anywhere. Employers now look at Face book pages before hiring. The best way to ensure your children don't post naked photos of themselves to post send to a "maybe" friend, is to discourage them from using technology in their bedrooms.

(Taken from a John Parsons Cyber Safety seminar.)

Contact [Liz.Collins@barnardos.org.nz](mailto:Liz.Collins@barnardos.org.nz) for more information.

## ORGANISATION INFO



Te Ara Mahana

**Kaupapa:** We aim to increase social inclusion and reduce stigma and discrimination for all people who experience Mental Distress within our Marlborough Community

So, before we start, what is Stigma and Discrimination?

### **Stigma**

Definition: A mark of disgrace associated with a particular circumstance, quality, or person: *the stigma of mental disorder*

Often, individuals with mental distress are faced with multiple, intersecting layers of discrimination as a result of their mental distress and their identity. For example, racism, sexism, indirect or direct discrimination and many more.

### **Discrimination**

The act of denying rights, benefits, justice, equitable treatment, available to all others, to an individual or group of people because of their race, age, gender, mental distress, or other defining characteristic

Stigma differs from discrimination. **Discrimination is unfair treatment due to a person's identity**, which includes race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status, or disability, including mental distress.

Acts of discrimination can be overt or take the form of systemic discrimination.

Every person has the right to equal treatment with respect to services, goods, and facilities, without discrimination due to the identities listed.

***"We can never get a re-creation of community and heal our society without giving all of our citizens a sense of belonging"*** Patch Adams

There needs to be an increased impetus more than ever in reducing stigma and discrimination, and changing public attitudes towards those who have lived experience of mental health problems.

Working across workplaces within our community to raise awareness of stigma and discrimination practices, to support employers in terms of addressing policies and procedures (where required) to better support tāngata whaiora/services users at work.

Profile existing Marlborough community leaders and tāngata whaiora who are willing to tell their stories so that living with a mental illness is better 'appreciated' within our communities.

Work alongside Te Ara Mahana Like Minds Like Mine Leadership Group to assist in the development and implementation of the programme.

"Encouraging people to access community support is recognized as an effective way to promote and enhance people's experiences of social inclusion and participation. "This support by the community" has a number of advantages.

*It enhances Service User's connections and relationships with others.*

*It strengthens and builds those same communities.*

*It challenges stigma and discrimination*

*It helps normalize the experience of Mental health or addiction issues.*

*It increases Social Inclusion.*



We would like to know:

- Are there any businesses/organisations that are willing to embrace an anti-discrimination approach (policy)?
- Do you feel your workplace is free of stigma and discrimination, and if so?
- Can we meet with you to look at formalizing a discrimination and stigma free workplace together?
- Please feel free to contact us, details shown below.

Larna MacDonald, Ron Riwaka, Supported by Te Hauora O Ngāti Rārua & C.A.R.E. Marlborough (03) 577 8404, Text 027 777 5637 or email: [larna.macdonald@ngatirarua.co](mailto:larna.macdonald@ngatirarua.co). Text 027 463 1119 or email: [ron.riwaka@ngatirarua.co.nz](mailto:ron.riwaka@ngatirarua.co.nz)

## WHO'S NEW

SF Marlborough would like to introduce our new administrator Nikki Hinkley to our wonderful team here at 4 Scott Street.

Nikki has taken over Sandra Evers role however we still have a lot of input from Sandra especially with our Newsletters.

Nikki is working part time with us and also works part time at a local Kohanga Reo.

Please feel free to come up and introduce yourself to Nikki.

Nikki Hinkley, SF Marlborough

Supporting Families Marlborough, 4 Scott Street, Blenheim—phone 03 577 5491

find us on Facebook <http://www.facebook.com/SupportingFamiliesMarlborough>



# ORGANISATION INFO

## Volunteer Marlborough

Have you been making use of our online database? The link can be found on our website [www.volunteermarlborough.org.nz](http://www.volunteermarlborough.org.nz). Every day, new potential volunteers are signing up online to volunteer in our community. But we have a problem - not enough volunteer roles are available!

We encourage you to log on with the username and password provided to you by our office staff, and get posting.

- Think outside the box a little bit. Those generic Board roles or street collector roles are all well and good but we hear that people are looking for a bit more sometimes. Perhaps you need a 'Social Media Expert' or a 'Newsletter Magnifico'. Maybe your organisation needs a 'Media Maven' to help spread the word about what it is you do. Whatever it is you think you need, think even further outside the box and we guarantee there are people out there willing to fill those roles.
- Remember to check your posted roles regularly. Registered volunteers can only have open referrals at a time so if you haven't gone in to manage your roles, you could be preventing someone from finding a role elsewhere.

Please take a few minutes to check the details for your organisation. Contact details, hours of operation, mission statement and even registered charity number are all details that potential volunteers are interested in when considering a role. It is very important that these are up to date.

The processes for each of these points has been outlined in the database instructions that were sent out with your login details. If you have not yet been set up with a username and password for our database, please do let us know. If you cannot locate your instructions, we are happy to send them through once again.

NOTE: We will be hosting small group sessions with anyone who is interested in having a hands-on walk through instructional session for our database. Please email us at [vm@volunteermarlborough.org.nz](mailto:vm@volunteermarlborough.org.nz) if you are interested.

Here at **CCS Disability Action** we have a Supported Employment Service Coordinator who offers support to people with disabilities to prepare for and find suitable employment. We have established networks which include employers, voluntary organisations and support services. Support can include but is not limited to:

Identifying your career goals and any relevant work opportunities, prepare your CV, contact possible employers, complete job applications, practice for job interviews, provide ongoing job support and identify any barriers to employment and assist with setting up supports to overcome them such as:

-Equipment and adaptive technology, -Building modifications, -Wage subsidies, -Support workers

If you know someone who may benefit from this service please do not hesitate to contact Loree on 03 578 1170.

## PROGRAMMES

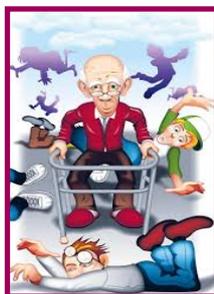
### Stable and Steady Falls Prevention

A weekly programme starting Thursday October, for people aged 65 years+ in need of education and exercises to help prevent future falls.

Referrals recommended.

For information contact

Ph: 03 5206200 E: [falls@marlboroughpho.org.nz](mailto:falls@marlboroughpho.org.nz)



## FUNDING



MARLBOROUGH DISTRICT COUNCIL

### Community Grants

Marlborough District Council is seeking applications for funding from not-for-profit organisations providing services to the Marlborough community under the following category headings: Community Welfare/Social Services, Environment, Sport and Recreation

Applications must be for projects/services that meet the criteria for the funding and be of direct benefit to the people of the Marlborough district.

Applications are completed online by going to Council's website [www.marlborough.govt.nz/Our-Community/Grants-and-Awards](http://www.marlborough.govt.nz/Our-Community/Grants-and-Awards) Applications close 5.00 pm 30 October 2015

For further information please contact: Lyne Reeves, Community Development Advisor, Ph. 03 520 7400.

### Arts and Heritage Grants

Marlborough District Council is seeking applications for funding from organisations providing arts or heritage services to the Marlborough community. Applications must be for projects/services that meet the criteria for the funding and be of direct benefit to the people of the Marlborough district.

Applications are completed online by going to Council's website [www.marlborough.govt.nz/Our-Community/Grants-and-Awards](http://www.marlborough.govt.nz/Our-Community/Grants-and-Awards) Applications close 5.00 pm 30 October 2015.

### Women's Refuge, Sexual Assault Resource Centre, Marlborough "Steps to Freedom"

Women's Education Programme for women who have experienced family violence

*This programme aims to empower women to deal with the effects of family violence by educating, informing, supporting and building self esteem.*

Next course starts

Wednesday 14 October 10.00 am to 12.00 pm

Course duration 10 weeks

Contact Leanne or Rachel to register or for more information

5779939 or [marlb\\_refuge@xtra.co.nz](mailto:marlb_refuge@xtra.co.nz)

### Rata Foundation

Next closing date:

**6 November—Sport and Recreation**

For more information contact by email: [enquiry@ratafoundation.org.nz](mailto:enquiry@ratafoundation.org.nz), phone: 0508 266 878 or website: [www.ratafoundation.org.nz](http://www.ratafoundation.org.nz)

# NOTICES

## MARLBOROUGH YOUTH TRUST

A very successful International Toasted Marshmallow day was held on August 28<sup>th</sup>, with feedback that it was the most fun marshmallow event yet! Awesome feedback to have, thanks Marlborough community for getting behind us and bringing your young people along for some Friday night fun.

Our next event is a dance event to be held on Friday November 13<sup>th</sup> with a freaky Friday theme....watch this space for details!

Thanks also to everyone who came along to our office opening on September 9<sup>th</sup>, fantastic to have you all join us and see where we are working. Huge thanks to Community College for the delicious food, there was certainly plenty to go round! As I keep saying, please feel free to pop in and see me anytime, generally Monday to Thursday. Even better if you have brochures and resources that you would like me to have on display, and which I can share with youth and their supporters when they need them.

CACTUS Picton have their Longest Day this Saturday (Sept 26<sup>th</sup>) following 8 weeks of 6am starts Monday, Wednesday and Friday. Awesome commitment from the youth to turn up bright and early 3 mornings a week for 8 weeks....those instructors certainly don't let anyone take the soft option!!

I am also getting an MYT mixed social grade touch rugby team together, so if you are looking for a team to join, or you know some young people who are, let me know ASAP....the more the merrier.

Looking forward to seeing you all out and about!  
Jodye Tomalin [info@myt.org.nz](mailto:info@myt.org.nz) Ph. 03 579 3143

Marlborough Youth Trust always needs volunteer event helpers and local business/organisation support. If you would like to help in any way or go on my email list please email me [deedee@adminhelp4u.co.nz](mailto:deedee@adminhelp4u.co.nz) or call me to see how you can help 027 470 5073.



MVIP have launched their new campaign Marlborough Champions. Champions are the first step to seeking help as they point you in the right direction.

It is encouraged for local businesses and groups to support this worthy cause. If you have any events you would like champions to attend or if you would like some posters or have space for a big sign/billboard please let us know. For more information please contact Deedee Bancroft 027 470 5073.

## Depression Support Group

**Bread of Life Centre, 14 B Stephenson Street Every Thursday 1.00 pm - 3.00 pm**

Those who come to the Support Group have found they are able to share readily knowing that others in the group will understand. Each person is on their own journey and what they contribute can encourage someone else. Depression can be isolating and those who come have found that the group fills a whole in their lives. It's knowing that others understand how you feel and care about you that helps to get you through.

The support group is going well and we have new people coming each week.

1 October – outing to Pollard Park ( weather permitting)  
8 October – speaker, yet to be finalised

## PROVIDING FOOD PARCELS FOR THOSE IN NEED

Our Annual Food drive this year will be held on **Monday 23 November 2015** (Monday 30 November 2015 if postponed) **6 - 8 pm** Donate Canned/Non-Perishable Food Blenheim, Picton, Renwick, Havelock, Grovetown & Spring Creek. When you hear the sirens and see the collectors please give generously.

**Marlborough Community Foodbank Inc.**  
**P O Box 4075, Redwoodtown, Blenheim**



The Marlborough DPA are now on board to hold 30 minute presentations to all interested groups on our unique role in the global acceptance of the United Nations Convention on Human Rights—phone **03 578 537**.

For those that are unfamiliar with Strengthening Families I hope this article helps

**Strengthening Families**  
Whakapiripiri Nga Whānau  
[www.strengtheningfamilies.govt.nz](http://www.strengtheningfamilies.govt.nz)

bring about good understanding of the process. Strengthening Families is an early intervention process established in 1996 and is one of the very first to provide whanau with a wraparound service involving the collaboration of NGO and Government agencies.

There are currently 66 Strengthening Families Co-ordinators like myself situated throughout Aotearoa. The kaupapa (principles) of Strengthening Families is to improve health, education and social outcomes for whanau and tamariki (children/young people). Any agency can refer whanau and whanau can also self-refer to their local Strengthening Families co-ordinator. When whanau engage in this process a Strengthening Families co-ordinator will work with them to identify the agencies that can assist them on their journey to achieve positive outcomes. A trained Strengthening Families facilitator is assigned to facilitate the meetings and encourage participation by all. At the first meeting whanau only have to tell their story once to the agencies; this helps everyone to be on the same page and also eliminates repetition.

The holistic approach to Strengthening Families enables whanau to direct the process and decide who can attend the meetings and who can share information. This is an effective approach that empowers whanau to resolve their issues and work cohesively with agencies to implement an agreed action plan. The first action plan is crucial because it guides the rest of the process to ensure whanau reach their full potential.

**“Strengthening Families is forward looking. It is about what happens next not about what might have happened or gone wrong in the past.”**

For more information about Strengthening Families please visit our website [strengtheningfamilies.govt.nz](http://strengtheningfamilies.govt.nz) or you can contact me, Laura Tipene, directly on 03 5781355 x8 or email [laura@breadoflife.org.nz](mailto:laura@breadoflife.org.nz)

# NOTICES

## Synergy Youth Mentoring Programme WORKING TOGETHER. ACHIEVING MORE

Light at the end of the tunnel - and it's not a train!



**The bad news is:** Synergy is facing funding cuts which have necessitated halving the level of service provided by the end of the year. Already the lid is sinking.

**The good news is:** We now have the ear of MSD and MP Stuart Smith who is a member of the Social Services Committee. We await and hope for good news!

**Thank you:** Birthright, Supporting Families, Youth Workers Forum, volunteer youth mentors and others who have petitioned for more support for this unique programme to run at a level which meets the needs of Marlborough children.

**Thank you Rata Foundation:** The substantial \$10,000 grant for the current financial year is much appreciated.

**Thank you P.A.M.S.:** The \$500 grant is heartening because it can be spent directly on children whose families cannot afford the "extras" many of us take for granted.

**Thank you Spring Creek Lions, Blenheim Lions, BP Computers, Noel Leeming, Riverside Railway, Top Town Cinemas and kindly individuals:** Children are already benefitting from your generosity.

**Synergy is a community initiative:** If all the stakeholders - referrers, families, mentors and sponsors - continue to make their support known, we will have the opportunity to bring Synergy back to its full potential.

*"Mentoring cures opportunity deprivation..."*

*"Taking action one person at a time does make a difference."*

**Nancy Sherwood at Family Works (Presbyterian Support)  
577 9005 x709 nancys@psusi.org.nz**

## Starting a business? Come to our free seminars to learn about:



Working smarter with our online tools and services, business structures, Income tax, expenses, good book keeping tips, Goods and Services tax and much more . . .

### Next available workshops in Marlborough:

#### Introduction to Business Seminar:

Thursday 29 October 10.00 am -12.30 pm

Tuesday 24 November 10.00 am -12.30 pm

#### GST Workshop:

Thursday 29 October 1.30 pm – 3.30 pm

Tuesday 24 November 1.30 pm – 3.30 pm

#### Employer Workshop:

Wednesday 25 November 1.00 pm – 3.00 pm

#### Residential Rental Seminar:

Wednesday 25 November 10.00 am –12.00 pm

**Booking is essential due to capacity.** Please email [advisory.nelson@ird.govt.nz](mailto:advisory.nelson@ird.govt.nz) to register your interest or request for more information. **For registration purposes please include your name, contact telephone number and your business IRD number.**

### Quote

The most important thing in life is not knowing everything, its having the phone number of somebody who does.

- Anonymous



TradeZone & BlueLight would like to invite you and your kids to

## a fun filled day of fishing

**When:** Saturday 10 October 2015

**Time:** 10am - 12.30pm

with prize giving at 12pm

**Where:** Waikawa Bay Foreshore & Wharf, Picton

Meet TradeZone Fishing Guru Graeme Sinclair.



Great a **FREE** day out with your kids.

Bring along your own rod, limited number of free handlines available.



### Community Newsletter

These newsletters go out bi-monthly. The next one for 2015 will be December 2015. Information about services you provide, upcoming events, training opportunities etc are welcome. Please get your items to Lyne Reeves at Council by **Friday 20 November for the December issue.** Email to: [lyne.reeves@marlborough.govt.nz](mailto:lyne.reeves@marlborough.govt.nz).

### Community Workers' Group Inc.

This is the group that:

- Organises the monthly Networking Meetings held on the second Monday of every month. 12.00 noon –1.30 pm at the Marlborough Community Centre, 25 Alfred Street.
- Organises this Community Newsletter. Your organisation can put information and articles into it.
- Makes connections with networks in other communities and nationally through our membership of New Zealand Council of Social Services.

Meetings coming up: in 2015:

- **Monday 12 October 2015**
- **Monday 9 November 2015**