

COMMUNITY NEWS

OCTOBER 2018



Marlborough
Multicultural
Centre

many cultures. one home.

21 Henry Street
Blenheim
Ph: (03) 579 6410
www.migrantcentre.org.nz

IN THIS ISSUE

- Marlborough Multicultural Centre
- Organisation Profiles
- Update
- Training
- Quote
- Funding
- Notices

Marlborough Multicultural Centre and the Marlborough Migrant Well-being Working Group are undertaking a research project to look at the growing diversity of Marlborough.

More than 15% of the people in this region were born overseas. New migrants to the region bring a diversity and vibrancy which creates an even richer mix of people in this area. We are interested to talk with migrants about their experience – to find out what is going well and to see how anything could be made easier as they settle in to their new home.

Brigid Ryan, who conducted the Settling In research that led to the establishment of the Marlborough Multicultural Centre in 2006, will lead this project with support from Andreja Phillips and others.

There will be a series of focus groups and sector workshops held in October and November in Blenheim. These will focus on finding out about the realities of settling and living in Marlborough as a migrant. The information gathered will help to guide Marlborough Multicultural Centre and other agencies in their support they offer new arrivals and those who have been living here for some time.

Most of the focus groups and workshops will be held at the Marlborough Multicultural Centre, 21 Henry St, Blenheim and will be about one hour long, with refreshments provided.

If you would like to participate, share your experiences and contribute to an important research project, please contact us. We look forward to hearing from you.

Brigid Ryan, Project Leader - text/call: 021 400 718 or
email: brigidryan.research@gmail.com



**MARLBOROUGH
DISTRICT COUNCIL**



Only Marlborough

15 Seymour Street
PO Box 443
Blenheim 7240
NEW ZEALAND

Ph: +64 3 520 7400
Fax: +64 3 520 7496
Email: mdc@marlborough.govt.nz
www.marlborough.govt.nz

ORGANISATION PROFILES

VOLUNTEER MARLBOROUGH



 www.volunteermarlborough.org.nz

Volunteer Marlborough is a community organisation that focuses on supporting and promoting volunteering and building the capacity and capability of organisations in the Marlborough and Kaikoura regions. We work with over 130 community-based organisations, helping to provide the indispensable volunteers they need to sustain their services. We provide advice and professional development in the management of volunteers and support community organisations in the development of inclusive and effective volunteer programmes.

Some of our programmes:

- Recruitment & Referral
- Liaison Service
- Professional Development
- Managers of Volunteers Network Forums
- Supported Volunteering
- Youth Volunteering
 - Youth on Boards
 - Young Leaders Programme (coming April 2019)
- Stage-Based Volunteering
- Group / Employee Volunteering
- Volunteer Recognition
- Advocacy (local & national government)

Seeking Board Members

Volunteer Marlborough is looking for new governance board members! Currently, the VM Board is made up of 6 members. We would like to see even greater diversity on our Board.

If you have experience in a sport setting, working with youth or seniors, working a health setting, or legal experience, we would love to hear from you.

Meetings are held monthly on a weekday evening at the Community Centre.

Volunteer of the Month

In every corner of our community, worthy volunteers are hiding. Perhaps you know of one in your sports club, working away as a coach or team manager, or cleaning up after games and fundraising. Maybe your school has a parent (or twelve) helping behind the scenes, never asking for anything in return. Your organisation may

even have a few volunteers who go above and beyond the call of duty and are there when you need them!

We know they're out there, but we need YOUR help to find them!

Every month, with the help of the Marlborough App, we get to honour one of these volunteers and say 'thank you' for all their hard work and dedication to the group, school, or organisation that they help.

We need more nominations to pick from! If you know someone deserving of the Volunteer of the Month Award, please contact us at vm@volunteermarlborough.org.nz

Go forth and thank your volunteers ... they deserve it!

Save the date!

Monday 5 November – International Volunteer Managers Day

Wednesday 28 November – MoVERS Network Meeting (Managers of Volunteers – Education, Resources, Support)

Wednesday 5 December – International Volunteer Day

MoVERS Network

MoVERS = Managers of Volunteers – Education, Resources, Support.

If you are a Manager or Coordinator of Volunteers (paid or not!), we would love for you to come along to the MoVERS Network meetings.

These meetings are for discussing the issues facing all of you, and to perhaps learn something new.

The meetings are held bi-monthly in the meeting room of the Marlborough Community Centre from 12 – 1pm.

The next meeting will be held Wednesday 28 November – please feel free to bring your lunch and lots of ideas!

AGM

On September 25 we hosted our Annual General Meeting (AGM). We would like to thank all those who came along.

We would also like to express our gratitude to our outgoing Board members for their contributions and extend a warm welcome to our incoming Board members.

Our 2017/2018 Annual Report will be available online in the coming weeks.



Volunteer Marlborough is an LGBT+ friendly organisation. We provide equality of services and care to everyone, regardless of people's age, disability, gender, gender identity, race, religion or belief, or sexual orientation.

Supported Volunteering

The Supported Volunteering Programme through Volunteer Marlborough is focused on people living with a physical or intellectual disability, or mental illness, and aims to assist them in finding a volunteer opportunity in the community.

People living with a disability or mental illness may encounter barriers when looking for a volunteer opportunity and are then denied the benefits of volunteering which include:

- Learning new skills
- Meeting new people
- Contributing to something important
- Improved mental and physical health

Volunteer Marlborough will work with people to find a volunteer opportunity that meets their interests. We will support the volunteer by:

- Approaching the appropriate organisation on behalf of the volunteer.
- Assist in introducing the volunteer to the role.
- Match the volunteer with a 'buddy' or 'support volunteer' who can work alongside if required and as long as needed.

To find out more about the programme for yourself or a client, or to volunteer as a Support Volunteer, please get in touch via vm@marlborough.org.nz



***“Me whakahaumanu te
Mana o te whānau a,
ka haere whakamua”***

Revitalise whānau for their future

Te Piki Oranga a Kaupapa Māori health service provider in Te Tau Ihu o Te Waka o Māui (Nelson/Tasman/Marlborough). The Wairau/Blenheim service has recently relocated to join Marlborough Primary Health and our new site address is 22 Queen St, Blenheim. Our contact phone number remains (03) 578 5750, PO Box 994, Blenheim 7240.

We provide a wide range of free and confidential services for Māori in our region. We have qualified kaimahi who provide healthcare and prevention programmes for whānau from our health hubs or in homes.

Te Puna Hauora Model – kaimahi working in Te Ao Māori with a range of services to improve the health and wellbeing of Māori.

Ngā Pūkenga Atawhai – qualified nurses experienced in helping with cardio vascular disease, diabetes, chronic obstructive airways/asthma, cancer prevention, assessment, treatment, education and referral.

Tamariki Ora – supporting mothers and babies under five years of age with their immunisations, well-child checks, breast feeding and smoke free environments.

Ngā Pūkenga Manaaki – our experienced community kaimahi provide support, facilitation and advocacy for whānau.

Ngā Pūkenga Hauora Hinengaro mō ngā tamariki me ngā rangatahi – clinicians specialised in child and adolescent mental health, focusing on prevention, assessment, treatment and referral.

Ngā Pūkenga Toitū Te Ora Waipiro me Tarutaru kino – alcohol and other drugs counsellors supporting whānau through prevention, assessment, treatment, referral and reports.

Whānau Kaimahi-a-Iwi – health social workers who can assist with budgeting, family violence, child protection, support, advocacy, information and referral.

Te Hā Aukati Kaipaipa – trained kaimahi coaches to support whānau and pregnant women to stop smoking.

To access healthcare services please contact us.

Website www.tpo.org.nz (via referral form)
Email admin@tpo.org.nz
Phone 0800 ORANGA (672-642)
Facebook facebook.com/tepikioranga



We are an organisation of people committed to support people to participate in community life as they choose. Options provide a range of services: Supported Living, Participation and Inclusion, and Transition from School. All supports are individually tailored to assist each person to develop their lifestyle choices.

He aha te mea nui o te ao?

What is the most important thing in the world?

He tangata, he tangata, he tangata

It is the people, it is the people, it is the people

Supported Living - individual planned support to live in your own home. Transition Services - helping students to think about life after school.

Coaching Assistance - to make wanted/desired life change.

Community Linking - support to get involved in community activities, organisations, events and develop new social connections.

For more information about our service and what we can provide for you or a family member contact:

Nelson: mariecalderbanks@tautoko.org.nz

Blenheim: deborahboyd@tautoko.org.nz; or renatawallace@tautoko.org.nz



Dementia is not a natural part of ageing, but is more prevalent in the older population. One symptom of dementia is abnormal memory loss. If you are concerned that somebody you know may have abnormal memory loss help is just a phone call away.

Phone 577 6172 to contact Alzheimers Marlborough's Community Support staff for advice and support.

Other services provided to the local community by Alzheimers Marlborough include:

- Day respite for people living with dementia
- Support group meetings for care partners
- Up-to-date information on dementia
- Education for families and the wider community
- Speakers for community groups
- Community awareness education/activities
- Electronic tracking devices and safe return bracelets

UPDATE

Graeme Dingle Foundation "Kiwi Can: - this term the Kiwi Can theme has been "integrity"

Kiwi Can is an exciting programme run in Marlborough primary schools, teaching children the skills needed to be successful in the workforce & communities of the future. KiwiCan is about transforming young lives forever & enhancing the communities we live in.

MVIP are partnering with Graeme Dingle Foundation to get the learning about these key values out to our community - so we are encouraging these in our children as a community and, of course, modelling them as people our children look up to.

This term the focus for the Kiwi Can programme has been **integrity** – which we talk to the children about "doing the right thing, even when no one is watching".

There are so many great books out there which are great for encouraging thinking and conversations about integrity – and reinforcing our children's learning at home.

The Kiwi Can team and MDC librarians have come up with a list of books around this theme of integrity (including honesty, trust, taking responsibility & being reliable). We hope that parents, grandparents, whānau – anyone with a young child in their life – or the children themselves, may find it useful (whether they read to themselves or you read to them).

The list can be seen online here:

<https://dinglefoundation.org.nz/integrity-food-for-thought>

The books (& a hard copy of the list) are on display upstairs in the children's section at the Blenheim Library for the next couple of weeks.

Please feel free to share this resource with your networks. There is a post on our Facebook page - [link here](#) - that you are most welcome to 'share' to Facebook pages, for example. We also invite you to 'like' the Facebook page ([@graemedinglefoundationmarlborough](#)) to stay in the loop.



TRAINING/WORKSHOPS



Course Programme Term 4 October/November 2018



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

Te Reo for Mums and Babies Where: REAP House When: Thursday 1 November (6 weeks) Time: 10.00am-12noon Tutor: Huanoa Potiki Cost: \$30.00 <i>Bring your baby along and enjoy this introductory Te Reo course covering basic Maori language skills such as numbers, colours, greetings, pronunciation and learn to read Te Reo Maori picture books to your baby.</i> Parenting Pathway	Introduction to Creative Writing Where: REAP House When: Saturday 3 November Time: 9.30am-12.30pm Tutor: Niki Morrell Cost: \$50.00 <i>Learn how to pluck inspiration from nowhere, discover the most important literary form to master, and start a beautiful friendship with your inner ear. You might surprise yourself in this course! Suitable for all levels.</i>	Introduction to Spanish Where: REAP House When: Monday 5 November (6 weeks) Time: 5.30pm-7.30pm Tutor: Michelle Kietzmann Cost: \$125.00 <i>Useful, practical, everyday conversational Spanish learnt in a friendly, relaxed environment. Come along and try something new. Always a popular course.</i> Tourism Pathway	Portuguese and Lusophone Culture Where: REAP House When: Tuesday 30 October (6 weeks) Time: 7.00pm-9.00pm Tutor: Anna Izoton Alves Mariano Cost: \$125.00 <i>You will learn to speak, write and understand basic Brazilian Portuguese. Classes will be focused on Brazil's diverse culture and habits, as well as history and geography. This course is designed for those who are curious about Brazil and/or are going to travel to a country where the language is Portuguese.</i> Tourism Pathway
Chainsaw Safety and Maintenance Where: 247 Vickerman St, Grovetown When: Saturday 27 October 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> Employment Pathway	Business Website Basics Where: REAP House When: Saturday 3 November Time: 1.30pm-4.30pm Tutor: Niki Morrell Cost: \$50.00 <i>Effective business websites don't happen by accident. This course covers everything you should consider before talking to a web developer. Essential insights for all business owners.</i>	Interview Presentation Skills Where: REAP House When: Saturday 27 October Time: 1.00pm-4.00pm Tutor: Annie Gleeson Cost: \$35.00 <i>Give yourself the best chance at every interview. Learn the art of making a great first impression and how to dress to impress in the workplace. What to wear to a job interview. Why first impressions matter and how quickly they are formed.</i>	Christmas Floral Art Where: REAP House When: Saturday 1 December Time: 10.00am-3.00pm Tutor: Helen Jackson Cost: \$40.00 <i>Learn the tips and tricks from a well known floral artist to glam up your family's Christmas décor. Bring something for a shared lunch.</i> Creative Industries Pathway
Work Place First Aid Course Where: Waihopai Valley Date: Saturday 24 November Time: 9.00am-5.00pm Tutor: Nine Scott Triple One Care Cost: \$105 Full or \$72 Refresher REAP Subsidy included <i>This is a NZQA recognised course aimed at all those who need skills for life in their everyday environments. It is appropriate for anyone who wants first aid skills for home, work or recreation, or who needs a certificate that fulfills their legal workplace requirements.</i> Health and Safety Pathway	How to Enjoy your New Pet Where: REAP House date Tuesday 16 October or Picton Fire Station Tuesday 23 October Time: 7.00pm-9.00pm Tutor: Christine Mackenzie Picton Vet Cost: \$45.00 <i>Course will cover: Things to consider before buying a pet, general maintenance and care. The law. Keeping them happy and controlled.</i>	Family Trusts Information Evening Where: REAP House When: Tuesday 20 November Time: 7.00pm-9.00pm Tutor: Jenni Walker Cost: \$5.00 <i>An information evening - Asset Protection and Family Trusts. This will cover the options on how to maximize the benefits available to all concerned, including division of assets to blended families and rest home care costs.</i> Presenter is Jenni Walker, BA, GDIP Dispute Resolution, (Caseworker at Community Law)	Sourdough Where: Foundry Kitchen When: Saturday 24 November Time: 1.00pm-5.00pm Tutor: Annette Michna-Konigstorfer Cost: \$60.00 <i>Sourdough baking for beginners. Learn how to start and feed your culture. Mixing and folding, shaping, scoring and baking the dough. Also make crackers. Enjoy sampling the goodies and take home a loaf. Bring a bowl to take home your sour dough.</i>

Stepping Up Programme Ongoing Free Computer Courses held at the Blenheim Library <i>Topics include: Computer Basics, Word 1 and 2, Trade Me, Skype, Email, Tablets, Digital Photos and Facebook. Enrol at the library.</i> Computer and Technology Pathway	Chalk Paint Furniture Where: REAP House When: Saturday 20 October Time: 1.00pm-5.00pm Tutor: Vonnay Paul Cost: \$80.00 <i>This is a hands on course where you will learn the process of painting and distressing your own piece of wood furniture with chalk paint to get that authentic "shabby chic" style. Bring along a small piece of furniture i.e. coffee table, chair, side table, freestanding lamp etc. Paint: (3 colours off white, duck egg blue, green) wax and brushes provided. If you would like a particular colour of paint please bring your own.</i>	Authentic Vietnamese Cooking Where: Foundry Kitchen, John St When: Saturday 10 November Time: 1.00pm-5.00pm Tutor: Jenny Garing Cost: \$65.00 <i>Listed as one of the top 10 cooking class destinations in the world in 2010 by Lonely Planet, Jenny's Global Cooking classes are now transported from Lytleton to Marlborough. This Authentic Vietnamese class is very hands-on and will showcase the perfectly balanced, fresh and tasty food that epitomises Vietnamese cuisine. Learn about the ingredients and techniques used in a range of delicious dishes, as well as some of the culture of this vibrant country and cuisine. Come hungry!</i>	Driving Courses Subsidy available on upskilling driving courses <i>Fork Lift, P Passenger, Dangerous Goods, Class 2-5 Truck Licence, Rollers, Tracks and Wheels, Four Wheel Drive, Light Utility and more.</i> Contact Grant Ingersoll Master Drive Services 5794305 or 0800 637 000 to make your booking to help you gain qualifications in this industry certificated course. Bring your receipt to REAP Marlborough for a \$50.00 subsidy. Driving related pathway
Introductory Level Relaxation Massage Where: REAP House When: Saturday 17 November Time: 9.00am-4.00pm Tutor: Trilby Johnson Cost: \$80.00 <i>This is a hands-on practical entry level course. Learn how to do a basic relaxation massage for family and friends. Bring: a single sheet, two large towels, a pillow, a bath robe and your own lunch.</i>	Revamping Your Wardrobe Where: REAP House When: Saturday 1 December Time: 1.00pm-5.00pm Tutor: Annie Gleeson Cost: \$50.00 <i>Tips and ideas how to create, tweak or alter items and see your current wardrobe with fresh eyes. How to have garments that work better for your own style and body shape. Bring along an item or two currently not being worn to revamp. Identify gaps in your wardrobe so that it becomes functional and works for your lifestyle. Get creative and have fun.</i>	Introduction to Upholstery Where: Workshop, Picton When: Friday 26 October (2 weeks) Time: 10.00am-4.00pm Tutor: Kevin Mills Cost: \$170.00 <i>Revamp your furniture. Bring along a small project to get you started. A limited class size to ensure one to one assistance. Discuss projects and material with Kevin ahead of time.</i> Creative Industries Pathway	Cyber Safety Awareness Where: REAP House When: Monday 12 November Time: 7.00pm-9.00pm Tutor: Josh Reidie, NZ Police Cost: \$5.00 <i>This information is coming from seeing the effects of these things first hand. For parents and grandparents. Awareness of cyber bullying, sexting and grooming. Recognising the dangers, safety tips and where to get help.</i> Marlborough Police
Amazing No Dig Vegetable Gardens Where: Grovetown When: Sat 3 November Time: 10.30am-3.00pm Tutor: Allan Thomas Cost: \$45.00 <i>See how easy it is to grow great vegetables without using a spade. A good day full of useful information. Bring something for a shared lunch. No tools required.</i>	Easy Mat Movement (Somatics) Where: REAP House When: Friday 9 November Time: 2.00pm-4.00pm Tutor: Jill Juriss Cost: \$35.00 <i>This class is about learning to move all of your muscle groups and joints in the easiest possible way at your own level of comfort. For those who may find other exercise too challenging, "somatics" movements work within our natural musculoskeletal range. The class is non-competitive and suitable for all age groups.</i>	GrowSafe Certificate Where: NMIT Campus, Budge St When: Late November, date TBC Time: 8.00am-4.30pm Tutor: Dean Bowden Cost: \$310.00 <i>To identify and interpret agricultural product information and demonstrate knowledge of safety with agricultural chemicals. A \$50.00 subsidy from REAP Marlborough has been included.</i> Improving Employment Pathway	Making Natural Household Cleaners Where: REAP House When: Friday 9 November Time: 10.00am-12.00noon Tutor: Jill Juriss Cost: \$35.00 <i>"Doing your bit for the planet, and the advantages of bringing less packaging home." A hands-on session where you will learn to make some natural cleaning products using toxi-free, germ-busting ingredients. Bring an apron and small containers for taking sample products home. Gloves will be provided.</i>

Payment with enrolment please: Westpac 03 0599 0321272 00

REAP House 19 George Street, Blenheim Phone 5787848 Email: admin@reapmarlborough.co.nz www.reapmarlborough.co.nz

SeniorNet Drop-in Day

Thursday 18th October

From 1pm

This year SeniorNet Marlborough Sounds started holding monthly drop-in days at the Linkwater Hall on the 3rd Thursday of each month from 1pm. In October it will be on the 18th.



So, if you have any issues with a laptop computer, tablet or smartphone, bring it along to us and we'll try to sort out the problem. If we can't fix it while you are there, we'll look for a solution and contact you to complete the job.

We can also help get stubborn programs running again, too.

Or come along for a chat... We all enjoy that!

Just a gold coin donation.

For further information contact Bryan on 574 1333

FUNDING



MDC 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:

- Arts and Culture
- Community Welfare/Social Services
- Environment
- Heritage
- 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 [Grants and Awards](#)

Applications close 5.00 pm 26 October 2018.

For further information please contact:

Lyne Reeves
Community Development Advisor
Phone. 03 520 7400



Rata Foundation

Rata Foundation fund charitable, cultural, philanthropic and recreational groups to benefit the four regions they cover. They aim to support community now and in the future – by providing a funding framework which provides options and flexibility. They have four funding areas – Learn, Support, Connect, Participate.

For more information about their funding go to

<https://www.ratafoundation.org.nz/funding>

Community Governance Bite Session

Everything you wanted to know about Governance but haven't asked.

A session is being held to cover this topic and also plan future training topics for community organisations.

This is being held on Thursday 22 October, 5.30pm, Marlborough Room at Scenic Hotel and delivered by Garth Nowland-Foreman

More information will come out this month including how to register however if you are keen and want to book your space now contact Lyne Reeves – email: lyne.reeves@marlborough.govt.nz

QUOTE

Be like a tree.
Stay grounded.
Turn over a new Leaf.
Bend Before you break.
Enjoy your unique natural beauty.
Keep growing.

Joanne Raptis

Lottery Community Funding

Lottery Regional Community funding opens for applications on 24 October 2018 and closes 5 December 2018.

For more information go to <https://www.communitymatters.govt.nz/lottery-community/>



Kia ora

Subject: Mental Health Awareness Week (MHAW) 8-14 October

One in five Kiwis will experience a mental health problem this year, and more than half of us will go through distress or mental illness at some point in our lives.

Last year CARE Marlborough and the Mental Health Consumer Advocacy Service ran a successful campaign with the support of Community Law, Christchurch Methodist Mission, Supporting Families, Primary Health, Te Hauora o Ngati Rarua, Marlborough Violence Intervention Project and Emerge Aotearoa, all local organisations to promote Mental Health Awareness Week (MHAW) 9-15 October, 2017.

This year we are looking at different ways to get the message out into the community and CARE Marlborough is excited to be running an Art Exhibition called the "Art of Wellbeing" which will open on Wednesday 10 October for a week at the High St Gallery. This exhibition has been a collaboration with Marlborough Youth Trust, St Marks and Supporting Families.

Invitation to the Opening of "Art of Wellbeing"
Wednesday 10 October 6pm
Yealands Estate Gallery

We also have an

Open day - Monday 8 October 10.30-1.30pm
26 Percy St

This is a chance to see all the changes we have made to our beautiful old house. Meet our new staff and hear about what we have to offer for CARE Marlborough and the Mental Health Advocacy Service. Come for morning tea or a BBQ lunch and have a chat.

Ngā Mihi Nui
Carla Brownie
Support Manager CARE Marlborough
caremarlb@xtra.co.nz
03 578 0302

CARE- Can Achieve Recovery Everyday



Will carry
YOU

to Nelson for any medical appointment.

Call 03 574 1311



MARLBOROUGH ART SOCIETY
PROUDLY PRESENTS

CARE Marlborough's

The Art of Wellbeing



Opening Preview: 6pm, Wednesday 10 October 2018
Season: 10 October - 17 October 2018

THE YEALANDS ESTATE MARLBOROUGH GALLERY
204 High Street, Blenheim
Open Daily 10.30am to 4.30pm

Community Workers' Group Inc

This is the group that:

Organises the monthly Networking Meetings held on the second Monday of every month.

Organises the 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:

8 October 2018

12 November 2018



Health Information Available from Professionals
Saturday 6 October & Sunday 7 October
Havelock Town Hall
10.00 am to 3.00 pm



Community Newsletter

These newsletters go out bi-monthly. The next newsletter for 2018 will be December 2018. Information about services you provide, upcoming events, training opportunities, etc are welcome. Please get your items to Lyne Reeves at Council by Friday 23 November for the December issue. Email to lyne.reeves@marlborough.govt.nz