



### MVIP

Marlborough Violence Intervention Project

[Marlbvip.co.nz](http://Marlbvip.co.nz)

## Make a Difference in Your Neighbourhood

International research shows that good neighbours prevent child abuse. Isn't that fantastic? Something so simple can make such a big difference. But it takes all of us to make it a reality, to make Marlborough a safe community where all families thrive. Since the outrage over Moko's death there has been a strong effort by the media to raise public awareness with the latest being the Fairfax Media national campaign starting this week. We are all responsible for learning the signs (if you don't know what to look for you don't see it.) At the moment only 20-25% of Family Violence is reported to the Police (that includes partner, & elder as well as child.) We need to ask ourselves at what point in our observations will we intervene by ringing the Police or CYF. If you read the investigative reports after a child is killed there have often been a lot of signs of the abuse or neglect but they haven't been regarded as serious enough to intervene by those who saw them. This is a sign that although as New Zealanders we are uncomfortable interfering in other people's lives we need to step up to protect the vulnerable.

Not only are some neighbours stepping up, workplaces are too. Local Body staff now have training, as do DHB staff. Vets have protocols over abused pets (often a sign of Family Violence). So there is an expectation that we all have to stand up and not wait for someone else to do it.

For those of us who are surrounded by the love and care of family and friends it is hard to imagine what life is like for a lot of parents raising children with none or very few people they can call on the help when things get tough. Family violence (including elder abuse) doesn't stand alone but is interlinked with drug & alcohol taking, poverty and poor housing.

Social change happens when we know someone cares, we acknowledge there is a problem, we know it is not our fault, change is really scary & difficult, we are inspired by people who have done it, we have accessible support and we are ready to change. Just remind your neighbour who you are concerned about that "it's OK to ask for help" and "I will support you when you do."

Google **MarlbVIP** or **itsOKtoaskforhelp** for a start in learning more about the signs of family violence.

Liz Collins MVIP coordinator

## Charities Services - New Reporting Standards Reminder

**Registered Charities** are now required to prepare financial statements that comply with new standards.

There are 4 reporting tiers, but most charities will fall under either tier 3 or tier 4. Use:

- Tier 3 if your annual expenses are under \$2 million and you use accrual accounting
- Tier 4 if your annual expenses are under \$125,000 and you use cash accounting.

Charities Services website has lots of resources to help you, including video tutorials, templates and guidance notes, visit <https://charities.govt.nz/new-reporting-standards/>

### In this Issue

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**MDC**

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## FUNDING



### Funding available for the Family and Social Services sector

Nelson Bays Community Foundation ('NBCF') and The Tindall Foundation are working together to support the family and social services sector across Marlborough, Nelson and the Tasman regions.

NBCF initially fulfils an advisory role to The Tindall Foundation, assessing and monitoring requests and make recommendations for funding. This approach, of appointing local Funding Managers, is applied across New Zealand by The Tindall Foundation and is hugely successful.

The first funding round under this partnership closed in February 2016, with NBCF confirming donations totalling \$28,000 to community groups.

#### **The next funding round closes on 16<sup>th</sup> August 2016.**

Details of the application criteria can be found at [www.tindall.org.nz](http://www.tindall.org.nz) and [www.nbcf.org.nz](http://www.nbcf.org.nz).

Applicants are encouraged to begin the process well in advance to allow time to complete registration and the preliminary application process, which is assessed before inviting eligible applicants to complete a full application. For further information please contact Executive Officer, David Kerr, at [info@nbcf.org.nz](mailto:info@nbcf.org.nz) Phone 0800 777 880 or 03 546 6323.

#### **Background Information**

- Nelson Bays Community Foundation ('NBCF') is an independent charitable trust that attracts gifts, trusts and bequests and invests them to preserve the capital and generate income.
- The income from these investments is distributed to charitable organisations in accordance with each donor's wishes.
- NBCF's primary aim is to provide a simple, effective and long-lasting way for people to give to local causes now and in the future.
- NBCF is a founding member of Community Foundations of New Zealand, an umbrella network of similarly focussed community foundations.
- The Tindall Foundation was established by Stephen & Margaret Tindall in 1994. Aware of the social hardships many people in NZ were facing, the Tindalls began donating to communities and organisations in need of support.
- Since its launch The Tindall Foundation has donated over \$135 million to help communities across New Zealand. In addition, it has paid \$116 million to the Government in prepaid tax.



#### **A reminder that Rata Foundation have made changes to their funding process.**

Organisations have the option of applying to one of two Funding Programmes within a 12 month period.

To find out more about the new Funding Programmes to <http://www.ratafoundation.org.nz/funding> or phone 0508 266 878

## TRAINING/WORKSHOPS

### **ATTACHMENT WHY?**

**Presented by Marion Rowe**

**When:** August 30th 2016

**Where:** St Marys Parish Centre

**Time:** 12pm – 2pm

**Lunch provided**

**RSVP please to (03) 5775491**

**Or email [sfmarlb@xtra.co.nz](mailto:sfmarlb@xtra.co.nz)**



**Employment Law for Not for Profit Organisations.**

**Community Law Marlborough**  
Te Ture Umanā mā te Iwi Whānui

A five part series on Employment Law suitable for Board of Governance and Managers of NGO's.

<b>Date: 2 August 2016</b> <b>Time: 2.00- 4.00pm</b> <b>Venue: Community Law</b>	<b>Bullying in the workplace and Committees, Identifying bullying behavior and the law</b>
<b>Date: 9 August 2016</b> <b>Time: 2.00pm- 4.00pm</b> <b>Venue: Community Law</b>	<b>Health &amp; Safety at Work Act. Looking at Governance responsibilities and good health &amp; Safety practices.</b>
<b>Date: 16 August 2016</b> <b>Time: 2.00- 4.00pm</b> <b>Venue: Community Law</b>	<b>Resolving Disputes, good faith, options, going to mediation or Employment Relations Authority.</b>

Bookings are essential so please contact [reception@commlawmarlb.org.nz](mailto:reception@commlawmarlb.org.nz) or phone 035779919 to register. Tea and coffee will be supplied, koha would be appreciated.



**MARLBOROUGH DISTRICT COUNCIL**

**Council Community Grants** are now open for application 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 <http://www.marlborough.govt.nz/Our-Community/Grants-and-Awards/MDC-Community-Grants.aspx>

**Applications close 5.00 pm 28 October 2016.**

For further information please contact: Lyne Reeves

Phone. 03 520 7400 or [lyne.reeves@marlborough.govt.nz](mailto:lyne.reeves@marlborough.govt.nz)



# TRAINING/WORKSHOPS



## Course Programme Term 3 August-September 2016



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

**Matariki - Te Tohu o te Tau Hou Saturday June 25** Waikawa Marae will be having a fun day and evening **celebrating Matariki**. Powhiri onto the marae noon (gather at the waharoa – gateway) Korero about Matariki and the signs for the coming year. Te Atiawa korero about Puanga. Matariki in other cultures. Weaving stars. Making Matariki wishes/resolutions. Matariki cards. Whakatauki whetu. Kapa haka performances. Raffles, kai, crafts and arts for sale. Music workshop and jamming session with 'Beneath the Words' traditional and contemporary instruments. Bring your musical instrument for a jamming session. Matariki concert 6.30pm onwards in the Wharehau – entry by koha.

<b>Introduction to Italian</b> <b>Where:</b> REAP House <b>When:</b> Monday 1 August (8 weeks) <b>Time:</b> 7.00pm-9.00pm <b>Tutor:</b> Barbara Rocco <b>Cost:</b> \$150.00 <i>To introduce students to conversation, basic grammar and the Italian culture in a fun, small group atmosphere.</i>	<b>Te Reo Rua (Stage 2)</b> <b>Where:</b> REAP House <b>When:</b> Wednesday 10 August (6 weeks) <b>Time:</b> 10.00am-12.00pm <b>Tutor:</b> Merehira Willis <b>Cost:</b> \$50.00 <i>This course will follow on from the basic understanding and use of the Maori language.</i>	<b>Defensive Driving Course</b> <b>Where:</b> REAP House <b>When:</b> 2, 5, 9 and 12 August <b>Time:</b> 6.00pm-7.30pm <b>Tutor:</b> Mike McCann <b>Cost:</b> \$150.00 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>	<b>Introduction to Oil Painting</b> <b>Where:</b> REAP House <b>When:</b> Weekend 17-18 September <b>Time:</b> 10.00am-4.00pm <b>Tutor:</b> Tony Roche <b>Cost:</b> \$140.00 <i>Here is an exciting opportunity to learn how to paint step by step using oils. Tony is a passionate, professional artist of 30 years. All equipment supplied. Come along and surprise yourself. Bring your own lunch.</i>
<b>Traditional Sausage Making</b> <b>Where:</b> Foundry Kitchen, John St <b>When:</b> Saturday 17 September <b>Time:</b> 10.00am-4.00pm <b>Tutor:</b> Eddie van der Westhuizen <b>Cost:</b> \$70.00 <i>Bring along 1kg of meat ie, beef, venison, chicken, goat, lamb or pork with your favourite additions, cheese, garlic, pepper and spices and learn the art of sausage making. Some ingredients available. Taste and take home your own creations. If you have sausage making equipment feel free to bring it along. Bring something for a shared lunch.</i>	<b>Introduction to Digital Photography</b> <b>Where:</b> REAP House <b>When:</b> Tuesday 6 September (4 weeks) <b>Time:</b> 7.00pm-9.00pm <b>Tutor:</b> Rachel Marfell <b>Cost:</b> \$80.00 <i>This course is for absolute beginners to give you confidence in using your camera and finding your way around the menu. You must bring your camera manual (printed out) and have your camera fully charged. The last lesson will be an opportunity to discuss your photographic portfolio material gained over the duration of the course.</i>	<b>Learn to Make Cheese</b> <b>Where:</b> Rarangi <b>When:</b> Tuesday 30 August or Thursday 8 September <b>Time:</b> 9.00am-1.00pm <b>Tutor:</b> Dot Fowke <b>Cost:</b> \$70.00 <i>This is a hands on course learning the principles for any cheese recipe. Make Feta, Mozzarella, Haloumi and Ricotta. Discuss, taste and take home cheese. Bring something for a shared morning tea and a container to take home your cheese. Limited class size so book early.</i>	<b>Skills for Smartphones and Tablets</b> <b>Where:</b> REAP House <b>When:</b> Wednesday 24 August (3 weeks) <b>Time:</b> 9.30am-11.30am <b>Tutor:</b> Simon Schmidt <b>Cost:</b> \$60.00 <i>Learn the basics of a smartphone or tablet and become confident using it to check emails, take photos, download new apps and keep safe and secure.</i>
<b>Stepping Up Programme</b>  <b>Ongoing Free Computer Courses held at the Picton and Blenheim Libraries.</b> <i>Topics include: Computer Basics, Word 1 and 2, Trade Me, Skype, Email, Tablets, Digital Photos and Facebook. Enrol at the library.</i>	<b>For Lift Course</b> <b>Where:</b> 68 Seymour St <b>When:</b> Tuesday 6 September <b>P Passenger</b> <b>Where:</b> 68 Seymour St <b>When:</b> Monday 26 September <i>Contact Grant Ingersoll Master Drive Services 5794305 to make your booking to help you gain qualifications in any of these industry certificated courses. Bring your receipt to REAP Marlborough for a \$50.00 subsidy.</i>	<b>Health and Safety at Work Act Farming and Winegrower Sector</b> <i>Health and Safety is everyone's responsibility</i> <b>Where:</b> REAP House <b>When:</b> Thursday 18 August <b>Time:</b> 10.30am-11.30am <b>Tutor:</b> Health and Safety Inspector <b>Cost:</b> \$5.00 <i>Useful, practical information for people in the workplace to understand their duties with the new Health and Safety at Work Act 2015. Morning tea provided.</i>	<b>Give it a Go Yoga Day</b> <b>Where:</b> St Mary's Parish Centre <b>When:</b> Saturday 17 September <b>Time:</b> 10.00am-11.00am or 12.00noon-1.00pm or 2.00pm-3.00pm <b>Tutor:</b> Leisha MacKenzie <b>Cost:</b> \$5.00 <i>An opportunity to experience the exercise of yoga for strengthening mind and body with a focus on breathing and posture. Bring your own mat or blanket. Enrol with the class time that suits you.</i>

<b>Learn to Knit</b> <b>Where:</b> REAP House <b>When:</b> Sunday 18 September (2 weeks) <b>Time:</b> 1.00pm-5.00pm <b>Tutor:</b> Janet Steggie <b>Cost:</b> \$90.00 <i>Learn basic knitting skills by making fashion-conscious items such as mittens and a cowl. You'll be working with high quality wool in a selection of colours to produce items which will be both useful and much admired. All materials supplied.</i>	<b>Sugar Flower Art For Cakes</b> <b>Where:</b> REAP House <b>When:</b> Sunday 11 September <b>Time:</b> 9.30am-4.00pm <b>Tutor:</b> Jill Newman <b>Cost:</b> \$90.00 <i>An introduction into the art of intricate sugar paste flowers. Great for decorating traditional Christmas cakes and special occasions.</i>	<b>Social Media</b> <b>Where:</b> REAP House <b>When:</b> Wednesday 3 August (3 weeks) <b>Time:</b> 9.30am-11.30am <b>Tutor:</b> Simon Schmidt <b>Cost:</b> \$60.00 <i>Learn social media security including Facebook. Improve overall knowledge of social media.</i>	<b>Introduction to Watercolours - native birds</b> <b>Where:</b> REAP House <b>When:</b> Friday/Saturday 2-3 September <b>Time:</b> 10.00am-3.00pm <b>Tutor:</b> Jan Thomson <b>Cost:</b> \$140.00 <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. All equipment supplied.</i>
<b>Authentic Chinese Cooking</b> <b>Where:</b> Wesley Centre Kitchen <b>When:</b> Wednesday 10 August (4 weeks) <b>Time:</b> 6.30pm-8.30pm <b>Tutor:</b> Lee Guay Hoon <b>Cost:</b> \$100.00 <i>A hands-on opportunity to learn authentic Chinese cooking. Recipes from Grandma and Mum (Ah Ma) Making Spring Rolls, Wontons, Cooking Rice and Noodles.</i>	<b>Introduction to Sewing</b> <b>Where:</b> REAP House <b>When:</b> Tuesday 16 August (4 weeks) <b>Time:</b> 7.00pm-9.00pm <b>Tutor:</b> Robyn Rodger <b>Cost:</b> \$90.00 <i>This fourweek course will teach you the basics of sewing. An easy project each week learnt with a fun and supportive tutor. Let Robyn open your world to being creative and productive. All materials supplied.</i>	<b>Introduction to Upholstery</b> <b>Where:</b> Workshop, Picton <b>When:</b> 6 & 13 August or 15 & 17 September <b>Time:</b> 10.00am-4.00pm <b>Tutor:</b> Kevin Mills <b>Cost:</b> \$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.</i>	<b>Sensational Funky Birthday Cakes</b> <b>Where:</b> REAP House <b>When:</b> Saturday 24 September <b>Time:</b> 9.00am-12.00pm <b>Tutor:</b> Melissa Rae Sweet Creations NZ <b>Cost:</b> \$90.00 <i>This is a hands-on opportunity to gain the skills required to construct and make a two tier drip cake for special birthday celebrations. Using buttercream icing and fondants, piping skills, marbling and more. All materials supplied.</i>

### FREE COURSES

### Celebrating Adult Learners' Week

He Tangata Mātauranga

Learning Today for Tomorrow

Monday 29 August	Seddon Environmental Talk	Seddon	10.00am-12.00pm	Heather Turnbull
Monday 29 August	Beginners Hebel Stone Carving	Seddon	1.00pm-3.00pm	Joan Clark
Monday 5 September	Computers 101	REAP House Blenheim	10.00am-12.00pm	Simon Schmidt
Monday 5 September	Smart Phones	REAP House Blenheim	1.00pm-3.00pm	Simon Schmidt
Monday 5 September	Beginners Mosaic Bird Workshop	Old Drs' rooms High St Picton	2.00pm-4.00pm	Joan Clark
Tuesday 6 September	Glazed Ceramic Backyard Bird Feeders	Old Drs' rooms High St Picton	2.00pm-4.00pm	Sara Scott
Wednesday 7 September	Social Media	REAP House Blenheim	1.00pm-3.00pm	Simon Schmidt
Wednesday 7 September	Beginners Hebel Stone Bird Carving	Old Drs' rooms High St Picton	2.00pm-4.00pm	Joan Clark
Wednesday 7 September	Plant Propagating Workshop Picton Men's Community Shed	6-8 Wairau Road Picton	10.00am-12.00pm	Nozz Fletcher
Thursday 8 September	Smart Phones	Picton Library	9.30am-11.30am	Simon Schmidt
Thursday 8 September	Cloth Shopping Bag Making - Plastic Bag Free Picton	Old Drs' rooms High St Picton	2.00pm-4.00pm	Linda Thompson
Friday 9 September	Social Media	Picton Library	9.30am-11.30am	Simon Schmidt
Friday 9 September	Beginners Sewing Bird Door Stop	Old Drs' rooms High St Picton	9.00am-11.00am	Deb Gully
Friday 9 September	Glazed Ceramic Backyard Bird Feeders	Old Drs' rooms High St Picton	2.00pm-4.00pm	Sara Scott
Saturday 10 September	Garage Sale Kaipupu Point Sounds Wildlife Sanctuary		10.00am-2.00pm	Kaipupu Staff
Sunday 11 September	Colour Illustration Workshop	Old Drs' rooms High St Picton	2.00pm-4.00pm	Caroline Della Porta

For these free Adult Learners' Week courses REAP Marlborough is proud to be working with:

Kaipupu Point Sounds Wildlife Sanctuary, Awatere Valley Trust, Picton Resource Centre, Marlborough Libraries, Picton Men's Community Shed

Subsidy on all courses for youth age 16-25. Cash, cheque or internet banking. Payment required with enrolment. Enrolments close one week prior to course start date.

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





## NOTICES

The Marlborough District TrustPower Community Awards are now open for entries.

The awards recognise voluntary organisations that dedicate hours of voluntary time and energy every year to making the Marlborough District Council a better place to live.

Categories for the awards are:

- Heritage and Environment
- Health and Wellbeing
- Arts and Culture
- Sports and Leisure
- Educational & Child Youth Development

For more information or to make an entry please go to <http://www.marlborough.govt.nz/Our-Community/Grants-and-Awards/Trustpower-Community-Awards.aspx>



## RIVERSDALE COMMUNITY HOUSE

We have an exciting event coming up in September, it is our second HANDCRAFT FAIR, to be held on Saturday 17<sup>th</sup> September from 11am to 3pm, and sites will cost \$5 each.

To book a site, please contact Sue on PH5780469 in the mornings or leave a detailed message or by email – [riversdalecommunityhouse@xtra.co.nz](mailto:riversdalecommunityhouse@xtra.co.nz).

There will be a wide variety of goods on display, a lovely friendly atmosphere, somewhere for the kids to play and refreshments for everyone.

Mentoring can have a powerful and positive influence on the lives of young people as they grow and transition into adulthood. When you mentor a child you are preparing leaders for tomorrow. What do you want your future leaders to look like?

Many successful people have had mentors to steer them in the right direction. Namely Steven Adams who has credited his success to his mentor Kenny McFadden.

"He's helped me out ever since I was 13, ever since I moved here," says Adams. "I couldn't even play basketball, I sucked, and he's got huge patience."

Our programme matches mentors to children between the ages of 5 to 13 for an hour a week for a year at a time.

**Our aim** is to encourage children to make positive choices, to increase their self esteem, and offer different life perspectives, But most importantly have fun!

If you have an hour a week to spare? We have an ever growing list of children waiting for mentors.

If this sounds like something you could do or would like to know more about let me know, Darlene 0272064067 or [darlene@psusi.org.nz](mailto:darlene@psusi.org.nz)



## FREE—HEARING THERAPY SERVICES

- Hearing Evaluation
- Information and Advice
- Communication Needs Assessment
- Tinnitus Management
- Hearing Aid Management
- Community Education



Anyone aged 16 years and over with any degree of hearing loss can benefit from seeing a hearing therapist.

**Contact Tania Shearer, Hearing Therapist, (03) 577 9052**  
*Integrity, excellence and accountability in all we do*

## Marlborough Youth Trust

### Marlborough Youth Trust Supersports – Oct 14/15/16

A fantastic sporting event for the whole community - compete in teams of 2 over a range of events, starting with athletics Friday night. Spend the rest of the weekend swimming, mountain biking, orienteering, shooting, sawing, running, cross-fitting, rowing, playing darts and bowls and a few surprise events to make the weekend even more interesting! Trophies for the overall winners, as well as mixed teams, women's teams, veteran teams and youth teams at the prize giving event on Sunday night. Make sure you use your 'joker' card at the event you think you will do best at to double your points....join in the competition for some fun and adventure....we want to see young people competing with parents or in teams against parents....open to all levels of fitness and ability, there's plenty of time to get practising!

The weekend program will look a little like this:

**Friday 14th, 5.30pm Athletic Park, Blenheim** (thanks to Blenheim Athletics Club):

200m relay, 1500m run, High Jump, Long Jump, Shotput, Discus

**Saturday 15th:**

9.00am 400m swim (each team member swims 200m each) (Marlborough Stadium Aquatic Centre)

10.30am Orienteering (Pollard Park)

12.00pm Hill Sprint with obstacles (Wither Hills Farm Park)

1.30pm Mountain biking (Non technical relay at Wither Hills Farm Park)

3.00pm Clubs of Marlborough Challenge - Indoor Rowing, Laser Rifle Shooting, Target Bowls, Darts

**Sunday 16th** - all happening at Lansdowne Park from 10am:

Target Golf, Cross Fit, Archery, Police Obstacle Course (PCT), Jack and Jill Sawing, Grand Finale Wine Barrel Relay

Then join us for dinner and prize giving at Clubs of Marlborough on Sunday evening. Download your entry form from [www.myt.org.nz](http://www.myt.org.nz) or pop into 6a Arthur St Monday – Thursday to pick one up.

**International TOASTED Marshmallow Day**  
**FRI. 19/8/16 5-7pm Picton Endeavour Park**  
**FRI. 26/8/16 5-7pm Liz Davidson Place**



TOAST SOME MARSHMALLOWS

& LISTEN TO SOME SWEET SOUNDS

PLEASE BRING A GOLD COIN OR PET-FOOD DONATION FOR SPCA MARLBOROUGH

Music, games, prizes & hot food for sale.

Contact Deedee for travel arrangements from Awatere or Havelock/Rai areas [events@myt.org.nz](mailto:events@myt.org.nz) or 027 470 5073

REGISTER AT [MYT.ORG.NZ](http://MYT.ORG.NZ)



MYT EVENTS ARE FOR 13-18 YEAR OLD YOUTH

Younger children wishing to attend these events must be accompanied

## NOTICES

**Take a  
moment  
to connect**

VL0034



# 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)



## NOTICES

### Alzheimers Marlborough's Memory Walk

The annual Memory Walk will take place on **Saturday 17<sup>th</sup> September, leaving at 10am** from the Munro Street car park, off Lee Street, along Taylor River walkway to Seymour Square and then onto the Forum. If you are unable to manage the full walk, you can join us at Seymour Square and from there walk through to the Forum.

**Pre-registration of walkers** can be done at Alzheimers Marlborough at 8 Wither Road or by phoning **577 6172**. Registration will also be possible on the day at 10am, Munro Street car park. **Free t-shirt** for the first 200 registrations.



### Alzheimers Marlborough Welcomes New Volunteers

Please contact Alzheimers Marlborough on **577 6172**, if you or someone you know are interested in volunteering.



### PICTON FOODBANK

Picton Foodbank would like to advise the community that we are still open for food assistance in the Picton area. Our new administrator, Barbara Jones can be contacted on 022 010 5591. Donations of non-perishable goods can be made to the Picton Foodbank by placing items in the red bin outside Fresh Choice in Mariners Mall. We would like to take this opportunity to thank the following businesses who's continued support enables this invaluable facility to continue operating: Jim Anderson, Jim's Automotive, Picton Tools & Tyres, NZ Car Rentals, TraxFM, Combined Churches, Picton Garden Club and Fresh Choice Picton.

**Nominations for the Kiwibank New Zealander of the Year Awards 2017 are now open. These awards are YOUR opportunity to honour extraordinary Kiwis (individuals or groups) who use their passion to make our country a better place.**



We would like to invite you to nominate in one or more of the following categories below:

- \* Kiwibank New Zealander of the Year
- \* Metlifecare Senior New Zealander of the Year
- \* University of Auckland Young New Zealander of the Year
- \* Sanitarium New Zealand Innovator of the Year
- \* Mitre10 New Zealand Community of the Year
- \* Kiwibank New Zealand Local Hero of the Year

The awards are open to ALL New Zealanders, and anyone can nominate! Just make sure your nomination is received by the 30<sup>th</sup> of September 2016.

Full details including the category criteria and Award Terms and Conditions can be found on the New Zealander of the Year website: [www.nzawards.org.nz](http://www.nzawards.org.nz).

From there it is a quick mouse click to the online nomination form. It is a really easy process that takes only a few minutes. Also on our website, you'll find helpful tips and more details on each of the award categories and past finalists. This is your opportunity to thank and acknowledge a person or group that is making a real difference to your community.

### Community Newsletter

These newsletters go out bi-monthly. The next newsletter will be October 2016. Information about services you provide, upcoming events, training opportunities etc are welcome. Please get your items to Lyne Reeves at Council by **Friday 23 September for the October issue**. Email to: [lyne.reeves@marlborough.govt.nz](mailto:lyne.reeves@marlborough.govt.nz).

Quote—"You only have control over three things in your life  
The *thoughts* you think,  
The *images* you visualise,  
And the *actions* you take" - Jack Canfield

### 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 2016:

- **8 August 2016**
- **12 September 2016**

I am now seeking Volunteers in the Picton area...if you know of anyone that you think would make an awesome friend to someone with an Intellectual Disability – please pass on my details.



**Jane Peoples** | Volunteer Coordinator Marlborough  
**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

### RIVERSDLAE COMMUNITY HOUSE



SIT&BFIT – an exercise class for the elderly, or for those whose Doctor wants them to do a little exercise, or for those who have recently had a fall, or for those who don't like walking or don't like gyms, or for those who think exercise is important. You can stop any time and rest or do as much or as little as you like, remembering that it is the movement that will make your life better and longer and easier.

WELL you have just discovered the best and easiest way to stay fit as you get older.

***This is gentle exercise while you are seated, it uses all the body and will make you 'huff & puff' a bit, it will 'raise your heart-rate' a bit, and it will 'give you a healthy glow'.***

***Now doesn't that sound easy.***

***These classes are held every Monday afternoon at 1pm***

***and every Wednesday morning at 11am.***

***It will cost you \$2 per session.***

At the Riversdale Community House, there is plenty of parking, it is quiet and on Mondays we have a social cuppa after the class. The instructor has been certified to do these classes. So why not come along to check us out, or bring a friend along, or bring/send a client who has had a fall to visit. These exercises are VERY important in preventing FALLS, as they strengthen all the muscles that help keep us stable as we age.