

COMMUNITY NEWS

DECEMBER 2018

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Strengthening Community Governance Update

Since the hui to launch the Marlborough Strengthening Community Governance work, the Steering Group has identified actions that address some of the issues raised by those attending and from discussions at various community network meetings.

There has been quite a bit achieved since then and we wanted to update you as follows:

- A Terms of Reference for the Steering Group has been established
- Undertook a review of current community networks in Marlborough and concluded we have effective communication networks but these could be improved
- Undertook a review of the various options for templates and support information for governance and concluded there was a need to have one portal for these with up to date information. Now working with the Nelson Tasman group on a joint centralised online resource portal - watch this space!
- Progress of the Nelson/Tasman Strengthening Governance Group and work with them on the centralising of an online resources project.
- A Youth in Governance project is being developed to encourage young people to take up these roles so we have a new generation of volunteers coming through.
- Exploring a pilot project for Community Group mentoring with a focus on governance covering issues such as HR practises, Finance, Health & Safety, Governance roles etc - another one to watch this space!
- Held session on "Everything you want to know about community governance but were afraid to ask?" and sought feedback on training bites to be held in 2019.

So some good progress made to date with a lot to look forward to in 2019!

Something to think about:

We have had a lot of discussions in community networks throughout the year with a focus on building a caring community. What would it look like if we all give the gift of kindness to one person every day? I plan to do just that and would love for you to do the same.

I hope you all have a safe and fun time heading into and during the Christmas holidays and look forward to working with you in 2019

Lyne Reeves
Community Development Officer
Marlborough District Council



**MARLBOROUGH
DISTRICT COUNCIL**



Only Marlborough

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ORGANISATION PROFILE

Kiwi Can

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.

We are now in a new term and our Kiwi Can schools are this term learning about "Respect".

- respect for yourself;
- respect for others;
- respect for things; and
- respect for places - like our schools, community and environment.

But the Kiwi Can themes of 'Positive Relationships', 'Resilience', 'Integrity' and 'Respect' shouldn't just be "for the kids".

They're key concepts worthy of consideration by everyone in our community.

Let's get talking

How about talking with the children in your life about what respect means to you? Here are some possible conversation openers to get you started:

- What do you think the word 'respect' means?
- When you're having a conversation with someone, what is one thing you can do to show respect?
- What are the ways I show respect to you?
- What are some of the ways you can respect yourself?
- What could you do if you noticed someone being disrespectful to a friend?
- Who have you noticed showing respect this week?

Let's model the values we are teaching our children.



Respect

Means treating people, things and places as important.



Citizens Advice Bureau Marlborough Inc
Te Pou Whakawhirinakio Aotearoa

Email: marlborough@cab.org.nz www.cab.org.nz

Kia-ora all,

Linnette Mortlock retired as co-ordinator of the Marlborough Branch of Citizens Advice after 11 years of dedicated service to the local community. Heather Ramsay has been appointed and taken over this important role in our office.

Heather comes with a background in Secondary and Adult Education and has been a volunteer with the Bureau for the past two years. She is extremely keen to develop a collaborative approach with other community supporting agencies, to help meet the needs of individuals within our community. If you consider that we can assist you in your endeavours, please don't hesitate to contact her at the Bureau.

Citizens Advice provides free, confidential and independent information and advice.

The main aim of CAB is – to ensure that individuals do not suffer through ignorance of their rights and responsibilities, or of the services available, or through an inability to express their needs effectively. We can help you with a wide range of issues including consumer law, tenancy, employment issues, disputes, separation, immigration, budgeting, custody and finding a Justice of the Peace.

You don't need an appointment just drop in to our office at 25 Alfred Street between hours of 9.30 am and 4.00pm phone 0800 367 222. Or email us at the above email address.

The Marlborough Office will be closed from Friday 21st December until the 7th January 2019.



Age Concern Marlborough are on the move in the new year.

We will still be working out of the Marlborough Community Centre but from Room 1.

Our contact details will remain the same;

- Phone 03 5793457
- Email fieldageconble@xtra.co.nz
- 25 Alfred Street Blenheim

We will still be offering the same great services, plus more exciting things to happen in 2019.

- Confidential and friendly support for Seniors
- Volunteer Visitors
- Monthly Friendship group
- Elder Abuse and Neglect Response Services
- Quarterly newsletters
- Regular seminars and workshops on relevant issues for older people in our community
- Events and activities for older people in our community.

We would like to take this opportunity to thank all who have supported us during 2018 and really look forward to working with you all next year.

HOLIDAY HOURS



Marlborough Children's Team
Nga Pukenga Tamariki

The Marlborough Children's Team would like to take this opportunity to thank all of our community partners for their fantastic support during 2018. Close to 100 Tamariki will be having a better Christmas as a result of our collective efforts. Our office will be closing on Friday 21 December and re-opening on Monday 7 January.

Ngā mihi o te Kirihimete me te Tau Hou,
Merry Christmas and all the best for the
New Year from Adele, Kerry, Mike and
Ripeka.



Crossroads Marlborough Trust

Our closing dates over the holidays will be from 24 December 2018 and we will reopen on Monday 28 January 2019.

Havelock Community Association



The Havelock Community Office will close for the Christmas/New Year break on Thursday 20 December and will reopen on Monday 7 January.



Merry Christmas and Happy new year from the team at Supporting Families.

We are closed from 12pm 20th December and re-open on the 14th January. However the phones will be answered on a regular basis.

All the very best for 2019

68 Seymour Street
BLENHEIM

sfmarlb@xtra.co.nz

Ph: 5775491



Budget Service Marlborough will close on Friday 14th December 2018.

We wish to thank all Community Organisations who have supported us over the past 37 years.

We know that you will continue to do great work in supporting the people of Marlborough.

Denise, Tan, Michelle and Committee



COMING UP IN 2019

It's time for Relay For Life Marlborough 2019!

23-24th February

Giesen's Sports & Events Centre, Renwick

Start time 4pm – Finish time 6am

Relay for Life is a unique overnight community event that involves teams who will walk or run around a track continuously for 14 hours to celebrate cancer survivors, carers, remember loved ones lost to cancer and to raise vital funds to support Cancer Society Marlborough.

Relay For Life involves teams of people who walk or run around a track. In a relay style, each team needs to have at least one participant on the track throughout the event. Anyone can take part!



In 2019 with your help we would like to raise an amazing \$100,000 for Cancer Society Marlborough. All funds raised will stay right here in Marlborough to help locals touched by cancer.

You will need:

- To form a team of 10
- Pay a registration fee to help cover costs of running the event
- Commit to fundraise a minimum of \$2500 per team to support vital services for people living with cancer right here in the Marlborough region

Who will you relay for? Register your team today <http://marlborough.relayforlife.org.nz/>
For more information please contact Emily Taylor at MarlboroughCancerSoc@outlook.nz





JAN 26

BEACH FEST
Youth Music Festival
Shelley Beach, PICTON
7PM - 10PM
FEATURING **Bcre8ve**

GENERAL ADMISSION \$5 | 13YRS - 24YRS | DRUG & ALCOHOL FREE EVENT
Performances, Night Swimming, Inflatables, food & drink vendors, fire pits and much more!
FOR TICKETS CONTACT: 0275222245, MYT office 6a Arthur St, facebook or www.myt.org.nz





STARTS 18TH FEBRUARY 2019

CACTUS
Combined Adolescent Challenge Training Unit Support
TERM 1

Mon, Wed & Fri
6am-7:30am
8 WEEKS
YR 9 - 13 STUDENTS



IF YOU ASPIRE TO BE FIT, WANT TO BUILD SELF CONFIDENCE, LEARN TO WORK AS A TEAM AND ENJOY A CHALLENGE.

To Register Contact: @marlboroughyouthtrust www.myt.org.nz
Marlborough Youth Trust 6a Arthur St, Blenheim ph 0275222245

TRAINING & WORKSHOPS

2019 Neuro-circuitry Class - Expressions of Interest wanted!

Would be interested in starting a circuit based class with others with a Neurological condition/stroke who are keen to get an intensive heart pumping exercise session? Here's your chance!

Help! – we will need a minimum of 10 participants to make this happen.

This exercise class is provided and prescribed on the basis that EXERCISE IS MEDICINE and will be designed by a Neurophysiotherapy expert. While exercise will improve strength, balance, co-ordination, flexibility and cardiovascular functioning, it is also a physiological tool to protect neurons and guides brain health and repair. Research gives us evidence now that exercise has the potential to slow disease progression.

Participants can expect to sweat and move lots at each class laugh and use their voice! An initial assessment to screen for safety, physical limitations, and health risks is required to participate in the class.

Cost to be confirmed –? approx. \$10 class with a personal trainer

When : 1x a week starting in the new year



Please call or text or email Janine – Multiple Sclerosis and Parkinson's Society Community Educator
0272551299 email: mmss.edc@xtra.co.nz



Planning for End of Life

Are you confused about Enduring Power of Attorney and Advance Care Plans?
Grey Power, Nelson Marlborough Health and Public Trust invite you to meet with people who can help with planning your end of life care.

The Wine Station, Sinclair Street, Blenheim
Wednesday 5 December
1 – 3pm


Youth in Emergency Services Programme


Are you aged 16 - 24?

Interested in Emergency Services?

Come learn with hands-on experience from the experts themselves!

Info Night: 7pm 13 February 2019
Marlborough Civil Defence Building
Wither Road, Blenheim







For more info and to apply contact Marlborough Youth Trust:
yes@myt.org.nz
Ph. 027 244 8213 or 03 579 3143 or www.myt.org.nz

NOTICES

JOIN IN OUR EVEREST MOMENT

- Reach the summit or Halfway point**
To reach our goal as a community we want to climb the height of the Mt Vernon lookout 900 times by reaching the halfway or summit point
- Log your walk**
Our halfway chair and lookout are marked with posters like me! Snap a picture of yourself or group with either of these clearly in the background then send through to 'everestmoment' on snapchat or tag us @OurEverestMoment on Instagram with the names of anyone pictured in the photo.

CLIMB THE HEIGHT OF EVEREST 100 TIMES

SAT 1ST DEC - SAT 2ND FEB

MT Vernon, Wither Hills Farm Park
Climb anytime with anyone
Or join our Groups:
Mates: Monday 7 pm
Family: Friday 6 pm
For more information on the track, groups and the moment, visit us on Facebook : Our Everest Moment

- Support positive mental health**
By getting active, having fun and spending time with others you are supporting your own mental health while taking part in this event shows that you are someone who cares about others struggles with mental health which is all some people need to get better.

Contact Our Everest Moment on Facebook with any enquiries

Here's to a Safer Summer

- ✓ **Show** your family you can have fun without alcohol
- ✓ **Show** healthy ways to cope with stress without alcohol like exercising, listening to music or talking things over
- ✓ **Model** responsible drinking around your kids
- ✓ **Have** plenty of food and non-alcoholic drinks available
- ✗ **Don't** drink and drive or let others drive after drinking at your place
- ✗ **Don't** glamorise alcohol through stories about our own or others' drinking



For free and confidential help with your drinking, call the Alcohol Drug Helpline on 0800 787 797 or visit www.alcohol.org.nz



Marlborough Sounds Community Vehicle Trust

By now you probably know that we are a “not for profit” Community Trust set up to carry the good citizens of Marlborough to Nelson for medical appointments.

We are also a bit like the Windmill Theatre in London's West End which had the motto “We Never Close”.

So if you have a medical appointment anytime over the holiday period give us a call on 03 574 1311 or email soundsvehicle@gmail.com and we will reserve a place for you on one of our comfortable cars driven by a volunteer mas simpatico (and helpful as well).



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/>

Crossroads Marlborough Charitable Trust

We have had a few changes at Crossroads Marlborough Charitable Trust this year, but are feeling positive about the encouragement and support from our community.

We would like to thank all of our donors, sponsors and volunteers for making our vision of our “Inclusive Community Kitchen” possible! There has been some great feedback and we are looking forward to new initiatives in 2019.

Our annual Christmas community dinner will be held on December 19th 2018 at : 5.30

All Welcome and donations happily accepted.

We hope everyone has a safe and Merry Christmas !

Best wishes

From all the Team





TE WAIORA  Nelson Marlborough Health

Smart Summer Guide

Keep up-to-date with healthcare messages over summer.

- SunSmart tips and tricks
- Food safety tips
- Mental health
- Mocktail mixer guide
- Water safety tips
- Summer driving tips

www.nmdhb.govt.nz/summer

Follow NMH on Facebook

- www.facebook.com/nelson-hospital
- www.facebook.com/wairau-hospital

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 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:
10 December 2018

IHC Volunteering

"Have fun, feel good, make a difference to a person with an intellectual disability and yourself -

Volunteer with IHC"



ihc.org.nz/volunteer

Contact: Jane Peoples

Email: jane.peoples@ihc.org.nz

Phone: 03 538 1115

or 027 836 0342



**Take a
moment
to connect**

SITUATIONS VACANT

Seeking new Treasurer for our Governance Board

Looking to learn more about the disability sector from Governance perspective?
Have you accounting or sound financial skills?

Tautoko Services is looking for a new treasurer to join its Governance Board. The Board is made up of volunteers and meets every 2 months for 2 hours in Mana, Porirua. We also use Zoom as some members are in Palmerston North and some in Nelson so location is not a problem.

This person-centred organisation is transitioning into an innovative way of working - inclusive of all levels of staff and service users. It is an exciting time to come aboard if you have an interest in organisational structures and self-managing teams.

If you are interested please contact our Board Chair Josie Adlam
me@josieadlam.com



QUOTE

"Don't cry because it is over,
smile because it happened"
– Dr Seuss



COMMUNITY NEWSLETTER

These newsletters go out bi-monthly. The first newsletter for 2019 will be February 2019. Information about services you provide, upcoming events, training opportunities, etc are welcome. Please get your items to Lyne Reeves at Council by Friday 25 January for the February issue. Email to lyne.reeves@marlborough.govt.nz