

KAIWHAKAORANGA PĀNUI

KIA ORA ...

Welcome to the 8th edition of Kaiwhakaoranga Pānui

The Kaiwhakaoranga Specialist Case Management Service will be sharing this Pānui on a regular basis to help keep you connected and informed. In the Pānui, we will share updates about the service and important information from other agencies.

WE'RE HERE TO HELP YOU AND YOUR FAMILY

The Kaiwhakaoranga Specialist Case Management Service provides support for the community affected by the terror attacks of 15 March 2019 to access the services and help needed.

This may include help with employment, financial assistance, immigration, social support and other needs.

You do not need to receive financial assistance from MSD to be part of the service.

People who do not have a case manager can email support@msd.govt.nz or call 03 961 9257.

What does the name Pānui mean?

We have been asked a few times lately what Pānui means. Pānui is the Te Reo Māori word used for newsletters. It means to announce, notify, advertise, publish and proclaim.

In line with this, this month's newsletter is full of announcements and notifications including job opportunities and events:

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We are also pleased to announce that the Collective Impact Board has published its Annual Report for the year ended June 2022. You can find details about this on page 10.

Take care and stay warm.

السلام عليكم
Assalamu Alaykum



Kaiwhakaoranga Service update From Marie

Kia ora, Assalamu alaikum, السلام عليكم,

Spring is in the air, as I drive home I am noticing the days are getting longer and spring flowers are starting to appear. Spring is a time of change and with this comes new opportunities.

The team has been busy helping whānau into suitable housing and new jobs. Recently, two of our case managers, Seti Ah Yeung and Franzisca Doser, left for new opportunities outside of MSD. Whilst we are sad to see them go, we wish them all the best. Any whānau affected by this change have been advised and will be supported through this transition to their new case manager.

During May, the Service hosted Information Sessions about ACC, Community Law support and pathways to home ownership. Those who attended provided positive feedback and thought the sessions were really worthwhile. I know I learnt some new things as well. We look to hold more of these types of sessions in the future, let us know what would be helpful by emailing support@msd.govt.nz.

Our Drop-In Service in Sydenham is temporarily closed and will be resuming from 30 August 2022, please see the details below.

If you have any questions about any content or need help with anything then please contact your Case Manager. You can also contact me on marie.ward001@msd.govt.nz.

Marie Ward

Kaiwhakaoranga Service Manager



Kaiwhakaoranga Notices

Sydenham Service Centre Refurbishment

The Sydenham Service Centre, where the Kaiwhakaoranga Drop-In Service for people new to the service is held, is being refurbished and will be reopening from **30 August 2022**.

In the meantime, if you do not have a Case Manager and you are part of the affected community and you would like support from the Kaiwhakaoranga Service please contact us on (03) 961 9257 and support@msd.govt.nz.

If you already have a Kaiwhakaoranga Case Manager please contact them in the usual way.



Rates Rebates

You could get a rates reduction as part of the government's rate rebate scheme, which provides rates assistance to low income earners.

Ratepayers can apply for a rebate on their rates bill for the current rating year from 1 July to 30 June. You must return your application to the council by 30 June 2023. Eligibility criteria apply.

What is a rates rebate?

A rates rebate is a partial rebate for eligible, low-income ratepayers who pay rates on their home to the council.

Eligibility

To qualify for a rates rebate:

- you must be living in the property at the start of the rating year (1 July), and
- your name must be on the rates bill.

Eligibility is based on a calculation, and you may be eligible for some amount even if your income is too high to qualify for a full rebate. The application form has a table showing what level of rebate is available for a range of incomes and rates charges.

To find out if you may qualify, you can phone 0800 800 169, or use the [online calculator](#) at the Department of Internal Affairs website - see below.

Rates Rebate Calculator

Use the calculator on the [Department of Internal Affairs website](#) to work out what you might get as a rates rebate



Spring is a great time of the year to visit the Botanic Gardens

See the Christchurch City Council website to see [what's in bloom](#) and [what events are on](#) at the Botanic Gardens.

Canterbury Job Market - Here comes Spring!

An update from Regan Jackson, Regional Labour Market Manager, Ministry of Social Development, Canterbury.

Canterbury has seen a **23 percent rise** in the number of jobs advertised over the past year, according to SEEK Country Manager Rob Clark, and there are no signs of this easing over spring and summer. This is great news as there are more jobs to apply for.

There are also a number of job fairs being held over the next couple of months which are a great way to meet employers who are looking for workers.

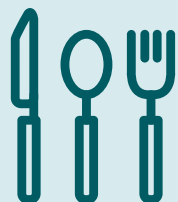
There are some exciting opportunities and events happening in Canterbury for you. See below for more details.



Job Opportunities

Retail

During Summer big retail stores, such as Mitre 10 and mall outlets, look for summer retail assistants. If you are looking for full-time or part-time work or are a student looking for holiday work then watch out for advertisements in shop windows. Check SEEK and TradeMe for more information.



Hospitality Sector

The border openings will mean there are incoming tourists who need accommodation and hospitality as well as new conference bookings for our city. Roles such as Food & Beverage, Front of House, Room attendants and Kitchenhands will be on offer. Check out the large hotels or the [Te Pae Convention Centre](#).

Seasonal Work

Seasonal work always picks up when the sun shines on our farms. See the [Opportunity Grows Here website](#) for jobs in farming, forestry, aquaculture and horticulture.

Also local nurseries often need staff such as Trents and Zealandia.



Outdoor Environment

Repairs are needed to our environment following extreme weather events and flooding in winter. [Citycare](#) have a number of roles and are currently recruiting a team of waterways labourers.

Employment Focus

More Job Opportunities

MBIE Immigration NZ

Currently, MBIE Immigration NZ are recruiting for Immigration Officers to process Visa applications. They have partnered with Randstad for hiring Immigration Officers for full time permanent positions in Christchurch. For more information or to apply see [SEEK](#).



Customer Service Representatives

Work and Income and IRD often recruit for Customer Service Representatives. You can keep a look out for these roles by regularly checking jobs.govt.nz.

Healthcare: Aged Care and Hospital

Entry level jobs are plentiful and some companies provide NZQA level training.

Major contacts include [Rymans](#), [Summerset](#), [Oceania](#), [Bupa](#) and [Te Whata Ora Waitaha](#) [Canterbury District Health Board].



Go Digital

Most of the recruitment is now done by employers using their company websites or major sites such as www.seek.co.nz, www.indeed.com, and <https://jobs.govt.nz>

Most local libraries offer free wireless (wifi) internet as well as free internet access on library computers.

Your Case Manager can support you in your employment journey

Your Case Manager can guide you on your options from upskilling and training for jobs through to applying for jobs. They can assist with preparing CVs, cover letters, enhancing interviewing skills, upskilling, exploring job opportunities and referring to appropriate and desired roles.

Our Work Broker can also help by connecting jobseekers with potential employers for the interview stage. The final hiring decision is always and solely at the employer's discretion.



MAHI FOR ME

Connected Waitaha is proud to announce the Employment Roadshow & Job Fair!

For the month of September, partnering with MSD, we will bring the Connected and MSD Employment Service on the road to various libraries across Ōtautahi Christchurch, thanks to our partners from Christchurch City Council.

Finishing the two week long tour with a Job Fair finale at Tūranga Library, 60 Cathedral Square.

JOB FAIR

All are welcome to attend this job fair. There will be a wide range of employers and over 1,000 jobs going.

Various industries will be there including manufacturing, construction, health-care, community support, retail, hospitality, to name a few.

Looking for study options? Speak to educational providers like NZMA and Ara Institute of New Zealand who will also be there.

WHAT | Job Fair - Come and get a job! Bring your CV and Dress for an interview

WHERE | Tūranga Library, Ngā Purapura | Activity Room, Hāpori, Level 1

WHEN | Thursday 21st September, 12:00pm

Connected»
.govt.nz

Canterbury

Find **jobs, courses, business support and events** in Canterbury, home to New Zealand's digital city and largest agricultural region

EMPLOYMENT ROADSHOWS

Speak face-to-face with an Employment Liaison Advisor and Work Broker.
Various employers with job vacancies are hiring so **bring along your CV.**

**6
Sept** **Lyttleton Library I 12:00pm to 1:00 pm**
18 Canterbury Street, Lyttleton

**7
Sept** **Linwood Library I 12:00pm to 1:00 pm**
First floor Eastgate Mall, 20 Buckleys Road, Linwood

**8
Sept** **New Brighton Library I 12:00pm to 1:00 pm**
213 Marine Parade, New Brighton

**13
Sept** **Shirley Library I 12:00pm to 1:00 pm**
36 Marshland Road, Shirley

**14
Sept** **Papanui Library I 12:00pm to 1:00 pm**
35 Langdons Road, Papanui

**15
Sept** **Upper Riccarton Library I 12:00pm to 1:00 pm**
71 Main South Road, Sockburn

**20
Sept** **South Christchurch Library I 12:00pm to 1:00 pm**
66 Colombo Street, Cashmere

**21
Sept** **JOB FAIR I Tūranga Library at 12:00pm**
Ngā Purapura I Activity Room, Hāpori I Community Level 1
60 Cathedral Square, Christchurch



**MINISTRY OF SOCIAL
DEVELOPMENT**
TE MANATŪ WHAKAHIATO ORA

Connected»
.govt.nz

**Christchurch
City Council** 

JOB FAIR

SATURDAY 27 AUGUST



Come and get one of the hundreds of jobs available now at Christchurch Airport!

Is serving customers with a smile what you like to do? Or do you prefer to make things happen behind the scenes? Either way there's a job here for you. Come join our exciting airport community as travel takes off again.

We have more than 20 employers needing people right now. With more than 250 jobs available, you could start immediately in retail, hospitality, baggage handling, government agencies, or airlines, to name a few.

You'll need to be any age from 16 upwards, and whether you have loads of experience or are starting out, airport employers want to meet you.

Come along to the Christchurch Airport Job Fair

Saturday 27 August

100 Orchard Road, Christchurch Airport Campus

Register for the session that suits you:

- Session 1: 9am - 11am
- Session 2: 12pm - 2pm
- Session 3: 3pm - 5pm

Entry and parking at the Job Fair is free. Find out more about [getting here](#), what to bring and employers attending on the day.

Register now

Cost of Living Payment

Inland Revenue will pay the Cost of Living Payment announced by the Government in the Budget, automatically if you are eligible.

You may be eligible if on the day IRD check for eligibility they can confirm you:

- earned \$70,000 or less in the period 1 April 2021 to 31 March 2022
- are not entitled to receive Winter Energy Payment because you receive the NZ Super or a qualifying benefit from MSD
- are aged 18 or older
- are both a New Zealand tax resident and present here
- are not in prison.

If you get a Student allowance, you'll get the payment if you meet the other eligibility criteria.

There is no need to apply. The payment will be made into the bank account number IRD hold for you.

For those who are eligible for the Cost of Living Payment please ensure your bank account details are up to date. You can check this online in myIR.



Inland Revenue
Te Tari Taake

The payment is not taxed and is \$350, split into 3 monthly payments on the following dates:

- 1 August 2022
- 1 September 2022
- 3 October 2022

For more information see [IRD's website](#).

My MSD



**MINISTRY OF SOCIAL
DEVELOPMENT**
TE MANATŪ WHAKAHIATO ORA



MyMSD is the Ministry of Social Development's online service where you can apply and manage your information online.

You can use MyMSD on your smartphone, tablet or computer. It's for anyone receiving payments from Work and Income, Senior Services or Youth Service.

It's easy to set up a MyMSD - all you need to get started is your client number.

For more information See [Work and Income's website](#) or the [MyMSD website](#) or speak to your Case Manager.

myMSD

Collective Impact Board Update

The Collective Impact Board has published its Annual Report

The Collective Impact Board has published its Annual Report for the year ended June 2022.

You can find a copy of the Annual Report on the [Collective Impact Board's website](https://www.collectiveimpactboard.org.nz).

The reports includes the themes gathered from the Community Engagement sessions held in May 2022. The Board would like to thank everyone who attended these sessions for their feedback and contribution to their work programme.



Upcoming public consultations

There are a number of opportunities to have your say coming up over the next few months.

DPMC's Long Term Insights Briefing

The Department of the Prime Minister and Cabinet (DPMC) and the Ministry of Foreign Affairs and Trade are leading engagement on the National Security Long-Term Insight Briefing: 'Engaging an increasingly diverse Aotearoa New Zealand on national security risks, challenges and opportunities.'

Public consultation on the draft briefing will open in September and this will be hosted on the [DPMC consultation hub](#).

National Action Plan Against Racism

The Ministry of Justice has partnered with the National Iwi Chairs Forum to develop a National Action Plan Against Racism that reflects the unique history, challenges, and aspirations of Aotearoa New Zealand. The Plan aims to progressively eliminate racism at all levels and in all forms.

Community voices are crucial for developing the Plan's priorities and actions. The Ministry is undertaking focused engagement across the country until October 2022 and wants to hear from a diverse range of people, especially those who experience racism.

If you would like to get involved, or learn more about this work, please email endingracism@justice.govt.nz.

Review of Content Regulation

The Department of Internal Affairs (DIA), together with the Ministry for Culture and Heritage, is conducting a review of how media and online content is regulated in New Zealand. The review recognises that Aotearoa's content regulatory system is out of date and not fit to protect New Zealanders from harmful content in the digital environment.

Over 50 workshops have been held to understand the impacts of harm being experienced by communities and hear ideas on how to improve content regulation. From September to November there will be an opportunity to share views on the thinking so far.

For more information see the [DIA website](#).



Muslim Wellbeing Ōtautahi

Provided by Purapura Whetu Trust

For more information please visit our website www.muslimwellbeing.maori.nz, and keep up to date with events on Facebook and Instagram @MuslimWellbeingŌtautahi

Who are we?

Muslim wellbeing Ōtautahi is a health and wellbeing service that was formed to allow support that was not only sustainable but also culturally and spiritually appropriate for the Ōtautahi (Christchurch) community following the 2019 Christchurch terror attacks. Social and community support workers were handpicked from, and by, the local Muslim community.

Initially the scope of the service was to provide support for those directly affected by the attacks, but then broadened to support the wider Muslim Community in Ōtautahi.

Muslim Wellbeing Ōtautahi is provided by Purapura Whetu Trust. Established in 2002, Purapura Whetu Trust is a kaupapa Māori health, wellbeing, and social service provider in Waitaha, Aotearoa (Canterbury, New Zealand).

As a faith-based service, we recognise that people are in different places on their spiritual journey. We want to emphasise that there are no religious or spiritual expectations to be able to receive support from us or participate in any of our events or activities.

What services do we offer?

Examples of a few services we provide are:

- connecting individuals and whanau with social, legal, and community services
- connecting them with community groups and programmes to enhance their wellbeing
- accessing other services according to their needs
- finding training, study, and job opportunities including support with applications
- identifying goals and supporting them with the steps to achieve them
- building bridges within the community
- counselling and therapy
- connecting individuals to Imams – either locally or externally based – to receive spiritual support

Your needs are our priority, and we understand that every situation is unique, so we tailor our support to suit you. We provide a confidential and non-judgmental services in whatever environment suits you best such as in your home and/or out in the community. Our services are appropriately delivered for all ages.





Muslim Wellbeing Ōtautahi

Provided by Purapura Whetu Trust

Funded services

You may be eligible for funding for select services including:

- private therapy sessions with registered counsellors, psychologists, and family therapists
- mental health physiotherapists who provide interventions that are focused on both physical and mental health
- referral to a Muslim Health Coach who can provide self-management support to assist individuals to enhance their physical, social, and emotional wellbeing

Please note that the funding for these services may change in September 2022.

How can you access services?

If you would like to access our service, please complete our **Referral Form which can be found on our website** www.muslimwellbeing.maori.nz and we will contact you. You can refer yourself or someone else on their behalf.

Website and social media

Our website has just launched!

The intention behind creating the website was to create a space for our community to have access to resources and information that will help them stay connected and informed.

We have a 'What's On' page that has information on the events that we are running. We are currently working on a 'Community notice board' which will have all the events that are running in Ōtautahi, alongside information about Muslim run business. If you would like to be added to this list, please contact us through our website.

Another exciting aspect of the website is the 'Resources' pages which we have broken down into 9 categories: General, March 15th, School, Health & Wellbeing, Youth, Muslim, Financial, Helpline and Glossary. This page gives you access to information and contact details about services available to you. If you have any suggestions of resources we should add please let us know!

For more information please visit our website www.muslimwellbeing.maori.nz, and keep up to date with events on Facebook and Instagram @MuslimWellbeingŌtautahi





Muslim Wellbeing Ōtautahi

Provided by Purapura Whetu Trust

Community Events

Community events are a fantastic way to build bonds and connect. We recognise that they may be few and far between. Muslim Wellbeing Ōtautahi introduces Chai & Chat sessions, fortnightly social connection sessions where you can meet and hangout with others in the Ōtautahi Muslim community. Click on the images below to find out more details or see the 'What's on' page on our website.

For the Men and Boys

CHAI & CHAT
For men 25+
A space open every fortnight for you to regularly come and connect over chai.
Fortnightly from
Wednesday 3rd August
2022
6pm - 7:30pm
For location
contact Abdifatah
021 738 223

www.muslimwellbeing.maori.nz
Muslim Wellbeing Ōtautahi

Purapura Whetu
Whaka te kōwhiri

**BOYS
GAME NIGHT**
Ages 16+
Starting from Wednesday 27th July 2022
6pm - 7:30pm
Abdifatah - 021 738 223

www.muslimwellbeing.maori.nz
Muslim Wellbeing Ōtautahi

Purapura Whetu
Whaka te kōwhiri

For the Women and Girls

Chai & Chat
A fortnightly social event for Muslim women to reconnect and make new friends
Fortnightly from
Tuesday 2nd August 2022
6pm - 7:30pm
For location text
Mariam: 021 0819 7532

www.muslimwellbeing.maori.nz
Muslim Wellbeing Ōtautahi

Purapura Whetu
Whaka te kōwhiri

GIRLS NIGHT
BUILD BONDS
AND CREATE FRIENDSHIPS
WITH YOUR FELLOW MUSLIM GIRLS
OVER A CUP OF CHAI
FORTNIGHTLY FROM
TUESDAY 26TH JULY 2022, 6PM - 7:30PM
FOR LOCATION TEXT MARIAM: 021 0819 7532
GIRLS 16+

www.muslimwellbeing.maori.nz
Muslim Wellbeing Ōtautahi

Purapura Whetu
Whaka te kōwhiri



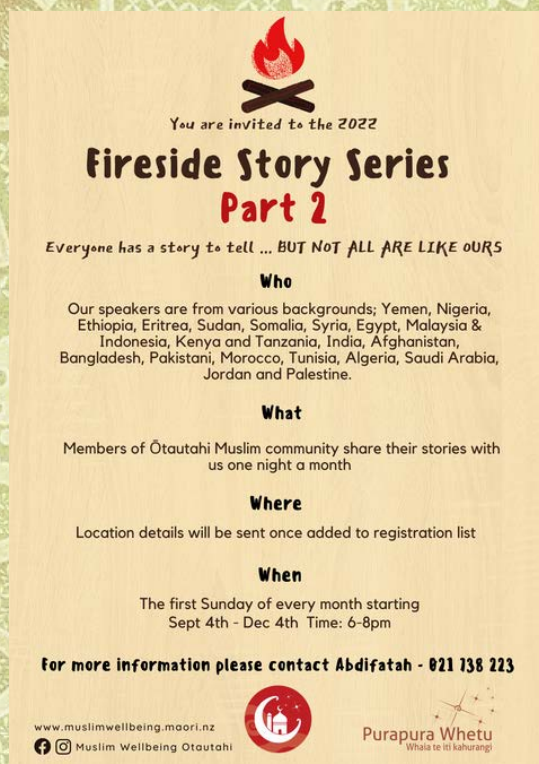
Muslim Wellbeing Ōtautahi

Provided by Purapura Whetu Trust

Community Events

Other events include Islamic Art Workshops, Orana Wildlife Park Trip, fireside stories etc. Check out all the amazing events on our website '[What's on](#)' page.

For more information please visit our website www.muslimwellbeing.maori.nz, and keep up to date with events on Facebook and Instagram @MuslimWellbeingŌtautahi



You are invited to the 2022

Fireside Story Series Part 2

Everyone has a story to tell ... BUT NOT ALL ARE LIKE OURS

Who

Our speakers are from various backgrounds; Yemen, Nigeria, Ethiopia, Eritrea, Sudan, Somalia, Syria, Egypt, Malaysia & Indonesia, Kenya and Tanzania, India, Afghanistan, Bangladesh, Pakistani, Morocco, Tunisia, Algeria, Saudi Arabia, Jordan and Palestine.

What

Members of Ōtautahi Muslim community share their stories with us one night a month

Where

Location details will be sent once added to registration list

When

The first Sunday of every month starting
Sept 4th - Dec 4th Time: 6-8pm

for more information please contact Abdifatah - 021 138 223

www.muslimwellbeing.maori.nz
f Muslim Wellbeing Ōtautahi

Purapura Whetu
Whaka te iti kahurangi



PARENTS MEET UP!

IN COLLABORATION WITH
AN-NUR LEARNING COMMUNITY HUB

A CHANCE FOR PARENTS TO CONNECT WITH OTHER
PARENTS IN THE ŌTAUTAHĪ MUSLIM COMMUNITY!

THERE WILL BE GAMES, ACTIVITIES AND FOOD

DATE AND TIME TO BE CONFIRMED

Purapura Whetu
Whaka te iti kahurangi



Orana Wildlife Park

The Muslim Wellbeing Team are offering free "October School Holiday" tickets to go to Orana Wildlife Park

Free ticket includes 1 adult and up to two children (aged 5-14 years).

* Limit of 1 ticket per family

* Student (15+) and senior (60+) tickets are available for purchase at a discounted rate when you provide your I.D

**Wednesday October 5th and
Thursday October 13th**

10am - 5pm (Orana Wildlife Park opening hours)

Please contact 021738223 to submit your request as spaces are limited.

www.muslimwellbeing.maori.nz f Muslim Wellbeing Ōtautahi



Islamic Geometric Youth Art Workshops

with local artist Sudi Dargipour

Every Monday for six weeks

Registration \$30
(only \$5 per session)

Equipment will be provided

For more information
please contact:

Mariam - 021 0819 7532

www.muslimwellbeing.maori.nz



COVID-19 remains at Orange Light setting

New Zealand remains at the COVID-19 Orange Light setting, however extra measures are being put in place to help reduce the spread of COVID-19.

Key points to note:

- New Zealand to remain at Orange as case numbers start to creep up.
- Free flu vaccine made available to all children aged 3 to 12 years old.
- A second COVID-19 Booster will be made available for anyone over 50.
- 50 child-size masks made available to every Year 4 to 7 student in New Zealand from the beginning of Term 3.
- 20,000 to 30,000 masks provided a week to all other students and school staff.
- Extra funding to schools and early childhood services to support better ventilation over the winter months.
- Reinfection advice amended. Anyone who experiences symptoms 29 days or longer after a previous infection should get a test and will need to isolate if they test positive.

Self isolation and testing positive for COVID-19

- The self-isolation period remains at 7 days.
- Household contacts need to have a RAT on Day 3 and Day 7 of their isolation.
- If symptoms are still present on Day 7 you should isolate for another 24 hours after symptoms have cleared.

If you are self-isolating and need support you can contact your Case Manager Monday to Friday 8:30am to 5:00pm. You can call the COVID-19 Welfare Response Team on 0800 512 337, they are available between 8:00am and 1:00pm on weekends and statutory holidays.

Vaccinations

Getting vaccinated is the number one thing New Zealanders can do to help relieve pressure on our health system this winter.

A **second COVID-19 booster** is available for:

- everyone over the age of 50 and recommended for anyone over the age of 65
- Māori and Pacific Peoples older than 50
- people who are severely immunocompromised
- health, aged-care and disability workers over the age of 30.

Anyone who is eligible for a second booster can get one from:

- walk-in and drive-through vaccination centres
- booking online using [BookMyVaccine](#)
- calling the COVID Vaccination Healthline on [0800 28 29 26](#).

Flu shots are available by booking with GPs or local pharmacies.

Diagnosis, testing and treatment for COVID-19 is free. It does not matter what your citizenship, visa status, nationality or medical insurance coverage is.

For the latest COVID-19 information please visit the following websites:

- [Ministry of Health](#)
- [Unite against COVID-19](#)
- [Care in the Community](#)

**Unite
against
COVID-19**

Mental Health and Wellbeing

Need to talk?



There are several counselling options available to you:

- Free call or text **1737** any time, day or night, to talk with a trained counsellor
- Talk to your **General Practitioner** (GP). If you don't have a GP, and would like help to find one, then please let your Case Manager know.
- **Purapura Whetu** - offer free individual support for people with a suspected, developing or identifiable mental illness, and/or an addiction problem. Visit the [Muslim Wellbeing Ōtautahi](#) website, contact muslimwellbeing@pw.maori.nz or call (03) 379 8001.
- **Christchurch Resettlement Services** (CRS) - can provide counselling for people who are migrants and refugees. See [CRS](#) website or call (03) 335 0311.
- **Diversity Counselling New Zealand** - offer four free phone or online counselling sessions. Services are provided by ethnic, registered professional counsellors and clinical psychologists in Arabic, Somali, Amharic, Hindi, Tamil, Sinhalese, German, Bemba, French, Mandarin, Japanese, English, Bengali, Punjabi, Korean, Telugu, Nyanja and Spanish. For other languages, they use professional interpreters. Call 0800 143 269 or text on (021) 0262 5587 between 9am to 5pm, Monday to Friday.
- The **Canterbury Charity Hospital** offers free counselling services. Visit the [Charity Hospital](#) website or call (03) 360 2266.
- **Victim Support** can connect you to counselling. Visit [Victim Support's](#) website, talk to your Victim Support worker or call 0800 842 846.
- The **Women's Centre** offers free counselling services for women. Visit the [Women's Centre](#) website or call (03) 371 7414.
- **Canterbury Men's Centre** offers counselling for men. Visit the [Canterbury Men's Centre](#) website or call (03) 365 9000.

Youth Support

There are a number of organisations providing support for children and youth:



- **YouthLine** - free call **0800 376 633** or free text **234** to be connected to a counsellor trained to support young people.
- Free call or text **1737** any time, day or night, to talk with a trained counsellor.
- **298 Youth Health** provides free counselling and medical care for children and young people aged 10 to 24 years. Visit the [298 Youth Health](#) website or call (03) 943 9298.
- For support for wellbeing concerns for your child or young person:
 - For 0-12 years - support coordinated by **Family Works**. Email janiceh@psusi.org.nz or phone (03) 363 8214
 - For 13-24 years - **Manu Ka Rere** is a free service for young people who are seeking wellbeing support. They offer face to face counselling, group work therapy, education and other activities. Email office@manukarere.org.nz or phone (03) 281 7616



The Kaiwhakaoranga Service can help either directly or by supporting access to the following services:

Employment



- Help with job applications - CV, cover letter
- Support to develop an employment plan
- Training and upskilling for employment pathways
- Interview skills and job preparation
- Support to get NZQA qualification recognition

Professional



Support to access or help with:

- Immigration processes
- Legal advice / victim support
- Education pathways, such as ESOL
- Driver's licencing

Financial



- Work and Income benefits
- MSD Accommodation Supplement
- IRD Tax Credits
- ACC Payments
- Self-employment flexi wage
- Supporting access to budgeting and financial planning support

Housing



- Support to access private rentals
- Support to access pathways to home ownership
- Support to apply for public housing including completing a housing assessment
- Support finding temporary housing solutions

Social and Community



Support to access:

- General interest groups
- Sports and team activities
- Volunteering

Health and Wellbeing



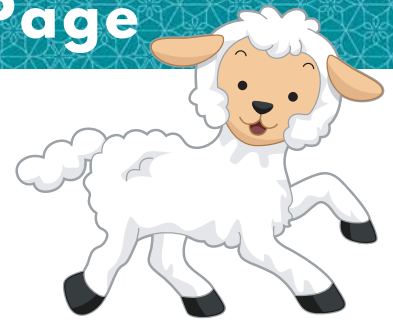
Support to access:

- Counselling and mental health support
- ACC health and wellbeing support
- Medical professionals e.g. GP's, Nurses, Dentists
- Well child and public health programmes

If you don't see the service you need above, then please contact us and we will see if we can help.



Children's Corner and Colouring Page



Spring activities for children

- **Bird Feeder** - Upcycle a used milk bottle into a bird feeder to help birds feed their chicks
- **Grow a sunflower.** Sunflowers are a great plant for kids to grow. They grow pretty fast during the summer and kids will love to see if they can grow the tallest sunflower.

For more ideas visit the [kidspot website](http://www.kidspot.com.au).

