

FEBRUARY 2024, ISSUE 18

# KAIWHAKAORANGA PĀNUI

## KIA ORA ...

### Welcome to the 18th 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 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 have to be receiving income assistance from MSD to be part of the service.

People who do not have a case manager can email [support@msd.govt.nz](mailto:support@msd.govt.nz) or call **03 961 9257**.

## This month's edition features important information about

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- Selwyn District Council.....page 3
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- Payment dates over Easter.....page 4
- Employment and Training.....page 5&6
- Bike Bridge.....page 7
- Christchurch Resettlement Service.....page 8&9
- Mental Health and Wellbeing.....page 10
- Kids Corner.....page 11&12

Hope you enjoy this update and please let us know any feedback by emailing [support@msd.govt.nz](mailto:support@msd.govt.nz)

Take care.

السلام عليكم  
Assalamu Alaykum



# Kaiwhakaoranga Service update



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ وَبِهِ نَسْتَعِينُ

In the name of Allah, the most Gracious, the most Merciful and in he we seek help.

Kia Ora, Assalamu Alaikum,

It is hard to believe that we are half way through February and I have been in the role for three months now. I have enjoyed getting to know our partners and have met with some of you over this time.

Children are back at school, including my own, and so the routine of school lunches and homework begins again. Remember, if you need any support for back to school costs, please see the [Work and Income website](#) or talk to your case manager to find out more.

I enjoy hearing about the people in our service working towards and getting into work. The benefits of work are many. It challenges you and helps to build up your skills and knowledge, it provides you with income to support yourself and enables you to explore your interests, it can improve your physical and mental well-being and amongst other things gives you a sense of pride and personal achievement. On page 5 and 6 there are details of some employment and training opportunities that may interest you. If you want to know more please contact your case manager.

As the holy month of Ramadan is approaching, I want to take the opportunity to wish you a blessed Ramadan. May the month's blessings bring you and your loved ones peace, happiness and prosperity. Ramadan Mubarak!

If you want to talk to me about the service you receive, please don't hesitate to contact me.

## **Talal Msalem**

Kaiwhakaoranga Service Manager

talal.msalem001@msd.govt.nz. or 029 921 3858

## **HELP WITH PERMANENT RESIDENCE AND CITIZENSHIP FEES FOR SELWYN DISTRICT RESIDENTS**

In response to the Collective Impact Board raising the need for support for Permanent Residence and Citizenship fees for those affected by the 15 March attacks, Selwyn District Council have offered to consider financial support with fees to those currently residing in Selwyn District.

If you are a resident of Selwyn District and need help with the costs for Permanent Residence or Citizenship fees for you and your family, you may be able to get assistance.

You maybe able to get help if you are:

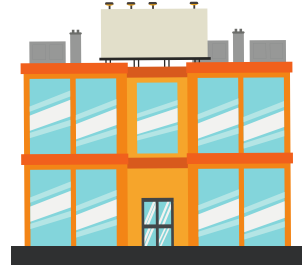
- currently residing in the Selwyn District,
- required to pay for fees for Permanent Residence or Citizenship, and
- you have been affected by the attacks of 15 March 2019.

You can apply by getting in touch directly with Sean Tully at Selwyn District Council [sean.tully@selwyn.govt.nz](mailto:sean.tully@selwyn.govt.nz)

This limited fund does not cover any fees for Permanent Residence or Citizenship which have already been paid and will expire on 30 June 2024 or once the funds have been exhausted.

## Papanui Service Centre temporary closure

The Papanui Service Centre will be closed for refurbishment from Friday, 16 February and will reopen on Tuesday, 12 March 2024. If you need assistance over this time please call our Contact Centre on 0800 559 009 or your case manager.



## Easter Break and Payment Dates

Easter is earlier this year from 29 March to 1 April 2024

All of our Canterbury MSD Service Centres will be closed on these days. The Contact Centre will be open on Saturday, 30 March, 8am to 1pm, ph 0800 559 009.

### *Payments*

If you're normally paid on Tuesday 2 April, you be paid early on Friday, 29 March. This payment will be available by EFTPOS and ATM machines.

All other payments over Easter will not change.



## Benefit and payment rates increase due to the Annual General Adjustment

On 1 April 2024 benefit and payment rates will increase due to the Annual General Adjustment. These changes will happen automatically, you don't need to do anything.

The Annual General Adjustment is a yearly process of adjusting benefit and payment rates to account for either the Consumer Price Index, or the net average wage. Benefits and payments include main benefits, NZ Superannuation, Veteran's Pension and Student Allowance.

The new rates will be available from mid March on the [Work and Income Website](#)

# Employment and Training Opportunities

After a successful event last year, the Health and Employment Expo is BACK!

This event is for people that may need extra support with their employment journey. The purpose of the expo is to connect jobseekers with employment service providers and community health organisations.

**When: Thursday 29th February, 10am to 11:30am**

**Where: Linwood MSD Service Centre, 154 Aldwins Road, Linwood**



## HEALTH & EMPLOYMENT EXPO

### Linwood MSD Service Centre

Come along and meet our health providers and employers, who can support you with your health, wellbeing and employment journey.



THURSDAY 29TH FEBURARY  
10AM - 11:30AM



LINWOOD MSD SERVICE CENTRE -  
CONNECTED SPACE - 154 ALDWINS  
ROAD, LINWOOD



MINISTRY OF SOCIAL  
DEVELOPMENT  
TE MANATŪ WHAKAHIATO ORA

Connected  
.govt.nz



Connected  
.govt.nz



## EmpowHer

Connecting **Selwyn** Ethnic Women

Are you an ethnic woman  
residing in Selwyn district?

On this International Women's Day, join us for a one-day workshop to inspire your next steps in life and work.

- Hear from inspiring keynote speakers
- Explore your values and strengths
- Connect with fellow ethnic women and panel members



**08th March, 2024**

**09:30am to 2:30pm**



**Lincoln Event Centre  
15 Meijer Drive, Lincoln**



**Morning tea and lunch provided.  
Limited Spaces.**



**[Sarah.Cobbold@selwyn.govt.nz](mailto:Sarah.Cobbold@selwyn.govt.nz)**



**BOOK NOW**



**There will be another Ethnic Women's event to be held in Christchurch later in March - details to come.**

# Bike Lessons

For former refugee and migrant women.  
Run by women, for women.

Location: Addington School

Wednesdays 24<sup>th</sup> Jan – 3<sup>rd</sup> April 2024

5-7pm - come when you can.

Lessons are FREE.

Bikes & helmets provided.

[www.radbikes.co.nz/bikebridge](http://www.radbikes.co.nz/bikebridge)

[bikebridge@radbikes.co.nz](mailto:bikebridge@radbikes.co.nz)

Check Facebook page for updates.



تعليم ركوب الدراجة

学骑自行车

बाइक चलाना सीखो

बाइक चलाउन सिक्नुहोस्

Aprender a andar en bicicleta

A'oa'o ti'eti'e i se uila

Ako heka pasikala

Matutong magbisikleta

دوچرخه سواری یاد بکړ

سائیکل پر سوار ہونا سیکھیں

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ብስክሌት ማገዳት ይማሩ

Baro sida loo wado baaskiilka

बाइक चलाउन सिक्नुहोस्

자전거 타는 방법 배우기



## Bike Bridge





# Christchurch Resettlement Services

Christchurch Resettlement Services (CRS) provides support to people from refugee and migrant backgrounds living in Ōtautahi/Christchurch to settle successfully in Aotearoa/New Zealand by providing a range of professional services that build on strengths to promote wellbeing and resilience.

## CRS Services



### Bilingual Community Work

Providing cultural, linguistic and community-based support to clients from refugee backgrounds and staff across all areas of service delivery.



### Social Work

A social work response for resettlement and adjustment issues, mental health and family violence.



### Health Promotion

Improving social inclusion, wellbeing and positive health practices for people from refugee and migrant backgrounds.



### Culturally and Linguistically Diverse (CALD) Counselling

Providing counselling for people from CALD backgrounds, either in their mother tongue, or through an interpreter.



### Bilingual Tutor and Childcare Support Service at Living Well Christchurch

Supporting the learners at English Language Partners Literacy Programme



### Psychosocial and Mental Health Support

For people affected by the 15 March mosque attacks



## Ladies' Swimming Programme

This programme is only for women (and boys under 5 years old)

A tutor assists attendees to learn to swim

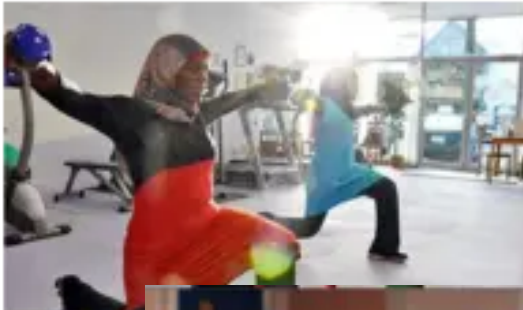
WHEN: 2-4 pm on every Sundays during school term

WHERE: Pioneer Stadium, 75 Lyttelton Street, Somerfield (on Orbiter bus route)

COST: \$2 per woman, \$1 per woman aged 5-17 years, free for girls and boys under 5 years



CONTACT: Denise 03 3350311 (ext 33) or [denise.h@crs.org.nz](mailto:denise.h@crs.org.nz)



## Ladies' Exercise to Music Programme

This programme is open to ladies from refugee and migrant backgrounds

WHEN & WHERE:

- Every Monday 1:00-2:30pm at Linwood Pool, 141 Smith Street, Linwood.
- Every Thursday 10:30-11:30am at Harvard Community Lounge, Corsair Drive, Wigram. (During school Term)

COST: Free

CONTACT: Denise 03 3350311 (ext 33) or [denise.h@crs.org.nz](mailto:denise.h@crs.org.nz)

For more information visit CRS's webpage at [crs.org.nz](http://crs.org.nz)

Phone: +64 (03) 335 0311

Fax: +64 (03) 335 0312

# 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** - Visit the Muslim Wellbeing website, call (03) 379 8001 or [muslimwellbeing@pw.maori.nz](mailto:muslimwellbeing@pw.maori.nz).
- **Christchurch Resettlement Services** (CRS) - can provide support 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](mailto: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](mailto:office@manukarere.org.nz) or phone (03) 281 7616

# Children's Corner | Word Search

Find the Ramadan words below.  
Circle the words when you find them.



A Z D F R D A Q L A T A L Y A L W G W H L W I  
 G R A T I T U D E R E Y A R P T S R D R G W X  
 U V H P G P P E N A G K I Q R A M A D A N Y M  
 P A T I E N C E I Y S Z M S J J C D I I Z A Z  
 L Z O X L A Z I A D C U A L L J Z L V Z A I L  
 N A L I G H T N K C U W N U A A R H S J Q G I  
 U U G P H D G N R X E V Q S L H M I U T S S X  
 R M A D F A P T A J U L G P E N A L H A C W J  
 X W S E C Y Q L L M L G A G K T P A O R T C P  
 C F R Y A M U X X H J X D H O M A L O A B E O  
 J B M O S A H A R A T Y A Y Z R K Q R W X R P  
 W Q G B P S A L I E K Y H X U F E J N I G I O  
 S S P Z Q P L Z D E E G A R B W S I O H T Y W  
 M E P G W O A V Q Z C V H Q T A K A Z W Z Z M  
 X O Z X S H S V V B D S S D G R A T F I Q J J  
 G Q S I R S Q A N Z Y U S U N R I S E B B V R

Find the following words in the puzzle.  
Words are hidden ↑ ↓ → ← and ↘ .

EID  
 GRATITUDE  
 HAJJ  
 HILAL  
 IFTAR  
 ISLAM  
 LAYLAT AL QADR  
 LIGHT

MADFA  
 MOSAHARATY  
 PATIENCE  
 PEACE  
 PRAYER  
 RAMADAN  
 SALAH  
 SHAHADA

SUHOOR  
 SUNRISE  
 SUNSET  
 TARAWIH  
 ZAKAT

Created using word search generator on Super Teacher Worksheets - [www.superteacherworksheets.com](http://www.superteacherworksheets.com)



