



2 November 2009

## Greetings - Kia ora koutou

Welcome to the Settlement Support Newsletter.

This newsletter tries to keep in touch with migrants and others in the network; and let you know about information and events that might interest you.

There are many events and opportunities for you to step out. Don't miss the Art Beat event in Cafler Park in a few weeks. A great free family event. If you are feeling slow after the winter, 'Step into Spring' now that the days are longer. Sport Northland wants to help us get more exercise!

There are new things happening at the Migrant Centre – Parenting group, Career Advice, and Friday social lunch. So, step out and come in.

I hope to see you at an event soon.

Ellen Altshuler, Coordinator

## Learn about Maori customs and values

### Tikanga Maori

**Free seminar, Fri 27 Nov, noon – 2:30pm**

'Tikanga Maori' refers to the customs and values that are central to Maoritanga. This workshop is an opportunity to learn about and experience the meaning of important Maori concepts; creating a gateway to developing a greater understanding and relationship with Maori culture.

Many migrants and newcomers to Whangarei are keen to make contact with Maori and learn about Te ao Maori – the Maori world. Settlement Support offers this free seminar at the Whangarei Migrant Centre. Don't miss this opportunity!

**Facilitator:** Annie Fox, Maori Cultural Advisor and Treaty Educator

**Date:** **Fri**, 27 November, noon – 2:30pm

**Venue:** Whangarei Migrant Centre,  
71 Bank St (upstairs)

Light lunch is included. Everyone is welcome



Dancers at the Diwali Festival -2009

## Invitation

### Settlement Network Meeting

**Wed 18 Nov, 9.30am - 1pm**

Twice a year, Settlement Support invites the Settlement Network (that's you) to a meeting.

This meeting brings together migrants, newcomers and services to discuss settlement issues; plans improvements to the information that newcomers receive and help people to feel welcome here; get an update on Settlement Support and other services for newcomers; and find out about the activities of the various migrant communities in Whangarei. And catch-up with people you've met before.

This Settlement Network meeting will continue to feature "Our Stories" – Whangarei migrants sharing their stories. Hear about migration to Whangarei; the dreams and the difficulties.

**Date:** Wednesday 18 November,  
9:30am – 1pm

**Where:** A'fare Function & Reception  
Lounge, 197 Lower Dent Street

Lunch included. For catering purposes, please let Ellen know if you will attend.

**For information and to register for these events,** phone Ellen Altshuler, Settlement Support Coordinator -470 3056 or email [ellena@wdc.govt.nz](mailto:ellena@wdc.govt.nz)

# What's on?



**Settlement Support & WMC presents:**

## **Parenting workshop (series) for migrants**

**Thursday 5 and 19 November, 10am-noon**

*If you missed the first workshop - come along on Thursday, 5 November & 19<sup>th</sup> at 10am.*

*The first parenting session at the Whangarei Migrant Centre, welcomed parents from all over the world. Glora Ramsay, a Parenting Coach from Parenting & Family Counselling, helped the group to share their experiences and gave good tools and strategies for everyday parenting.*

*Although the parents are from very different backgrounds, many of their needs, skills and expectations are similar. For migrants, living in new country or culture, the lack of support of extended family can create special challenges. Migrant parents sometimes miss out on information, social services and support that they need.*

*This workshop series is a great way for migrant parents to tap into support and ideas. There are two more sessions coming up. Anyone can join in. Childcare will be available if you book in. Next workshops will be Thursday 5<sup>th</sup> & 19<sup>th</sup> November, 10am - 12noon at the Whangarei Migrant Centre, 71 Bank St (upstairs).*

**To register and info: Contact Sabrina  
ph.430 0571 or Ellen ph.470 3056, or  
email [ellena@wdc.govt.nz](mailto:ellena@wdc.govt.nz)  
Everyone is welcome to attend!**

## **WMC Jobseekers Group**

### **Adapting to the Kiwi workplace – FREE seminar**

Depending on where you are from, your workplace in New Zealand may be a lot like the one back home – or not.

Join Jenny Huddleston from English Language Partners and Jean Ottley from Career Services rapuara to learn about the expectations your boss and co-workers may have (but may not always tell you), and how to make a good start in a new job. There will be plenty of time for questions. This is the last Jobseekers meeting – we hope to see you there!

**When:** Friday 27 November 10-11:30am,  
**Where:** Whangarei Migrant Centre  
71 Bank Street, 1st floor

RSVP appreciated to: [wmcjobseekers@gmail.com](mailto:wmcjobseekers@gmail.com)  
or (09) 430 0571

## **Northland Pacific Islands Dance Group**

### **Pacific Fundraise Party Night**

**20 Nov 7pm – midnight, ASB Lounge**

Island Night with live band *Familia* from Auckland; Buffet Supper. Entertainment – Tokelauan, Tongan, Fijian, Cook Island, Tahitian Dance. BYO. This is a fundraiser to travel to Tonga to donate hospital supplies to outer Islands.

Tickets: Adults \$25; Kids \$15; Under 5 - Free  
Ticket sales: Stephanie, ph. 430 2717 / 021 1482251. Venue: ASB Lounge, Western Hill Drive

## **Family fun at WINGS Birthday Bash!**

**Sat 5 Dec, 2-6pm, Hurupaki School, Kamo**

womens international newcomers group social

WINGS turns 3. Come and celebrate. Saturday 5<sup>th</sup> of December there will be a fun day for the whole family at Hurupaki School, 20 Dip Road, Kamo. Live entertainment with the Paul Hines Band. Bring a plate to share, drinks and all your family and friends. \$5 per person, children free. Bring a \$5 (unwrapped) gift for a needy child to be donated to CAP (Christians Against Poverty).

**Info. 430 3221 / 021 111 6711**

# Haere Mai

Settlement Support – Whangarei

November 2009



## Dealing with financial stress

### Where to go for help?

Our economy and community has been affected by the global economic recession, and this is making life more difficult for many. Some will be facing redundancy, a reduction in pay, a change of working hours, loss of invested money, the increased cost of living, or difficulty finding a job.

It's really important to take care of yourself when things get tough - and don't feel bad about asking for help when you need it.

### Where you can go for extra support?

If you think you may be depressed, talk to your doctor, or other health professional. Check Depression website for more info and advice [www.depression.org.nz](http://www.depression.org.nz). Or call the Depression Helpline on 0800 111 757 or text 5626 to talk to a phone counselor.

If you need to, don't hesitate to find a service you are comfortable with in your area. Here are a few of the other helpline services available:

|  |                          |
|--|--------------------------|
| Mensline   | 0800 636 754             |
| Lifeline   | 0800 543 354 or 437 5055 |
| Chinese Lifeline   | 0800 888 880             |
| Samaritans   | 0800 726 666             |
| Youthline  | 0800 376 633             |
| Kidsline   | 0800 543 754             |
| Healthline   | 0800 611 116             |
| Family Violence Info Line                                    | 0800 456 450             |
| Alcohol and Drug Helpline                                    | 0800 787 797             |
| Gambling Problem Helpline                                    | 0800 654 655             |
| Outline (for gay, lesbian, bisexual and transgender support) | 0800 688 5463            |
| Call Citizen's Advice Bureau for more contacts               | 438 8046                 |

## NZ International Film Festival

12-25 November

Each year a selection of films from THE NZ Int. Film Festival screens in Whangarei. If you enjoy films from around the world, you can catch the sort of films we don't usually get to see in Whangarei from 12-25 November. Films from France, Australia, Sweden, Denmark, Spain, USA, Italy and a comedy from Kazakhstan.

Check out Florian Habicht's, NZ film *Land of the Long White Cloud* about the famous annual surfcasting event at Ninety Mile Beach. Also, the Academy Award winner of Best Foreign Language Film 2009, *Departures*, a Japanese film by director, Yojiro Takita.

[www.nzff.co.nz](http://www.nzff.co.nz) for details or pick up a schedule at Sky City Cinema.

## Art Beat Festival

Sat 14 Nov at Cafler park

Street Theatre, Sculpture in the Park, Cultural Cuisine, Art & Craft Stalls, Performing Arts, 2 Stages of Live Music. Family Fun Day Out! Support Your Local Artists, Great Xmas Shopping.

Support the Whangarei Migrant Centre volunteers at their food stall.

## Weekly Social Lunch

Every Friday at Migrant Centre

There is a weekly shared lunch at the WMC, starting @ noon. So, bring your lunch with you and meet international people. Coffee and tea provided. You are welcome to bring your friends, colleagues or family with you.

## This is the place....

Explore and share Northland places at [www.thisistheplace.org.nz](http://www.thisistheplace.org.nz)

*Ko Tenei Te Wahi – This is the place* is a community project, lead by the Bleu Orb Charitable Trust, based in Northland. Browse the website to learn more about the region's cultural history, and stories and experiences of others.

*We all have our own special places, so why not get online and share them.*

# Haere Mai

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womens international newcomers group social

## Meets:

- Every 1<sup>st</sup> Wednesday of each month at 7pm at 1 Norfolk Street. \$3.00 and Members Free
- Friday coffee morning, at 10am-11:30am at Mokaba café (Town Basin)

## Special WINGS dates coming up:

|                      |                                  |
|----------------------|----------------------------------|
| 4 <sup>th</sup> Nov  | Monthly meeting                  |
| 13 <sup>th</sup> Nov | Drinks at Brauhaus Frings 5:30pm |
| 21 <sup>st</sup> Nov | Cultural Mystery Tour            |
| 5 <sup>th</sup> Dec  | Birthday Bash                    |

More info [www.wingsnz.org.nz](http://www.wingsnz.org.nz) or call Liane at ph. 430 3221/021 1116711

## 10,000 Steps Northland

### Exercise

Sport Northland urges everyone to move more and take 10,000 steps every day. From the time you get up in the morning till bedtime.

They say "If you are not very active right now, that's OK. It is important to start out slowly and gradually increase your activity over time. Even small increases in your daily activities can have a big impact on your health - small sustainable steps for life! Many people can reach 10,000 steps a day by adding a 30-minute walk to their everyday activities." Have a go!

## Sinterklaas Celebration

**Sat 28<sup>th</sup> Nov, 2 – 4pm, Migrant Centre**

This year the Dutch Sinterklaas and Zwarte Piet are coming to Whangarei. All children are welcome to meet them at the Whangarei Migrant Centre at Saturday 28<sup>th</sup> of Nov from 2pm (till approx. 4pm).

Pick up an application form, fill in the details and deliver the form with a small present for your child at the WMC, so Sinterklaas can give this present during the event to your child. To celebrate this event, please contribute \$5 per child for treats and drinks. Application forms are available at the WMC or by email, please contact Gwen ([gwen@kiwiras.com](mailto:gwen@kiwiras.com)) for this.

### Backgrounds of a celebration

*In the Netherlands, Saint Nicholas' Eve (Dec 5) is the main occasion for gift-giving.*

*The evening is called 'sinterklaasavond' or 'pakjes avond' (presents evening).*

*In the Netherlands, children receive their (Christmas) presents on this evening. Children traditionally put their shoe in front of the fireplace, then go to bed, and find the presents around the shoes on the morning. In the week before the 5<sup>th</sup> of December Sinterklaas and his helper Zwarte Piet often visit schools and other gatherings to meet children.*



Drop in and ask your questions face-to-face at

### Settlement Support Contact Centre

Every **Friday** from 9am – 4pm

Customer Service Centre, Forum North, Rust Avenue, Whangarei

## SETTLEMENT SUPPORT NEW ZEALAND

WHANGAREI

Phone: **09 430 4230 ext 8356**

Email: **ssnzwhangarei@wdc.govt.nz**

For settlement information, visit:

**[www.immigration.govt.nz/settlement](http://www.immigration.govt.nz/settlement)**



WHANGAREI  
DISTRICT COUNCIL

TE TARI MAHI  
Department  
of Labour

