

Communities are in high spirits!

During TANI's Regional Network Meeting, Jenny Tanner, Onehunga District Council of Social Service, stated that it is "time to set the reset button, look at transitioning to rebuilding and adapting to a new normal." A total of 17 speakers, who represented our ethnic communities, the media, and community-based healthcare and social service providers were invited to this network meeting via Zoom on 20th May. They provided updates on their activities amid the challenges of COVID-19, and shared heart-warming stories about how they supported communities in need with the help of technology and online programmes.



The stories shared during the meeting revealed that our communities were well-supported to take the right actions as they had good access to updated COVID-19 information. The support systems and services put in place ensured that our communities stayed connected and were well taken care of. The ethnic media played a key role between government agencies, mainstream media, and ethnic communities by translating and sharing information in their own languages through a range of their preferred channels as migrant communities have been struggling.



Thanks to our well-coordinated social welfare system, people running small business and those who lost jobs were helped to get through these tough times of financial hardship. Although some people were reluctant to reach out for help due to cultural stigma, many families were supported through the provision of basic food and security from local food banks. In partnership with local communities, NZ Police also worked at the front-line;

taking calls, attending to people's needs and distributing food and health parcels.

Social isolation was identified as a big issue for senior citizens in particular during the lockdown period. They were supported by dedicated community groups and service providers to mitigate the issue by phoning and inviting them to online activities. Encouragingly, many strived to be resilient amidst changes and were willing to pick up online apps to take part in online workshop and activities. These online apps opened up new channels to engage in a range of entertainment opportunities, such as small arts and craft activities, cooking demonstrations, literature, and webinars on health & wellbeing. We were relieved to find out that many of our senior citizens and Asian communities demonstrated strong resilience and successfully overcame the many challenges due to lock-down. (continued on next page)

TANI Events 2020

Please pen down these events on your calendar!

Community Consultation for Maungakiekie-Tāmaki Local Board Plan
Thursday, 23rd July
11:30am - 1:30pm

Pearce Street Hall, Main Hall

Migrant Women Wellbeing Programme

Wednesday, 8th July- 5th August
10:30 am – 12:30pm
(Online)

TANI Regional Network Meeting

Wednesday, 19th August,
10:00am – 12:00pm

Western Springs Garden Community Hall
956 Great North Road, Western Springs

Chinese Health Seminar
Thursday, 27th August,

10am – 12:30pm

Takapuna War Memorial Hall,
Main hall
7 The Strand, Takapuna, Auckland

In This Issues:

TANI Health Promotion for Asian Communities	pg 2
Asian Health Initiatives	pg 3
Healthcare Information & Disability Support Services	pg 4-5
Seasonal Health & Safety Information	pg 6
Community News & Events	pg 7-8

From The Desk of The Chairperson

Kia ora!

Warm greetings to you all from TEAM TANI! I take this opportunity of thanking everybody who was involved in

responding to our community needs during these challenging times of COVID-19 pandemic. On behalf of Asian Network, I express our sincere gratitude to all our essential workers and public health workforce for working tirelessly to fight COVID19. In particular, but not limited to, frontline supermarket & gas station staff, NZ Police, nurses, doctors & GP clinics, cleaners, security personnel, all public health & allied health staff, all community volunteers and list goes on. We believe that we can get through these challenging times by sharing our concerns and supporting each other. Keeping our communities and families safe is our priority during this time. TANI plans to continue operating as a hybrid model i.e. partial face to face and partial online. If you have any social, psychological or wellbeing needs, please feel free to get in touch with our team or follow us on our Facebook pages.

Keep safe and warm during these winter months. I hope you enjoy reading this newsletter and your suggestions for its improvement would be welcome. Team TANI extends its best wishes to all of you!

Virinder Aggarwal
Chairperson, TANI



(continue from the previous page) Our health system responded well; they were transparent in providing us with updated information in a timely manner. People who have high psychological distress, including those experiencing domestic violence and older people needing help, were supported through phone counselling services in a range of different languages. DHBs in Auckland distributed resources that clearly explained each of the alert levels in different languages and directed people to various national services. Primary healthcare providers maintained connections with their clients, continuing to check on patients with chronic illnesses, and outreach immunization services continued to provide the flu vaccine to vulnerable children in our community.

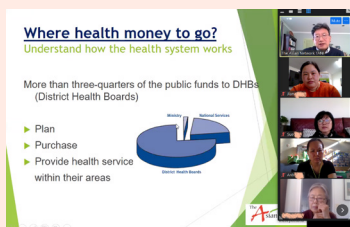
Now that COVID-19 is contained in New Zealand, we can enjoy more freedom in our lives. However, as COVID-19 remains uncontrolled overseas, we need to stay vigilant and continue hygiene measures such as

hand washing and keep digital diaries for contact tracing. This would ensure that we will be able to take action straightaway if we were to see a resurgence of the virus.

We should all be proud of what we have achieved together as a community! We have been kind to each other, patient, resilient, adapted to the many challenges we faced and succeeded in eliminating COVID-19. We all deserve a pat on the back!

TANI Team

Migrant Women Wellbeing Programme

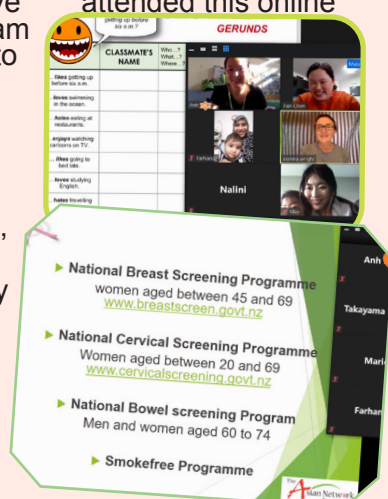


2020 has witnessed a lot of challenges so far. The challenges come with opportunities. Our Migrant Women Wellbeing Programme went online during the lockdown period like many others. It is surprising to see people so keen to stay connected and learn something. A Korean mother who has an 8-month old baby has attended our 1st online programme said: "I am happy I have programme. I can't go out. Through this online platform, I am able to make some new friends, learn something and talk to other people while I can feed my baby at the same time".

The Migrant Women Wellbeing Programme is a new women's programme that was recently initiated by TANI with the funding support of Foundation North. This free 5-weeks programme covers Kiwi English, the Treaty of Waitangi, public transport, and women's health, and is followed by up to five free practical driving lessons. Our participants so far have come from different cultural backgrounds: Korea, India, Japan, Burundi, Egypt, Kyrgyzstan, Iraq, Lebanon, Argentina, Ethiopia, Pakistan and China.

Recently our 2nd online programme has started on 9th June. One beautiful Indian lady joined us from Dunedin. Another Korean lady is over 70 years old. That is the spirit: never too late to start, never too late to learn and never too far to connect!

This programme will keep running online as well as face-to-face, so as to increase availability to participants from outside the area. Recently we have enrolled participants from Tauranga and Dunedin. Please contact programme coordinator Jian Chen at 0224647441, 09-8152338 or email: jian.chen@asiannetwork.org.nz for more details and enrolment.





Healthy Babies Healthy Futures (HBHF)

First 1000 days are started from the day when a mother conceives a baby till the second birthday of the baby.

They are considered to be a window of opportunity where excellent or poor nutrition can play a crucial role in a baby's lifelong development. This is because the first 1,000 days are when a child's brain begins to grow and develop, and when the foundation for her lifelong health is built. Proper nutrition can help the baby to grow well, learn and thrive properly. On the other hand, a poor diet can cause irreversible damage to a child's brain growth, affecting her ability to do well in school and earn a good living. It can also lead towards lifelong diseases such as obesity, diabetes and other chronic health conditions.

Healthy Babies Healthy Futures (HBHF) is a free health awareness initiative, offered by the Ministry of Health New Zealand. This program is specially designed for the pregnant, lactating and mothers with their babies under four years and their families. This program has been run in different minor communities such as Maori, Pasifika, Asians and South Asians. The Asian Network Incorporated has a privilege to reach and deliver this program to the South Asians communities living in Auckland including Indian, Pakistani, Sri Lankan, Bangladeshi and Nepalese.



HBHF initiative aims to raise awareness of proper nutrition and physical activity among mothers before and during pregnancy, and after the baby's birth. This purpose-fit programme offers two services. First one is nutrition support messages, called TextMATCH service that you can receive on your cell phone for free. The second service is a community learning programme which are interactive health sessions that are currently being delivered online amid Covid-19. Learn more about our service, Register with us today. **Bushra Ibrahim** (NZ Registered Nutritionist) HBHF lifestyle Coach: Ph # 0224647448 ; Email: bushra@asiannetwork.org.nz

*Are you or your whānau/family unwell?
Do you need to access an interpreter
when you call Healthline or the
dedicated Covid-19 line?*

**1. CALL
Healthline
0800 611 116
Or
COVID Line:
0800 358 5453**

**4. INTERPRETER
CONNECTED.**
DICUSS your health
concern with the interpreter
and/or Healthline worker

2.PRESS option #1 for
an interpreter:
Now **WAIT** to speak to
a Healthline worker
(Stay on the line)

3.SAY your language you need to
the Healthline worker
For example, Korean;
WAIT again – it may take the
Healthline worker a few minutes to
get the interpreter on the phone for
you **(Stay on the line)**

Free health advice
when you need it



Healthline
0800 611 116

An update from the Office of Ethnic Communities

The Office of Ethnic Communities' purpose is to ensure ethnic communities are strong and connected and the benefits of ethnic diversity for New Zealand are realised. During the COVID-19 pandemic, we have been working with communities to ensure they have the information and support they need during what is a difficult time for many. You can sign up for our regular newsletter: <https://confirmsubscription.com/h/j/D7D814DACB4B8D4C>.



We also administer the Ethnic Communities Development Fund, which has \$4.2 million available annually for initiatives led by ethnic community groups. The current priorities of the fund are focussed on supporting ethnic communities as they navigate the impacts of COVID-19. This includes projects and activities that support alternative means of staying socially connected, employment initiatives, and community resilience and recovery. For more information about the fund and how to apply, visit the Office of Ethnic Communities website: <https://www.ethniccommunities.govt.nz/>

Shanti Niwas Covid-19 Response

Shanti Niwas continued providing support services to seniors during these difficult and challenging times quickly adapting to the changed environment to keep our seniors connected and safe. We have been provided the essential service status along with Age Concern. Our staff operating safely from their bubble have implemented a range of activities over the last 4 weeks as follows but not limit to:

- **Caring Caller system** contacting more than 350 seniors on a regular basis.
- **Online chat groups** through which seniors are engaged positively through exercises, brain teasers, games, quiz, sharing messages and other fun activities.
- Continued training seniors on use of new technologies like Zoom etc.
- **Initiated "Sab ka Saath"** – All together, an online chat show anchored by a well known Community Radio Jockey. This programme is aired Monday to Friday, giving seniors an opportunity to be part of the show and share their talents and experiences. It also connects our seniors to different people in the community like doctors, police, politicians etc for information.
- **A successful online fashion show** competition for seniors has received about 50 entries and generated a lot of community interest and participation. And more...

We have been able to do this with the wonderful support of volunteers from within, our seniors and the community. We would like to acknowledge their support during these difficult times. We endeavour to continue to keep our seniors connected in the coming weeks, by implementing more online activities and try to negate social isolation. For more information contact Shanti Niwas at (09) 622 1010, general manger, Nilima at 021 202 8406. Verona:021 259 2114. Jyoti: 021 208 2915. Website: www.shantiniwas.org.nz



Snapshot of Harbour Sport ActivAsian's colourful offerings during lockdown

Zoom Zumba Class: This twice a week class replaced Chinese bushwalking group, which enabled over a hundred participations by a volunteering fitness trainer (Gao Yan).

Wednesday Wellness: ActivAsian has been providing cheerful and knowledgeable posts every Wednesday to enhance individuals' day during lockdown and was recognised by the Mental Health NZ Foundation.

HSStayHomeChallenge: the #HSStayHomeChallenge has received so many submissions that allowed us to partner with YouthTownNZ to further spread this challenge and promote healthy living.

Walking Group STEPS & Marathon Group : ActivAsian encouraged community walking and running group to upload their daily outcomes to keep each other's physical activity accountable. By competing with one another, people saw an increase in their activeness

AA Weekly Workshop: over the past 5 weeks, ActivAsian has continued to hold WeChat workshops to inform the Chinese community of New Zealand current policy to keep them safe.

Coffee Chat/Stretching: this programme targets newcomers to encourage health, activity, and connectedness in a chilled atmosphere.

Home Training Programme with the Korean Walking Group: this programme attracted Korean bushwalking group participants to join to take exercise at home as to inspire these individuals to exercise daily.



Coping with Lockdown - From Closed Library to WeChat

What has happened to all the programmes that were due to run at the library? Well... most of them stopped when we closed the libraries on the 20 March. The exception was our English Conversation group run by Henry Liu at Glenfield Library. This programme grew during the last 8 weeks. "How can that be?", I can hear you asking. Henry Liu took the class – "online". He offered to meet the group on WeChat. The group met at the same time as they were used to meeting in person. People loved what Glenfield Library was offering during the lockdown and appreciated that "the online learning class makes us feel life is still normal"; "Henry's teaching work not only helped us to improve our English, but also greatly reduced the isolation feeling because we were all staying connected". Very soon news spread, and the class grew bigger. Now Henry has to move his virtual classroom to Zoom to accept more students— some of them are from China.



SONZ awesome foursome at work

While we wait patiently for our Special Olympics sports training to resume, many of our athletes continue working at their jobs. I caught up with four Upper North Island athletes. If you're in any of these restaurants, shops or businesses, keep an eye out for our athletes working hard during these challenging times.

Chelsea Thorn competes in equestrian and is an athlete leader from Special Olympics Manukau club. Working at New World Papakura, she has seen a lot of different public reactions in her role on the front line, "Some people were scared, some angry and some confused, so I always remembered that new phrase that every kiwi learnt: keep safe and be kind."

David Menezes – a man of many talents – represented Special Olympics New Zealand in basketball at the 2019 World Summer Games in Abu Dhabi. David started back working at McDonald's Greenlane on April 30th.



Martie Joyce, athlete leader from Special Olympics Auckland club is an all-round sportsman. His shining face greeted me in the Pak 'n' Save car park many times throughout lockdown. Always on hand to ensure queuing shoppers have a clean trolley. "I love that I meet lots of different people and I like to be helpful and do a good job to make customers happy."



Jamie Day from Special Olympics Auckland club plays basketball, bocce and indoor bowls. He works for ITM building company and has been very busy delivering products to building sites. When asked what Jamie was most looking forward to at level 1: "Returning to training at Special Olympics."

Increase in mental health and wellbeing support for Asian community due to COVID-19



Asian Family Services
Together enriching lives

Asian Family Services has received funding from the Ministry of Health to boost existing mental health support for Asians living in New Zealand experiencing distress due to the COVID-19 pandemic. Kelly Feng, National Director Asian Family Services, says COVID-19 is having a significant impact on people's lives and causing many Asians in New Zealand to feel anxious, distressed, and confused. "The Ministry of Health has recognised this need and is funding our service to provide additional support including extending our Asian Helpline hours along with our online and face-to-face counselling support in different languages," she says.

The most important message for Asian people to understand is that they are not alone and support is available free of charge and completely confidential. "We have professionally trained and experienced counsellors who can speak several languages and will provide emotional support to anyone who needs it during this difficult and unsettling time."

Asian Family Services is developing a suite of resources to support wellbeing and help people who are currently struggling with their mental health, by providing simple, tangible actions anyone can do. It is a nationwide mental health and addiction service that provides free and confidential support including the Asian Helpline in English, Mandarin, Cantonese, Korean, Vietnamese, Japanese, Thai and Hindi. Ph **0800 862 342** from 9am to 8pm, Monday to Friday. Please visit www.asianfamilyservices.nz, Facebook, Instagram, YouTube, WeChat, where resources are shared daily in different languages.

Need help?

Call us
0800 862 342
It's free and confidential



"COVID 19 is a global catastrophe, left many Indian Nationals stranded in NZ island country with almost no resource and depleting finances" Auckland base Community Welfare non-profit organization Bhartiya Samaj Charitable Trust (BSCT) stepped up to help those in need amid COVID 19 pandemic at pan-NZ level to reach out to Indians painfully impacted and struggling hard to manage their financial and socio-economic stability during this tremendously testing times.

Our founder and chairperson. Jeet Suchdev QSM, lead the initiative in collaboration with Indian High Commission NZ along with his team of volunteers and started the relief work in the very first week of Level

4 lockdown with distributing relief packets that included groceries to last them for a couple of weeks, basic essentials and medical prescriptions. "I am highly indebted to Hon. Bhav Dhillon Honorary Consul of India for his kind support in bringing a positive difference to the community amidst these difficult times", said Mr. Jeet Suchdev, QSM.

The COVID Relief Project included distributing free food packets, arranging transitional accommodation in a motel to the tourists stranded/waiting to head home, medicine prescriptions, assisting right advise, providing cooked meals to them, and keeping them socially connected using the online platform by conducting regular Senior's virtual meetings. The relief beneficiaries included stranded Indian tourists, students, weekly wage earners on temporary visas, professionals who lost their jobs, and senior citizen members.

Contact Bhartiya Samaj Charitable Trust, please visit our **website:** <https://www.bsct.org.nz/>

Facebook: <https://www.facebook.com/bhartiyasamajcharitabletrust/> **Email:** jeet@xtra.co.nz **Phone:** 0212221020

Lockdown Recipe Creations



With kitchen-time being at a premium and take-aways being closed during lockdown, Beef + Lamb New Zealand's [social media community](http://www.recipes.co.nz) became super-engaged and the numbers visiting our www.recipes.co.nz website sky-

rocketed. For the most part people were looking for those familiar, nourishing, comfort foods.

Our team continued working remotely during lockdown and some delicious, new winter-warming recipes were created out of our enforced time at home. The focus of these recipes was making meat go further by inclusion of pulses such as lentils and the 'cook once eat twice' mantra, which allowed a much-deserved lockdown night off cooking. Recipes included our [Best Beef and Lentil Cottage Pie](#) (pictured), Slow Cooked Teriyaki Beef, Korma Curry and Heart Beef and Vege Soup to name a few. [Check them out here.](#)

During lockdown we also put our support of the new charity 'Meat the Need' into tangible action. 'Meat the Need' supports New Zealander's including those who have been hit hard by COVID-19. They do this by connecting farmers and meat processors with foodbanks, to provide a high quality protein in the form of mince, to families in need. Over lockdown we developed a 'Magic Mince' resource with three budget friendly recipes to be handed out alongside the mince. [Read more about its development.](#)



The only medical alarm that connects directly to St John



St John
Here for Life

With the onset of Winter, the risk of falls will rise in and around the home. For elderly, falls can be even more common and lead to more severe injury. That's why medical alarms have been used by older people in our communities for almost 30 years. They help support independence and importantly bring peace of mind to the wider family.

The St John Medical Alarm is the only alarm in New Zealand that is monitored directly by St John. So, it's no coincidence that it is the most popular alarm and the alarm recommended most often by doctors. With the launch of a new model that works both at and away from home, you can be confident that whenever you need our help, St John will always know who and where you are.

Trial the St John Mobile Medical Alarm for free! Call **0800 50 23 23**, email info@stjohn.org.nz or visit www.stjohn.org.nz/mobile. We have Mandarin, Hindi, Punjabi, Marathi and Vietnamese language capabilities. St John is an accredited medical alarm provider to the Ministry of Social Development (MSD) and ongoing funding may be available through Work and Income.



Go to www.healthpoint.co.nz
HealthPoint provides up-to-date information about

healthcare providers, referral expectations, services offered and common treatment.

What are you looking for?



Search for a suburb, name, service or keyword [Help / Awhina](#)



Burns are preventable

Kettles: Keeping kettles, jugs, teapots, coffee plungers and cords **away** from the edge of the bench. Use a cordless kettle

Hot drinks: Put hot drinks in the **centre** of the table or somewhere else out of reach; **Avoid** using tablecloths; Give toddlers their own special mug so that they know **NOT** to drink from yours; Never nurse a child while holding hot drink.

Pots & Pans: Making your kitchen a **No Play** zone; Fit a gate **across** your kitchen doorway; Cook on the **back** elements of your stove first; **Never** leave cooking unattended; Put your child **down** before handling hot pots, pans & kettles; Place microwaves at a height children **cannot** reach.

Hot tap water: is your tap water too hot? Hot water coming out of a tap should be between 50°C & 55°C or less; Always **supervise** young children when having a bath, shower or washing their hands; Run cold water into a bath **BEFORE** you run the hot water. For more information visit www.burns.org.nz



Take a stand against elder abuse on World Elder Abuse Awareness Day

World Elder Abuse Awareness Day is marked on 15 June every year. This day is an opportunity to shine the light on the role we can all play in reducing elder abuse and neglect.

As many as one in ten older people in New Zealand will experience some kind of elder abuse. The majority of cases will go unreported. Abusers are often someone they depend on for support or care, someone close, someone they trust. This can make it especially hard to speak up.

Now is the time to make sure the older people in your life are safe. We all have a role to play in putting an end to elder abuse and to help support the health and wellbeing of the older people around us. It can be difficult to identify abuse, there is no single 'type' of elder abuse. It can be psychological, financial, physical or sexual. More often than not, people experience more than one type of abuse.

If you are concerned about how you, or someone you know, is being treated, don't accept it. It's OK to ask for help. Talk to someone you trust. Alternatively, call our free and confidential helpline 0800 32 668 65 (EA NOT OK), text 5032 or email support@elderabuse.nz For more information on World Elder Abuse Awareness Day go to www.superseniors.msd.govt.nz

ELDER ABUSE

IT'S NOT OK CALL 0800 EA NOT OK
SPEAK OUT 0800 32 668 65
Text: 5032 | Email: support@elderabuse.nz
superseniors.msd.govt.nz/elderabuse

Keeping fire safe this winter



Fireplaces and chimneys: clean chimneys and flues before you light the first fire of the season. Empty ashes and ashtrays into a metal bin and pour water over them before disposal. Keep ashes away from anything

combustible, including decks as ashes can take up to 5 days to cool. ; Keep matches and lighters out of reach of children.

Heaters: Keep a metre from the heater! This includes furniture, curtains, clothes and children. Make sure the heater you are using is safe for the space eg. never use a charcoal burner inside. Never cover heating appliances or store objects on top of them.

Smoke Alarms: Working smoke alarms save lives! For the best protection of you and your family we recommend having a long-life (10 year) photoelectric smoke alarm in all living and sleeping spaces of your home. Test your smoke alarms regularly – at least once every 6 months

Escape Plan: Make an escape plan and practice it. You can visit www.escapemyhouse.co.nz to make your own. If you see or smell smoke get everyone out, call 111 from a safe place and never go back inside. For more information, visit our website: www.fireandemergency.nz

IN THE EVENT OF A FIRE ALWAYS GET OUT, STAY OUT AND CALL 111. THERE IS NO CHARGE.

The internet is a great place to connect with family and friends, learn, play games and watch videos and TV programmes. But it can also have downsides for our tamariki, rangatahi and young people. They may be exposed to pornography and other inappropriate content, bullied and 'groomed' by sexual predators without even realising it. Visit www.keepitreallonline.govt.nz for more information.

**KEEP IT REAL
ONLINE.**

Keep it real online

Being a parent or caregiver in the digital age can be challenging. Here you will find tools and advice to help you "keep it real online" with your children and young people.

KEEPING YOUR FAMILY SAFE ONLINE

PARENTAL CONTROLS AND PRIVACY

Three new addiction resources in simplified and traditional Chinese languages

Te Pou o te Whakaaro Nui and its Matua Raki team have developed resources for Chinese speaking population who are interested in knowing more information about risky drinking, drug use and gambling, and how to get access to appropriate health services.

Evidence has shown Asian populations in New Zealand have low levels of access to addiction services, even though surveys indicate Asian people present with some health-related issues as a result of addictive behaviours (e.g., anxiety, depression due to substance use or gambling issues). There is considerable stigma about addiction in the Asian community and for people with problematic substance use and gambling. This is a barrier for Asian people to seek help for their addiction issues. The lack of awareness and addiction related knowledge, and language barriers have also contributed to their low

access to addiction services. Little addiction related information has been translated into Asian languages in New Zealand. Furthermore, He Ara Oranga the Mental Health and Addiction Inquiry highlights the need for culturally aligned support and the need to increase service accessibility among these marginalised populations.

Go to <https://www.matuaraki.org.nz/initiatives/asian-language-resources/182> to find more about addiction related information in a range of Asian languages.



Collection Box volunteer by the Blind Low Vision NZ

"The Blind Low Vision NZ is New Zealand's leading provider of vision rehabilitation, providing practical and emotional support for people with vision loss. We are looking for volunteers to help us with our fundraising efforts to give our clients the independence and freedom to live their lives to the fullest.

Would you have the time to be our Collection Box volunteer and support our efforts? Would you have three hours every month to make a difference to the lives of people who are blind or have low vision? Collection Box Volunteer tasks include visiting local business such as cafes and restaurants to host our collection devices, emptying and banking collection boxes (every 6 to 8 weeks), and reporting back to our Fundraising Coordinator if a box needs to be removed or replaced. Computer skills, a clean driver's license, and experience handling money are required for the role.

Appropriate training and support to perform tasks will be provided. If you are interested, please contact us 0800 120 254 or send your CV to fundraise@blindlowvision.org.nz.



Recently, the Inclusive Aotearoa Collective Tāhono began a nationwide road trip to hold conversations around the concepts of belonging and inclusion. Its team has been talking with individuals across the country to ask what belonging feels like, what hinders this, and what needs to change.

A project launched in response to the March 15 attacks in Christchurch, the objective is to hear first-hand from diverse groups of people (from all walks of life) about their own experiences and insights related to belonging and inclusion. These insights will be used to develop a Strategy for Belonging and Inclusion.

Now that we are on the other side of covid-19 restrictions, conversations are again kicking off with a one-week road trip through the Waikato planned to start on 18 July. The road trip will head into small towns within the Waikato, so this is your chance to be a part of the conversations and share your experiences and insights on belonging and inclusion.

Anjum Rahman - project lead and Member of the New Zealand Order of Merit for services to ethnic communities and women - will be facilitating each event. These are welcoming and informal conversations where you can talk through three key questions: When do you feel like we belong; what hinders this; and what needs to change? All events are listed on Inclusive Aotearoa Collective Tāhono's website and you can register online: <https://www.inclusiveaotearoa.nz/events>

For more information on the project, please visit the website, email IACT or call 021 972 294.

STARS - dance movement therapy groups for young people!

Dance & Arts Therapy NZ (DTNZ) is a registered charitable trust that supports and empowers vulnerable individuals and groups in Aotearoa. Our STARS programme is designed for children/teens between the ages of 5 and 23 on the autism spectrum, those living with developmental delay or behavioural challenges wanting to engage in group work and is facilitated by experienced DTNZ therapists. The focus of these groups is to develop social skills and emotional literacy in a supportive, physical and fun activity-based group. Sessions include dance, movement, music, play and body awareness activities. We provide 7 programmes Auckland-wide on a weekly basis during the school term. Attending STARS meets these children's (and their family's) needs by actively using advanced therapeutic models to increase their social skills, self-esteem, confidence and capacity to participate in school and family life, as well as the wider community.

We are so excited to resume STARS in person for term three that we are offering free assessments for new clients interested in joining! Email emma@dancetherapy.co.nz or call (09) 636 3029 for further information about what we do, and to set up an assessment.



New Ways of Working because of COVID-19

During COVID-19 Age Concern Auckland's Asian Services found new ways of working. This included running their weekly 'Conversational English' classes on Zoom. Between 40-50 older people attended these weekly Zoom classes. Our team will continue these online classes permanently and work with selected public libraries to hold digital tutorials to teach people how to install and use Zoom.

A variety of wellbeing activities and videos have been shared on YouTube Channel to support overall wellbeing and health during this difficult time. A workshop called 'Health and Safety Buns' with short videos demonstrated the information including exercises, mental health and life arrangements. A weekly class on BaduanJing Qigong has also been a popular offering online, as have personalised videos made by one of their team.

We provided dedicated services and support for older people across Auckland. This includes: • Elder Abuse Response Service • Accredited Visiting Service • Health Promotion Activities & Workshops • Dedicated Asian Services • Social Connections Support • Total Mobility Assessment • And more.

To access these services visit www.ageconcernauckland.org.nz or call your local Age Concern Auckland office:



North Shore – 09 489 4975;
Counties Manukau – 09 279 4331
Central & West Auckland – 09 820 0184

HEP C

COULD YOU HAVE HEPATITIS C?

GET TESTED. GET TREATED.

Chronic (long-lasting) hepatitis C can lead to liver scarring, liver failure and liver cancer. Treatment can cure* hepatitis C.

*Cure means that the hepatitis C virus is not found in the blood 3 months after the end of treatment.

YOU MAY BE AT HIGH RISK OF HEPATITIS C IF YOU CAN SAY "YES" TO ANY OF THE FOLLOWING:

- Ever lived in or received health care in regions with high hepatitis C prevalence, for example Central Asia, Indian subcontinent, the Middle East, Eastern Europe?
- Migrated to New Zealand prior to 2012?
- Received a blood transfusion before 1992?
- Ever had a tattoo or body piercing done using unsterile equipment or somewhere other than a licensed studio?
- Ever had jaundice or abnormal liver function?
- Ever taken drugs through needles or the nose – even once?

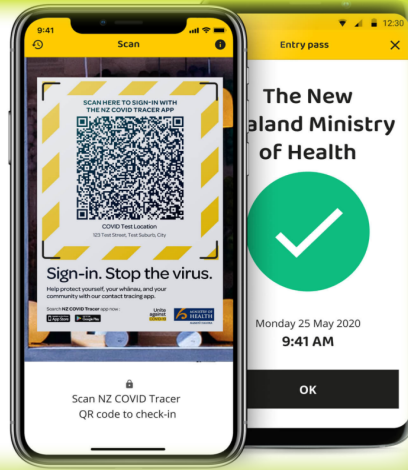
For more information talk to your doctor or visit www.hepCinfo.co.nz

The person shown is a model, not a patient. AbbVie Limited, PO Box 11437, Manners Street, Wellington 6142. TAPS PF5718. NZ-VHC V-200010.HC.V0068. May 2020.

abbvie

Protect yourself, your whānau, and your community

Download the **NZ COVID Tracer** app



How you can help support contact tracing: Sign up today

- Share your up-to-date contact information
- Scan NZ COVID Tracer poster to keep track of where you've been
- Ask you whānau, friends and workmates to join in
- More ways to help are coming soon

The Golden Rules for everyone at Alert Level 1

1. If you're sick, stay home. Don't go to work or school. Don't socialise.
2. If you have cold or flu symptoms call your doctor or Healthline and make sure you get tested.
3. Wash your hands. Wash your hands. Wash your hands.
4. Sneeze and cough into your elbow, and regularly disinfect shared surfaces.
5. If you are told by health authorities to self-isolate you must do so immediately.
6. If you're concerned about your wellbeing or have underlying health conditions, work with your GP to understand how best to stay healthy.
7. Keep track of where you've been and who you've seen to help contact tracing if needed. Use the NZ COVID Tracer app as a handy way of doing this.
8. Businesses should help people keep track of their movements by displaying the Ministry of Health QR Code for contact tracing.
9. Stay vigilant. There is still a global pandemic going on. People and businesses should be prepared to act fast to step up Alert Levels if we have to.
10. People will have had different experiences over the last couple of months. Whatever you're feeling — it's okay. Be kind to others. Be kind to yourself.

CC08/06 August 2019

Seniorline

Navigating services
for older people

National information on
how to get help at home,
community health services
and rest homes.

www.seniorline.org.nz

09 375 4395
or 0800 725 463
8am - 4pm | Monday - Friday

BEANIE UP!

to support stroke survivors
1 June - 31 August

Buy your beanie today!
BEANIEUP.CO.NZ

COMING SOON in September 2020

2020 festival celebrations will be presented differently
due to Covid-19 situation whilst
keeping with the spirit of the moon festival.

Join in to support our community and local businesses on
Dominion Road.

Proudly supported by:

www.dominionrd.co.nz/moon-festival www.drdfest.org.nz