

CONNECTING COMMUNITIES

TANI 2023 Events

TANI Regional Network Meeting

Wednesday, 22 February, 10am-12pm

Pearce Street Hall, Haskell Hall

Pearce Street, Onehunga, Auckland

Community Information Workshop

Wednesday 8th March 10am-12pm

Mt Eden War Memorial Hall

Chinese Health Seminar

TBC



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From The Chairperson

Kia Ora! Greetings!

Warm greetings to you all from The Asian Network (TANI) team!

I am glad to share our latest summer bulletin that brings you a great information on various wellbeing initiatives & services available for you during the summer season.

Key activities of the Spring season have been the graduation of two of the Healthy Babies Healthy Future mother groups; Sri Lankan mums' group and Bangladeshi mums' group. A very successful launch of the Ethnic Health Collective, Asian health seminars (Chinese) around Auckland region & health talks across wider Auckland region. We have also continued weekly yoga and meditation webinars along with our migrant women wellbeing programme. More than 9000 families have benefited from our initiatives this year. The glimpses from this day are highlighted in this issue.

I wish all our readers a very healthy transition to the new year and encourage you to stay safe and take precautionary measures, while taking part in outdoor and water activities, as well as, mass gathering events. COVID-19 support services information can be found on the TANI website.

Please keep sending us your feedback to improve our newsletter. Merry Christmas and Prosperous New Year to you all. May the New Year bring joy and happiness in everyone's life.

Ngā mihi nui,

Dr Lingappa Kalburgi, MNZM, JP,
Chairperson (TANI)

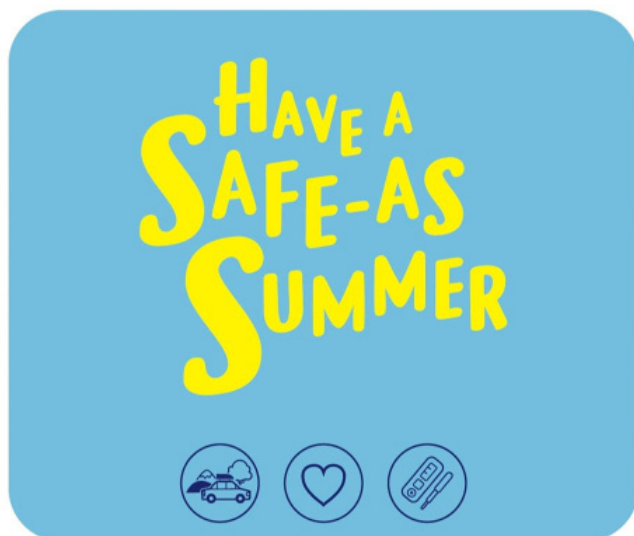


Ethnic Health Collective

The Ethnic Health Collective is a new collaborative platform which provides a space for Ethnic Health Leaders to come together in a mission to improve health equity for Aotearoa's ethnic minority communities. There couldn't be a better time for such an initiative to come to life, as our ethnic groups are some of the fastest growing populations in Aotearoa and also known to have diverse and complex health needs.

The Asian Network Incorporated (TANI) had a key role in the launch of the Ethnic Health Collective (EHC). Excitement was in the air as Ethnic Health Leaders came together at the Parnell Community Centre, on Tuesday 6 December 2022. The inaugural Strategy Group members shared their vision, leadership and aspirations for the collective. The collective's Strategy Group is made up of academics, researchers, medical practitioners, and community leaders who all share the common goal and vision for bridging inequities for our ethnic minority groups.

Ethnic Health Collective will be community-led, provide policy advice, and influence health outcomes of ethnic groups in New Zealand. It will also strengthen the community infrastructure and encourage local action, gather insight, and understand ethnic communities' barriers to achieving health and well-being. EHC also envisages investing in collaborative public health initiatives and developing a collective voice to influence government health policy and decision-making to ensure investment for equitable health outcomes for Ethnic communities.



Te Kāwanatanga o Aotearoa
New Zealand Government

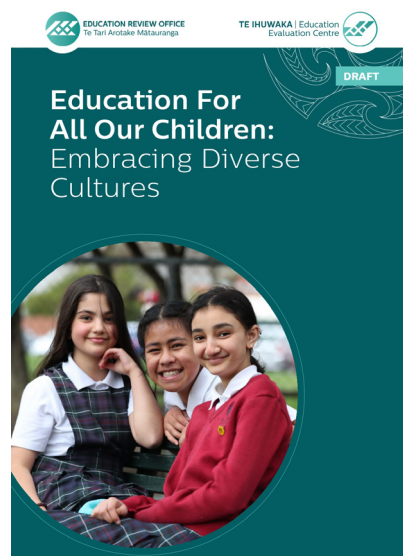
Unite
against
COVID-19

Te Whatu Ora
Health New Zealand

Have A Safe As Summer

Here are our top ways to have a safe-as summer:

1. If you feel unwell, take a RAT test. If you test positive, you will need to self-isolate for 7 days.
2. Make sure you have enough RATs to test your whānau, order tests online here: <https://requestrats.covid19.health.nz/>
3. If you do test positive, get antiviral medication if you're eligible. Find out if you're eligible here: covid19.govt.nz/medicines or speak to your GP or pharmacist. Find the nearest pharmacy that provides antivirals here: <https://healthpoint.co.nz/>
4. Mask up in healthcare services, residential care, and some disability settings. We also strongly encourage you to wear a mask when visiting high-risk folk, or in closed, crowded and confined spaces, especially on public transport.
5. COVID spreads more easily indoors. Reduce your risk by spending time outdoors, especially when in groups or when eating. Learn how to get good airflow in indoor spaces here: <https://covid19.govt.nz/.../pro.../ventilation-and-covid-19/>
6. Call 0800 358 54 53 for free COVID health advice anytime, or visit the COVID Health Hub: <https://covid19.health.nz/advice/>



Education For All Our Children: Embracing Diverse Cultures

Aotearoa New Zealand is becoming more and more ethnically diverse. This change is fastest in urban areas, but diversity is increasing across the country. In the future, more of our learners will be from ethnic communities and speak a wider variety of languages. By 2043, it is expected that more than one in four learners in Aotearoa New Zealand will be from an ethnic community.

It is critical that education meets the needs of all our children. This report finds that many learners from ethnic communities are succeeding in education but encounter racism, isolation, and lack of cultural understanding.

We must achieve significant change if Aotearoa New Zealand is to be a great place to learn for ethnic children and young people.

This is a draft for consultation – we are seeking your feedback.

You can make a submission through the following link: <https://www.surveymonkey.com/r/DraftLTIBSubmission>

The closing date for submissions is Tuesday 20 December 2022. Questions are available in English and various Asian languages.

You can read a short summary of this report here: [Education For All Our Children: Embracing Diverse Cultures - Summary of draft for consultation | Education Review Office \(ero.govt.nz\)](https://covid19.govt.nz/.../pro.../ventilation-and-covid-19/)



Second Booster Extended To Māori and Pacific People aged 40-49

From 18 November, Māori and Pacific people aged 40-49, will be eligible for a second booster to provide additional protection against serious illness from COVID-19.

Māori and Pacific people are currently admitted at a higher rate in COVID-19 hospitalisations.

Extending eligibility of second booster doses to include Māori and Pacific People aged 40-49 years will:

- Assist in supporting higher vaccination rates among Māori and Pacific people
- Expand current eligibility for the second booster (approximately 37% of the eligible Māori and Pacific people aged 40-49 have not yet received their first booster)
- Remove the need for those aged 40-49 with undiagnosed coexisting conditions to get a prescription for their second booster.

Second boosters continue to be available for everyone over 50 years old. Everyone is encouraged to stay up to date with their recommended vaccinations to protect from the risk of serious illness, hospitalisation, or death from COVID-19.



Hidden Disabilities

Hospitals can be stressful for many people, particularly if you are unsure what to expect on the day.

If you have a disability that isn't immediately obvious to our staff, such as; autism, dementia, hearing impairment, anxiety (or one of the many invisible disabilities) you can wear a hidden disability (sunflower) lanyard during your time with us.

By wearing the lanyard, our staff will recognise that you have an invisible disability and may need a little extra help or time.

What to expect when you are wearing a lanyard:

Te Whatu Ora - Waitematā staff recognise the Sunflower Lanyard and can provide you with help, at different stages of your time with us. If you are feeling overwhelmed, staff can slow down a process for you and offer extra assurance.

What the lanyard does not do:

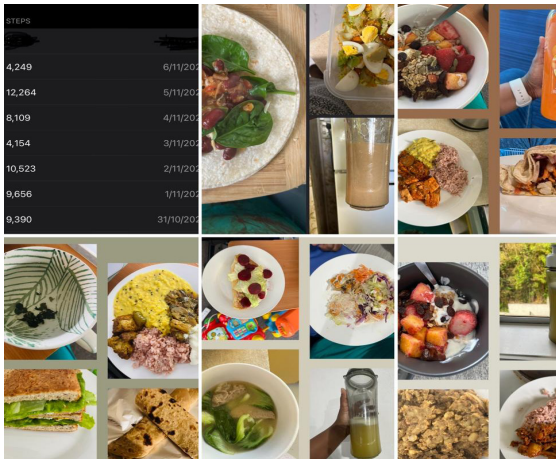
It will not provide a fast track through queues or provide you with a staff escort.

How to request a Sunflower Lanyard:

Contact us at hiddendisability@waitematadhb.govt.nz. We will arrange for a Sunflower Lanyard to be ready for you to collect at the Main Entrance to the hospital, before your appointment. You can keep the lanyard and use it for future journeys or outings where the

scheme is recognised.

Source: [Hidden Disabilities](#) | Te Whatu Ora - Waitematā



Healthy Babies' Healthy Futures (HBHF)



Healthy Babies' Healthy Futures (HBHF) is a free eating-well and moving-more programme funded by the Ministry of Health (MoH). A cohort of 23 Sri Lankan mums joined the HBHF spring season. Most of the mums

participated in the healthy lifestyle challenge by adopting a healthy plate model, reducing portion size, switching white rice to brown or red rice, and reducing coconut cream in their cooking. They also worked on improving their mental and physical wellbeing and eating meals as a family. They were coached and guided by Bushra Ibrahim, NZ Registered Nutritionist.

Our next summer challenge is for Auckland-based Indian mums from December to March 2023. The programme will include Nutrition workshops and a Six-week Healthy Lifestyle Challenge. We are also giving away \$5,000 in grocery vouchers and prizes.

TANI is proudly delivering this programme for South Asian mothers. To be eligible for the summer session, you need to be a Indian māmā, either pregnant or have a baby under 4 years old and living in the Auckland & Waitematā DHB region and new to the Healthy Babies Healthy Future programme.

If you are an Indian mother or know a mother who is interested in eating well and moving more, please reach out by TEXT OR CALL to:

Bushra Ibrahim - 022 4647 448 (NZ Registered Nutritionist & Healthy Lifestyle Coach) or
Poonam - 0211897808



Everyone deserves a life of choice, freedom and independence



In August 2022, after a short period of preparation and transition, Rong joined the Spectrum whanau.

Rong is a 36-year-old Kiwi with Chinese heritage and has an intellectual disability. He lived with his parents before his father passed away. Unfortunately, not long after, his mother had a stroke and was transferred to an intensive care unit in a local rest home. Those significant changes had a huge impact on Rong's life, especially in terms of socialisation and family engagement.

Rong was referred to Spectrum Care and entered our supported accommodation service. Applying Spectrum Care's guiding promise of 'wholehearted optimism every day', we worked alongside Rong and his family to ensure a smooth transition.

Now we see an energised man with valued social roles, activities with St John, fitness exercises and a lot more community connections. Moreover, as an 'older brother' in his new home, Rong is aiming to be the role model for his flatmates, teaching his three 'younger brothers' how to greet people and be respectful. Rong is enjoying his independence and his 'life of choice' at Spectrum Care, with an increasing sense of belonging in his new community.

www.spectrumcare.org.nz



Hospice West Auckland Trees of Remembrance Are Back!

Christmas is often a time when we think of those we have lost and miss dearly. Our community Trees of Remembrance give you the opportunity to remember your loved one by leaving a heartfelt message on our remembrance trees in selected stores around West Auckland. We invite you to make a donation, which will help us in continuing to provide free end-of-life specialist care to our West Auckland community.

You can make a donation and hang your message on the tree at these stores from 9th – 24th December:

- Bunnings New Lynn, 2/12 Titirangi Road
- Bunnings Westgate, 21 Fred Taylor Drive, Massey
- Pak 'n Save, Alderman Drive, Henderson
- New World, 2/6 Crown Lynn Place, New Lynn



Call Healthline free:

For general health advice and information call 0800 611 116 anytime

For COVID-19 health advice call 0800 358 5453 anytime

For COVID-19 vaccination advice call 0800 28 29 26 (8am - 8pm 7 days a week)



Free COVID-19 Antiviral Medicines

COVID-19 antiviral medicines reduce the amount of the virus in your body.

This guide helps explain who can get free antiviral medicines (Paxlovid and Molnupiravir) to reduce their risk of hospitalisation.

They are prescribed by healthcare providers or can be supplied without a prescription from many pharmacists for eligible people who are COVID-19 positive (or are symptomatic household contacts). They need to be taken within five days of symptoms starting. Your usual healthcare provider or pharmacy will do a health check with you before prescribing them.

To be eligible for free COVID-19 antiviral medicine, you must:

- Have symptoms and have tested positive for COVID-19 or
- Have symptoms and be a household contact of a person with COVID-19

One of the following must also apply:

- You are aged 65-plus
- Māori or Pacific ethnicity aged 50-plus
- Aged 50-plus AND have had fewer than two COVID-19 vaccinations
- Have a severely weakened immune system
- Have Down syndrome
- Have sickle cell disease
- Previously been in critical care or high dependency hospital care from COVID-19
- Have three or more high-risk medical conditions

(More information about eligibility can be found on the [Pharmac website](https://www.pharmac.org.nz))



Snippet tips for food allergy management in Summer

- The grill – your own grill may be free of allergens but what if you are attending a barbecue in a friend's place?

Tip: You may want to bring your own small grill or bring a meal with you.

- Cross contamination – it happens when an allergen (usually, a food protein that causes allergic reactions) in a food is transferred to another food that does not have it. For example, same tong was used for both allergen-containing (e.g., seafood/chicken) and non-allergen-containing foods.

Tip: Always inform the host of your food allergies. If attending a friend's event, offer ways on how both of you could work together to prevent cross contamination.

- Cold drinks and ice cream – some vendors or ice cream shops may not be allergy-aware or are serving treats containing food allergens.

Tip: It will help to know the actual ingredients by reading the full ingredient list on the food label and/or by asking the vendor about the ingredients.

- Remember to always have your Adrenaline Autoinjector or EpiPen with you (if prescribed).

For more detailed information or queries, please visit allergy.org.nz (Managing Food Allergy section) or email allergy@allergy.org.nz / educator1@allergy.org.nz

Thriving at
Crossroads



Ethnic minority youth wellbeing

Are you 16 -24 years old?

and

Do you identify as an Asian, Middle-Eastern,

Latin American, or African?

and

Do you have an additional minority identity/ies?

(e.g., sexual minority, religious minority, living with a disability, refugee background)

If your answer is yes to all the questions above, we invite you to take part in a one-on-one interview about the lived experience of being an ethnic youth with additional minoritised identities and the impact of these experiences on your wellbeing.

The interview will take about 60 minutes and will be conducted at a place and time that is suitable for you.

We will offer gift voucher worth \$50 to thank you for your participation.

Information about your participation in the study will be kept confidential.

If you are interested in participating, please contact us at: thriving@auckland.ac.nz

For more information or any questions, please contact:

1. A/Prof Roshini Peiris-John, School of Population Health, University of Auckland

Email: r.peiris-john@auckland.ac.nz

2. Dr Rodrigo Ramalho, School of Population Health, University of Auckland

Email: r.ramalho@auckland.ac.nz

(Approved by the Auckland Health Research Ethics Committee on July 26, 2022 for three years. Reference Number [AH24474]).



TANI Regional Network Meeting

TANI Regional Network Meeting took place on the 23rd of November 2022, at Western Springs Garden Community Hall. It was well received and attended by more than 80 participants.

Guest speakers from NZ Family Violence Clearinghouse, Allergy New Zealand, Kāhui Tū Kaha and White Ribbon addressed the audience and provided useful information on Family Violence statistics, Allergy management, social programme on Wellbeing and Support, and the White Ribbon Campaign 2022.

NZ Family Violence Clearinghouse shared the latest statistics on children affected by family violence and family violence within the Asian communities.

Allergy New Zealand's presentation was timely coinciding with allergy season. We learnt about types of allergies and ways to help the allergy sufferers by being inclusive and respectful.

It was reassuring to know that we have a service in the primary health sector like Awhi Ora, who enable people to easily access mental health support and better manage daily tasks through their 'Walk Alongside Service'.

The final topic of White Ribbon presented by Vishal Rishi, Director of TANI and White Ribbon Ambassador, was an eye opener. Majority of the attendees were not aware of the White Ribbon Campaign. The key highlight of this session was that more than 25 men took pledge to contribute towards eliminating violence against women. White ribbons were disseminated to these men and they were encouraged to become White Ribbon Ambassadors.

ACC Funded Work Trial Available For Unpaid Work Experience in Social Service Agencies



Active+ (<https://www.activeplus.co.nz/>) works with candidates who have lost their job due to injury (and are receiving assistance from ACC) to help them return to the workforce. This involves

placing these candidates into unpaid work trials (work experience) and supporting them to ensure they succeed. These work trials are a win-win for the employer, the candidate and ACC.

The work trial provides the employer with an extra pair of hands and gives them the opportunity to assess whether the person is suitable for a paid role in the organisation. While there is no obligation to offer employment at the end of the trial, the employers are welcome to do so.

For the candidate and ACC, the work trial is a critical part of their rehabilitation back towards work, and provides the opportunity to increase and measure work capacity, to develop new skills, and to re-establish work routines. Active+ helps with the transition, monitoring the trial, and providing necessary equipment.

Active+ has a large network of employers and social service agencies but are always looking to make new connections, so they can provide the best job and organisational fit. Their candidates come from a wide range of backgrounds and are looking for a variety of work. They have all been working, have sustained an injury and have been assessed medically to be ready to return to the workforce.

Active+ currently has candidates seeking work trials across the greater Auckland region and nationwide. If you are an employer that is interested, please contact them today to find out more.

Paul Fennessy- Back to Work Service
Auckland Area Manager 09 373 3283 and
paul.fennessy@activeplus.co.nz



Drive Safe This Summer

During the summer holidays, there will be more traffic on the road at all times of the day. This can lead to increased likelihood for accidents to occur.

What you can do:

- Plan your journey - Check traffic updates to avoid unnecessary delays causing you to feel the need to rush to get to your destination.
- Check the weather- If there is bad weather, leave earlier than you normally would. Roads can get slippery making it hard to keep control of your car. Reducing your speed can help you brake easily when needed. Remember to keep your headlights on for visibility even during the day.
- Always wear a seatbelt and kids must be in age-appropriate car seats.
- Put your phone away when driving.
- Avoid driving when you are tired.
- Do not drive if you are planning to drink. Call a taxi or arrange a sober driver in your group to take you home.

Be aware that there will be more checkpoints all summer. Police will be doing breath tests at all times of the day and night. If you see reckless driving or any kind of dangerous behaviour, contact the police by calling 111.

(Sourced from <https://www.healthnavigator.org.nz>)



Rip Current 3R's: Relax, Raise and Ride

A rip current is a strong and fast flowing current moving towards the sea, that travels up to one to two meters per second. Rip currents usually develop where the water meets the sand. They are dangerous because they carry anything in the water to deeper waters. Most people don't know how strong a rip current is until they are caught in one.

At most beaches you can look out for red and yellow flags, which indicate dangerous water. Always swim in between the flags. However, it is still important for you to know how to recognize a rip current, as water can be unpredictable.

How to recognize a rip current:

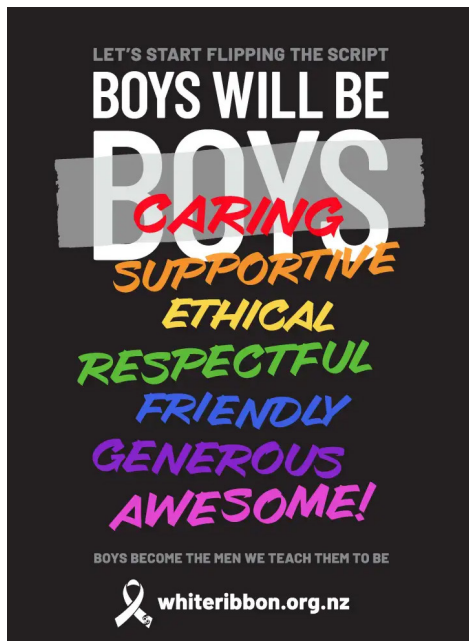
- Look for calm spot in the water, i.e. No breaking waves.
- A patch of water that appears discoloured.
- Deeper, darker water.
- Anything floating out to sea.

What to do if you get caught in a rip:

- Relax and float with the rip. Never swim against it.
- Raise your hand to signal for help.
- Ride the rip until it weakens or someone comes to help you. Once calm, swim with the waves back to shore.

Remember, always keep an eye on your children, at all times.

(source from: <https://www.dpanz.org.nz>)



Boys Will Be Boys

White Ribbon wants to promote healthy masculinity through our new campaign, Boys will be Boys. We're taking back the phrase that excuses poor behaviour and flipping it on its head.

It takes strength and bravery to stand up and speak out in a world that wants to limit you to stereotypical gender roles. We need to celebrate the good we see in our young men and change the script. Men can be part of the solution. Talk to your son or the boys in the team you coach about being a good human and what that looks like in your daily life.

Boys have heart – encourage them to show it, not just in being tough, brave, or strong but in showing that they care.

Have a quiet chat with a mate if he says something abusive or offensive about girls or women. Share your feelings, ask why they feel that way.

Hyper masculine stereotypes hurt men and women. If we look at violence, not just against women, but also between men, (incarceration rates, mental health struggles and suicide statistics), these perceived rules of masculinity result in broken and hurt men. We need to give our sons and all the boys in our lives the tools for a healthy violence-free life.

Both men and women benefit from equality.

(Sourced from <https://whiteribbon.org.nz>)



HOME SAFETY AWARENESS

Recently we have attended several fires caused through the charging of electrical devices, especially those with Lithium-Ion Batteries such as smart phones, laptops, e-bikes/scooters, and e-cigarettes. In day-to-day use and when charged and used correctly these devices are safe, however damaged or defective batteries can sometimes overheat and catch fire. Here are a few key tips to make sure your devices are safe:

- Charge devices on a hard surface such as bench top or bedside table. These devices need to have air flow around them to prevent overheating, so never charge them under a pillow or on the bed or couch.
- Make sure your batteries and devices are in good condition. Don't use or charge a battery that shows signs of swelling, overheating or damage
- Only use the battery that is designed for the device
- Make sure you are using the correct charger for the device and that any cables are not damaged or frayed.
- Store batteries away from anything that can catch fire and don't leave them in direct sunlight or hot vehicles.



Burn Support Group
Charitable Trust,
Inc Auckland



 [redcross.org.nz/rfl](https://www.redcross.org.nz/rfl) | 0800 RED CROSS |    English - information for people with missing family overseas

Restoring Family Links Services:

Find your missing family

The New Zealand Red Cross Restoring Family Links service provides free and confidential services which can help restore and maintain contact between family members who have been separated due to war, armed conflict, disaster and migration.

We may also be able to assist in clarifying the fate of persons reported missing. We work within the Red Cross and Red Crescent Movement across 192 countries.

For more information please see:

- The Restoring Family Links page on the New Zealand Red Cross website (and online referral form) : <https://www.redcross.org.nz/get-help/find-missing-family-overseas/>
- A short (20m) online training module about the New Zealand Red Cross Restoring Family Links service.

- Multi-language resources available in 40 languages – both as printable posters, and jpgs for easy sharing via social media.

Access to interpreters where needed is available.

- Posters & Brochures - these can be requested by emailing familylinks@redcross.org.nz.



2023 Chinese New Year Festival & Market Day

Our Festival to welcome the Year of the Rabbit is being held in Halls 3 & 4 of the Auckland Showgrounds, 217 Greenlane West, Auckland 1023 on Saturday, 21 January 2023 between 9.30am and 4.00pm

Auckland Chinese Community Centre Inc has been organising an annual Chinese New Year celebration for over 30 years and at the Auckland Showgrounds since 2002. The festival has grown in popularity over these years with attendance now about 20,000 persons. The 2022 CNY event was cancelled because of covid concerns. The event will be held once more at Auckland Showgrounds.



屋崙華僑會所
Auckland Chinese Community Centre Inc

Need Healthcare information?

Visit www.healthpoint.co.nz that provides up-to-date information about healthcare providers, referral expectations, services offered and common treatment.



Census Day – 7 March 2023

Your data can help
your community.



Te Kāwanatanga o Aotearoa
New Zealand Government

Census | StatsNZ
Tatau tātou - All of us count

AUCKLAND COUNCIL PRESENTS
**Movies
IN PARKS**

Join us from January to March 2023
for **FREE** movies in Auckland parks.

AUCKLAND COUNCIL PRESENTS
**Music
IN PARKS**

FREE
EVENTS

Join us from January to March 2023 for
FREE live music in Auckland parks.

Summer Fun
In The Park

SAT 21
JAUARY

10:30 AM
TO
12:30 PM

A FREE FUN MORNING FOR THE WHOLE WHĀNAU

NEW LYNN COMMUNITY HUB
TITIRANGI LIBRARY

 Auckland Council
Libraries
Nga Pataka Kōwhiri o Tāmaki Makaurau

Contact Info: Vishal Rishi/Samuel Cho, The Asian Network Inc., 101 Church Street,
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