

Plan your ultimate staycation



Going on holiday should be about spending time with family and friends and taking time to relax and enjoy a break from everyday life stresses. Why not enjoy a holiday at home by planning your ultimate staycation! Here's our top tips for having the most fun holidaying at home:

1. Explore your own corner of the world.

Visit a park, museum, beach or tourist attraction in your own city or town you've never been. Or taking a day trip to a nearby town and spend some time exploring the area.

2. Eat somewhere new. When you're on holiday part of the fun is eating at new restaurants, so why not go somewhere you haven't been before. If your budget doesn't stretch to a night out, buy some different food from your local supermarket to enjoy on your staycation.



3. Turn off technology. Resist the temptation to check your emails or look at social media. Pretend

you're somewhere with no mobile reception so you're not tempted to turn on your phone, iPad or other devices.



4. Skip the chores. Clean the house and restock the fridge and pantry before your staycation so you can relax without feeling as though you should be doing any chores.

5. Sleep somewhere different. If you've got kids, build a fort in the lounge and grab the sleeping bags and camp out in your house, or if you enjoy the comforts of a bed, swap rooms – the kids can sleep in the adult's room and the adults can sleep in the kid's rooms.

6. Go camping in your backyard. Pitch a tent on your lawn, pack the chilly bin and enjoy sleeping outdoors without ever leaving home. And if it rains, it's not very far to run indoors!



7. Take photos. Just like an out-of-town holiday, pack the camera and take plenty of photos of your staycation.

(Credits: Health Navigator Editorial Team. Please visit www.healthnavigator.org.nz for more)

TANI Free Events and Programmes

Please pen down these dates

on your calendar!

Stay Well Stay Connected

Every Saturday,
11 am - 12:30 pm
from 13th September &
Every Tuesday
from 15th September
6:00 pm - 7:00 pm
Zoom

Guided Cultural Tour 1 & 2

Wednesday 2nd December
MaungaWhau (Mt Eden)
&
Tuesday 22nd December
Oakley Creek
Both from 10:30am - 12:30
pm

TANI Regional Network Meeting

Wednesday 24th February
2021
10:00am - 12:00 pm
Western Springs Community
Garden Hall

Migrant Women Wellbeing Programme

March 2021 (TBC)

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From The Desk of The Chairperson

Kia ora & greetings to all our readers!

Here is the latest summer bulletin that brings you a great information on various wellbeing initiatives & services that are available for you. TANI has been actively addressing community needs that have emerged

as a result of pandemic and hence, have adapted the hybrid model for delivering our services i.e. both, online and face to face. These services include, but not limited to Women Wellbeing programme, Asian health & wellbeing seminars, Healthy Babies Healthy Future programme, Stay Well Stay Connected initiative and the list goes on.

I am delighted to share that our Women Wellbeing Program has made positive difference to the lives of more than 100 women in the current year and so as HBHF initiative. I strongly encourage you all to take part in our summer season wellbeing activities. Please feel free to get in touch with our enthusiastic team to know more.

I wish all our readers a very healthy transition to the new year and encourage you to stay safe, avoid crowded places and kindly wear facemasks at public spaces. In addition, whilst exploring recreational activities, please take precautionary measures if you are near waters.

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

Virinder Aggarwal (Chairperson, TANI)

Staying Well Stay Connected

Kia Ora, Namaste Everyone!

In the beginning of September, we started offering our Stay Well Stay Connected (SWSC) Programme to the members of our community. With the fear of the COVID-19 pandemic looming large, the best use of technology was made by offering this programme on the ZOOM platform to keep our communities healthy, engaged and connected.

Over a period of two months we have conducted 16 sessions of the SWSC programme. Motivating participants to enhance their physical and emotional wellbeing by giving culture specific health and lifestyle information in a simple language was helpful for them. Symptoms and risk factors for cardiovascular disease, diabetes, obesity and many other diseases were discussed, and healthy lifestyle changes were suggested.

They enjoyed Yoga and stretching exercises, that have been a crucial component of each session along with Mindfulness Meditations, as they had been home bound due to the lockdown and had not been getting enough exercise. They shared that these helped them in reducing anxiety and stress, remaining calm, practicing self-care and self-compassion for their positive changes, and making connections with others.

I am pleased and honoured to run this programme and enable to support our community in these challenging times! I hope the number of participants will increase during the summer.

Best wishes to everyone for the festive seasons of Diwali and Christmas!

--- Manjusha Mane

Migrant Women Wellbeing Programme: What have we been up to?

What a year it has been! I think we can all agree that we are ready for a fresh new year in 2021.

Despite the difficulties we faced this year, this programme has enabled us to stay connected and to support each other – from community centre gatherings to Zoom meetings, from Auckland to Dunedin!

We have empowered each other, shared, and learnt from one another. Through this programme, we also met like minded people like TransformAotearoa in Putaruru.

As part of our programme, we supported migrant women to gain independence and confidence on our kiwi roads. And there is nothing better than receiving amazing news from participants such as Hannah Kim.

Hannah wrote to us, "It has been already 20 years since I migrated to New Zealand. The responsibility that I had to take my children to schools and pick up, pushed me to get a restricted license, but I couldn't keep driving anymore for a while until now. I just renewed my license and extended it for 10 years as I had lack of confidence and felt pressure that I had to get my restricted to a full license.

Then, looked at TANI's newsletter about the Migrant Women Wellbeing Programme. I joined it and learned a lot of information and hands-on tips about driving through the workshop. Afterward, I was given 5 times of free driving lessons that was rewarding and so helpful. I really want to thank Peter Zong at Puketapapa Community Driving School for his encouraging and helping me to gain confidence of driving skills.

I would like to express my gratitude to a TANI team who enabled me to stretch the boundary and enhance the quality of my life. And deep appreciation to the team of PCDS who are working hard on the programme for migrants, so highly recommend PCDS for those in need of driving."

We have been inspired by love, resilience, aspiration, and determination in our community. As co-ordinator of our Migrant Women Wellbeing Programme, I hope we can do the same again next year as we bring this programme back in 2021. For details please contact Jian Chen at 022 464 7441, or 09 - 8152338, or email: jian.chen@asiannetwork.org.nz





"With less alcohol harm, **our family will be closer and feel more connected.**"
JASON

Join [Uncap Our Potential](#) to help create an amazing future with less alcohol harm. Every small and positive action counts. With less harm we can have a healthier and fairer society - better physical and mental health, happier families, safer communities, real connections and happier children.

These are crucial times for our health and economy. Join us at uncapourpotential.org.nz to create real, long-lasting change – click the social media links on our website to share our videos and photos of NZers sharing their dreams of a future with less harm. We invite you to share your dreams with us. Together we can make it a reality.

Healthy Babies Healthy Futures (HBHF)



Being a mother and living in New Zealand, it is vital to have a fundamental understanding of the regional health issues, nutritional deficiencies and ways to overcome the health challenges. After all, we are what we eat. We have been on the right track with our mothers from Safari panmure group who participated in our Nutrition workshops and successfully graduated our Healthy Babies Healthy Futures (HBHF) programme. It was a group of multicultural but likeminded mothers who showed the ownership to learn about how to keep themselves, their kids and families on a healthy lifestyle as we know that **"Health is**

Wealth".

HBHF is a fantastic initiative by Ministry of Health (MoH) New Zealand for Maori, Pacifica, Asians and South Asians ethnicities. The Asian Network Incorporated (TANI) is facilitating the HBHF initiative by providing a platform to the South Asian mothers to come, join and receive best of the knowledge of health services in New Zealand. In the South Asian community, we cover Indian, Pakistani, Sri Lankan, Bangladeshi, Fiji Indians, Nepalese and Afghani mothers who are pregnant, lactating or mothers with kids under 4 years of age.

If you think that you are eligible and want to join, then please feel free to fill our health assessment and enrollment form and get into the draw of 250\$ shopping voucher. Select the **"Bushra Ibrahim as a facilitator"** in the beginning of the survey Link which is given below. You can also join us Online or face to face.



Here is the TANI enrollment form link: <https://forms.gle/hTVGFmB7sytwUVK89>

If you are a pregnant, nursing or mother with kids less than 4 years or seeking any help for your weight loss, healthy pregnancy and/or kids menu, please contact our HBHF coordinator for Free services and cultural advice. **Bushra Ibrahim** (NZ Registered Nutritionist) HBHF Coordinator for South Asians Tel: 022 464 7448 Email: bushra@asiannetwork.org.nz

Wellness Support
 Feeling anxious, stressed, having trouble sleeping or concerned about your drinking?

Ask for a Wellness Support (Tautoko Oranga) appointment with your family doctor or nurse.

Learn practical tips and develop a plan to start improving your wellbeing today.

Wellness Support offers funded medication and non-medication options to support your mental health.

If you need to talk to a trained counsellor anytime (24/7), free call or text 1737.

GUESS WHAT??
 Free health advice when you need it
Healthline
 0800 611 116
www.healthline.govt.nz

“Call Healthline for free advice from our trained registered nurses. Healthline nurses can help you any time - 24 hours a day, 7 days a week. Phone calls are free from within New Zealand – this includes calls from a mobile phone. Call Healthline if you're feeling unwell – but not sure whether you need to see a doctor needing some advice about a family member or friend who's sick (if you are with them), On holiday and want to know where the nearest doctor or pharmacy is. Our Healthline nurses are specialists in assessing and advising over the phone.”

The Auckland region is now as Alert Level 1 as of midnight Wednesday 7 October. If you are unwell, stay at home and do not travel.

If you become unwell while you're on holiday, stay at your accommodation and call Healthline - 0800 358 5453, a GP, or Nurse Practitioner who can advise whether you should be tested.

If you are advised to get a test, please do so; DO NOT WAIT until you get home to get tested.

Continue to sign into places using the NZ COVID tracer app or keep a record of where you've been and when.

This is especially important when on holiday because you may not remember all the locations you have visited.

Maintain good hygiene practices, including washing and drying your hands, or by using hand sanitiser. Cough and sneeze into your elbow.

For more information on New Zealand's alert levels and what they mean, visit the [Auckland Regional Public Health Website](#) and [Unite Against COVID-19 website](#).



Counties Manukau (South and East Auckland) Cervical Screen Services for Residents

(Indian, Malay, Indonesian, Cantonese and Mandarin speaking staff available.)

Free BreastScreen for women aged 45-69 years

Main screening site is at Manukau SuperClinic. We also have subsites at:

- Mangere Community Health Centre
 - Mercy Radiology – Botany SuperClinic, ARG Howick & ARG Pukekohe
- Call for an appointment 0800 270 270 or email: bscm@middlemore.co.nz

Free Cervical Screening for women aged 25 - 69 years for women are never been screened or are more than 5 years

- Every 2nd Saturday of the calendar month – Manukau Super Clinic
- Every 1st & 3rd Friday of the calendar month – Manukau Super Clinic
- Every 2nd Tuesday (after hours) clinic– Botany SuperClinic
- Wednesday Fortnightly clinic– Mangere Community Health Centre
- Tuesday Fortnightly Clinic- Otara Community Health Centre
- Ones a month Wednesday clinic- Botany Super Clinic starting
- Ones a month Thursday clinic- Pukekohe Hospital

Call for an appointment **0800 729 729 ext 3** or email: Supporttoscreening@middlemore.co.nz



AUCKLAND
DOWN SYNDROME ASSOCIATION

Auckland Down Syndrome Association is a charity who support people with Down syndrome, and their families in the Auckland community. We have a wonderful Chinese speaking parent who is happy to meet with anyone who has a family member with Down syndrome.

Judy Sun has a beautiful daughter called Jane who has Down syndrome. Jane is 13 years old.

Judy can be contacted on 021 686 708.



Video resources for ethnic communities

Asian Family Services developed culturally and linguistically appropriate video resources for Chinese, Korean and South Asian of older people, pregnant women or new mother and people with the long term health condition. Asian Helpline, a nationwide helpline ran by Asian Family Services, will be supporting these particular group of people to access reliable information to understand better what support is available to them in their communities.



- To access more information on Reach Out Campaign visit <https://www.asianfamilyservices.nz/resources/resource-categories/reach-out/>
- For Mandarin resources (提供给华人社区的线上资源) https://www.asianfamilyservices.nz/media/lc9kqhzl/reach-out-resources_chinese.pdf
- For Korean resources (도움 요청을 위한 온라인 정보) https://www.asianfamilyservices.nz/media/owklrjp2/reach-out-resources_korean.pdf

CREATIVE ARTS THERAPY IN SCHOOLS

Following COVID-19 related disruptions to student learning, our experienced therapy team can provide a wellbeing programme tailored to your student's needs.

Group programmes available in schools:

- Dance Movement Therapy
- Art Therapy
- Multi-Modal Creative Arts Therapy

Tailored to children demonstrating:

- Mental health issues (including Anxiety & Depression)
- Signs of trauma
- Lack of ability to focus
- Anti-social behaviours
- Special needs and/or physical disabilities

Outcomes include:

- Improved wellbeing
- Increased focus and productivity in the classroom
- Enhanced emotional intelligence
- Better communication and social skills
- Improved coordination and motor function

To find out more, visit: www.dancetherapy.co.nz
Email: info@dancetherapy.co.nz, or phone: (09) 636 3029



At the Citizens Advice Bureau, we can help in these uncertain times of the Covid-19 pandemic. Our core business is to help people to know and understand their rights. Specialist support from our national office means we are on top of all policy developments as they occur. Additionally, our long history (50 years this October)

of working with organisations working to improve people's lives, means we can provide many options for you.

Employment issues and the flow-on effects on peoples' lives have made for a confusing and difficult time. People have dealt with reduced hours and pay, working from home, and redundancy. This, on top of having to stay home, home-schooling children, caring for other family members, making sure there is food on the table cause huge stress.

Many employers in this country are small businesses without access to resources. They are navigating the processes for various tranches of the Wage Subsidy, and for those in self-isolation – the Covid Leave Support Scheme. We are able to point them in the right direction too.

We might not still be in lock down but we are going to be affected by the pandemic for some time. Still time for us to be kind. Kia atawhai!

Te Rito Ora is a free community based service that provides breastfeeding support and nutrition advice for all mothers and babies who live in Counties Manukau. They can work with you from the time you find out you are pregnant until your baby is 2 years old.

Te Rito Ora offers:

- Home visits during pregnancy to help prepare for breastfeeding baby.
- Home visits for breastfeeding support and advice once baby is born and Lactation Consultant home visits if there are more difficult or complex breastfeeding issues.
- Support with nutrition advice and cooking skills via our “Mum’s Kitchen Rules” family cooking and first foods workshops.
- Breastfeeding peer support education to mothers and families.

Contact Te Rito Ora on: **0800 HELP BF / 0800 435 723** (Mon – Fri 8am -5pm) or Email: TeRitoOra@middlemore.co.nz



Spectrum Care Cultural Support



“Spectrum Care’s Asian Cultural Support Advisor, Wai Ng, was introduced to our family at the time when we were struggling to find support for our six-year-old son Jason. Jason has multiple diagnoses, including albinism, Mosaic Trisomy 18, autism, global development delay etc.

“As immigrants, we don’t have related family members and have hardly any friends here in New Zealand, and we struggled to get help due to our language barrier and cultural difference.

“Wai contacted me and spent huge amount of time getting to know Jason and our family. He understood our needs and provided help getting through the process of communicating with the different government agencies and organisations.

“With Wai’s help, Jason now gets the support he needs and that’s really put our family life back on the right track. Wai also contacts us regularly to check on our family and tries to provide opportunities for us to join different community activities and cultural events. “Our family really appreciate Wai’s help and kindness. He’s always there when we need him and provides us loads of support. We feel so lucky to know Wai - thank you! Xie Xie!”

To find out about Spectrum Care, visit www.spectrumcare.org.nz



Take part in the online arthritis Pain Programme

Arthritis New Zealand’s online Pain Programme course is now open for participants. It is a six-week online programme to provide helpful information, advice and tools to set you on a path to better pain management. A pain programme you can do at a pace that suits you. Receive the

week’s email on a Monday and work through the information as you please during the week. Because it’s delivered to your inbox, you can keep the information and go back to it at any time in the future!

The programme is at no cost to you. To register your interest or find out more about the programme, click here - <https://www.arthritis.org.nz/pain-programme/>



Iron is an important nutrient that we need at all ages and stages to carry oxygen around the body, provide energy and to support immunity. Babies and toddlers need a lot

of iron to support their rapid growth and brain development. In fact, from 7 months of age a baby needs more iron than their Dad. With a high nutrient requirement, but small tummies, it’s important that every mouthful going into a baby or toddler’s mouth is packed full of nutrition, with a special emphasis on iron-rich foods. The Beef + Lamb New Zealand nutrition team have recently created some delicious iron-rich recipes for babies and toddlers which include [Mini Meatballs](#), [Toddler Bolognese](#), [Iron-rich Casserole](#), [Babies Beef Mince with Kumara](#), and [Lamb’s Liver and Vegetables](#).

These family friendly recipes may be suitable to those involved with the Healthy Babies Healthy Futures programme as they are easy to prepare, adaptable, budget-friendly and are packed full of nutrition. For more iron-rich recipes click [here](#) and to order or download the ‘Fuelled by Iron’ resource (which contains practical tips and iron-rich recipes) click [here](#) or view [here](#).



Ways to give your liver some holiday love

We all know over-indulging on culinary delights is a big part of Christmas. But all that extra eating and drinking means your liver has to work extra-hard to process food and drink and clean toxins from the blood. This can lead to serious health issues. So how can you keep your liver fighting fit throughout the holiday season?

Drink in moderation There’s a limit to how much alcohol the liver can handle. Drinking more than one or two alcoholic drinks in one sitting, or having multiple drinks each day, makes the liver work overtime. This applies regardless of the type of alcohol you’re drinking.

Don’t drink if you’re on medication. This can damage your liver.

Tips for drinking less

- Use different glasses.
- Don’t over-fill. Filling glasses halfway rather than to the brim will also mean you drink less.
- Steer clear of boozy situations.

Watch your sugar and fat intake

Too much sugar and saturated fat in your diet can also cause fat to build up in the liver. Drinking water fills you up, so you’ll feel less hungry and you won’t be as likely to head straight for the snack or dessert table at a social get-together.

Choose healthier options

Summer is a time for eating salads, and there are plenty of seasonal ingredients that can easily be thrown in to make a delicious main or side dish. Leave the butter off your potatoes, and think twice before you reach for that extra bread roll.





Challenging racism in Aotearoa

The Mental Health Foundation knows that racism is a problem in Aotearoa. As part of their anti-bullying campaign [Pink Shirt Day](#), they've published [this video](#) and Liang's [story](#) (pictured), which share real experiences with racism that Asian people have faced here - and that they've seen increase - during COVID-19.

You can help to end racism by challenging it when you hear or see it (using Pink Shirt Day's and [Belong Aotearoa's tips](#)), standing with the person being bullied and [reporting](#)

[racist incidents](#) to authorities.

By challenging racism together, we can co-create a more inclusive Aotearoa.



It is ok to talk about gambling harm



Oasis
Reducing Gambling Harm

Many people experiencing harm from gambling don't talk about it, despite free and confidential support being available across Aotearoa New Zealand.

In late September, The Salvation Army Oasis held an Open Day in Mt Wellington, Auckland to try and bring the so-called 'hidden addiction' out of hiding and let people know that it's OK to talk about gambling.

We had around 150 people through on the day, learning about gambling harm and the help available at Oasis and other gambling services – including free, confidential counselling for gamblers and their whānau.

We operate in several locations across Aotearoa New Zealand, and phone/online services are available for those living in remote areas. Anyone concerned about gambling is welcome at our service, regardless of gender, culture, religion or sexual orientation. In Auckland our available languages are English and Hindi, and we can also arrange an interpreter if required.

We also offer free workforce development presentations for health and welfare staff, to help them support people with co-existing gambling issues.

To learn more, please visit our brand new website oasis.salvationarmy.org.nz and follow us on Facebook to stay in the loop about upcoming community events and activities facebook.com/OasisReducingGamblingHarm



Auckland Emergency Management launches new Chinese Work Ready website



Auckland Council Community Empowerment Specialist Advisor Yongjie Li presents the new website to Chinese business owners.

Auckland Emergency Management is launching the country's first business continuity resource developed specifically to build the resilience of the city's Chinese business community.

Auckland Emergency Management General Manager Kate Crawford said the impact of the COVID-19 pandemic had underlined the importance of having the right business continuity plans in place. Up until now, few resources existed to support the region's Chinese business owners, especially those managing small businesses.

(Auckland Council Community Empowerment Specialist Advisor Yongjie Li presents the new website to Chinese business owners.)



THE BURN SUPPORT GROUP IS **HERE TO HELP.**



IF YOU OR YOUR LOVED ONE HAS SUFFERED A BURN INJURY, WE WANT YOU TO KNOW THAT YOU ARE NOT ALONE

We offer support to adults and children through a range of camps, meetings and initiatives. Including:

- Camp Awhi, Annual Children's Burn Camp
- Survivor Sundays
- Our Women's Retreat
- Our Men's Day Out
- The Phoenix World Burn Congress
- The Australian Burn Forum
- And other fundraising events



Find out more at burns.org.nz or on 09 270 0640

Need Healthcare information?

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





Are you DE-CLUTTERING before or after Christmas?

Please consider donating your unwanted goods in good working condition to Earth Action Trust.

Goods will be rehomed to needy families.

Email earthactiontrust@gmail.com or phone Granada 027 532 6281 for more information

Age Concern Rodney and West Auckland Community to Hospital Shuttle Service

Who can use this service?

- Rodney - Hibiscus Coast residents attending Outpatient appointments at North Shore, Auckland and Waitakere Hospitals, and Greenlane Clinical Centre.
- North Shore Residents that have Outpatient appointments at Auckland and Waitakere Hospitals and Greenlane Clinical Centre. North Shore Hospital is the pick-up and drop off point.
- NOTE: (The Shuttle does not pick-up from homes on the North Shore)
- West Auckland residents attending Outpatient appointments at North Shore and Auckland Hospitals, and Greenlane Clinical Centre.

Pre Booking Service:

- It is recommended that booking a seat on the shuttle should be made when you receive your Outpatient appointment letter. It is **COMPULSARY** to pre book a seat a **MINIMUM** of 3 working days before the appointment.
- The Shuttle service will arrange pick-up times with passengers so that they can get to appointments during the times in the table below.

Shuttle office hours: Mon- Friday 9.30am – 4pm For further enquiries phone 09 426 0918 or 0800 809 342 (press 5)

Mt Albert YMCA Martial Arts for the whole family

In these most unprecedented times a family community environment of certainty is a rare commodity. One such community environment are the martial arts classes available for the whole family undertaken at the Mt Albert YMCA by Head Instructor Sensei Eddie Wong and his team. The martial arts taught are Aikido (Japanese Self Defence through non-resistance), Iai-do (Japanese Swordsmanship) and Tai Chi Chuan (Chinese Self Defence).

All three martial arts are a suitable form combining physical and mental exercise for people of all ages and fitness levels. They each offer self-development through mental and physical discipline, etiquette, focus and coordination.

Sensei Eddie has a significant standing and respect in the Auckland Martial Arts Community since his interest grew in the early 1960's. As a life-long passion Eddie has dedicated his life to martial arts training and he has been a fixture at the Mt Albert YMCA for the last thirty nine years. Training has recommenced post the lockdowns and social distancing is being maintained for student and instructor safety in collaboration with the YMCA's safety protocols. (Pic: Jill Gibson, Centre Manager of Mt Albert YMCA with Sensei Eddie Wong)



Further details of session times can be obtained from the brochure available to the Mt Albert YMCA front desk staff or by calling Sensei Eddie on 02108326201.



Spike Spin Smash

Badminton | Basketball | Table Tennis

Bring your friends & family for a social play

WHERE

YMCA Mt Albert Community & Leisure Centre,
773 New North Road, Mt Albert

WHEN

Every Saturday 3:00pm - 5:00 pm
27 June - 28 November, 2020

COST

\$2 per student per session (under 18 years old)
\$5 per adult per session (please bring cash)
Please bring bats, balls, rackets, and shuttles

HOW

Registration and signup on site
Email: sherry@sportauckland.co.nz
Facebook: Sport Auckland ActivAsian

VOLUNTEER

We will send you more information upon receive your email



新春花市同乐日招商

2021 牛年花市 Year of the Ox

Our Festival to welcome the Year of the Ox is being held in Halls 3 & 4 of the ASB Showgrounds, 217 Greenlane West, Auckland 1023 on Saturday, 30 January 2021 between 9.30am and 4.00pm. Free Admission, all Welcome.

牛年新春花市将于年2021年1月30日周六早9:30至下午4:00时在ASB Showgrounds的3号和4号厅举行。免费入场，欢迎光临。
地址：217 Greenlane West, Auckland



免费入场，大量车位，200多个食档 / 干货年货摊位，多元文化艺术表演，新年醒狮舞龙，儿童游乐场，有抽奖 / 奖品
Cultural concert / Food stalls / Market stalls
Entertainment / Dragon & Lion dances
Children's Amusements / Ample parking

参展招商联系方式 Contact

参展问询 Enquiries:
(英文) David Tai 521 8238 / 027 866 6232
Kai Luey 522 1840 / 021 333 125
(中文) John Ling 021 867 238

摊位申请表下载 Stall applications download here
http://www.aucklandchinese.org.nz/chinese_new_year.php

白金赞助商 Platinum Sponsors



Ten simple things you can do to Reduce Single-Use today!

Our “throw-away” lifestyle creates tons of waste from single-use products that we use for just a few minutes, eg: the average useful life of a takeaway coffee cup & lid is 12 minutes!

Top 10 actions you can do to reduce your disposables footprint.

- 1 - Use your own reusable fruit and veggie bags.
- 2 - Reuse glass, plastic containers – storing nuts, dried goods,
- 3 - Carry your own food container and utensils.
- 4 - Carry a reusable water bottle.
- 5 - Pack a waste-free lunch.
- 6 - Take your own cup.
- 7- Slow down and dine in.
- 8 - Say no to disposable straws.
- 9 - Use bars of soap instead of liquid, and washing powder in cardboard not plastic bottles
- 10 - Join our Waste Savvy Swaps Facebook group! :)

9 TIPS FOR LIVING WITH LESS PLASTIC

- 1  Bring your own shopping bag
- 2  Carry a reusable water bottle
- 3  Bring your own cup
- 4  Pack your lunch in reusable containers
- 5  Say no to disposable straws & cutlery
- 6  Skip the plastic produce bags
- 7  Slow down and dine in
- 8  Store leftovers in glass jars
- 9  Share these tips with your friends

LESS PLASTIC.

WWW.LESSPLASTIC.ORG.UK

Foundation North wishes to assure community organisations in Auckland and Northland that our mahi can, and will, continue as we all deal with the COVID-19 situation. We will:

- work to support you as needed
- stay open for funding requests
- take a flexible and responsive approach to meet community needs and aspirations
- fund to strategy

Our website has more details www.foundationnorth.org.nz. Contact us by phone 0800 272 878, email info@foundationnorth.org.nz



Feedback Invited

You are invited to participate in a survey being carried out independently by Colmar Brunton on behalf of an independent charitable entity that supports organisations and community groups across the Auckland and Northland region and is focused on enabling significant positive change with these communities.

This confidential survey will take no more than 10 minutes to complete. The results will be used to help improve the service experience provided by the entity to all organisations and community groups. To have your say, please [click](#) here to take survey.



SPORT WAITAKERE

GREEN PAGE

West Auckland Physical Activity Directory

SCAN TO ACCESS



VISITOR CARE

Manaaki manuhiri

HUMANITARIAN SUPPORT FOR FOREIGN NATIONALS




Working with the New Zealand Government

Whatua Te Muka Tāngata Weaving the Bonds of Humanity

Leadership Development Opportunity for Third Culture Youth

What: A three-day residential programme or wānanga **Where:** Ōrākei Marae

Start: Friday 11th Dec @ 2pm **Finish:** Sunday 13th Dec @ 2pm

Who: 18 to 30 years olds from any ethnic minority groups and of migrant/refugee background

Cost: Free of Charge

The Opportunity: This programme is designed to create connections and learning opportunities through specially designed and facilitated cultural activities and protocols. We will all share stories and explore concepts that exist within our cultures as well as within Te Ao Māori. We believe that storytelling is a powerful way of connecting, enhancing mana, and strengthening cohesion between us.

Next Steps: Please complete this [Expression of Interest Form](#) to register with us. We will be holding some community meetings to answer questions and for you to meet some of the team and find out more. If you would like us to come to your community, please get in touch to arrange.

For more information please call: Tim on 0211998077 or email heaokotahinz@gmail.com



HE AO KOTAHĪ
WHATUA TE MUKA TĀNGATA