

## CONNECTING COMMUNITIES

### TANI 2023 Events

#### **TANI Regional Network Meeting**

Wednesday 24 May, 10am-12pm

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

#### **Stay Well, Stay Connected**

Every Tuesday and Saturday, 10:30am -  
12:30pm

Please contact for more information

#### **Ethnic Community Information Day**

Wednesday 26 April, 10am-12:30pm

Location to be confirmed

#### **Chinese Health Seminar**

Wednesday 31 May, 10am-12pm

Pearce Street Hall (Haskell Hall),  
3 Pearce Street, Onehunga

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## From The Chairperson

Kia ora koutou katoa and wishing you a very happy Lunar New Year, a year of the 'rabbit' symbolising grace, mercy, beauty, and good luck.

The Asian Network Inc. (TANI) stands with thousands of families that are impacted by recent cyclones and adverse weather conditions. Our team has been supporting the communities on the ground and please do not hesitate to reach out to us if you need any support or advice in regard to accessing any services.

We are pleased to bring our autumn edition of the newsletter, which includes information on a number of support services and some key highlights from the last quarter. I am pleased to share that TANI has been advocating for a need to develop an Asian health strategy at several forums recently and believes the streamlined approach to addressing Asian health is vital. This would certainly lead to better health & well-being outcomes for wider Asian communities residing in New Zealand. I encourage you to become a member of the recently formed Ethnic Health Collective which is a collaborative platform to ensure health equity for ethnic communities. Ethnic Health Collective will be community-led, provide policy advice, and influence the health outcomes of ethnic groups in New Zealand.

We welcome and value your suggestions & ongoing support. Team TANI looks forward to seeing you at the forthcoming TANI face-to-face and online events! That is all for now, stay well and stay safe everyone.

Ngā mihi nui,

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



## TANI GNM Meeting

Our Network Meeting took place on 22nd February 2023 at Pearce Street Hall with approximately 70 people attending.

The meeting began with our attendees splitting into two groups to introduce themselves and their organisations. There was positive feedback from our attendees on this process as they felt it was a great way to find likeminded organisations they could collaborate with in the future.

We had a timely presentation by Stats NZ on the upcoming census. An important take away from the presentation was that this census is the most inclusive to date, with information available in twenty-seven languages including: Mandarin, Japanese, Korean and Hindi, among other Asian languages. Information in accessible formats is also available for the disability community including Audio, Braille, Easy Read and Large Print.

Dr Sherly Parackal shared the findings from the South Asian Diet and Activity Intervention (SADAI) study. A pilot randomised controlled trial, which tested a culturally appropriate digitised intervention, developed using a co-design approach to promote healthy diet and activity in NZ South Asians.

Lastly Nandita Mathur gave an update on Ethnic Health Collective. She explained why the collective has been created, information about the core team, who can join and what the collective is aiming to achieve. Attendees of the event were encouraged to join the initiative.



## Healthy Babies Healthy Futures

There are several ways to support the development of good mood by regulating a woman's hormones. Here are a few tips:

1. Exercise for at least 30 minutes most days of the week to boost endorphins
2. Eat a healthy, balanced diet with plenty of fruits, veggies, lean proteins, and healthy fats
3. Get 7-8 hours of sleep per night to avoid mood swings
4. Practice stress reduction techniques like yoga, meditation, or deep breathing exercises
5. Consider hormone therapy for significant hormonal imbalances
6. Consult with your healthcare provider before taking new supplements
7. Maintain a healthy weight through a balanced diet and regular exercise

Healthy Babies' Healthy Futures (HBHF) is a free eating-well and moving-more programme funded by the Ministry of Health (MoH). In this season, April to June 2023, the programme is focused on the Nepalese community with Nutrition workshops and a five-week Healthy Lifestyle Challenge, we are also giving away \$5,000 in grocery vouchers and prizes.

The Asian Network Incorporated (TANI) is proudly delivering this programme for South Asian mothers. To be eligible for the next season, you need to be a Nepalese 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.

Feel free to reach out to me by TEXT OR CALL BUSHRA IBRAHIM 022 4647 448 (NZ Registered Nutritionist & Healthy Lifestyle Coach) or Poonam 0211897808

## Petition For a National Health and Well-Being Policy/Strategy For Ethnic Communities



Almost one in five people in New Zealand is of Asian or other ethnic minority groups (eg Middle Eastern, Latin American and African), and this culturally and linguistically diverse population is growing very fast. We believe

there are significant unmet health needs of this population, not explained by the "healthy migrant effects" or "model minority". We believe a national policy at Te Whatu Ora level is critical for this population to achieve "Health for All", reinforcing Te Tiriti principles.

This petition is built on the previous work of the PHA, academics and community organisations, requesting that the House of Representatives urge Te Whatu Ora – Health New Zealand to develop a national, entity-level policy/strategy and regional/district implementation plans to improve the health and well-being of Asian and other ethnic minority population group". Dr Lifeng Zhou said, "By the petition process, I also wish to raise awareness about Asian and ethnic health, and build momentum toward a change in policy and in how health and well-being services are delivered across New Zealand".

It would be great to have your support and promotion of the petition below. Just click the link <https://petitions.parliament.nz/85905553-327d-410b-8cb2-a482f3955a16> and please feel free to sign your name if you support this significant initiative.

Free health advice  
when you need it

**Healthline**  
0800 611 116  
[www.healthline.govt.nz](http://www.healthline.govt.nz)

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)



## Asian Family Services Begins A Journey of Independence



Asian Family Services (AFS) celebrated its newfound status, with the blessing of its PGF (Problem Gambling Foundation) parent body, as an independent entity at a special event held at Parliament on Wednesday 22 February 2023, hosted by the Minister for Diversity, Inclusion, and Ethnic Communities Honourable, Priyanca Radhakrishnan and attended by the Deputy Prime Minister, Honourable Carmel Sepuloni.

Kelly Feng, AFS Chief Executive says despite the increase in Asian population size, the provision of culturally responsive and linguistically appropriate services is severely lacking.

"With our ethnically diverse and professional workforce, in-depth Asian insights, trusted Asian channels and strong connection with Asian communities, AFS is well prepared. We will be more visible, supporting government policy consultation and input that will represent the needs of the Asian population and establish more culturally appropriate services for Asians living in Aotearoa New Zealand."

Source: <https://asianfamilyservices.nz/events>



**A dedicated COVID-19 disability helpline is available 24/7**

**Call free on 0800 11 12 13  
or text 8988**

## Warmest Congratulations to Yong Rahn Park

We would like to acknowledge the great achievements of Yong Rahn Park, who has been awarded the Queen's Service Medal QSM for her services to the Korean Community.



Yong Rahn has been active in NZ Korean community for more than 10 years, assisting Korean families to settle and integrate, and promoting Korean culture to the wider community. Yong Rahn also established the Korean Positive Aging Charitable Trust in 2012.

Source: [www.times.co.nz](http://www.times.co.nz)

## Auckland Council's Annual Budget Consultation

Auckland Council's Annual Budget 2023/2024 consultation process has begun and we want to hear from you!

The proposed budget is designed to address ongoing financial pressures while prioritising services that Aucklanders need and value.

We need to balance the budget and have limited options available to us to achieve that in the next financial year.

We have some tough choices to make as a region and this is your opportunity to have a say and let us know what is important to you.

Feedback can be provided online, via email, by telephone, post and at Have Your Say events so Aucklanders are encouraged to get involved and make their voices heard. For more information go to [akhaveyoursay.nz/budget](https://akhaveyoursay.nz/budget) or to book a telephone feedback session call 09 301 0101.

All submissions must be received by 28 March.



## Can I Get A Disability Assistance Dog?

Disability assistance dogs are for people with a medical condition or disability, who would benefit from a disability assist dog. You can apply directly to one of the organisations that train and certify disability assist dogs.

You will need to provide evidence of your medical condition or disability from your doctor. You need to commit to looking after the dog, taking part in a training programme and paying for the ongoing costs (for example).

For more information and relevant links, visit [www.cab.org.nz/article/KB00039334](http://www.cab.org.nz/article/KB00039334)



## FREE Workshops on Disability Funding



Navigating the Disability funding framework is challenging, and the disabled are often not given all the options available to them.

Manawanui, the leader in Individualised funding, are here to help empower communities to choose the funding that is right for their personal situation.

Manawanui's community workshops present the different disability funding options available, and how to manage funding in a way that suits the customer and their support network of family, friends, and community organisations. These free workshops are open to anyone interested in learning more about the disability funding framework.

Interested in hosting a free Manawanui information session?

Email [liam.sanders@manawanui.org.nz](mailto:liam.sanders@manawanui.org.nz) or call Liam on 027 228 1678 for more details.



## All Children Deserve a Voice

Caleb lives with Down syndrome, which makes speech incredibly difficult for him – but thanks to regular speech and language therapy he is learning signs, gestures, and vocalisations to communicate. Working hard with his therapist, Caleb has recently learned to clearly use the word “up” in a range of contexts!

All children deserve to have their voices heard, but without proper support, kids like Caleb often remain non-verbal throughout their lives. UpsideDowns is a charitable organisation striving to ensure all of Aotearoa's children with Down syndrome can learn to speak, read, write, and communicate with loved ones.

Because this therapy is not publicly funded, UpsideDowns is on a mission to make sure children with Down syndrome in all communities can access these life-changing services. UpsideDowns' programme gets kids working with a therapist to learn communication skills to help them interact with others, participate in mainstream schooling, and live fulfilling, independent lives.

The communication journey is long, which is why UpsideDowns works with children from birth until the age of 21. If a young person with Down syndrome in your life requires speech and language therapy, get in touch with UpsideDowns today.

Source: [www.upsidedowns.co.nz](http://www.upsidedowns.co.nz)





## Safari Multicultural Playgroups & Engage

If you are lucky enough to wander into one of our six Safari playgroups recently, you'd likely see children looking for toys hidden under cups, flashing up memory cards or dancing to music with scarves and sticks waving.

These might look like typical kids' activities at a playgroup, but they are really a set of carefully crafted games that, if played regularly, will support a child to 'self-regulate' their emotions, which is a huge indicator to success later in life.

This is the Engage programme: a nationwide programme to help children cultivate their emotional, cognitive, and behavioural skills through game playing. We at Safari are working to make the programme suit our younger and multicultural audience.

Find out more [www.belong.org.nz](http://www.belong.org.nz)



## B4 School Check

The B4 School check is a comprehensive, fun assessment of a child's language, development, growth, and behaviour. Social and emotional development, oral health and any other general enquiries like toileting, nutrition and sleep are also covered. This check is also an opportunity to discuss any potential concerns or issues that you may have. We like to see children as close to their 4th birthday as possible, so that support can be initiated well before they start school.

You can book your 4-year-old in for their B4school check by phoning 0800 104 105.

We look forward to meeting you and your child.



**Learning Community Hub**

**LEARNING TOGETHER 2023**

FREE LESSONS FOR PARENTS & CHILDREN  
EVERY SATURDAY

10 WEEKS EDUCATION PROGRAMME WITH EDUCATION SPECIALISTS  
STARTING ON 22 APRIL 2023

ACG SUNDERLAND  
#6 WAIPAREIRA AVENUE  
HENDERSON, AUCKLAND

**REGISTER NOW!**

A PROJECT OF

MINISTRY OF EDUCATION  
TE TĀHURU O TE MĀTAURANGA

Contact:  
Ms. Nanette Carrillo  
Education Programme Leader  
nanettecarrillo@yahoo.com

Registration is now open until the 31st of March.

**SAVE THE DATE**

14th - 16 April  
2023

**the BIG latch on 2023**

events@wha.org.nz  
BigLatchOnNZ  
blo.org.nz

the BIG latch on  
2023

the BIG latch on  
2023

The Big Latch On aims to support parents in their communities on their feeding journeys, by creating safe and accepting spaces. It provides an opportunity for parents to connect with and meet new friends, and receive support and information from local services.

Parents and whānau can attend Big Latch On events in person, virtually, or participate in the online Brelfie campaign. The event aims to protect, promote & support breastfeeding families.

Registrations will open soon. Keep an eye on our website and Facebook for updates, or you can email [events@wha.org.nz](mailto:events@wha.org.nz) should you have any questions.

## Cervical Screening for 25-69 year old women



All women aged 25-69 years who have ever been sexually active should have regular cervical screening.

Counties Manukau (South and East Auckland) Residents

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

We have regular smear clinics at Manukau SuperClinic, Botany SuperClinic, Pukekohe Hospital, Mangere and Otara.

You might be eligible for free cervical screening. Call for an appointment 0800 729 729 or email: [Supporttoscreening@middlemore.co.nz](mailto:Supporttoscreening@middlemore.co.nz)

## 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](mailto:bscm@middlemore.co.nz)

## Flood And Allergy



After a natural calamity like flood, people with allergies and asthma need to be extra protective of themselves. Flood may bring and leave harmful substances like

chemicals, toxins, bacteria and viruses.

Most importantly, moulds may start to grow in homes or buildings that have been flooded. Moulds grow in damp or decaying matter and poorly ventilated environments. They may also grow in carpets and furniture – which, if not properly dried or replaced, may make you sick, especially if you have mould allergy. Mould produce spores and exposure to high spore concentrations is linked with respiratory conditions like allergic rhinitis, asthma, and sinusitis.

If you have OR if you are at risk for mould allergy but you are involved in cleaning up after a flood, you may use these tips:

- Wear protective gear/equipment like protective eyewear, mask and gloves.
- Create ventilation in your home (e.g. open windows)
- Check house or building for dampness and mould growth
- Drain flood water and dispose remaining sediment.
- Clean everything that has been in contact with flood water.
- Dispose items that cannot be washed and cleaned immediately, especially if they are mouldy.
- Consider hiring professional cleaners who can conduct mould remediation techniques.

### ANNOUNCEMENT:

All Epipens® are now fully funded in New Zealand for people diagnosed as at risk of Anaphylaxis. A Special Authority prescription is required for this medicine. Please read more details at <https://pharmac.govt.nz/news-and-resources/consultations-and-decisions/2022-12-15-decision-to-fund-adrenaline-auto-injectors-for-the-emergency-treatment-of-anaphylaxis/?fbclid=IwAR1C87t-CBOBz72guGES8YACdZscGhwDC9--N5AKkIt5tusaV6jmf1GjQdc>

Questions? Feel free to contact [educator1@allergy.org.nz](mailto:educator1@allergy.org.nz) or [allergy@allergy.org.nz](mailto:allergy@allergy.org.nz)

**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.

\*A 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.hepinfo.co.nz](http://www.hepinfo.co.nz)

\*If required. The person shown is a model, not a patient. AbbVie Limited, PO Box 11437, Manners Street, Wellington 6142. TAPS BG1962.NZ.VHC.V.200010.HCV0068, February 2022.

**abbvie**



## Adolescent Mental Health: A Mother's Perspective



We migrated from China to Aotearoa 20 years ago and we have lived in Auckland since then. We are an average Asian family.

In 2021, my 15 years old daughter S could not get up to go to school and she was sleeping up to 20 hours in a day. Her GP advised some medicine, but we rejected it several times. At the same time, we monitored the pattern and found out she experienced this excessive sleeping during her period. Her GP prescribed some medicine for this. However, the medication caused severe side effects including crying and low mood. We were so worried and confused.

Early in 2022, my daughter started a part time job while experiencing sleepiness. She still could not go to school around her period time. She was referred to see a mental health doctor by her new GP. The medicine this time helped her, but she relapsed after an Easter party where she drank some alcohol. This led to her emotions becoming more intense and she could not sleep for several days and did not eat anything. Eventually, she has some row with me, and police involved. Police took her to hospital and Oranga Tamariki has been contacted. The professional thinks I abused my daughter. I was so shameful and worried at that time and my mental health is also affected. I don't know why this happened to me and my family. I am lost.

**[To be continued in the next newsletter]**

## Free Training Programme to Enhance CALD Cultural Competence



eCALD Services, Te Whatu Ora – Health New Zealand are delighted to announce the launch of a new FREE “Cultural Competency Training Programme for the Mental Health and Addiction Workforce Working with Culturally and Linguistically Diverse (CALD) Asian and Refugee Communities”. Te Whatu Ora – Health New Zealand’s Mental Health and Addiction Workforce Commissioning Directorate has funded this programme, which is available free for the entire mental health and addiction workforce.

This programme aims to equip the mental health and addiction workforce with cultural understanding and practical skills to address the unique needs of the diverse Asian and refugee communities accessing services and support. To learn more, visit our website [www.eCALD.com](http://www.eCALD.com).

## Certificate of Health Promotion Level 4



The Certificate of Achievement in Introducing Health Promotion is jointly offered by Manukau Institute of Technology (MIT) and the Health Promotion Forum. It introduces students to the principles, concepts and practice of health promotion. This course will enable you to understand the role and importance of health promotion and the broader concept of health within a community and national setting.

For more information visit:

<https://hpfnz.org.nz/professional-development/certificate-of-achievement>



## Funding Cut: Poor Decision

Auckland City Council is proposing to significantly cut, or even remove all funding from CABs in Auckland. This could result in the complete closure of the CAB service in Auckland.

Our 900 highly trained CAB volunteers help around 160,000 Aucklanders every year. We help anyone to navigate any issue and understand what the options are. This includes people who are vulnerable.

Because of the terrible flooding from the recent severe weather in Auckland, people are coming to us desperate because their homes are uninhabitable, they are left with nothing, and don't know what help is available. So much information is online, but many people struggle to access online help - we help them to get the information they need. If the proposal gets approved, it will leave a lot of people in Auckland not knowing where to go to get help, because the CAB is often the first port of call. We are an essential service for our city and for communities throughout Auckland.

Help Citizens  
Advice Bureau  
by signing the  
petition online:



<https://our.actionstation.org.nz/petitions/save-auckland-cabs>

## Need Healthcare information?

Visit [www.healthpoint.co.nz](http://www.healthpoint.co.nz) that provides up-to-date information about healthcare providers, referral expectations, services offered and common treatment.



## Engaging With Asian Communities Through Play, Active Recreation, And Sport



ActivAsian is an Auckland-wide approach involving key delivery partners; CLM Community Sport, Harbour Sport, Sport Auckland & Sport Waitākere.

We aim to listen, understand, and support Asian people's wellbeing and health by providing inclusive environments. We are committed to focusing on health & wellbeing, tamariki & rangatahi, women & girls, sustainable & locally-led initiatives, sector diversity & inclusion development.

We are open to collaborate, support, and empower our Asian Communities across West Auckland. For more information visit: [www.sportauckland.org.nz/activasian-1/activasian](http://www.sportauckland.org.nz/activasian-1/activasian)

**North Shore:** [alvinc@harboursport.co.nz](mailto:alvinc@harboursport.co.nz); [daniield@harboursport.co.nz](mailto:daniield@harboursport.co.nz) **Central Auckland:** [sherry@sportauckland.co.nz](mailto:sherry@sportauckland.co.nz) **West Auckland:** [honglu.zhang@sportwaitakere.nz](mailto:honglu.zhang@sportwaitakere.nz) **South Auckland:** [ak@clmnz.co.nz](mailto:ak@clmnz.co.nz)

## Social Services for Asians in Papakura and Takanini



Great Potentials Foundation is a charitable trust for the promotion of education and parental support. Our Family Service Centres in Papakura and Takanini provide integrated health, education and social services to the communities.

Our FREE services and programmes include: Counselling, Community Social Workers, Lead Professionals, HIPPY (Home-based Early Learning programme), Early Learning Centre (Papakura), Playgroup (Takanini), English Language Class. We speak, Cantonese, Hindi, Malayalam, Mandarin, Marathi, Punjabi, Tamil, etc

Please feel free to contact us. Referrals are welcomed. Perry Zhou, Social Services Team Leader - [perry.zhou@greatpotentials.org.nz](mailto:perry.zhou@greatpotentials.org.nz); 021 0200 9722

Go to [www.greatpotentials.org.nz](http://www.greatpotentials.org.nz) for more information.

## ‘Older Person’s Bible’ Keeps Older Kiwis In The Driver’s Seat



The Eldernet Group marks more than 30 years of what is commonly referred to as the ‘older person’s bible’ with the release of the latest Where from here He ara whakamua handbook.

“Where from here He ara whakamua is all about empowering people to journey through this stage of life by giving them the tools needed to make decisions that are right for them,” says Eleanor Bodger, The Eldernet Group director. Its pages are full of essential information including managing financial and legal matter, details about retirement facilities, getting help at home, how to care for carers, cultural services and day care providers throughout the region.

The book is free of charge and can be ordered online at [www.wherefromhere.co.nz](http://www.wherefromhere.co.nz) or by calling 0800 162 706.

## Free Home Assessment by Sustain and Enable



sustainandenable  
consulting services  
healthier homes, zero waste

At Sustain and Enable, we know that the recent floods in Auckland have created many challenges for families and individuals, particularly those who are vulnerable. We want to do everything we can to support our community during this difficult time, which is why we are offering free

assessments to people over 55, migrants, and the disabled community in affected areas.

Our assessments can help identify potential safety and health hazards in your home, such as mold or water damage, and provide recommendations for improvement. We understand that your home is a sanctuary and want to ensure that it is safe and healthy for you and your loved ones.

To schedule a free assessment or if you have any questions, please email us at [referrals@se.org.nz](mailto:referrals@se.org.nz).

## Smart Dietary Choices to Achieve Sustainable Health & Wellbeing - Dr. Syed M. Shahid

People recovering from COVID-19 are more likely to develop long term Chronic Diseases (CDs) including diabetes, cancers, cardiovascular, respiratory and mental illnesses, that kill 41 million people annually, 71% of all deaths globally. Modifiable risk factors like unhealthy diet, physical inactivity, tobacco and alcohol use increase the risk of dying from a CD. These factors contribute to key metabolic changes like obesity, high blood pressure, glucose and fat levels.

A series of health talks and workshops were planned to create awareness and provide practical knowledge about smart dietary choices (e.g., intermittent fasting, one-meal-a-day, keto and Mediterranean diet) to the community, in collaboration with The Asian Network Incorporated (TANI) and Auckland Council Libraries.

Two workshops “Risk of Developing Diabetes” facilitated on 6 August at Glenfield Library and “Role of Diet and Nutrition in Preventing CDs” conducted on 9 September at Mount Albert Library were actively participated and greatly appreciated by community.

More workshops and facilitated sessions will be organised later this year.



## Beef and Lamb Survey



Beef + Lamb New Zealand produce nutrition resources that are popular with new parents. To ensure our evidence-based resources are relevant with information in a format parents prefer, we are conducting two surveys to gather insights – a Pregnancy Survey and a Baby’s First Foods Survey. Please feel free to share these surveys with parents in your community. Each completed entry will go in the draw to win an Edwards & Co ‘Olive’ stroller.

Link to take the survey: <https://www.beeflamb-nz.co.nz/news/2023/2/22/nutrition-survey>



# TANI Hamilton News

TANI Hamilton/Kirikiroa office has been actively promoting health and well-being among Asian communities in Hamilton since its launch during lockdown in 2021. The team comprises one TANI staff, Cindy Pak, and three volunteers who provide language assistance for Mandarin Chinese-speaking and Korean-speaking clients. In 2022, TANI Hamilton promoted Covid vaccination, informed the changes in Covid rules, and delivered RAT tests and other goods from the Ministry of Health to the Asian communities. They also organized many health and well-being events such as mobile cervical clinics, youth well-being after-school programs, women's well-being programs, art therapy school holiday programs for migrant and refugee children, mental health and counseling seminars, and many others.

Since 2023, TANI Hamilton has been offering free mobile clinics for Migrant and Refugee women at SHAMA and Waikato Korean School. They have also provided a drop-in information session on free English classes for communities and are planning to offer language assistance for Census 2023 (Mandarin Chinese and Korean), free mobile cervical clinics with Waikato Chinese School, a workshop on running a small business in NZ, a Breast Screening Campaign, and art therapy school holiday programs for migrant and refugee children, among other events.

## Ethnic Communities Talk About Sexual Violence



Shama, a community organization, has launched a multi-language and multi-media project called "Let's Talk" to encourage discussions on sexual violence within ethnic communities. According to Juanita Rojas, the lead for Prevention of Sexual Violence at Shama, information on sexual violence is not easily accessible in English or other languages, hence the need for this project. Community leaders are contacted to help create videos in different languages, and there are currently 14 videos available on the Let's Talk website, with more in production. The videos are available in Arabic, Farsi, Malay, Japanese, Korean, Spanish, Tagalog, Kannada, and Hindi.

Samarth Kulkarni, a graduate of Auckland Law School, was one of the community leaders who created a video in Kannada with English subtitles, which became popular and received 25,000 views. Shama's relationship with ethnic communities over the last twenty years in Hamilton and across New Zealand has helped build enthusiasm for the Let's Talk project.

Ethnic individuals who have experienced sexual harm can get support from Shama during office hours by calling 07 843 3810, or by calling or texting 022 135 9545 to speak to a social worker. Safe to Talk is also available 24/7 on 0800 044 334, and language line services are available upon request.

The Let's Talk videos can be found on the Shama website(<https://shama.org.nz/how-we-help/national-response-for-sexual-harm/lets-talk/>). For enquiries: Juanita Rojas [crisis2@shama.org.nz](mailto:crisis2@shama.org.nz)

**TANI Hamilton office encourages those who have questions, need support, or want to collaborate to reach out to them. Cindy Pak (Korean / [seunghee.pak@asiannetwork.org.nz](mailto:seunghee.pak@asiannetwork.org.nz)) and Wendy Zhai (Chinese/ [wenming.yantai@gmail.com](mailto:wenming.yantai@gmail.com)) can be contacted for further information.**

# FOOD SCRAPS COLLECTION SERVICE

Coming to you in 2023



The food scraps collection service is being delivered in stages to parts of Auckland throughout 2023.

The service is **easy** to use.

To find out more visit

[aucklandcouncil.govt.nz/foodscraps](http://aucklandcouncil.govt.nz/foodscraps)

AUCKLAND COUNCIL  
WASTE SOLUTIONS



## Ethnic Community INFORMATION DAY

**WHEN** 10am Wednesday  
26 April 2023

**WHERE** To Be Confirmed

This event is to help our Ethnic community know more about our public spaces, services and funding opportunities and the role of their local board.

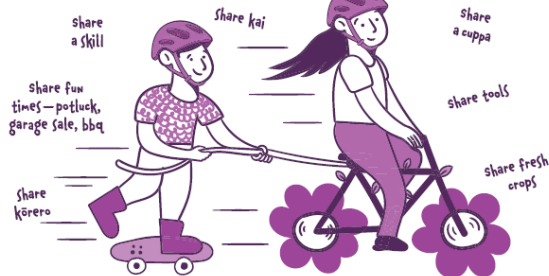
### TOPICS

- What is the role of your local board – meet elected members
- Council Facilities (Parks, Pools, Community Centres and Halls), Venue hire, Park bookings
- Library Services & Programmes
- Grants & Funding
- Stay updated (eNews, Facebook)



# Let's Share

Take part in Neighbours Aotearoa  
by sharing with your neighbours.



Neighbours Aotearoa 1–31 March 2023

Neighbours Aotearoa (formerly Neighbours Day Aotearoa) is a community development initiative dedicated to growing, connecting and strengthening neighbourhoods across the country.

Have an idea? We'd love to hear about it—register it via our website [neighboursaotearoa.nz](http://neighboursaotearoa.nz)

Have a question? Email [kiaora@neighboursaotearoa.nz](mailto:kiaora@neighboursaotearoa.nz)

NEIGHBOURS  
AOTEAROA

[neighboursaotearoa.nz](http://neighboursaotearoa.nz)

@NeighboursAotearoa

## Communication & Information Day

An informative day for seniors, people with disability and families

Pearce Street  
Hall  
3 Pearce Street  
Onehunga

- Information
- Performances
- Health Checks
- Prize Draws

10:30–3pm  
Wed  
12<sup>th</sup> April

For more information email [zhengxiu@ilsnz.org](mailto:zhengxiu@ilsnz.org)



Contact Info: Vishal Rishi/Samuel Cho, The Asian Network Inc., 101 Church Street, Onehunga, Auckland 1061. PO Box 27550, Mt. Roskill, Auckland 1440.

Tel: 09 815 2338 | Mob: 0212747448

E: [info@asiannetwork.org.nz](mailto:info@asiannetwork.org.nz)

W: [www.asiannetwork.org.nz](http://www.asiannetwork.org.nz)