

# CONNECTING COMMUNITIES

## TANI Spring 2023 Events

### **TANI Regional Network Meeting**

Wednesday 22 November, 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

### **Migrant Women Wellbeing Programme**

October onwards  
Location to be confirmed

### **Health Talk in Mandarin (Liver Health)**

Monday 30 October, 10am-11:30am  
Te Manawa, 11 Kohuhu Lane, Westgate



## IN THIS ISSUE:

- » TANI Health Promotion for Asian Communities
- » Asian Health Initiatives
- » Healthcare Information & Support Services
- » Safety Services & FVP Information
- » Community News & Events

## From The Chairperson

Kia ora & greetings!

On behalf of The Asian Network, it is my great pleasure to bring our Spring newsletter for your informative reading.

I acknowledge the challenges Asian New Zealanders have been facing recently, whether it's cost of living, change of jobs, or increasing bank rates, resulting in loss of household income. I encourage you to get in touch with us or any of the providers mentioned in this newsletter that could help you in these most difficult times. Asking for any help is perfectly okay. Social and mental wellbeing support is available for all communities.

As we are in the official election year, I humbly urge our readers to get ready to vote in the general elections 2023. The electoral commission is organising a number of information sessions that are specifically designed for ethnic communities. If you have any queries in regard to local elections, the MMP system, or how to cast your vote, I encourage you to attend any of these information sessions.

TANI has been actively involved in hearing and capturing your voices and the things that matter to you about health and wellbeing-related concerns. Please get in touch with us and become a member of the ethnic health collective for the latest news on ethnic health.

On behalf of TANI, I humbly value your participation and support for all our initiatives. Enjoy reading this newsletter and your suggestions for improvements in our activities are always welcomed.

This newsletter is also available in Mandarin and Korean languages.

Kind regards,

Dr Lingappa Kalburgi  
MNZM, JP

Chairperson

TANI



## Building an Ethnic Health and Well-Being Ecosystem

The Ethnic Health Collective (EHC) is delighted to share, we have now completed our first Strategic Plan. The Strategic Plan sets out our vision as Ethnic Communities achieve health equity, live healthy lives, and thrive in Aotearoa.

### OUR VISION

Ethnic Communities achieve health equity,  
live healthy lives, and thrive in Aotearoa.

EHC is not a service delivery organisation but a platform that is led collectively and seeks to catalyse change and transformation. We recognise that many groups and organisations need to flourish and grow to represent the diversity within the ethnic communities, support all such formal and informal groups and individuals and invite them to become members.

All our actions and interventions within the Strategic Plan focus on informing policy, growing and mobilising knowledge, system change, learning, and collaboration. We will be an independent, bold, and trusted voice on ethnic health policy, investment, and service design.

We are also excited to announce, we have completed our website, which is a tool for digital collaboration and knowledge mobilisation. It provides the ability to become a member and to create a profile for an online directory. Our website is a repository for formal research, insight briefings, blogs, and stories. Our focus for the next six months will be contacting researchers and other organisations to upload research and publications completed in the ethnic communities' health space. The website will be initially released to members only, to test the functionality. We will have a wider release later in the year.

We want to acknowledge the community innovation team at Auckland Council, who saw the Ethnic Health Collective as an innovative idea and provided us with seed money in March 2023 to develop our Strategic Plan and website. The small grant was critical for our success and has helped establish an ambitious Strategic Plan and a website.

**Please email [info@ethnichealth.org.nz](mailto:info@ethnichealth.org.nz) for more information about the Ethnic Health Collective.**



## Time To Screen: Changes To Primary Test For Cervical Screening

Cervical Cancer is one of the easiest cancers to prevent – as long as we detect the cell changes that cause it early. If you're between 25 and 69 and have ever been sexually active, you should have regular three-yearly screening tests.

The new screening method will test for the presence of human papillomavirus (HPV). About four out of five people have an HPV infection at some time in their lives. There are many different types of HPV and some are more likely than others to lead to cervical cancer.

For most people an HPV infection clears by itself within two years (especially in people under 30). However, sometimes it becomes a persistent infection, which may need further follow up and sometimes treatment to prevent cervical cancer.

From 12 September 2023, the primary test for cervical screening (previously called a "smear" test) will change to a human papillomavirus (HPV) test, with the option of self-testing.

The current screening programme is clinically safe and effective and will continue to be so as the programme transitions. Free screening will be available from 12 September 2023 for:

- women and people with a cervix 30 years and over who are unscreened (have never had a screening test) or under-screened (haven't had a test in the past 5 years).
- anyone requiring follow up.
- Māori and Pacific.
- anyone who is a community service card holder.

<https://www.timetoscreen.nz/cervical-screening>



## Research VIP



There has never been more interest in health and wellbeing, and it is vital people use evidence-based information from research trials to support their wellbeing goals. However, the hardest thing about human trials research is finding willing humans to take part!

Research VIP is an initiative of The School of Sport, Exercise and Nutrition at Massey University. Our aim is to INFORM, EXCITE and ENGAGE people from all parts of our community to take part in our studies to enhance the health and wellbeing of all people living in New Zealand.

The Asian community is the fastest growing community in New Zealand, and especially so in Auckland. We need to make sure that Asian peoples are represented in the research, feel part of the research, and can utilise the research.

To join our ever-growing community of volunteers, please scan the **QR code** or visit **[www.researchvip.co.nz](http://www.researchvip.co.nz)**.



Will you be R-VIP?!



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)

# MENTAL HEALTH AWARENESS WEEK

(18 - 24 Sept)

Five Ways,  
Five Days.

Proven tools to boost  
our mental health.

mhaw.nz  
18-24 Sept

**TAKE NOTICE ME ARO TONU**

**GIVE TUKUA**

**BE ACTIVE ME KORI TONU**

**CONNECT ME WHAKAWHANAUNGA**

**KEEP LEARNING ME AKO TONU**

**MHAW 2023**  
Mental Health Awareness Week

Mental Health Foundation  
Te Whatu Ora  
Health New Zealand

This year's Mental Health Awareness Week theme is Five Ways, Five Days. Life has been a rollercoaster lately, with stress and overwhelm hitting us from all angles. We've faced uncertainty, unfamiliarity, and hardships that have left us with mixed emotions. That's why we're bringing you the Five Ways for the Five Days of MHAW, to give us a set of proven tools to boost our mental health when we need it.

## Take Notice | Me Aro Tonu – Monday

Take Notice refers to the practice of mindfulness. Mindfulness can be thought of as open and receptive attention to, and awareness of, what is occurring in the present moment.

## Give | Tukua – Tuesday

Give refers to actions based on kindness, altruism, or generosity. Carrying out acts of kindness boosts our happiness, life satisfaction, and overall wellbeing.

## Be Active | Me Kori Tonu – Wednesday

Widely recognised as being crucial for physical health and fitness, being active is also a powerful mood booster. Being active can not only make us feel good, it also enhances our thinking and learning abilities.

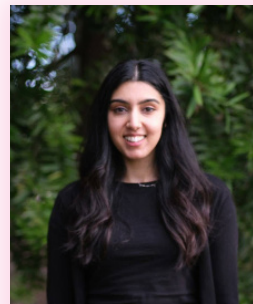
## Connect | Me Whakawhanaunga – Thursday

Connection is the ngākau/heart of our wellbeing. It weaves us together, making us feel seen, heard, and understood. When we nurture meaningful connections with others, we fuel our own happiness.

## Keep Learning | Me Ako Tonu – Friday

Keep Learning refers to 'exercising our mind' – almost like taking our brain to the gym. Any activity that challenges our thinking and expands our consciousness improves our ability to think.

## Naveen Singh



"I started to have Long COVID symptoms three weeks after I contracted the virus. Ever since then, it's just been evolving." Naveen remembers the difficulty in managing it at the outset. "It was really hard because as I would experience symptoms for the first time, panic set in."

Naveen found some comfort when she discovered the Long COVID community groups on Facebook. "Reading other people's experiences on those groups has been the most helpful thing. It made me feel less alone." Naveen says the community groups were also a source of information she found hard to access elsewhere. Many of these tips have made their way into Naveen's self-care routine. "I've learnt about supplements, breathwork and meditation, specific types of exercises like yoga or pilates, and mindset work."

As for taking care of her own mental wellbeing, she keeps it as simple as possible. "I just tell myself that this too shall pass. It might take a lot of time, trial and error, but eventually, people find ways to manage through the hard times. And I'm grateful for the things I do have. I'm really lucky."

Naveen is quick to say that one of those things is the people around her. "I have amazing friends, family, and people around me. It's so important to be around positive energy. Knowing that people care about you and are there for you makes a huge difference."

## Read Naveen's full story at:

<https://allsorts.org.nz/all-sorts-of-stories/naveen-singh>

## 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.





# STORIES FROM ACROSS AOTEAROA



## Vikram Selvaraj



[Vikram] was appointed President of New Zealand International Students' Association in early 2022. Vikram says the biggest wellbeing issue that he's observed is students not knowing there is help and support available, leaving them to struggle alone.

"There's a lack of information and support for the international community".

Vikram is vocal about the fact that it's not easy, especially coming from an Asian culture, where universities are heavily focused on the academics and mental health is still a taboo topic. "It's very different, we don't talk about mental health. Talking about anything to do with what's going on in your mind and soul is very new to people coming from Asian backgrounds. I was brought up with the attitude of 'Why are you talking about this, it's up to you to deal with it'. Here in New Zealand, people want you to talk about it and be vulnerable, and it's okay not to be okay. The challenge is connecting with and caring for students who need and want the support, but who have trouble reaching out."

For Vikram, keeping mentally well is all about the people in his life – and his dog. "Sometimes if you are going through a tough time, it's easy to dwell on it. It's important to have other people around you to pull you out of that, not just while you are going through problems but before as well."

The main thing Vikram wants international students to know is that even though they may come from a different culture and background, where mental health is considered a taboo topic, it's okay to reach out, and there are university services available for support. "You might feel uncomfortable about asking for help, but it's important to do it for your wellbeing. You don't need to go through anything on your own."

**Read Vikram's full story at:**

<https://mhaw.nz/get-involved/stories/article/73>

## Romy Lee



When Romy Lee reflects on her journey growing up – when she felt confused about her cultural identity, and full of worry and uncertainty about accessing mental health and addictions services – and compares it to her role today helping

young people who were once in her shoes, she feels a mix of emotions. She feels proud of how far she's come, empathy for herself, and a sense of gratitude for where she's landed today.

"I started accessing mental health and addiction services from around the age of 15 and it was a very confusing experience for me," Romy says. "I felt ashamed that I had to go through that and needed help. I felt lost because I didn't know what help was available. I also felt scared because I didn't know what that meant for me and the rest of my life."

Now, Romy knows there is a light at the end of the tunnel, and that mental health challenges are nothing to be ashamed of.

Connecting back to her culture and coming to a place of peace with her identity is just one of the ways that Romy has improved her wellbeing. "Going through a journey of mental health and addiction and poor wellbeing can feel very isolating, and it's very easy to feel like we're alone. Connecting helps us understand there are other people going through similar things to us, and it also helps us to connect to people who might not relate but who still want to be there for us and support us in the way we want to be supported."

Making time to do the things she enjoys is also one of Romy's top wellbeing tips. "I need to be intentional about taking time out and doing things I enjoy. It means getting out in the sun, it means exercising, taking time to cook a nice meal, staying off screens and the internet, and finding time to be present."

**Read Romy's full story at:**

<https://mhaw.nz/get-involved/stories/article/77>

Feeling all sorts of emotions is normal in difficult times.



## Nurturing Supermoms: The Power of Iron for Busy South Asian Moms and Toddlers



In the whirlwind of caring for energetic toddlers, South Asian moms often forget to care for themselves. Yet, iron emerges as a superhero nutrient, boosting both maternal energy and toddler behaviour.

For moms on the move, iron-rich foods can be a game-changer. Incorporating lentils, lean meats, and dark leafy greens can help combat fatigue and enhance vitality. This is especially crucial for South Asian moms who are prone to iron deficiency due to cultural dietary patterns.

But it is not just mom's energy that benefits. Ensuring toddlers get enough iron can improve their behaviour and reduce tantrums. Iron plays a pivotal role in brain development, influencing mood and cognitive function. Offer iron-rich finger foods like beans, tofu, and chopped fruits, making mealtime engaging and nutritious.

South Asian cuisine offers a treasure trove of iron-packed choices. From hearty lentil soups to delectable spinach-based curries, the options are mouth-watering and wholesome. By exploring these flavors, moms can simultaneously elevate their energy levels and set a positive tone for their toddlers' behavior.

In this dynamic journey of motherhood, remember that nourishing both yourself and your toddler with iron can lead to happier, healthier days. With mindful food choices, moms on the move can harness the power of iron to conquer challenges, embrace vitality, and create joyful family moments.

If you would like to enquire about Healthy Babies Healthy Futures programme (HBHF), please contact:

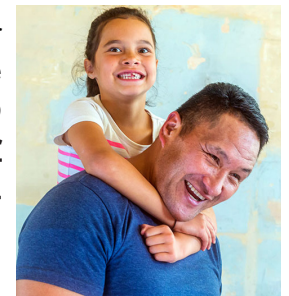
Bushra Ibrahim, (NZ Registered Nutritionist & Healthy Lifestyle Coach), at 022 4647 448 (text or call).



## Co-design in Health: Free E-learning Course Available

Te Tāhū Hauora Health Quality & Safety Commission has produced a co-design e-learning module, 'Co-design in health: How you can get involved – a guide for consumers, whānau and communities'. This course is for consumers who are interested in learning how sharing their lived experience can be used to improve health services. Embedding the voices of consumers, whānau and communities in health system planning, is critical to achieving a safe and high-quality health system for all of Aotearoa New Zealand.

To sign up to 'Co-design in health: How you can get involved – a guide for consumer, whānau and communities', **visit the Te Tāhū Hauora webpage on its free e-learning courses**. If you would like to receive regular updates and consumer opportunities across the health sector you can also sign up to **the consumer health forum Aotearoa here**.



## Making Your Disability Support Work for You

Enliven passionately believes everyone deserves to enjoy life, whatever their age, disability or injury. If you or a family member needs some disability support, your needs will be assessed by a Needs Assessment Service Co-ordination (NASC) agency like the Taikura Trust. You will then be allocated some funding for services such as personal care, household management, and respite that you can organise in a way that works best for you.

As an Individualised Funding host, Enliven can support you to choose how to use this funding. You can employ the person you want to work with or contract with an organisation to send in their workers. Family members can now also be employed to provide this type of support. We work with interpreters to provide support that is tailored to your needs.



If you'd like to learn more email: [ifenliven@psn.org.nz](mailto:ifenliven@psn.org.nz) or phone **021 679 529**.

## Daylight Savings



At Fire and Emergency New Zealand, we all take a lot of pride in keeping our communities safe. At 2am on 24th September, we will put our clocks forward an hour to begin daylight saving. It is this time of year that we promote checking your smoke alarms are working when you are checking your clocks.

You should have smoke alarms (preferably long life inter-connected photoelectric alarms) in every bedroom, hallway and living area to get the earliest warning possible. If you have family or friends who are less mobile, we encourage you to pay them a visit this September and assist them in checking their smoke alarms.

A house fire can kill in less than three minutes, working smoke alarms are your best early detection. Don't assume your smoke alarms are working. Press the button to check.

*Fire and Emergency offers free advice, as well as assistance with installing smoke alarms. Call us free on 0800 693 473 to arrange a home fire safety visit.*

## Keep Your Loved Ones Safe In, On and Around Water

Through a range of innovative, evaluated and enjoyable learning opportunities, Drowning Prevention Auckland help individuals, families, communities and workplaces to be safe from drowning.

When Spring arrives again, we welcome TANI members, families, and friends to prevent drowning with us together. Madison is the contact to co-working with you for water safety education programme to better support your communities. [Madison.chang@dpanz.org.nz](mailto:Madison.chang@dpanz.org.nz).

Visit [www.dpanz.org.nz](http://www.dpanz.org.nz) for more details.



## Avoid Vehicle Related Theft



Police are urging the public to take extra precautions to keep their vehicles and possessions safe.

"We urge the public to take preventative measures in order to stop their vehicle being stolen, such as ensuring their vehicles are locked, that they are parked off the road as often as possible and using steering locks and engine immobilisers," says Auckland City West Area Prevention Manager Inspector Wayne Kitcher.

"Please also ensure that all valuables, mobile phones, laptop computers and credit cards are removed from vehicles when parked, particularly if cars are parked in the open."

Inspector Kitcher says Police are committed to recovering stolen vehicles and apprehending those responsible but need the help of vehicle owners to deter opportunistic thieves.

"Police are working hard to prevent crime and will continue to actively patrol across the district. We continue to encourage residents to report any suspicious activity to us."

*Anyone who sees any suspicious activity around vehicles can call Police on 111 if it's happening or 105 after the fact, or call anonymously via Crime Stoppers on 0800 555 111.*



Free crisis support and counselling service for survivors of family harm and sexual harm.

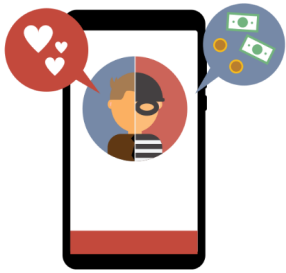
0800 326 327 | [office@familyaction.org.nz](mailto:office@familyaction.org.nz)

2/197 Universal Drive, Henderson

[www.familyaction.org.nz](http://www.familyaction.org.nz)



## Romance Scams



Online scammers pretend to be in a relationship with someone to con money from them. They find their victims through email, social media, dating websites and more.

Understanding how this happens can be difficult but remember that scammers invest a lot of time in establishing online friendships, gaining the trust of their unsuspecting victims, making them believe that what they have is real.

Do ask for advice. You're not alone in having fallen prey to frauds. The CAB or NetSafe are a good place to start. You could report incidents to the police but in the case of online scammers, they're probably operating from overseas. If money has been sent off-shore, recovery is unlikely as cyber criminals are experts at hiding their identity and often operate from countries that don't have reliable law enforcement agencies for the NZ Police to network with.

How to avoid romance scams:

- Be cautious about who you communicate with online
- Don't respond to requests or hints for money
- Never send money to anyone you don't know or haven't met in person
- Avoid giving out personal details that could be used to impersonate you
- If you think you're being scammed, stop all contact and avoid sending further payments
- Contact the CAB or Netsafe for free and confidential advice if you feel something isn't quite right



Sources of info:

<https://www.cab.org.nz/article/KB00002033>

[www.netsafe.org.nz](http://www.netsafe.org.nz)

[www.cffc.org.nz](http://www.cffc.org.nz)



## Do You Want to Unlock a New Perspective on Your Life?



Dance and Art Therapy NZ offers creative arts therapy to empower people of all ages, including those living with disabilities, mental illness, and survivors of sexual abuse. They provide a psychotherapeutic approach that promotes the emotional, social, cognitive, physical, and cultural (including spiritual) functioning of a person.

People use this type of therapy for various reasons. From learning more about themselves, to exploring movement/artmaking in a therapeutic way to seeking help with a specific issue, Dance and Arts Therapy NZ support people in all situations. Talking can be a part of treatment, and movement or art making may not be a part of every session. Email [info@dancetherapy.co.nz](mailto:info@dancetherapy.co.nz) for more information.

## Exploring Impact of COVID-19 on Student Retention



Minoo Verghese recently completed her Data for Decision Making course at Future Skills Academy. She explored the effects of COVID-19 on school leavers in New Zealand, across fields including ethnicity, gender, level, and region. She looked at an extensive database of over 347,000 records and 27 variables.

Minoo says the best thing about the course was the way students were guided through each step of the process while also having the independence to do things for themselves.

"It has been interesting for me and I will probably go on further in learning more and use it for my personal development in my career."

Keen to know more about the programme? Check out our website at [www.futureskills.co.nz](http://www.futureskills.co.nz) or give us a call on 0800 550 410.



## HIPPY Programme From Great Potentials Foundation



HIPPY (Home Interaction Programme for Parents and Youngsters) is a FREE home-based programme that helps parents to get their 3-5-year-old children ready for success in school.

Gayan Jaysiri is father to two daughters who have been enrolled with HIPPY. He says, "HIPPY has shown us that no one can teach the basics better than a child's own parent, and HIPPY teaches parents to teach their children."

Parents are given weekly workbooks with activities to do with their child at home for 15 minutes a day, 5 times per week. HIPPY tutors, who are doing HIPPY with their own child, support parents through home visits and group meetings.

For more information about HIPPY Papakura and HIPPY Takanini, please contact: [info@greatpotentials.org.nz](mailto:info@greatpotentials.org.nz)



## Coeliac New Zealand Conference

Coeliac New Zealand warmly invites you our conference "Living Coeliac Safe-Challenges and Successes" on the 18th of November at Due Drop Events Centre in Manukau Auckland.

This year attendees will in addition to the wealth of knowledge of expert speakers and Medical Advisory Panel, also have a variety of ways to engage and meet other attendees and participate in stimulating panel discussions with our board members who all have lived experience of coeliac disease.

Don't miss this exceptional opportunity to expand your knowledge and make new connections, gain exclusive entry to the Gluten Free Food Festival between 9 and 10am and enjoy a GF lunch and take home a goodie bag of gluten-free products together valued at over \*\$75.

The full agenda and link to purchase tickets is available at:

<https://coeliac.org.nz/conference-2023>



## Spring Clean For Hospice



Now is a great time to clean out your wardrobes, kitchen cupboards, spare rooms and garages! And by donating your quality, preloved goods to West Auckland Hospice

Shops, you are helping your community and the environment by reducing waste into landfills.

Drop your goods into the local Hospice Op Shop any time during opening hours, 7 days/week - household goods, appliances, clothing, bric-a-brac, linen, furniture and toys are all gratefully accepted. Hospice also offers a free pick-up service for large items or bulk loads – just phone **0508 4 HOSPICE / 0508 446 7742** and we will arrange a time to collect your goods free of charge.

Hospice Shops generate vital revenue that enables our doctors, nurses and social care teams to provide free specialist palliative care to those in need in West Auckland.

## Sowing Seeds of Hope



The Sowers Trust is located in the heart of Howick Village and has been the community services arm of Howick Community Church since 1988. Over the years, we have provided quality mentoring and programs to young people in the community. In 2007, we created a family support program to meet community needs. Sowers offers programs for youth development, mid-intervention, and social work. Let us help you achieve personal growth and success.

We are dedicated to helping everyone, and our connection to Christ drives our passion for service.

For further information, visit [www.sowers.co.nz](http://www.sowers.co.nz)

## Muscular Dystrophy Northern (MDN)



Muscular Dystrophy Northern (MDN) is a small not-for-profit incorporated society providing a broad range of services designed to provide support, advocacy and information to our members living with Muscular Dystrophy/Neuromuscular Conditions, their families and carers within the northern region (Kaitia to Taumarunui).

Neuromuscular conditions are mainly inherited, affect both males and females of all ages, occur across all ethnic groups and often more than once in a family.

These conditions can be devastating to those newly diagnosed and their families and our organisation plays a vital role in providing support and professional advice through our Field Worker Service. This is provided free to our members.

For information about the services provided by Muscular Dystrophy Northern (MDN), visit <http://www.mda.org.nz>

## The Hepatitis Foundation of New Zealand



**The Hepatitis Foundation of New Zealand**

The Hepatitis Foundation of New Zealand provides a free programme to help improve health outcomes for people with chronic hepatitis B.

This includes access to community hepatitis nurses, regular blood tests, advice and support, a hepatitis helpline and free resources about hepatitis B, testing and treatment. Everyone living with the virus requires long-term monitoring and six-monthly blood tests.

You should get tested for hepatitis B if you're over 35 and not vaccinated, or of East Asian descent and not vaccinated or if you have a family member with hepatitis B.

To arrange to get tested see your GP or freephone **0800 33 20 10** or email: [hepteam@hfnz.nz](mailto:hepteam@hfnz.nz)

## Well Women and Family



**WELL WOMEN & FAMILY**

Well Women and Family offer a range of services in women's health between the ages of 18 and 70.

We are a nurse-led organisation, our nurses are highly specialised in women's health care. Our health promoters' team who engages, empower and support the needs of our clients ahead of their appointments with our nursing team. We provide equitable access to women's health services in your community such as community mobile clinic, community women's health workshop.

Our services in our clinic and community mobile clinic include: cervical screening, HPV screening (HPV self-test), contraception clinic, HPV vaccination, sexual health checks, Women's health workshop.

Contact us to book your appointment:  
**098467886 / [www.wellwomenandfamily.co.nz](http://www.wellwomenandfamily.co.nz)**



Ni hao 你好, Anyeonghaseyo  
안녕하세요, Namaste, halo.

**Do you identify with an Asian ethnicity?  
AND**

**Do you live in one of these seven neighbourhoods?**

Auckland: New Lynn, Māngere, Devonport  
Hamilton: Rototuna, Fairfield  
Christchurch: Fendalton, Aranui

**If you have answered yes, we invite you to fill in a**

## HOUSING SURVEY

With this study, we want to help to make housing better for everyone. Too many people, including ethnic communities, experience unaffordable and low-quality housing, insecure tenure as renters and housing discrimination.

By completing this survey, you contribute to a better understanding of people's housing experiences in New Zealand and help make sure that the experiences of New Zealand's Asian communities are well represented in this study.



To find out more about the research project and to take part in the survey, please scan the QR code or go to this website:  
[https://waikato.qualtrics.com/jfe/form/SV\\_cRO77sFaFYdVncW](https://waikato.qualtrics.com/jfe/form/SV_cRO77sFaFYdVncW)

Your participation also helps people who experience hardship.

As a thank you to all participants who take part in this study, we will donate \$1,000 per neighbourhood to local organisations that support people in their neighbourhood or to Orange Sky, an organisation that assists homeless people.

This study is conducted by an independent research team at the University of Waikato and the University of Auckland as part of the WERO - Working to End Racial Oppression research programme.  
The study is supported by a grant from the Ministry of Business, Innovation and Employment.





# TANI Hamilton News

## TANI Kirikiriroa/ Hamilton Office

The Asian Network Inc.'s Hamilton office has had a highly productive quarter, hosting several impactful events and initiatives. Highlights include the successful organization of the Women's Wellbeing Programme, the Hui for Ethnic Community Health and Wellbeing, workshops on Preventing Family Violence and Understanding NZ Family Laws for Korean migrant parents, and the provision of a Free Mobile Cervical Clinic for migrant women. We have also actively participated in various community events in collaboration with the Hamilton City Council.

Excitingly, Hamilton TANI has become a valued community partner with Te Kotahi Oranga | Health and Wellness Centre at Wintec (<https://www.wintec.ac.nz/about-wintec/te-kotahi-oranga-health-and-wellness-centre>). In this partnership, WINTEC and TANI offer a free clinic for Asian community members every Tuesday, providing crucial health assessments including blood glucose screening, lipid profile assessment, asthma evaluation, cardiovascular risk assessment, and falls risk assessment. This initiative not only offers essential care for our Asian community members but also supports the education of culturally sensitive healthcare professionals.



For questions, support, or collaboration, please contact **Cindy Pak** (Korean/[seunghye.pak@asiannetwork.org.nz](mailto:seunghye.pak@asiannetwork.org.nz)) and **Wendy Zhai** (Chinese/[wenming.yantai@gmail.com](mailto:wenming.yantai@gmail.com)).

**We welcome your inquiries!**

Term 4

## SIYG

### SIMILAR INTEREST YOUTH GROUP

FREE

**4:00pm - 5:30pm Thursdays**  
**19/10/23-11/30/23**

<https://events.humanitix.com/2023-term4>  
[youth@livebetter.org.nz](mailto:youth@livebetter.org.nz)  
 The Link (4 Te Aroha Street, Hamilton)

Anyone aged 10-18 years old

WEEK	DATE	ACTIVITY
WEEK 1	19TH OCTOBER	CRAFT
WEEK 2	26TH OCTOBER	POTTERY PAINTING
WEEK 3	2ND NOVEMBER	K-POP DANCE
WEEK 4	9TH NOVEMBER	COOKING VIETNAMESE FOOD
WEEK 5	16TH NOVEMBER	SELF-DEFENCE
WEEK 6	23RD NOVEMBER	LUNCH BOX CAKE
WEEK 7	30TH NOVEMBER	MINI GOLF

## Live Better K-Centre: Making Lives Better!

Established in 2019, Live Better K-Centre is a charitable trust dedicated to addressing the unique needs of individuals from Asian, Ethnic, and multicultural backgrounds. Our mission is to ensure that children, women, and seniors receive the support and services they need without encountering discrimination due to cultural or linguistic differences.

Our support services include cultural classes, comprehensive free advice, settlement information, and volunteer opportunities. For youth, we offer engaging group activities, multi-sports programs, and exciting summer and winter camps. We foster community connections through computer training, conversation groups, arts, well-being activities, and vibrant community events.

Excitingly, our youth and kids' programs kick off in Term 4, starting from October 19th. We also have an upcoming "All in One Free Information Day" where migrant and social support organizations, such as Citizens Advice Bureau, will be present to assist community members. For more information, please contact us at [info@livebetter.org.nz](mailto:info@livebetter.org.nz). Together, we can make lives better!

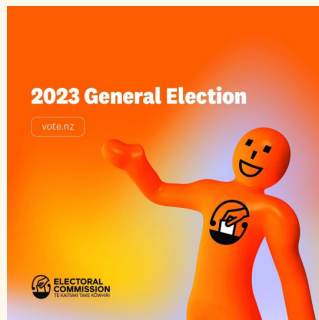
# The 2023 General Election Is on Its Way!

The 2023 General Election will be held on Saturday 14 October. Make sure you're enrolled and ready to vote.

It's super quick and easy to enrol and update your details online.

Visit [vote.nz/enrol](https://vote.nz/enrol) or free phone 0800 36 76 56 to check or update your details.

Information about voting in the 2023 General Election is available in multiple languages. <https://vote.nz/2023-general-election/resources/voting-information-in-multiple-languages>



**Monday 25 September to 8 October 2023**

Take on the Auckland Libraries Beanstack Reading Challenges and make some amazing crafts relating to theme.

Contact us or see more: <https://www.facebook.com/PapatoetoeLibrary>

Email: [papatoetoe.library@aucklandcouncil.govt.nz](mailto:papatoetoe.library@aucklandcouncil.govt.nz) or phone: 092618310



Join us for an hour of learn and fun in Tagalog (Filipino). This is an opportunity to experience and enrich Filipino culture by listening to stories and participating in arts and crafts, music and movements, and games.

All ages are welcome to join. 😊

Find out more:  
[aucklandlibraries.govt.nz](https://aucklandlibraries.govt.nz)  
 @aucklandlibraries @auckland\_libs



Auckland Council Libraries  
 Kōwhiri Kōwhiri o Tāmaki Māhaukū

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

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