

CONNECTING COMMUNITIES

TANI 2023 Events

TANI Regional Network Meeting

Wednesday 16 August, 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

August - September 2023

Location to be confirmed

Chinese Health Seminar

Tuesday 1 August, 10am-12pm

Location to be confirmed

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From The Chairperson

Kia ora koutou,

Greetings to you all and I welcome all our readers to obtain valuable information from this newsletter. The Asian Network Inc. (TANI) is pleased to bring its winter edition of the newsletter for your informative reading.

As you may be aware that one of the proposed changes within the healthcare system is a new national approach to developing localities. According to Te Whatu Ora, Localities shall focus on much more than health services. They focus on achieving pae ora (healthy futures) for whānau. Localities shall plan to do this by improving the environment people live in, how they live, and the opportunities they have to thrive, provide for their whānau, and contribute to their communities.

I am glad to share with all our readers that TANI has been playing a significant role in contributing to this transition of the NZ health system and ensuring that ethnic voices are heard and represented in the new health system. TANI has partnered with South Seas Health, the locality leads for the Ōtara-Papatoetoe locality to hear the ethnic whānau voices. We shall keep you posted on this development from time to time and if you wish to get involved, please do not hesitate to get in touch with us.

As you all know that TANI has always been at the center of the communities and has been contributing towards improving the well-being of our ethnic communities. This would not have been possible without the support of our partners, which includes several NGOs, DHBs, and Government agencies. I take this opportunity to thank all our supporters and partners. I hope you continue to support TANI on its journey to ensure that ethnic communities enjoy optimal quality of life and well-being in Aotearoa. We welcome and value your suggestions in this regard.

Team TANI looks forward to seeing you at the forthcoming TANI face-to-face and online events!

Stay warm and cozy these winters.

Ngā mihi nui,

Dr Lingappa Kalburgi
MNZM, JP, Chairperson



Ōtara-Papatoetoe Locality Plan And Ethnic Health Needs

TANI is pleased to share the story about a new piece of work that we have commenced in Ōtara-Papatoetoe area, in partnership with Le Afio'aga o Aotearoa/South Seas, a consortium of health and community service providers.

Ōtara-Papatoetoe is one of the 12 localities that was announced by Te Whatu Ora, which has an estimated 35% population from Asian communities. The work in the Ōtara-Papatoetoe locality began last year, however, until now it has lacked focus on engaging and capturing the voice of ethnic communities. Earlier this year in January, we raised this concern with the government. After five months of conversation and negotiation, we are delighted that we developed an agreement with Le Afio'aga o Aotearoa on providing a stronger focus for ethnic communities in the planning and delivering localities' work.

We have now initiated Ethnic Whānau Engagement and Participation to ensure their voice informs the Ōtara-Papatoetoe Locality plan and investment development. To make this happen, we conducted more than 20 community consultation meetings with diverse ethnic communities residing in Ōtara-Papatoetoe locality to ensure these ethnic voices inform the future locality development and investment. The participants of all these consultations were from Cambodian, Vietnamese, Afghanistan, Sri Lankan, Korean, Indian and Chinese communities. This is the initial process of working to capture family voices of all our ethnic communities on their experiences with the health system, health priorities, and changes they would like to happen. We will continue to do this work to strengthen the voice of the families in the development of the Ōtara-Papatoetoe Locality plan. We express our sincere gratitude to Papatoetoe Library, Kitty Ko at Te Whatu Ora CM Health, all community leaders and champions of Ōtara-Papatoetoe, who helped us in achieving this goal.

If you wish to get involved and share your health journey, please do not hesitate to contact us.

Go Well This Winter

Aotearoa, let's focus on looking after our health, preventing the spread of winter illnesses, and make sure to get health advice and support when we need it.

There are many steps we can take to keep ourselves, and others, well this winter, but they only work if we follow them. These simple things will help protect those around you; your grandparents, kaumātua, pēpi and tamariki, and those who are at a higher risk of becoming seriously unwell if they get illnesses like flu or COVID-19.

- **Get vaccinated against illnesses.** You can book your influenza and COVID-19 vaccinations at [Bookmyvaccine.nz](https://bookmyvaccine.nz).
- **Stay at home if you're feeling unwell** and take a test if you have cold, flu or COVID-19 symptoms. It's a good idea to have Rapid Antigen Tests (RATs) at home.
- **Get advice early** - you can get free health advice and information from Healthline on 0800 611 116 anytime, day or night. Your local pharmacist can also help with advice about cold and flu symptoms, and a range of other minor ailments. Contact your GP or nurse for any other health needs and make sure you have enough prescription medicine in case you need to stay home for a while.
- **Wear a mask** - we still need to wear face masks with visiting most healthcare services. It's also a good idea to wear a mask in closed, crowded and confined spaces. This will protect you from infectious illnesses and help prevent the spread to others around you.
- **Keep up your usual hygiene measures** - regularly wash your hands with soap or use an alcohol-based hand sanitiser, and sneeze and cough into your elbow or a tissue. Throw away tissues in a bin and then wash and dry or sanitise your hands.

Multilingual Health Videos



The Ministry for Ethnic Communities, in partnership with Ministry of Health, have produced a series of animated health videos covering a range of difference topics.

These provide our ethnic communities with important health and well-being information to keep themselves and their families safe.

These health videos have now been translated into our 18 priority languages. Each language has 9 videos on a range of different health topics.

You can find the video links at:

<https://www.asiannetwork.org.nz/resources/asian-health/>



[Health.govt.nz/gowell](https://www.health.govt.nz/gowell)

Te Kāwanatanga o Aotearoa
New Zealand Government

Go well

Te Whatu Ora
Health New Zealand

Choose well for yourself and your whānau this winter

Care at home	Healthline 0800 611 116	Pharmacy	General Practice Medical Centre	Accident Urgent Medical Centre	Emergency Ambulance
Information & tips at healthify.nz	Free health advice, and information any time	Get advice from your pharmacist	Appointment – in person or virtual	Out of hours or urgent treatment	Call 111 in an emergency
Keeping well Coughs, cold, flu Fever Minor injuries Skin issues	Nurses, paramedics and doctors available	Medication Vaccinations (COVID-19 & flu) Consultations	Feeling unwell High fevers & rashes Long term care All vaccinations Injuries	Care if your GP/Doctor isn't available, for injuries or if feeling unwell	Chest pain Difficulty breathing Severe bleeding Severe pain

What Is Zero Data?



No data? No problem.

Zero.govt.nz has you covered.

Just switch on your mobile data and go to Zero.govt.nz



Zero Data is a homepage where you can access many government websites from your mobile, for free. That means free access without having to use your personal mobile data. All mobile data charges are charged back to the relevant government agencies.

To use Zero Data, you need to have a mobile phone (or tablet) on either Spark, Skinny, One NZ, 2degrees, Warehouse Mobile, Slingshot or Orcon networks.

For more information visit, <https://www.cab.org.nz/article/KB00043393>

Addressing Increase In Youth Vaping



New policies for vaping and smoked tobacco products were announced yesterday. These requirements, expected to come into force from later this year, are intended to support Aotearoa in its goal to become smokefree by 2025 and help curb youth vaping rates!

New vaping policies:

- New specialist vape shops will not be able to open in the immediate vicinity of schools and marae;
- Vape products and their packaging can only have generic flavour descriptions;
- Disposable vapes (also known as single-use) will be required to have a reduced nicotine strength;
- All vaping products will have removable batteries and child-safety mechanisms to improve their safety and better protect our young people.

Check out the full news story at: <https://www.health.govt.nz>

Local Board Plans 2023

Aucklanders are being invited to shape the future of their communities, as local boards ask for feedback on their three-year plans.

Each of the 21 local boards have put together a plan that will inform the decisions that they will make for the next three years.

That could be for things like funding for parks and playgrounds, the local environment, events, arts and culture and a host of other things that make your local area great that the boards are responsible for.

With tight budgets it's never been more important to help your board decide what projects and programmes are funded in the next three years to ensure your community continues to thrive.

What you tell us will also guide our input into Auckland Council's regional plans and long-term budget decisions.

How to have your say

It's easy to get involved – just fill out our simple online form at akhaveyoursay.nz, or you can also attend local events around the region to find out more from local board members and give your feedback.

Consultation is open from 13 July – 14 August.

Make sure you get involved and have your say!

For more information go to: akhaveyoursay.co.nz/localboardplans

It's your place, your voice!

LOCAL BOARD PLANS 2023



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)

Recovering From Floods

Auckland Council is working to repair and rebuild from damage caused by floods and the cyclone, as well as investigating flooding impacts, improvements and preparing communities for future water-related natural hazards.

To improve and prepare for future responses to storms Aucklanders are being asked to provide their images and videos from the recent flooding events to support the planning and preparation for future weather events. The council has launched flooded.co.nz as a secure and private crowdsourcing portal to collect photos, videos, stories and location details of the flooding Aucklanders experienced or witnessed during the unprecedented storms earlier this year. This will help us to map what happened and where, to assist with future information, planning and warnings. Please note the flooded.co.nz site is not for reporting flooding that requires action.

For information on the state of Auckland's stormwater system and geography, what property owners should do if they have experienced damage, and where to go for help, visit <https://www.aucklandcouncil.govt.nz/recovery>

Staying Safe Online Workbooks



AnxietyNZ
HERE FOR YOU

Anxiety NZ has created a series aimed at keeping tamariki and their whānau safe online. There are four courses available, designed for pre-teens, teenagers, young adults, and parents or caregivers. They are hosted by Anxiety NZ's loveable Smokey the cat and easy to complete on your own. Scams and identity theft are on the rise around Aotearoa, and these free workbooks are printable at home and will equip you with the skills you need to keep yourself and your whānau safe online. You'll find the resources at: <https://anxiety.org.nz/resources>

National Bowel Screening

June is Bowel Cancer Awareness Month.

This month it's all about bowel cancer awareness and we're being encouraged to remember the life-saving bowel screening programme on offer across Auckland.

The National Bowel Screening Programme, available in Waitematā since 2012, is now available all across Auckland. People aged between 60 and 74 are mailed the test kit to do at home and send back free by mail to the testing laboratory. The great thing about this programme is it can find bowel cancer before symptoms even begin. Finding and removing pre-cancerous polyps (growths on the bowel) can also prevent the development of cancer in the future.

For more information
www.timetoscreen.nz



Te Whatu Ora Counties Manukau Primary Birthing Units

Primary birthing units (PBUs) play a significant role in Te Whatu Ora Counties Manukau's maternity service. They are open 24 hours per day, 7 days per week. They are midwife-led, and provide pregnancy clinics, labour and birthing facilities and postnatal care at:

- **Botany Downs PBU:** 292 Botany Road, Golflands, Auckland (09 259 5032)
- **Papakura PBU:** 2 Clevedon Road, Papakura, Auckland (09 299 9102)
- **Pukekohe PBU:** 1 Tuakau Road, Pukekohe, Auckland (09 237 0600)

"Anyone who has a normal progressing pregnancy, without medical complexity, can birth at a primary birthing unit." The units provide a comfortable and calm environment to establish labour in and provide a holistic approach, with more 1-1 support through those early stages. Partners can stay, and there's free parking. The units have birthing pools, which are not available at Middlemore Hospital.

The units have been described as 'magical place allows mothers the peace and quiet space to rest and bond with their new-born'.

Winter And Indoor Allergies



Indoor allergies - which can have symptoms like runny or stuffy nose, coughing and postnasal drip, sneezing, itchy eyes, nose and throat – are a year-round problem.

But they are more noticeable during winter months as people tend to spend more time at home and keep the doors and windows shut. However, this can seal common indoor allergens (e.g., dust, mould, pets) as well.

Here are some tips to help you manage indoor allergies:

- Clean the house regularly
- Minimise exposure to house dust mites: Wash sheets, pillow cases and other bedding once a week in hot water (>60°C)
- Prevent mould growth by reducing dampness in the house (and rooms)
- Minimise exposure to pets and keep them out of the bedrooms/house

Got any allergy-related questions or do you need allergy-related support? Please email educator1@allergy.org.nz or allergy@allergy.org.nz

TANI Healthy Babies Healthy Futures (HBHF)



Women's bone health is crucial, especially as they age and face a higher risk of osteoporosis.

Adequate calcium intake, aiming for 1,000-1,200 milligrams daily, along with sufficient Vitamin D for calcium absorption, is essential. Weight-bearing exercises like walking, jogging, or weightlifting enhance bone density and strength. Avoiding smoking and excessive alcohol consumption is important for maintaining optimal bone health.

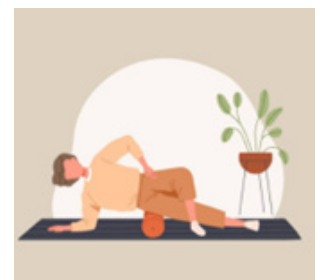
Regular bone density screenings and consulting healthcare professionals help proactively manage bone health.

Common sources of calcium include dairy products, leafy greens, canned fish, fortified plant-based milk, tofu, and nuts/seeds.

If you're interested in learning more about nutrition, the Asian Network Incorporated (TANI) delivers the Healthy Babies Healthy Futures program for South Asian mothers.

To be eligible for the winter season, you should be a Pakistani māmā, either pregnant or with a baby under 4 years old, residing in the Auckland & Waitematā DHB region, and new to the Healthy Babies Healthy Future programme. Starting soon in July 2023.

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



Human Nutrition Unit | **HEALTHY DIET NUTRITION STUDY** | THE UNIVERSITY OF AUCKLAND

VOLUNTEERS WANTED

Are you concerned about your risk of diabetes?

The SYNERGY study team are investigating the role of New Zealand diets for the prevention of diabetes. We will be assessing whether the foods that you eat (your diet) alter circulating blood markers that have recently been found to be associated with type 2 diabetes risk.

Two-week residential stay at the Human Nutrition Unit, Mount Eden.

All of your meals and snacks will be provided.

You may still attend your daily work or classes.

You will be compensated for your time.

You may be eligible if you are:

Between 18-60 years old

BMI between 24-40 kg/m²

Prediabetic (and not already diagnosed with diabetes)

European Caucasian OR Chinese (incl. mainland China, Singapore, Malaysia, Hong Kong, Taiwan)

Happy to participate in a two-week residential study

Happy to eat a wide range of foods (you cannot be vegetarian/vegan)

Interested to find out more?

Complete our pre-screening survey online now by:

- Scanning the QR code, OR
- Following the link at the bottom of the page

Contact us on:

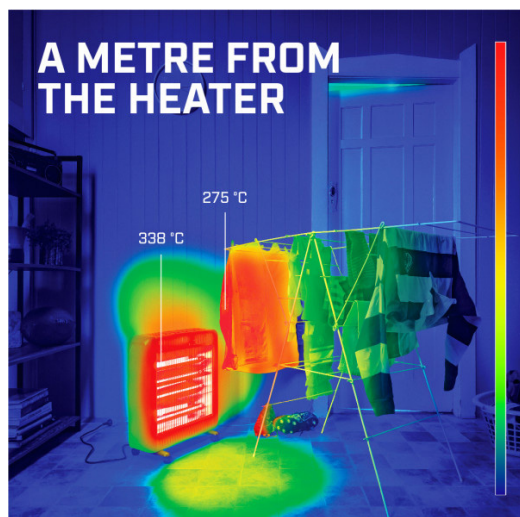
HNU_SYNERGY@auckland.ac.nz
[Human Nutrition Unit – HNU, UoA](https://www.humannutritionunit.co.nz)
 0210 919 5443 | [@humannutritionunit](https://www.humannutritionunit.co.nz)
<https://tinyurl.com/hnusynergy>

Need Healthcare information?

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



See A Fire Before It Starts!



With the colder weather arriving as we head towards winter, it brings a unique set of fire dangers that you need to be aware of.

Follow these few fire safety tips to help keep yourself and your family safe.

- **Always remember the 'heater metre' rule:** keep anything flammable at least one metre away from any heat sources.
- **Never cover heating appliances** or store objects on top of them.
- **Don't overload clothes dryers** and clean the lint filter after each load cycle.
- **Check your electric blanket** is in good working order before you use it and turn it off before you go to sleep.
- **Don't place heavy objects on the bed** while the electric blanket is on.
- **Make sure the blanket is always flat** on the bed and that controls or cords are not twisted or caught between the mattress and the base of the bed. Twisted cords are a common cause of electric blanket fires.

You are four times more likely to survive a house fire if you have working smoke alarms. Keep your smoke alarms in working order by pressing the button to check them once a month and make a household escape plan so you have the best chance of getting out safely during a fire.

Visit escapemyhouse.co.nz to create your own unique escape plan for your household.

For further information visit fireandemergency.nz

Winter Driving Tips



As we head into winter we all need to keep an eye on our driving and our car's maintenance.

- **Following distances** need to be increased.
- **Take extra care** and avoid jabbing the brakes, sharp cornering and harsh acceleration.
- **Clean your screen** and all interior glass properly and remove any grease with detergents, a spirit or a household glass cleaner.
- **Driving in snow should be avoided** if possible. Generally, if your vehicle isn't 4WD, it's recommended you avoid driving in snow.
- **In adverse weather conditions**, drive with your lights on so that you're visible to others on the road.
- **The golden rule when facing a flooded road is:** never risk driving through it. It is very difficult to judge how deep the water is and, if the water is moving fast.
- It's also important to consider the maintenance of your car for winter. Your engine will endure colder temperatures and along with that, it will experience increased wear.

Source: <https://www.aa.co.nz/membership/aa-directions/driver/winter-driving-tips/>



You're Invited

Communicare Senior Friendship Centres

Hillsborough St David's-in-the-Fields
202 Hillsborough Road Thursday's 9:30 to 12:30pm
Refreshments provided and lots of activities



www.communicare.org.nz

Ph 09 631 5968

Adolescent Mental Health: A Mother's Perspective



(Continuing On From Previous Newsletter)

My daughter was admitted to hospital, where she was given a range of medications, but it did not work. When she left hospital, she was still in difficulty. Meanwhile, we were contacted by different mental health professionals. After a conversation with me and my daughter, the psychiatrist in Kari Centre suggested talk therapy and ending anti-depression medication. A nurse also took my daughter out to chat over coffee. These catch-ups were very helpful towards her recovery.

As a mother, I too have been supported by a Chinese social worker from Asian Support Service (Kahui Tu Kaha), who shares the same language and culture. She listens to my frustration and worry, and confusion too. She supported me in communicating with various health professionals including Oranga Tamariki and better understanding New Zealand health and social service system.

In 2023, my daughter turned 18 years old, and she is in a better place now. She has part-time work while studying at Auckland University. From 15 to 18, she experienced immense emotional change, low or high. We still don't know if it is normal for an adolescent. We try to focus on how to deal with the problem.

When reviewing the journey, I learnt a lot as a mother. First, do not hesitate to seek professional help for mental health (seeking a second opinion is also important). Second, keep an open mind to learn and grow up with our children in a different culture. Lastly, the support from health service providers with culturally and linguistically appropriate services play a vital role in our recovery journey.

Team TANI Organised Marae-Based Wananga In Collaboration With Tu Tira Mai And Papakura Marae



On Thursday the 1st of June 2023, 18 people from the TANI team, members of the TANI board, community leaders and placement student visited Te Marae Ō Papakura to learn more about Maori Tikanga (customary practices) and Te Ao Māori (Māori world view). We as a group were welcomed in by a Powhiri and a Karanga called out to let the tangata whenua know who we were and the reason of our Marae visit. In the Marae we were welcomed by the leader of the Marae, followed by Matua Thomas greeting everyone with the accompaniment of TANI group singing the waiata "Te Aroha". In the wananga session we learnt more Te Reo Māori, variety of waiata's to add in our kete (baskets) of knowledge and developed a deeper understanding about whanaungatanga (connections, building relationships) and manaakitanga (to take care, respect, generosity).

The most memorable moment in this session was when each person shared their Taonga (treasure, valuable object) and shared how meaningful it was to them because it represented their migration experience and the family they are connected with, therefore it was an uplifting experience for whanaungatanga.

As Taiwi people (non-Māori people) living in Aotearoa, we must have cultural awareness of the whenua (land) and build stronger connections with Tangata whenua (people of the land) and develop a deeper understanding of Māori history and culture because we are partners of Te Tiriti O Waitangi. This Marae visit was a great experience for TANI and for our community members who had attended this session with us.

Hospice West Auckland Dragonflies



Dragonflies have a special significance at Hospice West Auckland. A beaded dragonfly and the Dragonfly – Te Kapowai verse is given as a special keepsake to the family whose loved one has passed in our care. The beautiful dragonflies – each one completely unique – aim to bring comfort to those dealing with loss.

Dragonfly-making workshops are held regularly at Hospice House, 52 Beach Road, Te Atatu Peninsula. Members of the community are welcome to join these workshops and make their own beautiful creation. It's a wonderful opportunity to give back to the community and learn more about Hospice West Auckland and the services they provide.



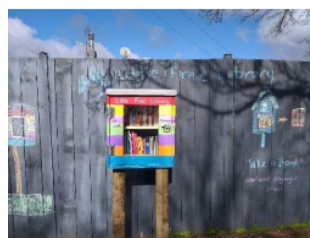
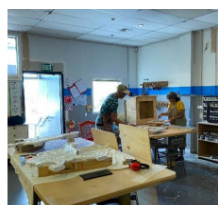
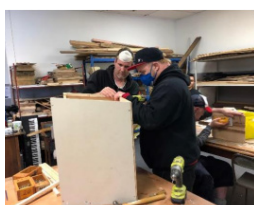
Follow Hospice West Auckland on Facebook at www.facebook.com/hospicewestauck for details of upcoming workshops and other Hospice House community activities.

Real World Living Little Library Project

We have been creating little libraries for community, we have partnered with some Auckland Libraries, Auckland Council, multiple community organisations to get these up and running across the community. It is to create community, improve literacy, numeracy and a great environment and bring books back into the homes. We are creating the libraries across Auckland. Each library we make goes out with 2 boxes of books, so it is started off with a mini library for their community as that is important.

All our libraries are made by the workshop staff and people with disabilities at Real World Living. This gives them great pride to see them out in community as well.

If you are wanting a community little library please contact me. We are also on the lookout for books especially childrens books - please contact Robyn – robyn@realworldliving.co.nz 0211649479 for more information.



The Dragonfly Te Kapowai

Once, in a little pond, in the muddy water under the lily pads, there lived a little water beetle in a community of water beetles. They lived a simple and comfortable life in the pond with few disturbances and interruptions.

Once in a while, sadness would come to the community when one of their fellow beetles would climb the stem of a lily pad and would never be seen again. They knew when this happened; their friend was dead, gone forever.

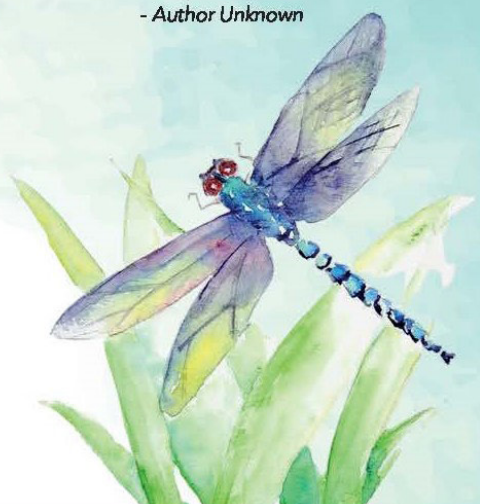
Then, one day, one little water beetle felt an irresistible urge to climb up that stem. However, he was determined that he would not leave forever. He would come back and tell his friends what he had found at the top.

When he reached the top and climbed out of the water onto the surface of the lily pad, he was so tired, and the sun felt so warm, that he decided he must take a nap. As he slept, his body changed and when he woke up, he had turned into a beautiful blue-tailed dragonfly with broad wings and a slender body designed for flying.

So, fly he did! And, as he soared he saw the beauty of a whole new world and a far superior way of life to what he had ever known existed. Then he remembered his beetle friends and how they were thinking by now he was dead. He wanted to go back to tell them, and explain to them that he was now more alive than he had ever been before. His life had been fulfilled rather than ended.

But, his new body would not go down into the water. He could not get back to tell his friends the good news. Then he understood that their time would come, when they, too, would know what he now knew. So, he raised his wings and flew off into his joyous new life!

- Author Unknown



Cancer Society Daffodil Day Volunteers

Cancer can be an extremely challenging journey, both physically and emotionally. Everyone handles it differently and needs different levels of support. That is why we're here to stand alongside all New Zealand families affected by cancer. For patients and whānau who need emotional support, free specialist counselling throughout and after the cancer journey.

Last year we helped thousands of kiwis affected by cancer, our expert nurses had more than 10,000 face-to-face visits with cancer patients, our volunteer drivers made 14,103 trips ensuring patients got to and from treatment and our team had 62,948 phone conversations with supporters and patients and their whānau who needed information and support.

Daffodil Day 2023 will be Friday 25th and Saturday 26th of August if you, your team, or someone you know can help, please contact volunteers@akcansoc.org.nz

For anyone requiring support for Cancer please phone 0800 CANCER 226 237



Senior Citizens Health And Retirement Living Course



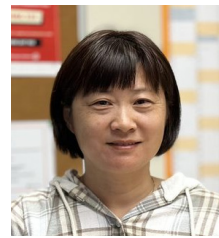
To be held on Thursday 20th July 2023 from 11.30am to 1 pm at the Onehunga Community House 83 Selwyn St. Onehunga.

We will have a guest GP, and a physio to speak and answer questions.

This course is for families and caregivers for/ or are senior citizens who have some anxieties or questions re health (physical/mental) and/or lifestyle questions.

RSVP contact details to Jeanette Thorne by texting 021- 128 4493 or emailing Jeanette to odcoss.coordinatorjeanette@gmail.com by 12th July, for catering purposes and enough attendees to justify running the course.

DynaSpeak: Erica's Story



My name is Erica, and I'm from Tangshan, China. I spent three years in New Zealand before the Covid pandemic. Although I studied English in school from junior high, I stopped after high school. When I arrived in New Zealand, my English was limited to simple responses and broken sentences. To improve communication with my Kiwi husband, I decided to study English again.

A friend recommended DynaSpeak, where I started at Level 1 with Darlene as my teacher. I learned a lot about speaking, communication, and everyday English for activities like seeing a doctor and going shopping. Now I can have conversations with my husband and in-laws. My goal is to study healthcare, so I'll continue at DynaSpeak until Level 4.

A memorable moment was a two-hour one-on-one tutorial with teacher Ray. I understood everything and could communicate back. It amazed me how far I've come. DynaSpeak boosted my confidence and improved my English skills. DynaSpeak has been valuable and was a turning point in my language journey.

DynaSpeak, Te Wānanga o Aotearoa, is offering New Zealand Certificates in English Language free of charge to NZ citizens, permanent residents, and refugees. Starting date for the NZCEL Sem B is 31st July 2023. courses@dynaspeak.ac.nz / 09 377 2434

Course dates: **BLOCK ONE 4 -7 July 2023, BLOCK TWO 1-4 August, 2023**

TANI Hamilton News



The TANI Hamilton/Kirikiroa office has been actively engaged in empowering ethnic communities in Hamilton/Kirikiroa over the past two months. They have achieved significant progress through various initiatives.

In response to suggestions from the Community Health Forum, Hamilton/Kirikiroa established a community-led health network for ethnic groups. Working with Insight Endometriosis, they organized the inaugural meeting of the Collective Community-Led Network for Ethnic Community. Representatives from various sectors and communities discussed key health challenges, documenting their findings in a report for Waikato Te Whatu Ora.

TANI Hamilton/Kirikiroa also successfully organized a health information seminar for Chinese seniors in collaboration with the Hamilton Chinese Golden Age Society. The seminar provided valuable information on Bowel Screening, the upcoming Health Expo for ethnic communities, and the Wintec Health and Wellness Centre.

Furthermore, TANI Hamilton/Kirikiroa, in collaboration with HMS TRUST, held a health expo for migrant communities. The expo covered topics such as Oral Health, Screening, Diabetes, Counselling, and Children's Health. Around 100 individuals attended, benefiting from the shared information.

Through their dedicated efforts, the TANI Hamilton/Kirikiroa office has effectively empowered ethnic communities, fostering information sharing, community engagement, and improved access to essential health services.

Te Kotahi Oranga Health and Wellness



Te Kotahi Oranga |
Health and Wellness Centre

We are an ākonga, student-assisted interprofessional health and wellness service. We undertake assessments and provide supportive care under the supervision of a registered nurse. We are inviting:

Appointments & Referrals

Our services are free and our focus areas include:



● Type-2 diabetes mellitus

● Chronic Obstructive Pulmonary Disease (COPD)

● Adult Asthma

● Falls Prevention

Contact us now:

07 834 8801
tekotahioranga@wintec.ac.nz

Visit our website:



bit.ly/tekotahioranga

Te Kotahi Oranga Health and Wellness Centre is a new student-assisted clinic with a strong emphasis on interprofessional care. Through extensive research and collaboration with community partners, this clinic has emerged as a vital opportunity for developing the next generation of health professionals. Our one-stop clinic offers accessible healthcare to the community while providing students with an authentic educational experience in a real-life setting. By bringing together students from diverse health and sport disciplines, we foster an environment where they can learn from experienced staff and deliver high-quality, evidence-based care to our underserved communities. At Te Kotahi Oranga, we understand the importance of addressing multiple aspects of your health in one place, benefiting both you and your family. We welcome the public for appointments, and there is no need for a referral from a health professional. Making an appointment is simple—just visit <https://tekotahioranga.itsmyhealth.nz/> to fill out our referral form. Once we have assessed your needs, we will promptly contact you to schedule an appointment.

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) and Wendy Zhai (Chinese/ wenming.yantai@gmail.com) can be contacted for further information.

Have Your Say And Vote In The 2023 General Election!



This year a general election will be held in New Zealand on 14 October.

To vote in this year's general election, you need to be enrolled. You can enrol to vote if you are:

- 18 years or older
- A New Zealand citizen or permanent resident
- Have lived in New Zealand for more than one year continuously at some time.

Enrolling to vote is easy!

You can enrol online at vote.nz using a New Zealand driver licence, New Zealand passport or RealMe verified identity. You can also use a paper enrolment form. Download one from vote.nz, call 0800 36 76 56 or text your name and address to 3676 to have a form sent to you. Visit vote.nz or call 0800 36 76 56 for more information.



Are you between 14-24? Do you care about your wellbeing?

Speak up and tell us how we can help with youth wellbeing.
Get paid to **have your say**.

Register today to be considered for this unique two-day panel discussion.
Friday 7 and Saturday 8 July 2023.

akhaveyoursay.nz



WAITEMATĀ LOCAL BOARD



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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