

CONNECTING COMMUNITIES

TANI Spring 2025 Events

Welcoming Asian Communities – Health & Wellbeing Expo

Saturday 13 September, 10:30am – 2:30pm
School Hall, Hamilton Boys' High School,
47/45 Peachgrove Road, Hamilton East

TANI Hamilton Ethnic Health & Wellbeing Hui

Wednesday 1 October, 10am - 12pm
The Training Room, Western Community
Centre, 46 Hyde Avenue, Nawton, Hamilton

Chinese Health Seminar

October (Date & Location TBC)

TANI Regional Network Meeting

Wednesday 19 November, 10am - 12pm
Western Springs Garden Community Hall,
956 Great North Road, Western Springs

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 and warm greetings,

On behalf of The Asian Network Inc. (TANI), I'm delighted to share with you our Spring newsletter, filled with updates and information to support you and your whānau.

We acknowledge the ongoing challenges many Asian New Zealanders are experiencing, whether it's the rising cost of living, employment changes, or a reduction in household income. Please know that you're not alone. We encourage you to reach out to us or any of the service providers mentioned in this newsletter. Help is available, and asking for support is absolutely okay. Social and mental wellbeing services are here for everyone in our communities.

As we enter an official local government election year, I urge all of our readers to prepare to vote. Local elections open on 9 September and close on 11 October. Don't leave it to the last minute. Vote as soon as you receive your voting papers. Your voice matters.

TANI continues to listen and amplify your concerns around health and wellbeing. We invite you to connect with us and consider joining our Ethnic Health Collective to stay informed about important updates affecting our communities.

Thank you for your ongoing support and participation in our initiatives. We hope you enjoy this edition of the newsletter, and we always welcome your feedback and suggestions.

This newsletter is also available in Mandarin and Korean.

Ngā mihi nui,

Nilima Venkat,
MNZM, JP, BSW

TANI Chairperson



TANI Primary Prevention Series

The Asian Network Inc. (TANI) has launched its Primary Prevention Series (August to December 2025), as part of our year-long Changemaker Programme to empower Asian changemakers to lead positive, community-driven change.

These interactive workshops unpack the root causes of family violence, such as gender stereotypes, harmful social norms, and power imbalances. Participants reflect on cultural beliefs, learn practical tools for respectful relationships, and explore ways to promote equity and wellbeing.

Our August workshop lays the foundation for the rest of the series (September to December). Complete all five sessions to earn a Changemaker Certificate and join a growing network of community leaders.

The workshops are Free to attend with light lunch provided.

Date: Saturdays, 13 September, 11 October, 15 November, and 6 December

Time: 10:00am-12:00pm

Venue: 101 Church Street, Onehunga

Registration link: <https://forms.office.com/r/nMV5dJPCqT>

All are welcome - university students, parents, professionals, and anyone passionate about preventing family violence in our Asian communities.

Free

**2025 Changemaker Series:
Family Violence Prevention Workshops**

Gain essential knowledge on a wide range of family violence topics and engage in activities to prevent family violence.

Dates: Saturdays, 13 September, 11 October, 15 November, and 6 December

Time: 10:00am-12:00pm
Refreshment: 12:00pm-12:30pm

Venue: 101 Church Street, Onehunga (free parking nearby)



To sign up, please scan the QR code or email us.
sherry.xue@asiannetwork.org.nz



Yourlocaldoctor Website Has Moved



In late July 2025, yourlocaldoctor website's content has been transitioned to Health New Zealand's national website as part of the organisation's website consolidation project.

Redirects are put in place, meaning anyone visiting the yourlocaldoctor website (www.yourlocaldoctor.co.nz) will be automatically taken to the relevant information on the new platform.

This consolidation is part of Health New Zealand's move towards a unified health system that delivers better health outcomes for everyone in Aotearoa New Zealand. By centralising and standardising health information, we can improve the user experience and ensure resources remain prompt, consistent, and reliable for all.

Email websiteconsolidation@tewhatuora.govt.nz for queries or to provide feedback on the project.

2025 New Zealand Asian Well-Being and Mental Health Survey Report



The 2025 New Zealand Asian Well-being and Mental Health Survey, commissioned by Asian Family Services and conducted by Trace Research, reveals a worsening mental health crisis among Asian communities.

Over half (57.2%) of Asian New Zealanders are at risk of depression, with young adults, women, Koreans, and Indians most affected. Life satisfaction has declined by over 11%

since 2021, and only 56.5% feel a sense of belonging. Nearly half of Asian parents report school bullying, with low confidence in school responses. Discrimination is widespread, with 80% citing race or ethnicity as the cause. Access to mental health services remains limited due to stigma, language barriers, and lack of culturally appropriate support.

The findings highlight the urgent need for culturally responsive services, anti-bullying efforts, and systemic action against racism. This report is a call to action for policy-makers, service providers, and community leaders to work together toward a more inclusive future. To read the report, visit: www.asianfamilyservices.nz/resources/resource-items/2025-new-zealand-asian-well-being-and-mental-health-survey-report/

#PassTheMic Podcast



What started as a book of stories and has now developed into a podcast series. Pass the Mic spotlights the lives of people from migrant and former refugee backgrounds in Aotearoa, one conversation at a time.

Season 1 explored five key themes – housing, mental health, identity, belonging, and employment – revealing that employment connects them all. Meaningful, stable work can transform one's housing situation, mental wellbeing, and sense of identity and belonging.

Season 2 moves beyond the headlines, sharing powerful stories of resilience, challenge, and hope, offering insight into the employment experiences that shape how newcomers settle, how they are perceived and feel in their new home.

New episodes coming out every Monday on www.belong.org.nz/pass-the-mic, Planet FM and all your favorite listening platforms.

New 24/7 Online GP Service Launched



Health New Zealand
Te Whatu Ora

The new digital GP service is available 24/7, offering you round-the-clock access to trusted medical care when your regular GP is unavailable or they're not enrolled.

You can now connect with registered doctors and nurse practitioners who can assess, diagnose, treat, prescribe, and refer, all online.

The new service complements regular general practice and helps ease pressure on clinics. Subsidies for some people are available.

Learn more at: info.health.nz/onlineGP

Get the care you need, when you need it – 24/7

Access trusted healthcare online, anytime

Health New Zealand
Te Whatu Ora

24

You can now see a New Zealand-registered GP or nurse practitioner online – 24 hours a day, 7 days a week. Whether it's late at night, during the weekend, or you can't get in to see your regular doctor, there's another way to get the care you need.

This new digital health service connects you to qualified clinicians via secure video call – from wherever you are in New Zealand.

What it means for you

- Healthcare when and where you need it. If you're unwell and can't wait for an appointment with your regular GP, the digital service is here to help.
- **Not currently enrolled with a GP?** You can use this service even if you don't currently have a family doctor, and they can provide information on getting enrolled for future care.
- **Subsidised for eligible groups.** If you're under 14 or hold a Community Services Card (CCS), your fees may be fully or partially covered.
- **Your regular GP stays in the loop.** Your online consultation notes are sent to your usual doctor to support continuity of care, unless you ask for them not to be.

Use it for common health needs

Coughs, colds and flu, skin issues or rashes, stomach bugs, minor allergies, prescriptions and medical certificates. Can also be used for other non-emergency conditions.

Better access. More convenience. Connected care.

The new 24/7 digital health service makes it easier to access timely, quality healthcare – especially for people without a regular GP, those living in rural areas, or anyone needing help outside normal hours.

How it works

- Choose from one of eight approved providers (listed at info.health.nz/onlinegp).
- Book online or join the queue depending on the provider.
- Use your smartphone, tablet or computer for a video consultation.
- Have your medication list ready, find a quiet space, and write down your questions.
- After your consultation, you might be given a prescription, sent for lab tests, referred to another service, or provided urgent help like an ambulance if needed.

Fees and subsidies

| Age group | CSC (day) | CSC (overnight or public holidays) | Non-CSC (day) | Non-CSC (overnight or public holidays) |
|-----------------|------------|------------------------------------|--------------------|----------------------------------------|
| Under 14 | Free | Free | Up to \$30 | Up to \$40 |
| 14–17 years old | Up to \$30 | Up to \$40 | Up to \$55 | Up to \$65 |
| 18 or older | Up to \$33 | Up to \$43 | Varies by provider | Varies by provider |

Not tech savvy? No problem

Let the provider know if you need help using the technology, an interpreter or disability support. Support for older adults is also available through the Office for Seniors.

Find out more and see approved providers at info.health.nz/onlinegp

Become a Smokefree Champion

Refer your whaanau and friends to become smokefree

Receive \$20 for every 2 referrals who enrol and receive support from the Living Smokefree Service (those referred must be current smokers and blow smoking CO reading)

Receive \$50 if someone you have referred completes one of our programmes and becomes 4 weeks Smokefree

Health New Zealand
Te Whatu Ora

LIVING
Smokefree service

To refer: Call Living Smokefree Service | Counties Manukau District at 0800 569 568 or free txt 'NOW' to 590.

Cancer Support Nurses - Auckland



We provide dedicated care and support to individuals and whānau affected by cancer, from Wellsford to Mercer. Our team brings cultural strength, including Filipino, Chinese, and South Asian communities, delivering compassionate nursing that honours each person's background and needs.

What We Offer:

- Support after a cancer diagnosis, through treatment, and beyond
- Home visits, regular outreach calls, and emotional/practical support for adults at all stages of cancer
- Culturally responsive care for diverse communities
- Connect people with other Cancer Society services such as psychological support, volunteer driving, oncology hosts, Domain Lodge accommodation, and trusted information resources.

For more info, please visit: www.cancer.org.nz

Call Healthline

- If you are worried or unsure about your health or someone else's health
- For advice about your situation and help on what to do next
- If you do not have a GP or cannot get to one
- If you need advice about your medicine

0800 611 116

Let's Plan to Leave Hospital



Leaving hospital can be stressful, but being prepared helps your recovery. Hospital staff want you to have answers to your questions before you go.

Ask your doctor or nurse about your care and write down important contact details. Check if you have follow-up appointments at the hospital or with your own doctor, and know when to book them.

If you're waiting for test results, ask how you'll get them. Keep a list of your medication, including when to take it, what it's for, and any side effects.

Before leaving, ask about symptoms to watch for, like fever or pain, and when you can return to work, driving, or other activities. Also, talk about healthy habits to support your recovery at home.

Download the easy-read document 'Getting ready to leave hospital' at: www.hqsc.govt.nz/resources/resource-library/lets-plan-to-leave-hospital/



We also offer free Wellbeing Groups and courses in Mandarin, designed to strengthen confidence, build resilience, and improve emotional wellbeing. Topics include Managing Stress, Anxiety and Change, and Confidence and Self-Esteem. Courses are run in small, supportive groups and are tailored to the unique needs of the Mandarin-speaking community.

All services are available to residents of the Waitemātā area, including the North Shore, West Auckland, and Rodney.

To learn more or refer someone, please contact:
Ph: 0800 468 288

Email: learning@heartsandminds.org.nz
www.heartsandminds.org.nz

Free Wellbeing Support for Our Mandarin-Speaking Community



Hearts & Minds is proud to support the Mandarin-speaking community with free, culturally-responsive services that promote mental wellbeing.

Our Support Coordination service provides one-on-one guidance

to help individuals and families access local services, resources, and emotional support. Our Mandarin-speaking Support Coordinator walks alongside clients to ensure they feel heard, understood, and connected to the help they need.

Need Healthcare information?

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



Become SeizureSmart



Epilepsy New Zealand and Epilepsy Smart Australia offer free, evidence-based online courses to help individuals and communities better understand and support people living with epilepsy.



The self-paced *SeizureSmart* training takes around 40 to 90 minutes to complete and covers seizure types, first aid, seizure management planning, and epilepsy's daily impact. Tailored courses include *SeizureSmart Youth, Schools, Workplaces, Aged Care, Disability, and Whānau*, providing practical knowledge for each setting. These programmes build awareness and confidence to create safer, more inclusive communities.

To enrol or learn more, visit: <https://epilepsy.org.nz/seizuresmart-online-learning>

Have You Heard of... Aphasia?

a.pha.sia (ay-faze-yuh)



Aphasia is a partial or total loss of the ability to articulate ideas or comprehend spoken or written language, due to damage to the language centres of the brain.

About 29,000 people in New Zealand have aphasia, but only 1.5% of the population have basic knowledge of aphasia. It can affect talking, word finding, understanding conversations, reading, and writing.

We offer home and community visits, Kōrero (conversation) Clubs, support groups, and education sessions to help people with aphasia and raise awareness. You can help by spreading awareness, showing support, and starting conversations.

For more information or local support, contact Aphasia New Zealand (AphasiaNZ): 0508 APHASIA (0508 274 274), www.aphasia.org.nz

Menstruation



Menstruation, or a period, is a normal monthly process in a woman's body and a sign of reproductive health.

It usually starts between ages 9 and 13 and continues until menopause. Each month, the uterus lining thickens to prepare for pregnancy. If pregnancy doesn't occur, this lining is shed as menstrual blood. Most women get their period every 21 to 35 days, and bleeding lasts 3 to 7 days. Cramps, mood changes, and tiredness are common.

Irregular menstruation includes: Periods less than 21 or more than 35 days apart, Missing periods for months, Heavy or prolonged bleeding, or Spotting between periods, after sex, or after menopause. Causes include hormonal imbalances, stress, weight changes, PCOS, thyroid problems, diabetes, medications, pregnancy, or uterine conditions.

If you notice unusual changes, contact your GP or call Healthline at 0800 611 116.

Camp Awhi, the National Children's Burn Camp.

This unique, 5-day program is offered completely FREE of charge to young burn survivors aged 7 - 17.

Camp Awhi fosters a supportive community that boosts confidence and self-esteem, promotes a positive outlook, and encourages independence.

Helping children who have experienced burn injuries, the camp provides a secure environment for building lasting friendships and support systems for lifetimes.

Date: 16-20 Jan, 2026
Venue: Tasman Holiday Parks - Miranda

BURN SUPPORT GROUP CHARITABLE TRUST
09 270 0640
info@burns.org.nz
www.burns.org.nz

Enjoy Water Safety This Spring With DPA



Drowning Prevention Auckland
Education · Research · Advocacy

With warmer weather on the way, now is the perfect time to get proactive about water safety.

Drowning Prevention Auckland is offering a range of educational programmes designed specifically for ethnic communities to help keep everyone safe in, on, and around the water. We cordially invite ethnic community leaders and participants to join our Coastal Experience programme at Muriwai or Bethells Beach. While enjoying the beautiful West Coast landscapes, you'll gain vital water safety knowledge and experience.

This one-day programme is conducted on dry land and covers: Identifying beach hazards, rock fishing safety, how to correctly wear a life jacket, water safety code, practicing bystander rescue techniques, and West Coast ecology.

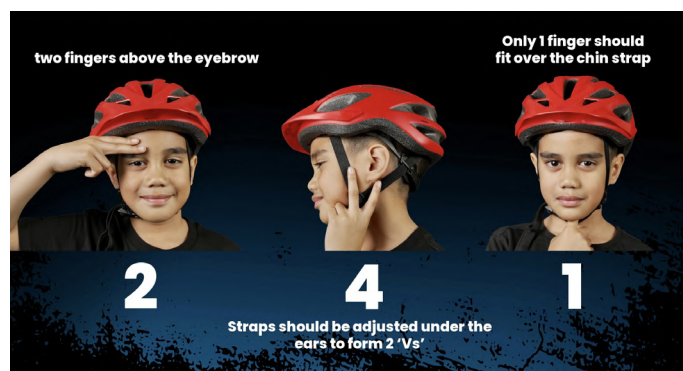
To learn more or to get involved to benefit your community, especially for youths and senior citizens, please contact Madison at Madison.chang@dpanz.org.nz.

Bike and Helmet Safety



Did you know that wearing a helmet reduces the risk of a serious head injury by around 60%?

Use the 2-4-1 check to make sure your tamaiti's helmet is fitted properly.



Are you a parent or caregiver looking for a simple helmet and bike safety card to display on your fridge?

To download our Bike and Helmet Safety Resource and check out other bike and helmet safety tips, visit www.starship.org.nz/safekids/bike-helmet-and-wheels-safety/



Flooding Caused by Neighbour's Drainage



If your neighbour's drainage is causing flooding on your property, try to resolve the issue through open communication before pursuing legal action.

Whether your neighbour is liable depends on how the flooding occurred. If it's due to natural land use, they may not be responsible, but you can discuss mitigation options or take steps like redirecting water away from your home.

However, if the flooding results from artificial changes, like new drains or altered land flow, your neighbour may be liable, especially if no easement exists. Liability can also arise from land slips caused by their negligence or actions.

For damage from natural disasters, your home insurance and NHCover (formerly EQCover) may help with repairs. Report any damage within three months.

For more advice on easements, shared drains, land ownership, and neighbour-related issues, contact the Citizens Advice Bureau at 0800 367 222 or visit cab.org.nz.





HANA COUNSELLING AND EDUCATION LTD.

Our company has Ikgai to support vulnerable children, adolescents, adults, and the community through counselling, therapy, workshops/training, and dance classes.

We provide services such as:

- Counselling (individuals, couples, children and adolescent and groups),
- Training/Workshop,
- Dance Movement Therapy,
- Dance class,
- Mediation,
- Life coaching,
- Neuro-Linguistic Programming (NLP),
- and more.





Contact our team to discuss the best option to suit you.

Get In Touch

021 0257 2183 (Ai)

admin@hanacounselling.com
ai@hanacounselling.com
chloe@hanacounselling.com

www.hanacounselling.com
@hanacounselling



Support My Decisions



The Support My Decisions website is a tool to help people make

their own choices with support from someone they trust. It is for anyone who needs help making decisions, like people with disabilities, brain injuries, dementia, or mental health challenges.

The website is also for whānau, friends, carers, and support workers who want to help someone stay in charge of their own life.

It gives easy steps, tips, and real examples to help with everyday choices like where to live, what to do, or how to manage money or health. It focuses on listening, understanding what matters to the person, and helping them decide what is best for them.

The goal is to make sure people are not left out of decisions about their own lives.

Everyone has the right to be heard, and Support My Decisions helps make that happen, one choice at a time.



Source: www.supportmydecisions.nz

Flair: Where Style Meets Purpose



Hospice West Auckland has launched Flair, a high-end second-hand store in Westgate, offering a curated retail experience with premium goods. Proceeds from Hospice op shops fund free palliative care and support for people with life-limiting illnesses and their families, covering specialist nursing, equipment, counselling, bereavement support, and costs not fully met by government funding.

Flair specialises in quality fashion, accessories, homewares, furniture, art and collectibles, attracting shoppers seeking unique items while supporting Hospice. It will also serve as a community hub, hosting events such as fashion evenings, art showcases, and Remembrance Services. Flair welcomes donations, valuing special items and thoughtfully redirecting other items to other Hospice Op Shops.

From designer handbags to unique art pieces, Flair invites you to treat yourself while making a difference. Open 9am–5pm, 7 days at 7B Topere Way, Westgate. www.hwa.org.nz/retail-shops



transition
expo
Explore what is available

Explore what is available for disabled school leavers

From School to Community
Wednesday 3rd September 2025
9 am-2 pm

Auckland Netball Centre
7 Allison Ferguson Drive
St Johns



- ✓ Education & Employment Options
- ✓ Housing & Living ideas
- ✓ Community Activities & Leisure
- ✓ Transition Seminar - 11:00 am
- ✓ Free entry & free parking

disability
connect.
helping families

09 636 0351

www.disabilityconnect.org.nz

Time to Choose Auckland's Champions

AUCKLAND LOCAL ELECTIONS 2025

Ngā pōti ā-rohe o Tāmaki Makaurau 2025

voteauckland.co.nz

Altogether Auckland. Tāmaki Turuki.



A total of 477 candidates are now confirmed to stand in Auckland Local Elections 2025.

Visit voteauckland.co.nz/candidates to find out who's standing for your area so you can start deciding who you'll vote for.

More information about candidates will be updated from 1 September.

Voting opens on 9 September and closes on 11 October at midday. To be eligible, you just need to be 18 years and over and a New Zealand permanent resident.

Governance and Engagement General Manager for Auckland Council, Lou-Ann Ballantyne explains why it's essential to participate in Auckland's elections.

"Voting for candidates who best represent you and your community will be critical to Auckland Council's decisions on facilities and services that impact your daily life," says Ms Ballantyne.

These include parks and facilities, waste management, public transport, emergency management, infrastructure, environmental services, community grants, events, business improvement districts, community centres and much more.

"That voting paper is more powerful than some may think – so we hope Aucklanders really take advantage of this opportunity to choose the right champion for Tāmaki Makaurau, otherwise someone else will choose for you," says Lou-Ann.

From 9 September – 22 September voting packs will be sent out to enrolled voters.

Vote box locations will be published in September at voteauckland.co.nz/wheretovote

No voting papers? No problem! Enrol and vote at any of our Vote-on-the-Go events to be located at many venues, including markets, community centres, university campuses, marae and more.

Find Vote-on-the-Go locations at voteauckland.co.nz/wheretovote





FOR A BRIGHTER
FINANCIAL FUTURE

Free Support




We are here to help you take control of your finances with compassionate, non-judgmental support. Whether you are struggling with budgeting, managing debt, or facing financial hardship, you're not alone

Join us in a safe, empowering space where you can

- receive personalised guidance
- find solutions that work for YOU
- create a brighter, more secure financial future

————— Service Available in Mandarin, Cantonese and more —————

Budgeting
Debt Management
Financial Hardship Advocacy
and More!!



Call 09 836 4141
Book Online
www.budgeting.org.nz

Location: Henderson, Massey, West Harbour, Avondale, Helensville

Discover Friendship and Belonging



Are you, or someone you care about, looking for a welcoming, inclusive space to connect, share stories, and feel a true sense of belonging?

Communicare is a Auckland charity with over 66 years of experience supporting seniors. We run 15 Friendship Centres across central, west, east, and south Auckland, offering a warm and friendly environment for people aged 65 and over to enjoy companionship, engaging activities, and community connection.

Each centre opens one day a week and is led by caring coordinators and enthusiastic volunteers. A typical day includes: friendly conversation and connection, light games with gentle movement, creative craft activities, and a shared lunch to finish the day together.

Whether you're interested in becoming a member or volunteering your time, Communicare welcomes you with open arms.

Visit www.communicare.org.nz for more information, or call us on 09 631 5968, we'd love to hear from you.






Are you an Asian, Middle-Eastern, Latin American, or African person living in New Zealand?
Are you a parent/family member of a young person aged 10 - 24 years?

If your answer is yes to both the questions above, we would like to invite you to participate in our survey

What is This Study About?
 We want to understand your experience of being a migrant parent in NZ and are interested in knowing what information can help you better support mental health and wellbeing of your young person.

What Does Participation Look Like?

- The survey will take 15 minutes
- No one will know the information you share with us
- We will offer a \$15 Woolworths voucher for your participation, and an additional \$5 if you refer another participant who completes the survey (maximum of 3 people)



How Can I Participate?
 If you are interested in participating, please scan this QR code:



Need More Information?
 Please contact:
 • Dr Vartika Sharma, Principal Investigator
vartika.sharma@auckland.ac.nz

Approved by the Auckland Health Research Ethics Committee on 24 Feb 2025 for 3 years. [AH28575]

This warning has been issued under the Smokefree Environments and Regulated Products Act. If you have used this product and now feel unwell or have trouble breathing, please see your doctor or healthcare provider.

To learn more, visit: www.health.govt.nz/news/vaping-product-warning-issued or ask your local health centre for advice.

Connecting Through Sport



SportHub Community Trust is a registered charitable trust

dedicated to using sport as a bridge to connect, engage, and foster communication within the community. We primarily serve children, youth, and the elderly from diverse backgrounds, and are committed to supporting events and programmes for ethnic communities.

On weekday mornings, SportHub Community Centre provides free Tai Chi, square dancing, and table tennis for senior members. These activities are well-suited for the winter season, offering both physical exercise and opportunities for social interaction.

We are also excited to host a Mid-Autumn Festival celebration on October 4th at 44 Portage Road, New Lynn. This free community event will feature live performances, local vendors, children's activities, and more. All are welcome to join the festivities! Please visit: www.sporthub.org.nz

Vaping Product Warning



The Ministry of Health is warning people about the Suntree – Vanilla Cream (30ml) vaping liquid.

It contains too much of a chemical called diacetyl. Breathing in too much diacetyl can cause a serious lung disease called “popcorn lung.”

Popcorn lung is a sickness that makes it hard to breathe. Symptoms include coughing, wheezing, shortness of breath, and feeling tired.

The company that sells the product, Hoopers Vapour Ltd, is recalling it from shops. About 300 bottles have been sold in the past 17 months.




HELP US IMPROVE!

WE WOULD LOVE TO HEAR WHAT YOU THINK ABOUT TANI'S QUARTERLY NEWSLETTERS! WE WELCOME YOUR SUGGESTIONS ON WHAT TOPICS YOU WOULD LIKE MORE OR LESS OF.

Please send your feedback to info@asiannetwork.org.nz

TANI Hamilton News

The Asian Network Inc. (TANI) – Celebrating Community Engagement and Learning

The Hamilton office of The Asian Network Inc. (TANI) had another productive quarter supporting Asian communities across the region. Highlights included the 2025 Multicultural Afternoon with Mum in collaboration with the Waikato Multicultural Council; the TANI Ethnic Health & Wellbeing Hui; a seminar on Hamilton's first Chinese-focused rest home with Sound Care Group; welcoming tours for new migrants and refugee-background families with Shama Ethnic Women's Trust; free cervical screening for ethnic women with Waikato Te Whatu Ora; and weekly language support from the Citizens Advice Bureau for Asian whānau.

A standout this quarter was the continuation of our Learning Community Hub seminars for Chinese and Korean families, funded by the Ministry of Education. Since May, the largest session, attended by nearly 110 people, featured outstanding Year 13 students from respected local schools, who shared valuable insights on subject selection, time and stress management, extracurricular involvement, and university pathways. Other seminars explored Māori culture, the Treaty of Waitangi, Matariki, bullying prevention, and mental wellbeing. Attendance ranged from 20 to over 100, with excellent feedback from both parents and youth.

We thank all participants and guest speakers, including our student presenters, Waikato Korean School teachers, and Awad Hagos from the Ministry of Education. These sessions would not have been possible without their support.

For 2025 collaboration opportunities, contact Cindy Pak at seunghee.pak@asiannetwork.org.nz



Waikato Multicultural Evening 2025

The Waikato Multicultural Council Inc. is delighted to invite community members to the Waikato Multicultural Evening 2025.

Date & Time: 6:00PM, Saturday 11 October, 2025

Venue: School Hall, Mangakōtukutuku College, 6 Collins Road, Melville, Hamilton 3206

Join us for an evening of vibrant cultural performances, dance, and celebration of the rich diversity in our region. This is a fantastic opportunity to connect, share, and enjoy the many cultures that make Waikato unique.

If you're interested in performing or have any questions about the event, feel free to contact Jeanie Halland at: 021 207 9851 or info@waikatomulticultural.org.nz

We look forward to seeing you there!



**SAT
11
OCT**



A spectacular showcase of diverse cultural dancing in the Waikato region.

**6
PM**

FREE
ENTRY

Waikato

Multicultural

Evening 2025

Supported by:







Mangakōtukutuku College

6 Collins Road, Hamilton

**Ethnic food for
purchase onsite**

Coordinator: Jeanie Holland
021 207 9851
info@waikatomulticultural.org.nz

**WANT THE BEST
FOR YOUR
AUCKLAND?
VOTE IN THE
LOCAL ELECTIONS.**

Your vote in the local election counts

voteauckland.co.nz



Altogether Auckland.
TāmaKi Turuki.



8TH MULTI-ETHNIC DANCE FESTIVAL 2025

SATURDAY, 13 September 2025
5.00 - 9.00 pm

VICTORY CONVENTION CENTRE
98 Beaumont Street, Freemans Bay



For information please contact:

Kamal P Shrestha (021 180 2619) | Bhuwan Maharjan (027 398 7001)

Email: presidentnccnz@gmail.com

Welcoming Asians Wellbeing, Food & Culture

- Cervical Screening
- Bowel Screening
- Breast Screening & Breast Cancer Support
- Endometriosis Support
- Blood Pressure and Diabetes Check
- Sexual and Reproductive Health
- Newborn Enrolment and Childhood Immunisation
- First Aid Course
- Medical Alarms & Health Shuttle
- Disability and Elderly Support
- Rest Home Information
- Epilepsy Support
- Volunteer Opportunities
- NZ Rights, Obligations, and Support (CAB)
- Treaty of Waitangi Awareness
- English Language Courses
- Children's Chinese Language Learning
- Children's Chinese Culture Games
- Multicultural Associations
- Asian and Ethnic Community Programmes

**SAT
SEP 13**

10:30AM
- 2:30PM

INFORMATION STALLS | HEALTH SCREENING |
FOOD | MUSIC | DANCE | KIDS' ZONE AND MORE!

School Hall, Hamilton Boys' High
School (47/45 Peachgrove
Road, Hamilton East)



Sat 6th Sept

Auckland Mama Market[®]

WESTERN SPRINGS
The Early Years ** 0 to 5's **

SAT 6TH SEPT 2025, 9AM - 12.30PM •
WESTERN SPRINGS GARDEN COMMUNITY HALL,
956 GREAT NORTH RD, WESTERN SPRINGS

Your Boutique Family Markets

WELCOMING WEEK

TE WIKI O MANAAKI

5-14 SEPTEMBER 2025

Glad You're Here
Nau Mai Rā



Hamilton Kirikiriroa Welcoming Week

5 - 14 September 2025

Welcoming Communities | WELCOMING WEEK | Hamilton City Council

THE AUCKLAND ASIA FESTIVAL

11 & 12 OCT 2025
AUCKLAND SHOWGROUNDS

WELCOME TO OTARA AND PAPATOETOE 2025

MERGING CULTURES 2025



SATURDAY 13TH SEPTEMBER | 10.00AM - 1.00PM

PROUDLY SUPPORTED BY
Ōtara-Papatoetoe Local Board

天運共此時
Mid-Autumn Festival
A Moment to Remember

中秋
CHINA CULTURAL CENTRE | 奧克蘭
CHINA CULTURAL CENTRE | AUCKLAND

Our Songs

A LUNAR CELEBRATION:
2025 AUCKLAND MOON FESTIVAL

我们的演唱会

2025 奧克蘭月亮节特别活动

6:30 pm - 8:30 pm, 27/September/2025
The Potters Park, 173 Balmoral Road, Mount Eden, Auckland

Auckland Moon Festival | Auckland Chinese Business Association | New Zealand Chinese Students Association | Auckland Chinese Students Association | ACSSA | Saw | YOU SHOW

bnz Diwali

aucklandnz.com/diwali

BNZ Auckland Unlimited

Auckland Council

DATE TE RĀ ME TE WĀ
11 - 12 October 2025

PRICE UTU HOKO
Free Entry

LOCATION TE WĀHI
Aotea Square

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

Tel: 0800 00 TANI (8264) | Mob: 0212747448

E: info@asiannetwork.org.nz

W: www.asiannetwork.org.nz