

CONNECTING COMMUNITIES

TANI Autumn 2026 Events

TANI Regional Network Meeting

Wednesday 25 February, 10am - 12pm
Pearce Street Hall, 3 Pearce Street,
Onehunga, Auckland

TANI Hamilton Ethnic Health and Wellbeing Hui

Wednesday 25 February, 10am - 12pm
Western Community Centre (Training Room), 46 Hyde Avenue, Nawton, Hamilton

Chinese Health Seminar

Date/Time: TBD
Te Manawa (Kōkiri Ngātahi Auditoriums),
11 Kohuhu Lane, Westgate, Auckland

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From The Chairperson

Kia ora koutou, greetings to you all!

On behalf of The Asian Network Inc. (TANI), we warmly wish you a very Happy Lunar New Year. May the Year of the Horse, which symbolises adventure, vitality, and forward momentum, bring you vibrant and fiery energy this year. We hope this renewed energy inspires positive change and growth in everyone's life.

We are delighted to present the autumn edition of our newsletter, featuring valuable information and resources about the support services available to the communities we serve.

At TANI, Asian health remains central to our service delivery. When we talk about health, we must also recognise the social determinants that shape wellbeing. Likewise, discussions about economic recovery cannot be separated from health. Wellbeing is fundamental to a thriving ecosystem. For this reason, we continue to advocate for strategic investment in health and social services.

We are proud to have a dedicated professional team providing wrap-around support to meet your wellbeing needs. Please feel free to reach out to us for further information at info@asian-network.org.nz.

We truly value your feedback and ongoing support, and we look forward to connecting with you at our upcoming TANI events, both in person and online.

That's all for now. Stay well and stay safe, everyone!

Ngā mihi nui,

Nilima Venkat,
MNZM, JP, BSW

TANI Chairperson



TANI Rise & Shine Programme

TANI is pleased to introduce you to our Rise & Shine Programme, a free wellbeing programme for migrant women settling into life in Aotearoa New Zealand. The programme takes a holistic approach to wellbeing, focusing on mental, physical and spiritual health, in a safe and welcoming environment.

Through weekly sessions over five-week batches, Rise & Shine offers practical and empowering sessions to help women build confidence and connection. Topics include English language confidence, women's health and yoga exercises, understanding the New Zealand health system, basic road code knowledge and introduction to the New Zealand job market.

The programme is open to migrant women of all visa types and is completely free to attend. Participants who complete all sessions will also be eligible for a 50% discount on driving lessons.

To receive information about upcoming workshops, scan the QR code below or use the link: <https://forms.office.com/r/RsuekNACmg> to register your interest.



Rise & Shine

Mental - Spiritual - Physical

FREE MIGRANT WOMEN WELLBEING PROGRAMME

5 Week Programme
One Day a Week



50% Off Driving Lessons!

Learn about



English Language Confidence



Women's Health



NZ Job Market

and much more...



To receive information about upcoming workshops, scan the QR code or use the link to register your interest: <https://forms.office.com/r/RsuekNACmg>

Email info@asiannetwork.org.nz or call 0800 00 TANI (8264) for more information.

Your Wellbeing Matters!

PROTECT AGAINST NIPAH VIRUS

World Health Organization (WHO) reports new cases of Nipah virus but risk to Aotearoa New Zealand is very low.

On 26 January 2026, the WHO reported two cases of Nipah virus in West Bengal, India. While outbreaks have occurred in parts of India and Bangladesh over the past year, there is no evidence of international spread. There are systems in place to ensure unwell travellers arriving in Aotearoa are checked and managed appropriately. No additional border measures are currently required. WHO does not recommend any travel restrictions for India.

What is Nipah Virus?

Nipah virus is a serious disease carried by fruit bats, pigs and occasionally other animals. Infection normally occurs through contact with infected animals, or consuming contaminated food. Transmission between people is very rare and requires very close contact.

Symptoms such as fever or cough usually appear 3 to 14 days after exposure, though it can take up to 45 days. Nipah can cause severe breathing problems or brain swelling, with a high death rate of 40% to 75%. As there are no vaccines or specific cures, doctors provide supportive care to help the body to recover.

How to protect against Nipah Virus:

- Avoid contact with sick animals, especially fruit bats and pigs.
- Do not eat fruit that might have been in contact with an animal or their bodily fluids. Thoroughly wash and peel fruit before eating.
- Do not drink raw or fermented date palm juice.
- Wash your hands regularly and avoid unprotected contact with people with Nipah virus or their bodily fluids.

If you feel unwell after travelling:

- Seek immediate medical advice and tell the doctors about your travel.

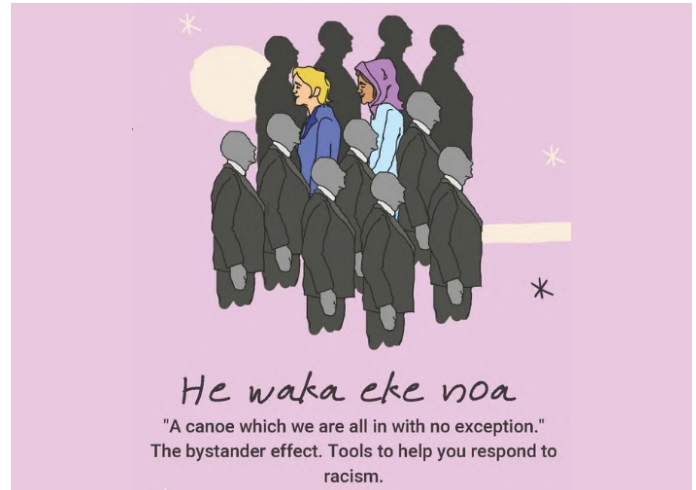
Health New Zealand
Te Whatu Ora

The **Asian Network**
Incorporated

health, highlighting its role as a persistent driver of ethnic health inequities in New Zealand. These findings aim to inform strategies to reduce discrimination, particularly in the health sector, and support equity-focused initiatives across communities and services.

Source: www.health.govt.nz

Responding to Racism: Be an Upstander



Belong
Aotearoa

If someone experiences racism and people who witness do nothing, it exacerbates the morbid effects of the racism. In your silence you signal to both perpetrator and victim that the abuse can continue and in doing so participate in their maltreatment.

Here are some things you can do:

- Before you respond, always assess the situation and never put yourself at risk.
- If safe, put yourself between the perpetrator and the victim. Ignore the perpetrator and show the victim they are not alone.
- Say something as simple as "Why don't you leave them alone?"
- Record the incident on your phone. This makes it easier to report later.
- Support the person targeted. Express sympathy, check in with them, comfort them, offer to accompany them to make a complaint.
- If anyone is in danger, call the police on 111.

Do you need someone to talk to?

- If racism is affecting your mental health, contact: 1737, Lifeline 0800 543 354, Youthline 0800 376 633, Samaritans 0800 726 666.
- For online abuse, contact: Netsafe (www.netsafe.org.nz/netsafe/contact-us).
- To report racism, contact: NZ Police on 111 or Human Rights Commission 0800 496 877.

Source: www.belong.org.nz

Racial Discrimination 2023/24: NZ Health Survey



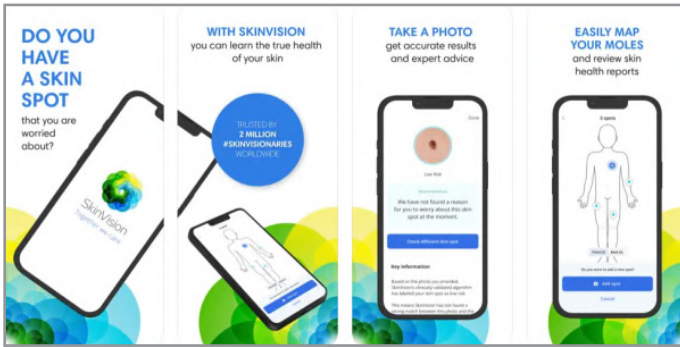
MINISTRY OF HEALTH
MANATŪ HAUORA

Findings from the Ministry of Health's 2023/24 New Zealand Health Survey showed experiences of racial discrimination in the past 12 months have increased significantly, from 5.9% in 2011/12 to 9.1% in 2023/24.

Over a lifetime, 23.8% of adults reported experiencing discrimination. Māori (14%), Pacific (13.2%), and Asian (14.5%) adults were most affected, with verbal abuse being the most common form. About 4.6% of adults experienced ethnically motivated unfair treatment, primarily in healthcare or employment, with higher rates among Māori, Pacific, and Asian people.

Racial discrimination is strongly linked to higher psychological distress and poorer self-rated

SkinVision App for Self-Examination



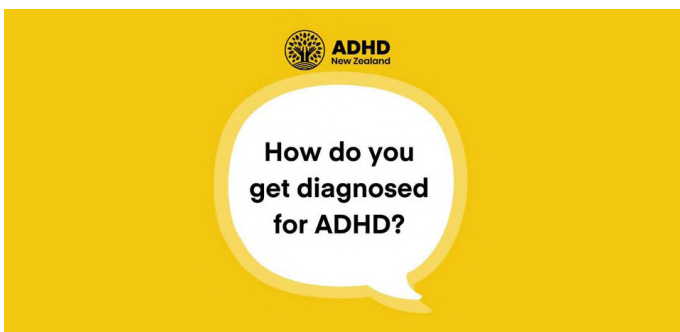
Healthify He Puna Waiora The SkinVision app supports skin self-examination and provides education about skin cancer detection. Its SmartCheck feature helps assess skin spots by reassuring users about harmless lesions and advising medical review for others. The app does not provide a diagnosis.

To assess a spot, users mark its location on a body map. Artificial intelligence (AI) then guides them to take a photo, add any symptoms, and analyses the image using machine-learning algorithms. Within seconds, a report is generated.

Free users can photograph moles and store them on the body map for self-monitoring, but these are not reviewed by SkinVision doctors. SmartChecks require a one-off payment or subscription. Free features also include educational content tailored to your skin type and risk profile, photo archiving, and local UV updates.

Source: www.healthify.nz/apps/s/skinvision-app

Better Access to ADHD Treatment



MINISTRY OF HEALTH MANATŪ HAUORA From 1 February 2026, new rules in New Zealand make it easier for people with Attention-Deficit Hyperactivity Disorder (ADHD) to get care. Previously, only psychiatrists or paediatricians could start stimulant medications, but now specialist GPs and nurse practitioners can assess, diagnose, and begin treatment, especially for adults. ‘These services will not be available

everywhere overnight, and not every GP will take this up, but for people seeking ADHD treatment, more pathways will be available.’ Dr Jin Russell, Chief Clinical Advisor Child and Youth, says.

ADHD is still likely under diagnosed in New Zealand. In 2022, only 0.6% of adults were being treated, while an estimated 2.6% have the condition. The changes aim to reduce costs and wait times, improve local access, and make starting treatment simpler, helping more people get the support they need.

Source: www.health.govt.nz and www.adhd.org.nz

Longer Prescriptions



Health New Zealand Te Whatu Ora From 1 February 2026, people with stable, long-term health conditions may be able to get prescriptions that last up to 12 months with only one co-payment fee for the first time they pick up their medicines. This change will make it easier and cheaper to get the medicines you need, and you will still stay connected with your healthcare team.

The maximum quantity of medicine that can be supplied from the pharmacy at any one time remains at three months (six months for oral contraceptives). Ask your doctor or prescriber if 12-month prescriptions are right for you.

Source: www.info.health.nz/health-topics/tests-and-treatments/medicines/prescriptions

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


Purple Day



Purple Day is an international epilepsy awareness day. It takes place on 26 March every year.

A Purple Day fundraising event can take place at your school, business or workplace. Dress purple, run purple, dance purple, bake sale purple and have your network bring a gold coin donation to your fundraiser.

Epilepsy First Aid

Healthify  Learning how to respond to epileptic seizures safely can support someone in the moment and help reduce harm - meaningful way to show awareness and compassion this Purple Day.

You may recognise a seizure by symptoms like twitching, unresponsiveness, or loss of bladder control. **If someone is having a seizure:**

- **Stay with them** and keep them safe by clearing away sharp or hard objects and cushioning their head.
- **Time the seizure** and once it has stopped, gently turn the person onto their side to keep their airway clear.
- **Speak calmly and reassure them.** Many seizures only last a few minutes.
- **Don't put anything in their mouth** or try to hold them down, and **don't give food or drink** until they're fully alert.

Call emergency services if a seizure lasts longer than about **5 minutes**, if the person has repeated

seizures without recovering, is injured, or doesn't regain consciousness soon afterwards.

Sources: www.epilepsy.org.nz and www.healthify.nz/health-a-z/e/epilepsy-first-aid

Stress & Mental Wellbeing



Migrant women often navigate many challenges, such as adjusting to a new culture, managing family responsibilities, building new social networks, and sometimes coping with isolation. These experiences can increase stress, and prioritising mental wellbeing is an important part of staying healthy and resilient.

Here are practical ways to support your wellbeing:

- **Self-care and relaxation:** Take short daily breaks to rest, enjoy a hobby, meditate, practise deep breathing or guided meditation to reduce anxiety and promote calmness.
- **Express your feelings:** Write your thoughts and feelings in a journal, or talk with someone you trust to process emotions and challenges.
- **Stay connected:** Reach out to friends, family, or community groups. Consider joining cultural associations or women's groups to meet others with similar experiences.
- **Have a positive mindset:** Celebrate small achievements and practise gratitude by noting one or two positive things each day.
- **Make healthy lifestyle choices:** Nutritious food, hydration, sleep, and physical activity support mood and reduce stress.
- **Seek professional support when needed:** Many community services offer culturally sensitive and multilingual support tailored for migrant women. If stress feels overwhelming, consider speaking with your GP, a counsellor, social worker, or healthcare provider.

Need Healthcare information?

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



Driving Sober: Alcohol Interlock Sentences in NZ



If convicted of an alcohol-related driving offence, you may be issued an alcohol interlock sentence - a structured path back to safe driving.

This sentence unfolds in three stages:

- Disqualification - You'll be off the road for at least 28 days, with your licence cancelled and no option for a limited licence.
- Alcohol Interlock Licence – After disqualification, you can apply for a special pink licence once your vehicle is fitted with an approved alcohol interlock device.
- Zero Alcohol Licence – Once you've completed the interlock stage, you'll enter a 3-year zero alcohol licence period.

Costs cover installation, servicing, and licence fees, but subsidies are available for low-income households. This programme aims to prevent repeat offences and promote safer roads for everyone.

For more info, visit nzta.govt.nz | www.cab.org.nz



No Fish is Worth Your Life



Fishing from rocks can be an exciting way to escape your work or other responsibilities. But it can also be a dangerous way to spend the day.

In 2025, ten men drowned while fishing from rocks. Water Safety NZ is making a plea for everyone to make smart decisions and reduce the risk of drowning when rock fishing.

Life saving rock fishing safety tips:

- ALWAYS fish with other people so someone is around to help if things go wrong.
- ALWAYS wear a suitable lifejacket. You may not expect to enter the water but New

- Zealand's waves and tides are very strong. Please expect the unexpected.
- Share your plans with others. When people know what time to expect you home they have a starting point to locate you if you're delayed, injured, or in trouble.
- Wear footwear with excellent grip. Risk of slipping on rocky and steep areas is very high.

For more information, visit: www.watersafetynz.org/stay-safe/how-to-stay-safe-while-fishing

Landslides



Landslides can still occur in the weeks after heavy rain or previous slips.

Here are some of the natural warning signs to look for:

- Small slips, rock falls, and sinking land, at the bottom of slopes.
- Sticking doors and window frames, or gaps in window frames, indicating ground movement.
- Steps, decks, and verandas tilting or moving away from the rest of the building.
- New cracks or bulges on the ground, roads, retaining walls and other hard surfaces.
- Tilting trees, fences, or retaining walls.

Be alert when driving near embankments along roadsides. Watch the road for collapsed pavements, mud and fallen rocks.

What to do during a landslide or if you think a landslide is about to happen:

- Move quickly out of the path of the landslide.
- Evacuate if the building you are in is in danger. Take your grab bag and pets with you if you can do so quickly.
- Warn neighbours and help others if you can.
- Contact emergency services and your local council.

To learn more about what to do before and after a landslide, visit: www.getready.govt.nz/landslides

AOD Support for Young People



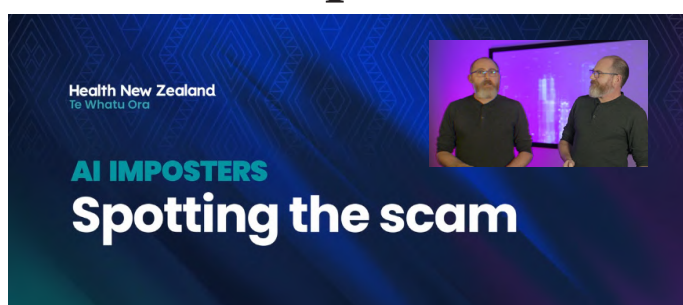
Te Whatu Ora
Health New Zealand

As we know, the beginning of a new school year can be a daunting time for rangatahi (young people). Our team offers specialist Alcohol and Other Drug (AOD) support to rangatahi aged 13 – 19, who are concerned with their own or someone else's (parent/sibling/friend) substance use. We also provide support to whānau (family) members who are affected by their young person's substance use.

We meet with young people at their preferred locations across the Auckland region, or even online via video conferencing. Our services are free of charge and confidential. We offer one-to-one counselling as well as group programmes and workshops.

If you have any enquiries or you would like to refer a young person to our service, please contact us. Call or text: 027 462 4580 (Mon – Fri, 08:30 to 16:30). Email: alteredhigh@waitematadhb.govt.nz. Website: www.alteredhigh.com

AI Imposters



New technologies like AI are changing the game. While making things faster and smarter, they are also creating new opportunities for scammers.

AI powered voice and video cloning is pretty good and it's going to be a lot better in future. With AI tools becoming more powerful and easy to access, scammers are using them more to impersonate real people, and not just in emails.

They're already using them in voice and video calls, pretending to be friends, family or colleagues to convince people to give them what

they need. And while there are usually subtle or not so subtle signs that they're fake, it won't be long before they're impossible to spot.

How to spot a scam:

- **Is there a sense of urgency?** Scammers love to pressure you into acting fast.
- **Are they asking for sensitive information?** No real company will ever ask for passwords or MFA codes over email or phone.
- **Does the request feel unusual?** If your 'boss' suddenly asks for gift cards or a 'friend' messages you out of the blue needing money, pause and take some time to verify.

AI scams work because they play on trust, but if you take a second to think before you act, you can stop them in their tracks.

Watch the video "AI Imposters: Spotting the Scam" and learn more at Te Whatu Ora Website.

Deskercise: Stretches You Can Do at Work



Staring at computer screens for more than eight hours a day can wreak havoc on your musculoskeletal health. It can lead to bad posture, headaches and joint pain.

Try these exercises to prevent shoulder pain:

Desk angels - Sit up straight with arms at shoulder height and elbows bent at 90°. Keeping your head and torso still, slowly raise your arms overhead, aligning with your ears, then slowly move them back down. You should feel some pulling in your midback. Repeat 10 times.

Shoulder rolls - Keep your back straight and your chin tucked in. Roll your shoulders forward, up, back, and down in a circular motion. 13. Repeat 10 times, then reverse.

Upper trapezius stretch - Sit up straight and tilt your head sideways toward your shoulder. For a deeper stretch, drop the opposite shoulder down. Hold for 10 seconds. Repeat twice on each side.

Armpit stretch - Sit up straight and rotate your head so your nose is above your armpit. Hold the back of your head with your hand and use it to gently push your nose closer to your armpit. Hold for 10 seconds. Repeat twice on each side.

Source: www.healthline.com/health/shoulder-pain/stretch-at-work



Volunteer *with us*

Help former refugees and migrants learn English to settle successfully in Aotearoa New Zealand.



English Language Partners, Auckland South

Learn how to teach English to adult former refugees & migrants

Dates: Friday February 20, 27 & March 6, 13, 20, 27 2026 9:30am-2:00pm

Venue: Eastview Baptist Church, 559 Chapel Road, Botany

Phone 09 2789099 **Email** aucklandsouth@englishlanguage.org.nz



For more information visit www.englishlanguage.org.nz



Volunteer for Relay for Life Auckland!

Relay For Life
Celebrate. Remember. Fight Back.®

Saturday 28th March 2026
The Trusts Arena

Save the date and let's do something remarkable together!

RELAY FOR LIFE

www.relayforlife.org.nz



Cancer touches every community, and together we can make a difference. Relay

for Life is a fun, impactful community experience that gives everyone a chance to celebrate cancer survivors, remember loved ones lost to cancer; and fight back by raising awareness and funds for the Cancer Society.

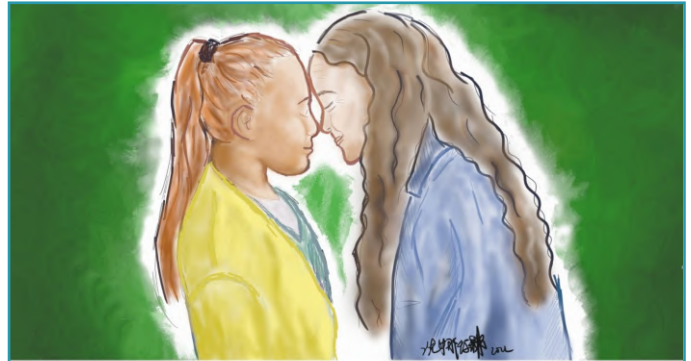
Volunteers are the heartbeat of this event, whether you're greeting participants, helping in the activity zone, or assisting with pack-in and pack-out. We simply can't do it without you; your contribution helps someone going through cancer.

Relay for Life takes place on Saturday, 28 March

2026 at The Trusts Arena, Henderson.

Please register your interest at www.cancer.org.nz, and we'll be in touch when volunteer registration opens.

Feel free to email us at eventvolunteering@akcansoc.org.nz or call 09 308 0496 for more details.



Wāhine Toa

A 12 Week programme for women survivors of family violence

Wednesdays 9.30 - 11.30am
~During School Terms~

197 Universal Drive, Henderson

A supportive and safe space for women by women.

- Gain strength and understanding of family violence
- Meet other women and talk about our experiences
- Free and confidential service

Contact us on:

Phone 09 836 1987

Email office@familyaction.org.nz

www.familyaction.org.nz



Learn More About Aphasia



Aphasia is a communication disability that can affect speaking, reading, writing, and understanding language, often after a stroke or brain injury.

Aphasia New Zealand (AphasiaNZ) is currently reaching out to GP practices in Auckland to raise awareness of aphasia and the free support services we offer to people with aphasia, their whānau, and health professionals. Our focus is on suburbs with higher numbers of Asian people.

As part of this work, we are sharing information about our nationwide advisory and community-based support services.

If you would like your GP practice to receive information in Chinese or Hindi, please get in touch at aucklandnw@aphasia.org.nz.

Staying Connected and Well as Seasons Change



As the weather cools and days grow shorter, it's common for older people to spend more time indoors.

Autumn can be a good time to gently check in on wellbeing, both physical and emotional. Staying socially connected, keeping active where possible, and maintaining regular routines can make a real difference to mood and confidence.

Simple steps like attending a local group, enjoying a regular coffee with others, or having a trusted person to talk to can help reduce feelings of isolation. It's also a good time to think about home safety, staying warm, and knowing where to turn for support if things feel overwhelming.

Age Concern Auckland works alongside communities and families to support older people to stay safe, connected, and well as the seasons change. Support is available for older people and those supporting them.

For more information, contact Age Concern Auckland on 09 820 0184 or visit www.ageconcernauckland.org.nz.

Total Mobility Assessments



Communicare provides Total Mobility Assessments at various locations around Auckland.

The Total Mobility scheme is a national scheme which supports people who cannot use public transport to travel, all or some of the time. Total Mobility customers receive a 75% discount off taxi fares.

Call 09 631 5968 or email tm@communicare.org.nz to book your appointment. \$70 fee applies.



Living Gluten Free for the Asian Community

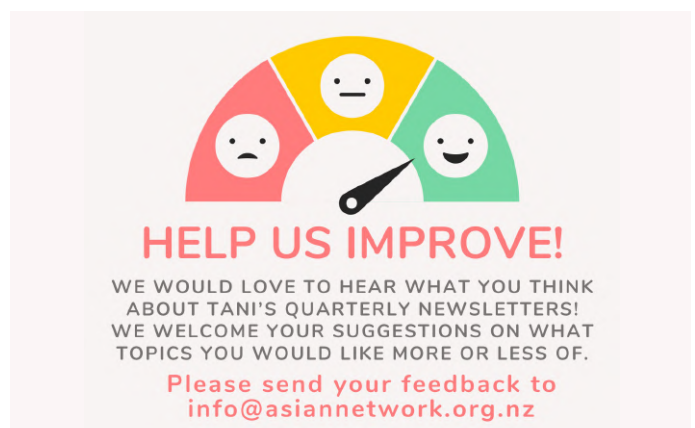


The growing popularity of gluten-free foods in New Zealand is particularly relevant for Asian communities, who have traditionally faced challenges around coeliac awareness, diagnosis, and access to safe products. Many Asian cuisines rely on ingredients such as soy sauce, wheat-based thickeners, noodles, and marinades, which often contain hidden gluten. As more food brands adopt the Crossed Grain Logo certification, Asian consumers, especially those with coeliac disease or gluten intolerance, can shop with greater confidence.



The rise in Crossed Grain Logo accredited products also supports Asian families managing multi-generational dietary needs, where trust and clear labelling are essential. With gluten-free food now a mainstream category, there is also increasing availability of safe alternatives in Asian supermarkets and restaurants. This helps reduce barriers to diagnosis and makes gluten-free living more culturally accessible, ensuring that members of the Asian community can confidently enjoy foods aligned with their traditions without compromising their health.

Find Crossed Grain Logo Accredited Shopping Guide at www.coeliac.org.nz/shopping-guide.



Love Food Hate Waste Fund Auckland 2026



People across Aotearoa are already finding simple ways to waste less food and that is something worth celebrating. With the right ideas and local action, we can keep that momentum going in our communities.

The Love Food Hate Waste Fund, delivered by Auckland Council, is back in 2026! Grants of \$500 to \$6,000 are available for community projects that help Aucklanders reduce food waste.

We welcome practical, people-focused ideas – from meal planning and creative ways to use up leftovers, to food storage tips and conversations that raise awareness about food waste. The focus is on prevention, supporting people to change everyday habits to reduce food waste. Applications open 9 February and close 15 March 2026.

Scan the QR code or search “Auckland Council LFHW Fund” to find out more and apply. Learn more about food waste prevention at: www.lovefoodhatewaste.co.nz.







UTILITIES DISPUTES
TAUTOHETOHE
WHAIPAINGA

Know your rights

If your utility company hasn't met its obligations and you can't agree on the solution - we can help.

We are independent, not-for-profit, and free to consumers. Our mission is to be fast, fair, and effective.

Electricity and Gas ⚡

Fibre and Telco 📶

Water 💧

0800 22 33 44 | info@udl.co.nz | udl.co.nz

Asian Smokefree Service




Asian Smoking Cessation Service is funded by Te Whatu Ora Waitematā and provides **free**,

confidential quit support for people who smoke. Our Stop Smoking Practitioners are fluent in Mandarin and Cantonese and offer culturally inclusive care for Asian communities living in the Waitematā area, while welcoming people of all ethnicities.

Free support includes one-on-one coaching, nicotine replacement therapy (patches, gum, lozenges), and carbon monoxide (CO) breath testing. Behavioural support helps clients identify triggers, build self-soothing strategies, and set clear goals. NRT reduces cravings and withdrawal symptoms, and CO testing gives instant feedback so clients can see health improvements over time. Our goal is to support you with a practical, compassionate plan to quit successfully.

Incentives are available on a first-come, first-served basis. To refer or enquire, email support@asianhealthhub.co.nz. To book directly: 021 678 385 or WeChat xinqing74.









"Need help navigating the disability support system"

Flying Kites is now offering **free** 1:1 online Support Sessions to help you get unstuck on one specific issue – with guidance from an experienced disability advisor.

These focused online appointments give you:

- ✦ Clarity
- ✦ Expert advice
- ✦ A practical plan you can take forward

Current Support Topics:

- Leaving school (transition support)
- New to Needs Assessments
- Individualised Funding (IF)
- Work and Income

If you're in the Auckland Region and need support in one of these areas, you can register your interest through our short form below. We'll match you with the right expert and send you a link to book.

✦ Flying Kites Support Sessions (online) – Fill out form
<https://forms.office.com/r/TLPCBystrW>

You don't have to navigate the disability system alone – we're here to help

Special thank you to Foundation North for their support on this pilot project.

#DisabilitySupport #FlyingKitesNZ #AucklandFamilies #IndividualisedFunding #NASC #TransitionSupport #DisabilityCommunityNZ #SupportforWhanau #DisabilityNavigators

TANI Hamilton News

The Asian Network Inc. Hamilton: Supporting Our Communities in 2026

Since opening in October 2021, The Asian Network Inc. Hamilton has built a strong reputation among local ethnic communities, beginning with the delivery of COVID-19 test kits and masks during the pandemic. We were one of the first Asian-supporting organisations in Hamilton and have received excellent feedback for our services.

We support all ages with programs including health checks, falls prevention, vaccinations, women's wellbeing, cervical screening, and Health and Wellbeing Expos. Our Learning Community Hub seminars help young families, while weekly language support at Citizens Advice Bureau and bi-monthly regional ethnic communities Health and Wellbeing Hui continue to strengthen community connections.

In 2026, highlights include: Ministry of Education funding to expand Learning Hub seminars to Thai and Lao communities, flu vaccination events with Asian and Ethnic Health Services, and community events in collaboration with Waikato Multicultural Council, and Health Expo funded by Hamilton City Council (dates TBC).

TANI remains committed to health, wellbeing, and empowerment for all communities.

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

Celebrate Lunar New Year 2026!

The Waikato Multicultural Council Inc., in collaboration with The Asian Network Inc., NZ China Friendship Society, NZROK Friendship Society, and Waikato Vietnamese Friendship Trust, proudly invite you to a joyful Lunar New Year celebration!

Enjoy interactive hosting, colourful multicultural dance performances, shared meal and community connection. Bring along snacks to share and connect with friends in the community!

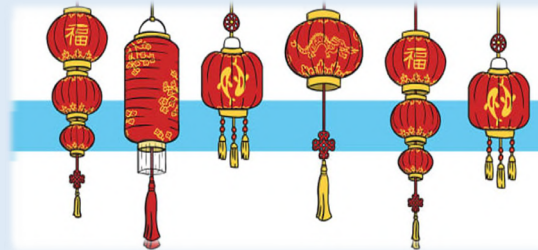
Come celebrate culture, friendship, and community with us - a fun, family-friendly event for all!

Waikato Multicultural Council Inc.

info@waikatomulticultural.org.nz

in collaboration with NZ China Friendship Society, NZROK Friendship Society
Waikato Vietnamese Friendship Trust & The Asia Network Inc.

Lunar New Year celebrations 2026



Chartwell Cooperating Church
126 Comries Rd, Hamilton

2.00 - 4.00pm Saturday 21 February

"Colourful multicultural dance performances"

**"Bring along snacks for
sharing"**

contacts:

Ravinder Powar 027 2483040

Miao Fan 021 1071066



FREE ENTRY !!

RANG BARSÉ

Waikato HOLI 2026

FESTIVAL OF COLORS



1 MARCH, SUNDAY
11:30 AM - 3:30 PM

@ WHITIORA SCHOOL,
38 WILLOUGHBY STREET, HAMILTON

KIDS ACTIVITIES | RAIN DANCE
MUSIC | FOOD | STALLS | PRIZES

FOR SPONSORSHIP ENQUIRY :
MADHURI MOURYA 0224679079 OR 0224082171
ASMAFOUNDATION.NZ@GMAIL.COM

WELCOME TO PUKETĀPAPA DAY

SATURDAY 28TH MARCH 26
11am-3pm



MEET THE PEOPLE, GROUPS, SERVICE PROVIDERS AND COMMUNITY CHAMPIONS WHO HELP MAKE PUKETĀPAPA A GREAT PLACE TO LIVE AND SETTLE IN.

WESLEY COMMUNITY CENTRE
740 Sandringham Rd, Mt Roskill

- LEISURE & RECREATION
- CLIMATE ACTION / ENVIRONMENTAL SUSTAINABILITY
- HEALTH & WELLBEING
- COMMUNITY WELLBEING
- LEADERSHIP DEVELOPMENT / VOLUNTEERING
- LOCAL CHAMPIONS
- GROWING NEIGHBOURHOODS

Logos: Puketāpapa Local Board, Wesley Community Centre, Manurewa Community Centre



WHĀU DRAGON BOAT FESTIVAL

SUNDAY, 31 MAY 2026
FROM 10:30AM

SPORTRHUB COMMUNITY CENTRE
44 PORTAGE ROAD

2026 WHĀU DRAGON BOAT FESTIVAL

Logos: SportHub Community Trust, Whāu Local Board

PANMURE BASIN FUN DAY 2026

600 8TH MARCH
10AM - 2PM

FREE!

- CHALLENGES
- FAMILY ACTIVITIES
- SKATE COMP
- PRIZES
- & MORE



HOWICK VILLAGE

CULTURAL FOOD FESTIVAL

SATURDAY — 7 MARCH 2026 — 9:00AM - 2:30PM

Logos: Howick Village Association

www.seasia.co.nz FREE ENTRY LOTS OF PARKING



Southeast Asia Festival

Auckland's biggest Southeast Asia Festival is back again!

CULTURAL SHOWS • FOOD STALLS
FASHION SHOWS • LIVE MUSIC

28TH March 2026 • 10am-6pm
Auckland Showgrounds

Get a taste of Malaysia, Philippines, Thailand, Indonesia, Vietnam, Cambodia and more!



PARK FEST'26 Sat 7 March
10am-2pm
Central Park, Opaheke Rd, Papakura

FEATURING
The Summer Variety Concert

food / live entertainment / face painting / free fun events for the whole family!

Logos: Papakura Local Board

Filipino Market

@ MANUREWA

MANUREWA LEISURE CENTRE
33 FRANCES ST, MANUREWA

EVERY 3RD SATURDAY OF THE MONTH
11 AM - 3 PM



PUPUKE BIRDSONG PROJECT

Discover Pupukemoana FREE FAMILY FUN*

21 MARCH 2026 9.30AM - 3PM
KILLARNEY PARK

- SNORKEL TOURS
- KAYAK TOURS
- FLAX WEAVING
- ZERO WASTE CREATIVE PLAY
- SEED STARTING ACTIVITY
- TRADITIONAL GAMES

BE IN TO WIN A KAYAK PACKAGE

DISCOVER THE UNIQUE TAONGA OF PUPUKEMOANA

* ZERO WASTE EVENT | CHILDREN MUST BE SUPERVISED BY GUARDIANS AT ALL TIMES

REGISTER FOR FREE SNORKEL & KAYAK TOURS

WWW.PUPUKEBIRDSONG.ORG.NZ/ EVENT-CALENDAR/



PROUDLY SUPPORTED BY YOUR LOCAL BOARD

Free WHĀNAU FRIENDLY ACTIVITIES

Out and About AUCKLAND

OUTANDABOUTAKL



TE AHUREI TOI O TĀMAKI

AUCKLAND ARTS FESTIVAL

5—22 Māhe March 2026




THINGS TO DO... WORLD OF Cultures

Mark your calendars for World of Cultures, the iconic multicultural festival celebrating the vibrancy of Tāmaki Makaurau and its diverse people and communities. With an action-packed programme across the region spanning two weeks from **21 March to 5 April 2026**, you can explore **free and low-cost activities**, learn about different cultures, join workshops and indulge in international food, dance, art, crafts, music and more! A festival highlight, the vibrant one-day **CultureFest** event on **29 March** at the Mt Roskill War Memorial Park, will bring people together over colourful performances and delicious ethnic foods!

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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