

CONNECTING COMMUNITIES

TANI Spring 2026 Events

TANI Regional Network Meeting

Wednesday 26 August, 10am - 12pm
Western Springs Garden Community
Hall, 956 Great North Road, Western
Springs, Auckland

Chinese Health Seminar

Wednesday 26 August, 10am - 12pm
Takapuna War Memorial Hall, 7 The
Strand, Takapuna, Auckland

Rise & Shine Programme: Manurewa

Every Friday, 28 August - 25 September,
1:30pm - 3:30pm
Manurewa Library, 7 Hill Road, Manurewa,
Auckland

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From The Chairperson

Kia ora koutou and warm greetings,

On behalf of The Asian Network Inc. (TANI), I am pleased to welcome you to our Spring Newsletter. As the seasons change, we continue our commitment to supporting Asian and ethnic communities across Aotearoa New Zealand. This edition showcases the many initiatives, partnerships and community stories, celebrating collaboration, connection and collective wellbeing.

Over the past months, we continued to strengthen our partnerships and collective impact through Ethnic Health Collective, SAMER+ Collective, and Whau Ethnic Collective. These collaborations reflect our commitment to ensuring ethnic communities have a strong voice in shaping health, social wellbeing, and public policy.

One of our key priorities this year is improving breast health awareness among Asian women. Working alongside fellow Asian health providers and community partners, we are delivering a collaborative health promotion initiative that encourages women to participate in regular mammogram screening.

I would also like to acknowledge and congratulate our community leaders, partner organisations, Auckland Council, and everyone who contributed to launching an important community safety dialogue within Manurewa Local Board area. This initiative reflects what can be achieved when communities, local government, and mana whenua work together.

As New Zealand prepares for the 2026 General Election on 7 November, I encourage all eligible community members to make their voice count. If you have recently moved or are not enrolled, please update your enrolment by 25 October. Voting is one of the most powerful ways we can shape our communities and future generations.

Thank you for your continued trust and support. We value your ideas and feedback as we continue building healthier, safer and more connected communities.

Ngā mihi nui,

Nilima Venkat,
MNZM, JP, BSW

TANI Chairperson



Supporting Community Participation



TANI worked with the Waitematā and Ōrākei Local Boards to help ensure ethnic communities had an opportunity to share their views on the Draft Local Board Plans 2026–2029.

We visited community groups and facilities, including a Japanese monthly gathering, Remuera Library, Central City Library, Ellen Melville Centre and Ayumi no Kai, to connect with residents and support them to have their say.

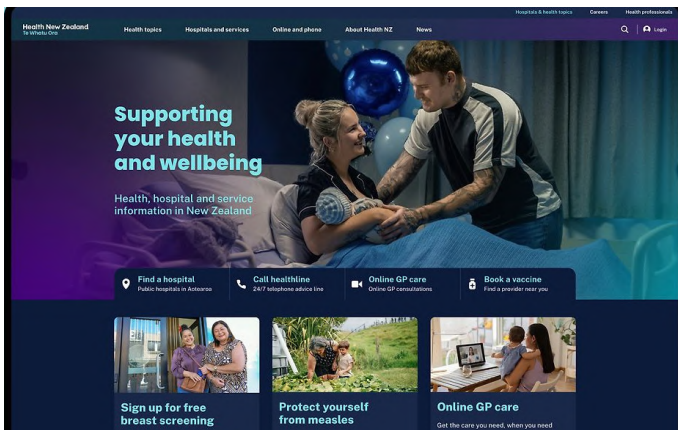
The engagement provided valuable insights into the issues affecting ethnic communities, their connections within the community, and their participation in local events and civic processes. We also built new relationships with Japanese student groups, the Iranian Women's Group, Cambodian communities and Filipino communities.

For many participants, this was an opportunity to learn more about local boards, local board plans and the public consultation process. To encourage participation, TANI also ran a lucky draw, giving away \$400 worth of petrol and supermarket gift cards. Congratulations to our four lucky draw winners, including Lei, Fabiola and Grace!

We would like to thank the community groups and organisations that supported our outreach by promoting the consultation and helping us engage with community members at their facilities and events. Their support helped us connect with more people and encourage participation in the local board planning process.

Thank you to everyone who took the time to share your feedback!

New Health NZ Website



Health New Zealand Te Whatu Ora Health New Zealand has farewelled its corporate website www.tewhātuora.govt.nz and all relevant content is now consolidated to the new national Health NZ website. The new website provides a single front door to trusted health information and services for Aotearoa. Besides delivering a consumer and job seeker experience, it provides a tailored experience that supports health professionals in their day-to-day activities, while easily sharing consumer/patient content.

Check out Health NZ's single 'go-to' national website for health information and services for all of Aotearoa at: www.healthnz.govt.nz.

A Shared Vision for Ethnic Communities



The Asian Network Inc. is thrilled to celebrate the launch of Whānau Āwhina Plunket's newly reviewed strategy 2026-2031 (accessible from the Plunket website). This forward-thinking blueprint places health equity and responsive care at its heart, ensuring migrant

and diverse ethnic whānau receive culturally safe, tailored support.

A vibrant highlight of this strategy in action was Plunket's recent Asian Staff Forum, where The Asian Network Inc (TANI) featured on an expert panel focusing on maternal mental health (MMH) in the perinatal space. This discussion provided invaluable insights for Plunket's Asian staff and community partners, breaking down cultural

stigmas and highlighting how vital collaborative, community-led care is to family well-being.

The forum feedback beautifully captured the impact of our collective mahi. Participants praised the event as a fantastic "opportunity to connect" and "to learn of all the Asian services available from different community organizations." Most importantly, attendees valued the "recognition of MMH issues in the Asian community and how to address them." By aligning Plunket's strategic vision with grassroots community expertise, we are building a stronger, safer, and more connected network that ensures our families truly thrive.

Plunket work alongside whānau in their communities supporting the growth, development and wellbeing of children under 5. For enquiries, please call 0800 184 803. PlunketLine operations 24/7: 0800 933 922.

Breast Health Awareness



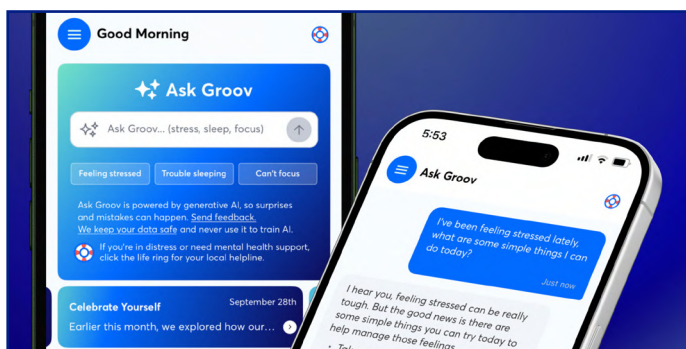
Breast screening is an important national programme for all eligible women aged 45–69, with the screening age progressively extending to 74, supporting early detection of breast cancer and healthier ageing.

In Auckland region, the Community-led Promotion and Engagement with the Asian Population Initiative from June 2026 aims to improve breast screening participation among Asian women, particularly those who have never screened or face language, cultural or service-access barriers. The Asian Network (TANI), and CNSST Foundation in partnership with BreastScreen Aotearoa, Health New Zealand, are engaging diverse Asian communities through culturally responsive approaches. Meaningful work across Auckland includes multilingual media and social media promotion, Community Health Champion development, community workshops, and strengthened BreastScreen Aotearoa partnerships.

For Asian breast screening support or eligibility guidance, contact:

- info@asiannetwork.org.nz for Asian support OR call at 0800 00 8264
- info@cnsst.org.nz for Chinese/Korean support

Ask Groov: AI Health Coach



Groov is a New Zealand-developed digital wellbeing platform that now includes Ask Groov, an AI-powered guide designed specifically to help people with everyday mental health and wellbeing concerns. It provides free, 24/7 practical, accessible support for concerns such as stress, sleep, anxiety, low mood, relationships and managing life's pressures.

The service was developed in partnership with Health New Zealand and backed by mental health advocate Sir John Kirwan. It has also been reviewed by its National Artificial Intelligence and Algorithm Expert Advisory Group. Safety is a major focus: Unlike a general-purpose chatbot, Ask Groov uses clinically developed and approved wellbeing content, with safeguards intended to keep responses safe and appropriate.

It can also direct people to human support such as 1737 when their needs go beyond what the AI can safely provide. As with any AI tool, it is important to remember that it is not a substitute for professional care when that is needed.

For more information and to download the app, visit: www.groovnow.com/groov-app

Source: Groov, Ask Groov / AI Health Coach; New Zealand Doctor, "Ask Groov: safe AI-powered guide for mental wellbeing in Aotearoa."

Need Healthcare information?

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



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

Healthcare for Asian Communities



HealthCare NZ plays an important role in supporting the health, wellbeing, and independence of New Zealand's diverse Asian communities. Through culturally responsive care, multilingual support, and trusted community partnerships, HealthCare NZ helps reduce barriers to accessing physical health, mental health, disability, and wellbeing services. Its home and community support model enables people to remain safe, independent, and connected within their own homes and communities.

A diverse workforce allows HealthCare NZ to match clients with support workers who understand their language, culture, values, and family expectations, helping to build trust and improve engagement. The organisation also works with Asian community groups and health promotion initiatives to improve awareness, health literacy, and referral pathways.

For more information, visit: www.healthcarenz.co.nz

Break the Stigma



Let's break the stigma. Hepatitis B can affect anyone.

More than 94,000 people are living in New Zealand with hepatitis B. Most don't even know. Hepatitis is the leading cause of liver cancer. Getting tested is the best way to protect your health. Contact us to get a free blood test: www.hfnz.nz | 0800 33 20 10

Uplevel My Wellbeing Challenge



Anxiety NZ presents
UPLEVEL MY WELLBEING challenge

Mental Health Awareness Week
12-18 October 2026

Build your mental health toolkit with our **free** community challenge - **'Uplevel My Wellbeing'**. Grab your spot today!

Share with family & friends to complete the free challenge together!

www.anxiety.org.nz/challenge

AnxietyNZ

During Mental Health Awareness Week (October 12-18) 2026, Anxiety NZ Trust will be running a free, gentle, guided five day reset designed to help you reconnect with what supports your wellbeing — at your own pace.

In this programme, participants will be guided to complete five simple well-being practices over five days. Uplevel My Wellbeing is for those who want to support their mental wellbeing and are willing to commit to five or ten minutes a day for five days. It's especially helpful for those who feel busy, tired or mentally overloaded. Know what helps their wellbeing but struggle to prioritise it; want something supportive without a huge commitment; prefer gentle guidance over intensive programmes.

Sign up is easy; guidance begins on 11 October. For more information, visit www.anxiety.org.nz/challenge

Extended Pharmacy Services: Just Pop In



Health New Zealand
Te Whatu Ora

The Extended Pharmacy Services 'Just pop in' campaign launched at the beginning of July, encouraging people to visit par-

ticipating community pharmacies for advice and treatment for common health conditions.

The service gives people another way to access care closer to home. Through participating pharmacies, people can receive subsidised medicine and advice for pain and fever, oral rehydration, scabies, head lice and conjunctivitis. The service also covers treatment for uncomplicated urinary tract infections and emergency contraception.

Community pharmacies are often one of the first places people go for health advice. This service builds on that trusted role and makes better use of pharmacists' skills to support timely care in the community. A small consultation or prescription fee may apply, but for many people the service will reduce the overall cost of getting advice and treatment.

Find out more about the service and eligibility criteria on www.healthnz.govt.nz/hospitals-services/services-support/pharmacies

Breast Screening Saves Lives



Breast cancer is when abnormal cells in the breast begin to grow and eventually form a tumour which can spread within and beyond the breast.

Breast screening can save lives by finding breast cancer early which can improve treatment outcomes and give women a better chance of recovery.

In New Zealand, BreastScreen Aotearoa provides free mammograms every two years for eligible women aged 45–69 years or those who qualify for the age range extension for women aged 70 to 74. A mammogram is a quick and safe X-ray that can detect small changes in the breast before they can be felt. Most screening results are normal, if any changes are found, further assessment and support will be provided. The actual breast X-ray only takes a few minutes. The procedure is quick, safe, and can help detect breast cancer early.

Screening clinics and mobile units are available across New Zealand. To book an appointment, call 0800 270 200 or contact your local BreastScreen Aotearoa service.



New Stalking and Harassment Laws in Effect



New stalking and harassment laws came into effect in New Zealand on 26 May 2026, strengthening protections for people experiencing unwanted and harmful behaviour.

The law recognises emotional and psychological harm, not just physical harm. Stalking is about behaviour that undermines a person's sense of safety and wellbeing. Stalking and harassment is now clearly defined as repeated, unwanted behaviour that causes fear or distress. This can include repeated calls, texts, emails or social media contact, following or tracking someone, turning up at places they regularly visit, online impersonation or spreading false information, and the use of technology such as tracking devices, spyware, drones or AI.

Police can now issue a Stalking and Harassment Notice after one specified act, warning that further behaviour could lead to charges. Two or more specified acts within two years may result in charges without a notice first.

If you are experiencing stalking or harassment, you don't have to wait - report it early.

To learn more, visit: www.police.govt.nz/advice-services/advice-victims/stalking-and-harassment

If you believe you are being stalked, **call Police on 105.**

If you are in **immediate danger**, call **111.**

POLICE

Wear Your Sunglasses This Spring



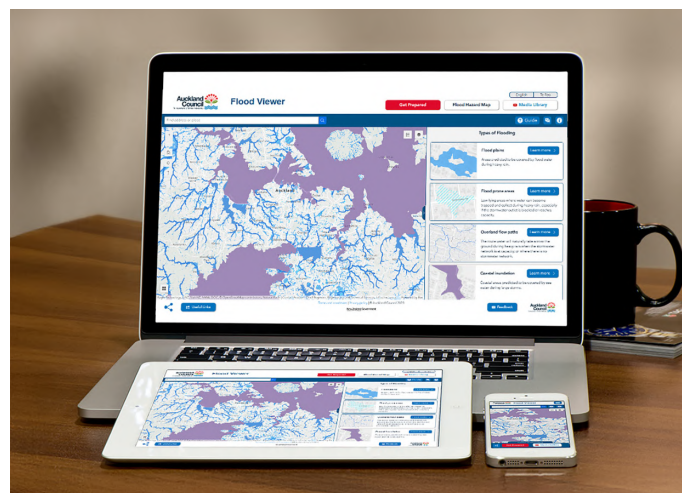
Did you know your eyes can get sunburned too? In Aotearoa New Zealand, UV levels are particularly

high from September to April. Even on cloudy or cooler days, UV can still affect your eyes, so protect them whenever you are outdoors. Wear sunglasses while driving, walking, gardening or enjoying outdoor activities. They can help reduce the risk of UV-related eye damage, including cataracts and pterygium, a growth on the surface of the eye. They also protect the skin around your eyes and reduce glare and eye strain.

When choosing sunglasses, look for ones that provide 100% UV protection and meet the Australia/New Zealand Standard for sunglasses (AS/NZS 1067.2:2016). Wrap-around or close-fitting styles offer better protection by reducing UV exposure from the sides.

Source: healthify.nz/health-a-z/e/eye-protection-in-the-sun

Know Your Flood Risk



**Auckland
Emergency
Management**
Tūhono Kaitiaki o Te Kaitiaki Māhori



This time of year is a good time to check if your property is

at risk of flooding. The Auckland Council Flood Viewer is a free, easy to use online tool that lets you check whether the places you live, work, or play are in a flood-prone area. You can use it to see flood plains, flow paths, and coastal flooding areas, all in one place.

To prepare for possible flooding, always remember:

- Regularly clear drains and gutters to ensure they are free before heavy rain.
- Keep an eye on weather updates and advice from Auckland Emergency Management.
- Never drive, walk, or play in floodwaters. Even a small amount can be dangerous and sweep you off your feet.

Check your risk now, before the next storm. Read more advice and get prepared by visiting www.aem.govt.nz/floods



Have questions about your visa or application?

Immigration New Zealand can help in your language

We offer interpretation services in 120+ languages

Whether you have questions about your visa application, need an update on your case, or want to discuss your circumstances, you can contact Immigration New Zealand with the support of an interpreter.

Call us, and when you connect with an operator, say the language you speak. Stay on the line and we will get an interpreter to join the call. Do not end the call while you are being connected.

Customer Service Centre

(Toll-free from NZ landlines only): **0508 558 855**

Auckland: **+64 9 914 4100**

Wellington: **+64 4 910 9915**

Rest of the world: **+64 9 914 4100**

www.immigration.govt.nz/contact-us



MINISTRY OF BUSINESS,
INNOVATION & EMPLOYMENT
HĪKINA WHAKATUTUKI

New Zealand Government
Te Kāwanatanga o Aotearoa

Belong Manurewa Hui



Belong Manurewa: Ethnic Community Safety Hui brought together community leaders, organisations, mana whenua, local government and community members to strengthen connections and begin an important conversation about community safety across the Manurewa Local Board area. The hui featured inspiring guest speakers and cultural performances, celebrating the diversity of Manurewa while highlighting the importance of working together to build safer, more connected and inclusive communities. This initiative reflects what can be



achieved when communities, local government and mana whenua come together around a shared purpose.

TANI is proud to work alongside Manurewa Marae, Auckland Council, Bloom Kiwi and community leaders to support initiatives that strengthen relationships and create positive outcomes for our communities. We sincerely acknowledge and congratulate everyone who contributed to launching this important community safety dialogue. In particular, we acknowledge our whānau at Manurewa Marae for their leadership, generosity and support of this kaupapa, and everyone who helped make the hui a meaningful occasion.

Enrol Early for 2026 General Election



The Electoral Commission is encouraging New Zealanders to enrol early for the 2026 General Election, taking place on Saturday 7 November, with advance voting starting on 26 October.

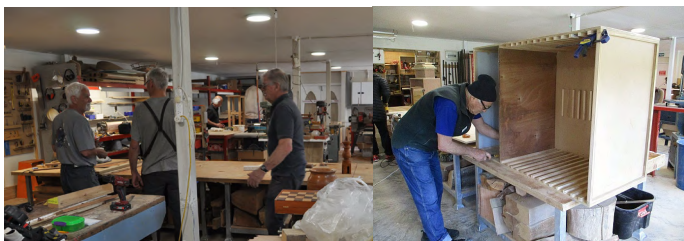
You must be enrolled before voting starts. Unlike the last two elections, you will not be able to enrol at a voting place. If you enrol by 4 October, your name will be on the printed electoral roll and you will receive an EasyVote card by email or post, making voting faster and easier. You can still enrol until 25 October, but you will need to make a special vote.

You must enrol if you are 18 or older, are a New Zealand citizen or resident for electoral purposes, and have lived in New Zealand continuously for 12 months or more at some time in your life.

Enrol or update your details at vote.nz, using your NZ driver licence, passport or verified RealMe identity, or call 0800 36 76 56 to request a form.

For enrolment information in multiple languages, visit www.vote.nz: [Enrolment information in multiple languages](#) | [Vote NZ](#)

Mens Shed



Mens Shed Maungakiekie-Tamaki is getting started, and we welcome local residents from all backgrounds (including women) to join us.

A Mens Shed is a non-profit community space where men can gather to share skills, work on projects, and socialise in a workshop environment. These sheds provide a supportive place for men of all ages to connect, reduce isolation, improve mental and physical health, and engage in activities like woodworking, metalworking, and community projects.

We meet every Thursday for morning tea, in Onehunga and in Glen Innes. Everyone is welcome, and we will let everyone know about our progress towards getting land for our new sheds in Maungakiekie-Tamaki.

Website (with meeting location & time details):

www.menzshed.org.nz/mt_shed/

Email: mensshedmt@gmail.com

FREE Ethnic Communities Capability-Building Programme

9 Practical workshops in Governance • Leadership • Fundraising • AI & Digital Skills

FREE

AUCKLAND NORTH
COMMUNITY AND DEVELOPMENT
Workplace Management & Employment Services

Three in-person workshops
10am-12pm
Shore Junction, Takapuna
Glenfield Community Centre, Glenfield

Zoom for six online sessions
6:30pm to 7:45pm
(weekday evenings)

Register now via Humanatix Search 'Ethnic Communities' at humanatix.com

LEAD

- 1 Leading in community:**
Practical skills for new and emerging leaders
Online-Zoom
Presenter: Ivan Yeo
Thursday 23 Jul | 6:30pm to 7:45pm
- 2 Understand governance, roles, responsibilities & planning for the future**
Online-Zoom
Presenter: Carol Scholes
Thursday 6 Aug | 6:30pm to 7:45pm
- 3 From governance to action: Creating a clear board work plan**
In-person
Presenter: Pat Crogan
Saturday 29 Aug | 10am to 12pm
Glenfield Community Centre (Mission Hall) Glenfield

SUSTAIN

- 4 Understanding your organisation's money: Treasurer skills & financial basics**
Online-Zoom
Presenter: Mark Spooner
Wednesday 16 Sep | 6:30pm to 7:45pm
- 5 Fundraising in New Zealand: Grants, events and other ways to raise money**
Online-Zoom
Presenter: Stephanie Maitland
Thursday 24 Sep | 6:30pm to 7:45pm
- 6 Writing successful funding applications**
In-person
Presenter: Therese Lanigan Behrent
Wednesday 14 Oct | 10am to 12pm
Shore Junction (Auditorium) Takapuna

GROW

- 7 Working well together: Communication across cultures**
Online-Zoom | Presenter: Ivan Yeo
Thursday 27 Oct | 6:30pm to 7:45pm
- 8 AI tools to save time and improve your work**
Online-Zoom | Presenter: Alacia Hancock
Thursday 5 Nov | 6:30pm to 7:45pm
- 9 Using AI to work smarter and grow your organisation**
In-person
Presenter: Lautalie Schmidt-Geen
Saturday 14 Nov | 10am-12pm
Glenfield Community Centre (Room 1) Glenfield

Death Cafés



Aucklanders are being invited into a new kind of

conversation at their local library, one that's honest, thoughtful and surprisingly uplifting as Death Cafés pop up across the region.

Since a successful pilot launch at Mt Roskill Library in May 2023 to meet a community need, Death Cafés are now available in 10 community libraries right across the region and operate monthly. While Death Cafés are not grief or counselling sessions, they offer free, welcoming spaces to connect with our community, talk about death and dying in a relaxed and informal way. They aim to 'increase awareness of death with a view to help people make the most of life' and is brought to libraries throughout Auckland by Auckland Council Libraries, Honohono Tātou Kātoa Creating Compassionate Communities Trust and Mercy Hospice. These efforts are made especially visible during Dying Matters Week.

To visit a Death Café at a library near you, visit the Honohono website.

Source: ourauckland.aucklandcouncil.govt.nz

Dying Matters Week



Dying Matters Week is an annual awareness campaign that connects people across Aotearoa to start conversations in a safe space, learn from local experts and seek support to plan for later life and end-of-life and to navigate grief and loss.

In 2026 events will take place from Monday 7th September to Sunday 13th September in regions around New Zealand.

For more information on upcoming events, visit: www.gowithgrace.nz/dyingmatters

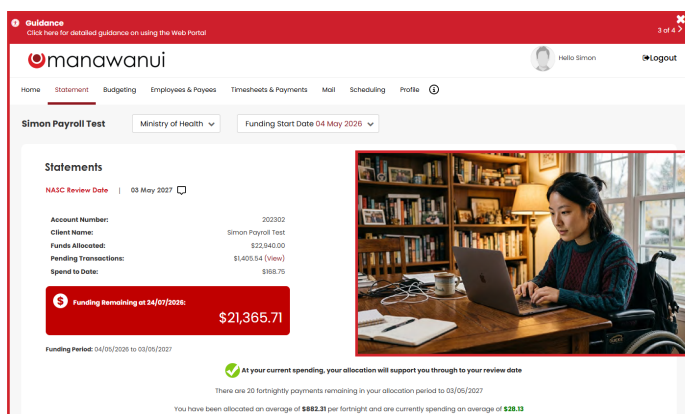
ASID 2026 Conference



The theme of The Australasian Society for Intellectual Disability (ASID)'s 2026 Conference is: '20 Years of the UN Convention: Reflect and Reimagine its Promise for People with Intellectual Disabilities'. The conference marks 20 years since the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD) was adopted. It will explore progress, ongoing challenges and opportunities for change. Researchers, advocates, policymakers, service providers, families, carers and people with intellectual disabilities from Australia and Aotearoa New Zealand will share research, practical ideas, lived experiences and policy developments to support people with intellectual disabilities to live full and inclusive lives.

Visit the conference website for further details: www.asidconference.com.au

Managing Disability Support Funding



For people who want a hands-on way to manage their disability support funding, Individualised Funding host Manawanui's online Portal brings everything together in one place.

Secure and simple to navigate, the Portal makes it easier to stay organised and in control of funding. Users can view their balance in real time, submit timesheets, claim expenses, and store employment records/invoices in one place.

For those who employ support workers, payroll management through the Portal is another benefit. Manawanui can handle tax, KiwiSaver, ACC levies, and payslips, helping people meet their employer obligations while reducing admin.

Whether someone wants to actively manage their support or simply keep track of their funding, the Portal provides the flexibility to do it their way. To learn more, email Manawanui at info@manawanui.org.nz or call 0508 462 427.

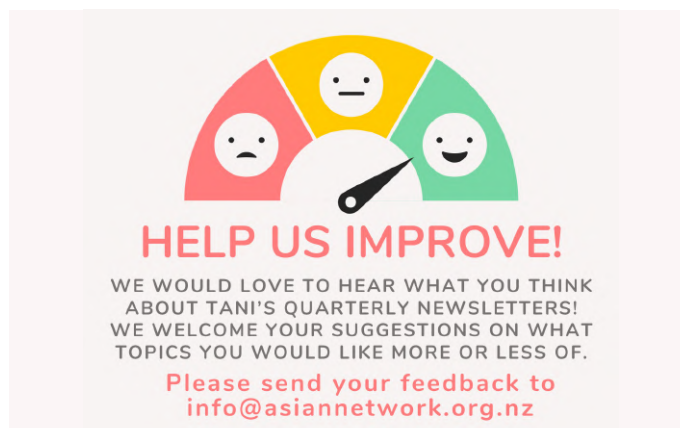
PHAB: A Place to Belong



PHAB Auckland is a welcoming community for people aged 16 and over with disabilities.

We provide a safe, inclusive space where members can build friendships, develop new skills, and enjoy a wide range of social, recreational, and community activities. From weekly social clubs and holiday programmes to life skills, events, and outings across Auckland, there's something for everyone. At PHAB, we believe everyone deserves opportunities to connect, have fun, and be part of their community.

If you're looking for a supportive place to meet new people and try new experiences, we'd love to welcome you to the PHAB whānau. Social clubs available from Papatoetoe - Warkworth. Visit: www.phab.org.nz



Learn New Skills and Build Confidence




Onehunga High School Community Education

ONEHUNGA HIGH SCHOOL
24 PLEASANT ST, ONEHUNGA

FREE ESOL CLASSES FOR NZ RESIDENTS

SATURDAY WORKSHOPS

Term 3 Begins 20th July
Term 4 Begins 19th October



BOOK YOUR COURSE TODAY

LEARN MORE:
www.adultlearn.co.nz

Phone us 09 6369060
or email us
comed@ohs.school.nz

Whether you're new to New Zealand or have lived here for many years, Onehunga High School Community Education Centre offers a welcoming place to learn. Their programmes are designed for adults aged 16 years and over and provide a wide range of affordable courses to suit different interests, goals, and skill levels.

Choose from free ESOL (English) classes for eligible NZ residents, as well as courses in languages, computing, business, cooking, arts and crafts, health and wellbeing, fitness, life skills, and weekend workshops. Many courses are offered at community education prices, making it easy to learn something new without a large financial commitment.

Classes are taught in a friendly, supportive environment where you can develop new skills, build confidence, and connect with people from a wide range of cultures and backgrounds. Whether you're learning English, preparing for work, exploring a new hobby, or simply meeting new people, there's something for everyone.

To explore the full range of courses or enrol online, visit: www.adultlearn.co.nz

Hanahub: Grow Together



Join for free today

Jobs · Flatmates · Lessons · Marketplace
Free to join. Free to post.

hanahub.co.nz

@hanahubnz · Grow together in New Zealand

New to New Zealand? Start here.

Hanahub (www.hanahub.co.nz) is a free community website made for Asian communities in NZ:

- Events — Connect and share experiences
- Jobs — Cafes, restaurants, offices and more
- Flatmates — Find a room with clear weekly prices
- Lessons — Japanese, latte art and more
- Marketplace — Buy and sell second-hand

Employment Support



At Pasifika Consulting Ltd, we believe meaningful employment is deeply connected to community wellbeing. As we move into Spring, a season of renewal and fresh beginnings, we support individuals to build confidence, independence, and a sense of belonging through personalized employment guidance.

Our team works alongside people from diverse backgrounds to overcome barriers and move toward sustainable, rewarding work. We offer one-on-one coaching that includes CV support, interview skills, and the use of digital tools such as AI. Our approach recognizes each person's strengths and potential, helping them unlock their best selves. Together, we can nurture stronger, more connected communities where everyone has the opportunity to thrive.

Contact us:
09 419 1804

Website: www.pasifikaconsulting.co.nz

Facebook:
@PasifikaConsultingLTD



TANI Hamilton News

Welcoming Asian Health and Wellbeing Expo Returns

The Asian Network Incorporated (TANI) Hamilton is excited to host the third annual Welcoming Asian Health and Wellbeing Expo on Saturday, 22 August 2026, at The Pavilion, Hamilton Gardens.

Our Expo is about more than health—it is about community. One inspiring story is that of Auntie Zhou, who attended TANI's free health check in early 2024. After discussing ongoing pain from a recent fall with one of our volunteer nurses, she was encouraged to see her GP. She later discovered she had a fractured rib and was deeply grateful that the conversation prompted her to seek medical care.

To give back, Auntie Zhou and her charity Buddhist group have supported our Expo every year since, generously serving free dumplings and traditional Chinese desserts to visitors.

Join us for free health screenings, community information, cultural performances, food, family activities, and more as we celebrate health, culture, and connection together.

This is a Welcoming Communities event and proudly supported by Hamilton City Council.

For collaboration opportunities, please contact Cindy Pak: seunghhee.pak@asiannetwork.org.nz.



Celebrate Welcoming Week 2026 – Together We Belong



Join the Welcoming Manaaki Village – A KaiFusion Experience on Saturday, 5 September, from 10.00am to 3.00pm at Claudelands Hall B, as part of Welcoming Week 2026.

This year's theme, "Together We Belong," celebrates thriving, inclusive communities where everyone feels connected, valued, and at home. As the whakataukī (Māori proverb) reminds us, *Ko tātou tēnei*—belonging happens when we come together as one.

Community organisations are invited to be part of this vibrant celebration by hosting an interactive stall that showcases the services they offer while helping newcomers and local communities connect with one another. This year, we're excited to partner with KaiFusion, with food experiences running from 12.00pm to 3.00pm.

Organisations can choose to offer 150 tasting portions of a traditional dish alongside information about their services, create a hands-on cultural experience such as games, crafts or traditional activities, or combine both. Whether it's basket weaving, trying on cultural clothing, children's games or sharing food, every activity helps celebrate the richness of our diverse communities.

Registrations are now open. If your organisation would like to participate, or you'd like to nominate another group to be involved, please contact welcominghamilton@hcc.govt.nz for more info.

Together, let's build a community where everyone truly belongs.



Mid-Autumn Mooncake Festival
Free!

17 Friday 25 September
3:30pm - 6:00pm
Meadowood Community Centre

Join us at the Centre for an afternoon of culture, creativity, and community as we celebrate the Mid-Autumn Moon Festival.

Stamp Craft Activity for families
Cultural Performances
Mooncakes & Refreshments

Registration essential- bit.ly/mooncakefestival2026

Meadowood Community Centre

中佳秋節



Nepalese Cultural Centre PEI Inc.
NCCNZI Presents

9th Multi Ethnic Dance Festival 2026

5 PM - 9 PM | Free Parking

VENUE
Victory Convention Centre
Saturday, 5th Sept 2026
98 Beaumont Street
Freemans Bay, Auckland 1010



天運共此時
Mid-Autumn Festival & Mooncake to Remember

ICBC 奧克蘭三月亮節

Auckland Moon Festival 2026

TIME:
FRI 25/09 5PM-10PM
SAT 26/09 2PM-10PM
SUN 27/09 2PM-10PM

LOCATION:
173 BALMORAL ROAD,
MOUNT EDEN, AUCKLAND

Organizer: Auckland Chinese Business Association
Co-Organizer: 奧克蘭中華中心
Event Partner: Albert Eden Local Board, Foundation South Auckland, Dominion RD



2026 WHAU MOON festival
OCT 9TH
Friday Night 5PM-10PM
38 Portage Road, New Lynn

Whau Local Board
SportHub Community Trust



31 October 2026
the **Gluten Free Food Festival**
Due Drop Events Centre, Manurewa, Auckland



Volunteer Expo Auckland East
10 October 2026, 10am-2pm
Auckland Netball Centre, St. Johns, Auckland



Save the Date! Otahuhu Food Festival
NZ's Biggest Street Food Festival
SATURDAY 24TH OCTOBER 2026

SPONSORED BY Otahuhu Business Association

AMAZING FOOD, LIVE MUSIC, FAMILY FUN, CULTURE & COMMUNITY, LOCAL BUSINESS

Come hungry. Bring everyone. Celebrate Otahuhu!



2026 Korea Calligraphy Exhibition

Lifestyle Carving, Stone Carving, Modern Carving

2026.11.14(Sat) - 11.19(Thu)
m a c Mairangi Arts Centre
20 Hastings Road, Mairangi Bay, Auckland

Sponsor: 주오콜문도분관, 재외동포청, 뉴질랜드 한국교육원
Host: 한국콜문도협회 New Zealand Branch, 한국한글서예협회 New Zealand Branch

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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