

CONNECTING COMMUNITIES

TANI Winter 2026 Events

TANI Regional Network Meeting

Wednesday 20 May, 10am - 12pm
Western Springs Garden Community Hall,
956 Great North Road, Western Springs,
Auckland

TANI Hamilton Ethnic Health and Wellbeing Hui

Wednesday 24 June, 10am - 12pm
Western Community Centre (Training Room), 46 Hyde Avenue, Nawton, Hamilton

Chinese Health Seminar

Wednesday, 22 July, 10am - 12pm
Te Manawa (Kōkiri Ngātahi Auditoriums),
11 Kohuhu Lane, Westgate, Auckland

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 koutou, warm greetings to you all,

On behalf of the Asian Network Inc. (TANI), it is my pleasure to welcome you to our Winter Edition. This newsletter continues to be a space where we share our collective journey, highlighting community voices, important updates, and the initiatives that bring us together.

The past few months have been challenging for many in our communities, with the impact of global uncertainty, severe weather events, rising incidents of racism, and ongoing employment pressures. These realities are deeply felt in our everyday lives, shaping our wellbeing, our whānau, and our sense of security.

In times like these, our strength lies in what we can control: how we care for one another, how we respond with compassion, and how we remain resilient. I encourage you to check in on those around you and to prioritise your own wellbeing. Please remember, you are not alone. TANI's social work and public health teams are here to support you, whether through guidance, connection to services, or simply being someone to talk to.

TANI continues to stand alongside our communities, working to enhance the health and wellbeing of Asian and ethnic populations across Aotearoa. This work is only possible through the strength of our partnerships. I extend sincere gratitude to our collaborators and supporters, including NGOs, Te Whatu Ora, the Ministry of Social Development, and other government agencies.

As we move forward, our focus remains on ensuring all ethnic communities in Aotearoa can thrive, feel a sense of belonging, and enjoy a high quality of life. Your voice is important, and we welcome your feedback and ideas.

We look forward to connecting with you at upcoming events. Until then, please stay warm, stay safe, and most importantly, stay connected.

Ngā mihi nui,

Nilima Venkat,
MNZM, JP, BSW
TANI Chairperson



Tuituia te Kahu



Health New Zealand
Te Whatu Ora

Tuituia te Kahu: A National Bereavement Care Pathway for Perinatal Loss

(April 2026) is a national health framework, that sets out nine standards to guide how families are supported after the loss of a baby during pregnancy or shortly after birth in Aotearoa New Zealand. It aims to ensure consistent, compassionate, and culturally safe care across all health services.

A key strength of this work has been the Technical Advisory Group, made up of 13 members with clinical expertise, cultural leadership, research knowledge, and lived experience. Among them is Poonam Rishi, our esteemed team member at The Asian Network Incorporated (TANI), who contributed valuable insight into the cultural, linguistic, and systemic barriers faced by Indian and wider migrant communities when engaging with healthcare systems.

Through TANI's involvement, the pathway is strengthened by a clearer understanding of the diverse religious, regional, and linguistic needs within Indian communities, ensuring bereavement care is more inclusive and accessible. This contribution supports the wider goal of the pathway: to reduce inequities and ensure all whānau receive respectful, individualised care during one of life's most difficult experiences.

Tuituia te Kahu is part of the broader *Kahu Taurima* programme, focused on improving maternity and early years care across Aotearoa New Zealand. Read the *Tuituia te Kahu* framework at: www.healthnz.govt.nz/publications/tuituia-te-kahu-a-national-bereavement-care-pathway-for-perinatal-loss

Your Feedback Wanted: Vine 2026 Survey



Vine is seeking feedback to better understand what it is doing well and how it could improve or do things differently.

Vine is a centre for family violence and sexual violence information. As an independent resource hub, it curates, connects, and shares research and information with those working to end violence and grow oranga. Through its online knowledge hub, it provides access to a wide range of research, reports, statistics, and practical resources to support evidence-informed practice across the sector. It also shares the latest news, policy updates, and training opportunities, helping practitioners and communities stay informed and connected.

You can complete the short survey here: https://auckland.au1.qualtrics.com/jfe/form/SV_5Bgcw2FQVAnnzLM

Help Stop Underage Tobacco and Vape Sales

Help protect your community.

It's illegal for retailers to display tobacco products.

Make a tobacco or vape complaint:
info.health.nz/TellUs



We know your community is passionate about creating safer, smoke-free and vape-free neighbourhoods. To make it easier to have your say and report illegal activity, the National Public Health Service has an online complaints tool for members of the public, available at: info.health.nz/TellUs.

You can use this tool to report or complain about:

- retailers selling vapes or tobacco to people under 18 years of age
- retailers displaying or advertising tobacco products
- retailers selling individual cigarettes
- smoking or vaping in workplaces, restaurants, pubs or other licensed premises.

The online complaints tool helps us know when there's an issue in your area for our compliance officers to investigate. Your personal information will remain confidential and will not be shared with anyone during our investigation.

You can spread the word about this tool. Please find the promotional toolkit featuring posters, social media tiles and key messages, available from Smokefree.org.nz.

STAY WELL THIS WINTER!

Health New Zealand is encouraging people to prepare for winter by getting their recommended immunisations for **influenza (flu)**, **Covid-19**, and **whooping cough (pertussis)**.

Influenza (flu)
The **flu vaccine** has been available from **1 April** and is **free** for eligible groups including people aged 65+, pregnant women, and those with certain health conditions.

Covid-19
The **Covid-19 vaccine** is available all year round and additional doses are free for eligible people aged 30 years old and over, with a focus on people at higher risk of severe disease.

Whooping Cough
Whooping cough is particularly serious for newborn babies. Making sure women are vaccinated from 16 weeks of every pregnancy and babies receive their 6-week immunisations on time is important to keeping our youngest safe.

Vaccinations available from:

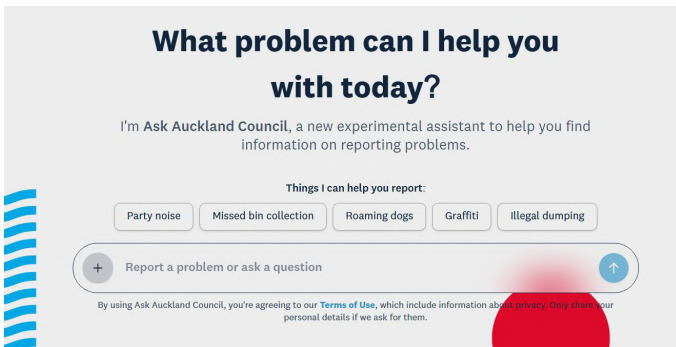
- GPs
- Pharmacies
- Somemidwives and community vaccinators

For more information, visit healthnz.govt.nz/health-topics/immunisations

Health New Zealand Te Whatu Ora

The Asian Network Incorporated

Ask Auckland Council - AI Online Assistant



Aucklanders can now use an AI-powered online assistant, [Ask Auckland Council](#), to report issues such as graffiti, illegal dumping, roaming dogs, missed bin collections, and noise complaints. The online assistant can also guide you to the right place to report other issues.

It is free to use and designed to make it faster and easier to report problems. The service is an additional way to report problems. All other existing methods are still available.

You can use Ask Auckland Council at any time, day or night. It understands everyday language, recognises details in a photo, asks follow-up questions, creates reports, and guides you to the right information. It can understand other languages but currently only responds in English.

Source: www.aucklandcouncil.govt.nz



Are You up to Date With Your Free Breast Screen?



BreastScreen Aotearoa offers free breast screening (mammograms) every two years for women aged 45–70 and 74. Screening can detect breast cancer early—often before symptoms appear—when it’s most treatable.

To make it more accessible, our Auckland Central BreastScreen Mobile Unit will be visiting:

- Mt Roskill – 11 May to 12 June 2026
- St John’s – 22 June to 17 July 2026
- Greenlane - Screenings continue as usual

All screenings are done by female staff. Interpreters are available free of charge, and your privacy is respected. No GP referral needed. Book now, or check to see if you are eligible: phone 0800 270 200, visit www.timetoscreen.nz

Stop and Watch

| | |
|--|--|
| STOP and WATCH | Seems different than usual; Symptoms of new illness |
| | Talks or communicates less |
| | Overall needs more help |
| | Pain – new or worsening; Participated less in activities |
| | Ate less |
| | No bowel movement in 3 days; or diarrhea |
| | Drank less |
| | Weight change; swollen legs or feet |
| | Agitated or nervous more than usual |
| | Tired, weak, confused, or drowsy |
| Change in skin color or condition | |
| Help with walking, transferring, toileting more than usual | |



Stop and Watch is a simple early warning tool used across Geneva Healthcare and the wider health sector to recognise changes in a person’s health or wellbeing. It encourages everyone including patients, families, support workers and health professionals to notice, report and act early when something does not seem right. Even small changes from what is normal for a person can be important and may signal a need for extra support.

Stop and watch can be used anywhere at home, at work or in the community. By speaking up early and sharing concerns, people can receive timely assessment and care, helping prevent decline and reduce avoidable hospital visits.

How concerns are shared may differ depending on roles or services, but the message is clear: notice changes, raise concerns, and follow through to ensure they are addressed.

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



FOUNDATION NORTH
Pūtea Hāpai Oranga
Funding to Enhance Lives

The Asian Network
Incorporated

RISE & SHINE

Mental - Spiritual - Physical

FREE MIGRANT WOMEN WELLBEING PROGRAMME

Five Week Programme
One Day a Week

Workshop Topics Include:

- English Language Confidence
- Women's Health
- NZ Health System, Job Market, Road Code Basics
- The Treaty of Waitangi

Participant Feedback

"Rise & Shine programme is really helpful and informative for all migrant women. TANI staff and volunteers are very kind and gave us confidence"

50% Off Driving Lessons!

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

For more info, contact The Asian Network Inc. (TANI) at:
info@asiannetwork.org.nz or 0800 00 TANI (8264)

Menopausal Hormone Therapy (MHT)



Menopausal hormone therapy (MHT) uses hormones to replace oestrogen and can help relieve symptoms of menopause, improving quality of life for many people. Menopause is reached after 12 months without a period, while the years leading up to it (perimenopause) may bring symptoms such as mood changes, poor sleep, hot flushes, aches, and "brain fog." Symptoms vary hugely in severity for different people.



MHT is an effective way of improving menopausal symptoms, such as hot flushes and night sweats, improve vaginal dryness, and support mood. It may also strengthen bones, lowering the risk

of osteoporosis and fractures, and may reduce the risk of diabetes and heart disease for some women. Without treatment, symptoms can last several years, with some continuing long term.

MHT is available in different forms, including tablets, patches, gels, and vaginal treatments. In New Zealand, costs depend on whether medicines are fully, partially, or not subsidised. Talk to your healthcare provider about your symptoms and your personal medical history to find the treatment best suited to you.

Source: www.healthify.nz

Perinatal Care



Perinatal care supports the health of mother and baby before, during and after pregnancy, helping reduce risks such as miscarriage, stillbirth and infant mortality.

It includes education on healthy eating, folic acid, avoiding smoking and alcohol, and managing conditions like hypertension, infection and diabetes. Furthermore, perinatal care emphasises recognising danger signs, including vaginal bleeding, severe abdominal pain, reduced fetal movements, or leaking fluid. Early detection and timely intervention are critical for improving maternal and fetal outcomes in risk of pregnancy loss.

In New Zealand, families can access maternity support through Health New Zealand – Te Whatu Ora, including midwives, obstetric care and specialist referrals.

Around 700–900 families experience perinatal loss each year in New Zealand. Research shows bereaved parents have a fourfold increased risk of depression. It is therefore essential to support bereaved whānau to access equitable, high-quality, individualised, safe and culturally responsive perinatal bereavement care, including medical care, compassionate communication, counselling, follow-up care and future pregnancy planning.

Organisations such as Sands New Zealand (www.sands.org.nz) and Skylight Trust (www.skylight.org.nz/programmes/heart-song), provide guidance and support for whānau experiencing pregnancy or infant loss.

Sources: <https://www.healthnz.govt.nz> and www.pada.nz/babyloss

House Fires



As the colder months settle in, winter brings a higher risk of house fires. Heating, cooking, and electrical use all increase.

Keep heaters at least one metre away from anything that can burn. Check electric blankets for hot spots, frayed cords, or wear before use, and ensure they are switched off before getting into bed. If you're lighting your first fire of the season, make sure your chimney has been cleaned and inspected. Always cool ashes with water in a metal bucket before disposal to prevent hidden embers reigniting. Check your smoke alarms are working and have a clear escape plan that everyone in your household understands.

Winter is also a great time to book a free Home Fire Safety Visit. Our crews can help identify risks, install or check smoke alarms, and ensure your home is prepared.



Stay warm, stay safe, and don't wait – book your visit today: www.fireandemergency.nz/home-fire-safety/home-fire-safety-visits/

Hot Water Bottle Safety



Product Safety Hot water bottles are a simple way to stay warm, but they can cause serious burns if not used correctly. In New Zealand, unsafe bottles have caused injuries due to leaks, splitting, or incorrect use.

To stay safe, never fill a hot water bottle with boiling water—use hot tap water instead. Always use a cover or wrap it in a towel to prevent direct contact with skin. Avoid overfilling and make sure

the lid is tightly closed before use. Check your bottle regularly for cracks, leaks, or signs of wear. If it looks damaged or old, replace it immediately. Do not sit or lie on the bottle, as pressure can cause it to burst. For children and older adults, it's safer to warm the bed first and remove the bottle before use.

Use these simple precautions to prevent burns and keep you safe this winter.

Source: www.productsafety.govt.nz/for-consumers/using-products-safely/hot-water-bottles

Preparing for Storms



GET READY

In an emergency, you may be stuck at home for three days or more. Plan ahead and make a plan to work out what you need to get through.

Have these items ready in your homes:

- Water for three days or more - At least 9 litres of water for every person.
- Long-lasting food that doesn't need cooking and food for babies and animals.
- Toilet paper and large plastic buckets for an emergency toilet.
- Work gloves and a well-fitted P2 or N95 mask.
- If you have dietary or medical needs, make sure you have enough food, equipment or medication to last three days at home.

Prepare a grab bag:

- Walking shoes, warm clothes, raincoat, hat
- Water and snack food (including for babies and pets)
- Hand sanitiser
- Portable phone charger
- Cash (coins and small notes)
- Copies of important documents and photo ID

Remember any medications you might need and keep your first aid kit, torch, radio and batteries, and any other essential supplies somewhere you can grab them in a hurry.

Source: www.getready.govt.nz/prepared/household/supplies

THE GOLDEN CIRCLE

Allyship supports you in your golden stage of life

Activities:

- Board games
- Crochet club
- Conversation group
- Soft yoga
- Fun dance sessions
- More activities each month

Tuesday
10.00 AM - 12.00PM
Thursday
2.00 PM - 4.00 PM

Allyship Community HUB
Unit 3 / 179A Archers Rd,
Hillcrest, Auckland

Register for FREE today!
 join@allyship.nz
 +64 27 670 0057



Visit akhaveyoursay.aucklandcouncil.govt.nz/ for more information and to find out how to give your feedback in writing, in-person or by phone. Free internet access is available at our libraries.



Auckland Lifejacket Rules: Proposed Changes



Time on the water should end with everyone returning home safely. A lifejacket helps keep you afloat if something unexpected happens. In Auckland, since 2000, 87% of watercraft fatalities involved no lifejacket worn. From 2021–2025, that rose to 100%.

This May, changes to the Auckland Navigation Bylaw are being consulted on. The proposal would require people to wear a personal flotation device (PFD or lifejacket) when a vessel 6 metres or less is underway. This would apply to boats, jet skis, kayaks and stand-up paddleboards (SUPs).

Public consultation is open from 4 May to 7 June 2026. To learn more and share feedback, visit: <http://www.coastguard.nz/auckland-navigation-bylaw>

Proposed Improvements to Council’s Navigation Bylaw and Control

Auckland’s waterways support recreation, cultural activities, sport and transport. However, these activities also create risks. Unsafe boating practices, lack of lifejackets, vessel activity near swimmers and unsafe moorings can result in serious injury, fatalities, collisions and damage.

We reviewed how the rules are working and identified improvements, including proposals to:

- require wearing lifejackets on small vessels
- manage risks from new and emerging watercraft
- standardise mooring licence conditions
- add five new controlled areas
- remove 14 access lanes
- make technical updates for clarity.

From 4 May - 7 June 2026, we want you to tell us what you think about the proposal to improve our Bylaw and Control about vessels on Auckland’s navigable waters.

Need Healthcare information?

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



Eating Well on a Budget



With the cost of living soaring in Aotearoa New Zealand and global inflation affecting every area of the economy, it's harder than ever to stretch the food dollar further and eat well for less. But with a little planning and some lateral thinking, eating healthily on a tighter budget can be achieved. Here are some ways to find affordable and healthy food, store food and manage your food budget better.

Plan your weekly meals

Making a weekly meal plan, including breakfast, lunch, dinner and snacks is key. Know how much you have to spend and try to stick to it. If you need inspiration for some yummy, inexpensive but healthy meals, borrow some cookbooks from your local library or bookmark some ideas from the internet. You can check out Healthify's [Healthy Recipes Library](#).

Keep an eye out for bargains

Weekly specials can reduce your food costs significantly. Even shopping at a certain time of day can offer savings (for example, perishable items like yoghurt, fruit and bread are more likely to be discounted at the end of the day). Sometimes it's cheaper to buy in bulk and freeze some or share them (and the cost) with whānau and friends.

Try supermarket 'home' brands

Sometimes there can be a big difference in price between the same products. The only difference is that one of them is a well-known brand. Often there's no, or very little, difference in the quality.

Buy in season/buy from farmers' markets

If you buy fruit and vegetables that are in season, they're cheaper, tastier and better for you.

That's because they're locally sourced and haven't had to travel halfway around the world to get to Aotearoa New Zealand. Farmers' or weekend markets are a great option too; the produce is often cheaper than the big supermarket chains and is always in season.

Join a fruit and veggie co-op

A great option is to join a local fruit and vegetable collective. This is where fruit and veggies are brought in bulk for a much cheaper price than you would usually pay. Each week, you get a fabulous selection of in-season goodies. Contact your local Citizen's Advice Centre or search Facebook for 'fruit and vegetable co-op' for more information.

Make produce last longer

Different fruits and vegetables need different ways of storing to keep them fresh longer. For example, some fruit will ripen (or go off) more quickly if they are kept with other fruit, some vegetables will keep better in water whereas others need to be stored dry.

Buy frozen/canned produce

This can be a good, cheap and healthy alternative to fresh fruit and vegetables – especially those that are out of season or that you can't buy fresh. The advantage is they are frozen/canned soon after harvest, so they retain their nutrients and don't go off.

Grow your own produce

Growing your own vegetables and fruit, even in small spaces like balconies, window sills or at the back door, can save you a lot of money. Local community gardening groups often have spare seedlings to give away and can offer support and advice to help you get your garden going (on Facebook, search for 'community gardens').



Use leftovers

If you can avoid it, never throw away food. Don't let it fester at the back of the fridge. The [Love Food Hate Waste](#) site provides lots of ideas for how to avoid food waste and use leftovers creatively.

Source: healthify.nz/hauora-wellbeing/e/eat-well-for-less-as-inflation-soars

Supporting Our Older People

AGE CONCERN AUCKLAND
Ho Manaakitanga Kaumātua Aotearoa

Ageing Well
Ethnic Communities
Intervention Services
Social Connections

Elder Abuse Awareness Week
15 - 22 June

Elder Abuse

Spot the signs

Talk to us www.ageconcern.org.nz 0800 65 2 105

88% of alleged abusers are family members

61% of alleged abusers are adult children or grandchildren

Alleged abusers are as likely to be female as male

[Click here to donate](#)

At Age Concern Auckland, we are dedicated to championing the rights and wellbeing of older people. We invite you to join us in observing World Elder Abuse Awareness Day (#WEAAD615) on 15th June 2026. During June, we will be running a special awareness week (15th – 22nd June) to promote safety, respect, and dignity for all older members of our community.

In a diverse city like Auckland, we take pride in offering multilingual support to ensure our ethnic communities feel heard and empowered. We host various Friendship Groups, Coffee Groups, and Monthly Meetups for older people—including our Tech Catch-ups—across local suburbs. These sessions provide a welcoming space to connect and share experiences in your own language.

Stay in the loop by visiting our website www.ageconcernauckland.org.nz or following us on Facebook, YouTube, WeChat, Rednote, KakaoTalk, and LINE. Check our platforms for the latest updates and multicultural resources. We look forward to seeing you there!

The Big Warm Up



The Big Warm Up is an initiative by the Catalytic Foundation, helping communities across Aotearoa New Zealand stay warm this winter. It brings

people together to support those experiencing homelessness and hardship.

The programme provides winter care packages with essential items such as blankets and warm clothing for all ages, including adults. Specialised packs are also available for rough sleepers, including items like a small tent and sleeping bag to support those facing extreme conditions.

You can nominate individuals and whānau most in need, helping ensure support reaches those who will benefit most. To place an order, complete the form: <https://forms.fillout.com/t/cy2FWA8ATnus>

For more information, visit bigwarmup.org.nz.



Mobile Clinic Van



WELL WOMEN & FAMILY

Well Women & Family Trust announces a new mobile clinic van with a private procedure room and health promotion area, delivering high-quality, community-based women’s healthcare across Auckland. It will visit multiple communities, offering free or low-cost cervical and STI screening, HPV vaccination, and Long-Acting Reversible Contraception (LARC) including Jadelle, Copper IUD, and Mirena insertion/removal/replacement. Mirena supports heavy or painful periods and menstrual changes.

The service supports women and Rainbow Communities, especially in rural and underserved areas such as Warkworth and Drury. Self-referrals and GP referrals are welcome, with appointments available within two weeks.

Contact us: 0800 846 788

Online booking: www.wellwomenandfamily.co.nz

Instagram: [wellwomenandfamily](https://www.instagram.com/wellwomenandfamily)

WeChat: Well_Women



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

Managing Seasonal Affective Disorder (SAD)

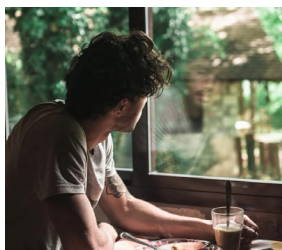


For many people, winter feels like a time to slow down, stay indoors and simply get through the colder months while looking forward to summer. But for others, persistent low mood, irritability, lack of motivation and tiredness during winter may be signs of seasonal affective disorder (SAD), a type of depression linked to seasonal change.

Although the specific cause of SAD isn't known, reduced sunlight during winter can lower serotonin levels (the 'feel good hormone' which helps stabilise your mood and lessen anxiety), and increase melatonin levels (which makes you feel sleepy and lethargic).

What can help:

- **Ask for help early:** Talk to your GP who can recommend lifestyle changes, medication or talking therapy. You can also reach out to trusted friends or family for support.



- **Get outside:** Take advantage of daylight hours. Wear warm clothes and spend time outdoors with friends and family when you can.

- **Care for yourself:** Make exercise a priority. Take a walk outside on your lunch break or go for a walking meeting. Ask a friend to commit to a weekly walk, which will keep you motivated.

- **Daily dose of vitamin D:** Most of our vitamin D comes from the sun – another good reason to get outdoors during winter. Eat foods rich in vitamin D, like oily fish, eggs, lean meats and dairy.

You can find out more about SAD by visiting [The Mental Health Foundation](https://www.heartfoundation.org.nz/about-us/news/blogs/10-ways-to-stay-active-in-winter) website.

Source: www.healthify.nz/hauora-wellbeing/s/sad-winter-time-depression

Winter Exercise Tips



Staying active in winter can be challenging, but a few simple habits can make a big difference for your physical and mental wellbeing.

Regular exercise is important. We need to do at least 30 minutes of exercise throughout the day. Plan ahead if you're exercising outdoors by dressing warmly and having your gear ready for colder temperatures. During the day, take small oppor-



tunities to move more, such as using the stairs or parking a little further away when shopping. If mornings and evenings feel too dark, use your lunch break for a quick walk to refresh your mind and body. On colder or rainy days, look for indoor options. A visit to a heated pool can be enjoyable for all ages, while walking around your local mall is another easy way to stay active. At home, try free exercise videos online or keep moving by doing household chores like vacuuming and cleaning. Not only will your house get tidy, but you'll be moving around during the process. Make it fun by playing some music too.

Source: www.heartfoundation.org.nz/about-us/news/blogs/10-ways-to-stay-active-in-winter



Healthy Mother Healthy Future (HMHF)

Having a baby can be an exciting and emotional time

This significant change in your life – and the lives of your whānau – can sometimes make you feel overwhelmed, affecting your emotional and physical well-being.

As many as one in five women experience anxiety, depression, or both at some stage during their pregnancy or after the baby is born. One in ten partners also experiences similar emotional distress.

Your health and well-being are crucial for you, your baby and your family. If you are experiencing any health and well-being concerns or difficulties managing your stress – or you would like to talk to someone about where to get help – please contact us.

It is OK to ask for help

Free counselling and self-care information is available in multiple languages for pregnant Asian women and mothers with infants.

Fathers are also welcome to ring us for advice and support.

Asian Health Line

0800 88 88 30

Monday to Friday, 9am to 5pm

Get in touch with us for a friendly and confidential conversation.

The Ministry of Health & Asian Health Services proudly supports the HMHF Project. Health New Zealand - Te Whatu Ora, in partnership with The Asian Network Inc. & CNSST Foundation



TANI Hamilton News

TANI Hamilton: A Season of Community Impact

It has been a rewarding season for The Asian Network Inc. (TANI) Hamilton, with a strong focus on community connection, health, and education.

A key highlight was the successful **2026 Waikato K-Festival** on 18 April, delivered in partnership with Waikato Korean School and Waikato Korean Association, and supported by the Korean Consulate in Auckland and Hamilton City Council. Around 800 people attended, enjoying cultural activities and the screening of *The King's Warden*.

TANI continues to work with Te Whatu Ora to provide free monthly cervical screening clinics for Asian communities, held every second Saturday, with walk-ins welcome.

Our Learning Community Hub workshops also continue with support from the Ministry of Education. In March, two sessions on NCEA changes attracted nearly 100 parents, with valuable insights shared by Margaret Paiti (Senior Advisor, Ministry of Education).

We are incredibly grateful to everyone who has supported, participated in, and contributed to our events and programmes. It is through these collective efforts that we continue to build a stronger, more connected community.

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



Street Smart Self Defence Workshop



Join **YWCA Waikato** for their free self-defence workshops in partnership with **Mindset Self-Defence!**

These sessions are designed to empower participants by building confidence and equipping them with practical, real-life safety skills that can be applied in everyday situations. Whether you're looking to feel more confident walking alone, improve your awareness, or simply learn something new, this is a great opportunity in a safe and supportive environment.

No prior experience is needed — the workshops are beginner-friendly and tailored to suit all levels. The trainers will guide you step-by-step through simple and effective techniques, ensuring everyone feels comfortable and included.

It's also a great chance to connect with others in the community, try something new, and have a positive, empowering experience. Drinks and light snacks will be provided, so you can relax and enjoy the session as well.

When:

- Thursday 14 May, 7pm – 9pm
- Thursday 20 August, 7pm – 9pm
- Thursday 22 October, 7pm – 9pm

Where: YWCA Waikato Gym Hall, 28 Pembroke Street, Hamilton Lake

Southeast Asia Festival
STREET FOOD • CULTURE • TRAVEL • EXPO • BUSINESS

SOUTHEAST ASIA FESTIVAL WAIKATO

15 AUG
10AM-5PM
FREE ENTRY

15 AUGUST 2026
CLAUDELANDS EVENTS CENTRE, HAMILTON
(Free Entry)

Playground & Deck Launch

Join us to celebrate the opening of our new playground and deck! Come along for the official launch at 10:00am, learn about the new space, and connect with your neighbours.

SATURDAY 30TH MAY
10am-1pm
Meadowood Community Centre
55 Meadowood Drive, Unsworth Heights,

- Kids activities
- Performances
- Sensory wall design competition
- Food stalls & market from 9am

Upper Harbour Local Board

Filipino News

GRAND ANNUAL PHILIPPINE INDEPENDENCE DAY COMMEMORATION

6 JUNE 2026
AUCKLAND SHOWGROUNDS
10 AM - 6 PM

Cultural Theatre, Heritage Food Festival, Multiple Fashion Shows, Business Expo, Community Groups, Filipino-Kiwi Hero Awards

www.fiestapilipinas.nz

CAHRE CONFERENCE 2026
Centre for Asian and Ethnic Minority Health Research and Evaluation (CAHRE)

IN ASSOCIATION WITH
Te Whatu Ora Health Forum on International Collaboration and Diversity Counselling New Zealand

Calling academics, researchers, policymakers, service managers, clinicians, community practitioners, and students interested in Asian and Ethnic Minority (A/EM) health - An opportunity to hear from experts, develop collaborations, and build networks.

Reimagining Healthy Futures Through Ethnic Minority Lenses:
Evidence, Experience, and Cultural Insights

8-9 September, 2026
University of Auckland, Grafton Campus.

For information on themes, please visit the CAHRE

| | |
|-------------------------------|----------------------|
| Call for Abstracts open | Friday 1 May 2026 |
| Call for Abstracts close | Monday 15 June 2026 |
| Early Bird Registration open | Monday 15 July 2026 |
| Authors Notified | Monday 20 July 2026 |
| Early Bird Registration close | Monday 3 August 2026 |

Enquiries to cahre_uoa@auckland.ac.nz

FOREVER TOMORROW
永远的明天
中国艺术进行时
CHINESE ART NOW

2 May - 23 Aug 2026
AUCKLAND ART GALLERY
101 G TAWAKI

HOWICK

WINTER LIGHTS FESTIVAL

Saturday, 20 June 2026
5:00pm - 9:00pm

Sponsored by THE LIFE SHOW

The Food Show

23 - 26 July 2026
Auckland Showgrounds

MATARIKI HERENGA WAKA - FOR EVERYONE

MATARIKI
COMMUNITY CELEBRATION

SATURDAY 20TH JUNE 3-7 PM
BIRKDALE COMMUNITY HOUSE & HALL

Whānau Mārama
New Zealand International Film Festival

Auckland: 29 July - 9 August (encores 10 - 12)
Christchurch: 6 - 23 August (encores 25 - 31 August)
Wellington: 12 - 23 August (encores 24 - 29 August)
Dunedin: 14 - 30 August (encores TBC)
Matakana, Hamilton, Napier, Nelson, Tauranga, New Plymouth and Masterton: 27 August - 6/9 September (encores TBC)

NZIFF 2026

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