



The Rainbow Quill



The monthly newsletter of Southland Multicultural Council (formerly Southland Multi-Nations)
46 Kelvin Street Invercargill (03) 2149296 office@southlandmulticultural.co.nz
www.southlandmulticultural.co.nz

July 2015

In this issue

Potluck P.1
Hon Sam Peseta Sam Lotu-liga P.2
Whats on p.3
p.4
Community Networks P.5
Plunket notices.6
Vacancy - Special Olympics p.9
Dads coffee group P.11
Notice Board P.7

Thank you to our funders:



Coming Up



Southland Multicultural Council Potluck Dinner 18th July 2015

**Southern Institute Of Technology (SIT)
B-Block, Room 10-11
6.00PM TO 10.00PM**

**Members of Southland Multicultural Council - free
Non members- a gold coin donation**

Please bring a plate of food to share.

**Members of Southland Multicultural Council -free;
Non members - a gold coin donation**

—DISCLAIMER—

The information disclosed in this publication does not necessarily reflect the view of the Southland Multicultural Council Inc.
Southland Multicultural Council Inc does not support any particular political party.

Ethnic Communities Minister Peseta Sam Lotu-liga held an evening community forum at the Ascot Park Hotel—Invercargill on 10th June .

The forum gave those who attended the opportunity to discuss the issues and challenges facing our ethnic communities.

The focus was on how we can help New Zealand move forward together economically, socially and culturally by working closely to inform government policy and practice.

Mr Lotu-liga wanted the forums to be a productive discussion on what we each want to achieve and any perceived barriers to us getting there," .

New Zealand is seeing the benefits of ethnic diversity, not just economically but culturally as well. Our diversity continues to grow every year and ethnic communities are becoming more established, enriching our cultural landscape.

Hon Peseta Sam Lotu-liga



The Phantom of the Opera

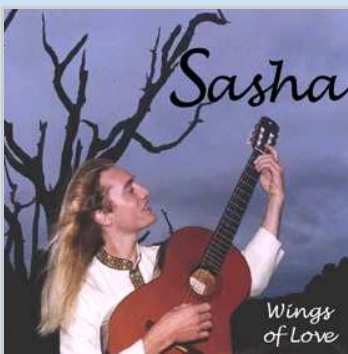
10 July 2015 - 25 July 2015

Adult \$67.50-\$85.00, School Student/Child \$35, Senior Citizen/Tertiary Students \$57.50

Civic Theatre, Invercargill

Invercargill Musical Theatre in association with the Invercargill Licensing Trust

and the ILT Foundation presents THE PHANTOM OF THE OPERA



Famous Classical Guitar Music from around the World

10 July 2015 - 12 July 2015

Adult \$12.00, Student \$4.00, Family \$20.00

82 Salford Street Windsor Invercargill

Various - times

Btpilates and the South Island sub-section of the Suzuki Guitar Association of NZ invite you to attend a concert by classical guitarist Sasha Witten-Hannah.

Sasha completed his Diploma of Music at Auckland University and studied with classical guitar masters in Venezuela and Canada. Sasha has been performing, and teaching Suzuki guitar for fifteen years. He is here in Invercargill as part of his South Island tour and will be performing and presenting workshops and master classes. More details, see website. Sasha will perform at two venues: Saturday 7pm 11th July at 82 Salford Street, "Famous Classical Guitar Music from around the world" Sunday 6pm 12th July at Southland Musicians Club 33 Preston Street, "Relax in comfortable surroundings, ask questions, feel inspired!" (Testimonial):"On behalf of the Bay of Islands Arts Festival Trust, a wholehearted thankyou to Sasha. The community loved your concert and we are still buzzing with excitement and satisfaction after the performance" - Sandy Mecredy Festival Director...



Who are Community Networks Aotearoa?

In November this year, Community Networks Aotearoa will celebrate a special birthday. Forty years ago the NZ Council of Social Services, as it was then known, was established by the government of the day under the Department of Social Welfare Act 1971. Initially a quasi-government body, NZCOSS emerged as a fully-fledged voluntary organisation a decade later when various COSS community representatives took ownership of it following its disestablishment by government.

This move was welcomed by government who provided funding for the inaugural NZCOSS conference and AGM, and the employment of a part-time staff member. NZCOSS thus took its place as a national social service umbrella organisation a role it continues to fulfil to this day.

Although 2014 saw a name change to Community Networks Aotearoa, our focus and energy remains in providing local and regional social service networks with information, support and a national voice; encouraging the development of networks in new areas and more generally acting as a conduit for social change and community development.

With over fifty member organisations throughout the country, CNA brings together some of the smallest, least well represented groups with some of the largest networks. With a staff of two and an Executive Committee from around the country, and the support of our Kaumatua, we see ourselves as the voice of the regions and work hard to ensure that voice is clearly heard in as many places as possible especially Wellington where policy is often set and political will influences us all.

To do all this successfully we rely on our membership keeping in touch with us and look forward to meeting them as often as possible either via travel to the regions, at our biennial sector-wide conference held in various locations, or at our Hui which is held in Wellington in alternate years to the conference. We also try to keep the conversation going via our two newsletters, Access radio programme, website, Skype and social media (Facebook and Twitter) and of course we are also only a phone call away! Please visit our website www.communitynetworksaotearoa.org.nz for further info about who we are and what we do and remember, as Helen Keller said, "Alone we can do so little, together we can do so much."

ILT Kidzone Festival

08 July 2015 - 13 July 2015

\$14.00

James Hargest College, Senior Campus, 288 Layard Street, Invercargill

10:30am - 3:30pm



Southland's most popular family event, the ILT Kidzone Festival, is jam-packed with hundreds of hands-on activities for kids of all kinds! See you there!

Come along and celebrate World Breastfeeding Week at The Big Latch On



Bring your babies/children along to participate in the Big Latch On! Come along for morning tea and the opportunity to chat to other mums and breastfeeding support services. The invite is extended to pregnant women, partners and whānau.

'Breastfeeding and Working' is the theme for 2015 - come along to learn more!

Date: Friday 31st July, 10:00 am start

Venue: Lindisfarne Community Church
22 Lindisfarne St, Invercargill

Cost: Free

Other: Plenty of parking, pram friendly and resource bags!



The Big Latch On is a fun event in which breastfeeding women gather together to simultaneously breastfeed. It helps raise awareness of the benefits of breastfeeding, encourages support networks and aims to normalise breastfeeding.

Brought to you by Southland Breastfeeding Advocacy Group



We provide English language classes for people from non -English speaking backgrounds

- ☐ Home tutors
- ☐ English Language Groups
Invercargill, Gore, Lumsden & Winton
- ☐ English for Employees *
- ☐ Writing Class
(starting Wednesday 25 March 2015)

**conditions apply*

To enrol or for more information please contact

ELP Southland

184 Esk Street

03 -218 2736 / 029 771 0950

Birthday Greetings



*Congratulations to everyone,
young and old, having a birthday this
month of
July*

*If anyone would like to have
birthday greetings in our
newsletters*

*please phone the office, 214 9296
or email office@southlandmulticultural.co.nz*



Membership of Southland Multicultural Council

If you aren't a member of Southland Multicultural Council and would like to be you can either phone the office for a form, come into the office and collect a form or download a form from our website www.southlandmulticultural.co.nz. On the website you will find the membership form under the heading of publications.

Annual Membership is \$15 per family

Citizen's Advice Bureau 97 Spey Street, Invercargill

This agency has been set up to assist people with enquiries for services and for referral to other agencies.

Specialist service include:

Justice of the Peace clinic– Saturday 10am until noon. (no appointment necessary)

Consumer clinic - every Thursday 12pm—1.30pm & Friday 12pm-1.30pm - call to make an appointment

Legal services- free legal service on Thursday night. An appointment must be made.

Sign up now for text alerts

It takes just a couple of minutes, but a simple step taken now could make all the difference in a major emergency.

Emergency Management Southland advisor Craig Sinclair is urging Southlanders to sign up to a text alert system, which will provide Southland Civil Defence warnings directly to mobile phones.

In the past a Civil Defence siren was used to notify the Invercargill public of an emergency, but the text message system covers the whole of Southland and is more reliable.

Mr Sinclair said while the government is considering larger scale options for alerting the public in the next few years, the emergency text system (operated through Twitter) is currently being operated on a local level for the Southland region.

Texts will be sent to registered numbers in the case of flood alerts, major weather warnings, tsunami alerts and other potential emergencies. It will be a simple text alerting people to the issue, with recipients directed elsewhere for any additional information.

"This isn't about providing people with the detailed information they need to get through in an emergency situation, but rather alerting them to a developing emergency or warning them of potential danger."

Once alerted, people would then need to access information online or via local radio stations, depending on what is available.

Mr Sinclair said signing up to the text service is simple and quick, requiring people to simply text the word **start to 8987**, then follow the instructions until they receive a username. Once they have been sent a username, they simply need to reply **follow cdsouthland**.

Once this is completed, texts will be sent automatically when they are issued.

Ends



**Eastern Southland
Newcomers Network**

Connecting People

New to Eastern Southland?

Visit <http://www.newcomers.co.nz/southland/>



If you would like to talk to the police about anything you can phone me on 215 0311 or Invercargill Police Station 211 0400.

Remember, if it is **urgent** dial **111**

Community Constable, Anthony Hogan

If you'd like to share a story with readers of this newsletter— something that has helped you to settle into New Zealand, a good news story, a recipe, something else of interest and appropriate for the newsletter .

You can email it to me at office@southlandmulticultural.co.nz and I will include it as space permits.

Thanks. *Sally*

Tax Credit for Donations



Southland Multicultural Council Inc. is an incorporated society and is registered under the Charities Act 2005, CC27119.

Donations of \$5 or more are eligible for a donations tax credit from the Inland Revenue Department. A receipt will be issued so you can claim the rebate.

The purpose of Southland Multicultural Council is to promote and protect the interests of ethnic people in Southland

Holiday Programme

We are offering a holiday programme for Kindergarten aged children in the July School Holidays (6-10 July and 13-17 July)

Venue: Kew Kindergarten, 51 Selwyn St. Invercargill

Hours: 8.30am to 2.30pm daily

Cost: Fee \$4.00 per hour - 20 Hours Free applies
NB: 30 Hours Free does not apply to this programme

Enrol: Enrolment forms available from
web www.ska.co.nz
e-mail jodie.gilroy@ska.co.nz



At home with the kids? Like a break? Take one at your community living room.

Of course your kids will come too but... it's all about you.

You'll have the Invercargill Public Library activity space to yourselves: sofas, bean bags, books, tea, coffee, snacks... so you can just chill out!

Last Wednesday of the month 11am - 12pm

No book that you have to read each month. We'll have some reading suggestions; read them or not, it's totally your choice.

HOT CHOCOLATE TEACUPS

-for all ages to enjoy and create

Ingredients:

marshmallows
white melting chocolate discs
lifesavers
ginger nut biscuits
chocolate wafer rolls
chocolate flake to decorate

Method:

Cut life savers in half and put aside. Melt some of the white chocolate discs in a microwave safe bowl for 30 second spurts until melted. Now let's put it all together. Starting with the marshmallow use the melted white chocolate to attach it to the ginger nut biscuit, and then add your other ingredients by attaching them with the melted chocolate. Lastly sprinkle the flake over the top to create a hot chocolate effect. *Enjoy*





92 Spey St Ingill
Ph 03 21 45260
www.kaitahu.maori.nz

Nga Kete is a Maori agency working with individuals and families providing a range of free and low cost primary health, public health, disability support and social services.

DOCTOR

Nga Kete Maturanga Pounamu is establishing a new VLCA – Very Low Cost Access GP Practice and is accepting enrolments now.

Fees:
Under 6 Years FREE
6 - 17 Years \$11.50
18 Years Plus \$17.50
Plus minimal costs for additional services
(Casual/Non NZ resident rates differ from above)

Special Hours:
Call at 92 Spey Street
Level 2 Reception Invercargill
He Puna Waiora – Wellness Centre GP and Nursing Services
Natural Therapies, Rongoa – Massage

We extend a GP practice called He Puna Waiora Wellness Centre. The Practice is open Monday to Friday 9 am to 5pm and we are taking new enrolments now. We have 5 part time Doctors and 2 nurses. Our charges for NZ residents are low. Casual patients are welcome. **Doctor – ph 21 45 261**

One in five people smoke in NZ. Smoking a pack a day, cost \$7,200 a year. Smoking kills so stop now! We have 3 trained staff to help you stop smoking.
**Stop Smoking Contact
Deli phone 21 45260**

For all your
**Smoking
Cessation
needs**
call us on 03 214 5260

NGA KETE MATAURANGA POUNAMU CHARITABLE TRUST
Oraka Aparima Health & Social Services
92 Spey Street, Invercargill, web: www.kaitahu.maori.nz NZS 8157:2003 accredited

Gambling Counselling
Delivering a free comprehensive problem gambling service to individuals and or their whanau.

GAMBLING COUNSELLING

Support is provided to:

- Adults
- 18 Years & Older
- Affected whanau

We offer:

- 1 on 1 counselling
- Te Rongo Pai (18 Years & Older) 10:30am – Midday, every Wednesday
A support group for individuals and or their whanau affected by gambling or alcohol or drugs

How to access:

- Self Referral
- External Agency Referral
Contact 0800 925 242 for a referral form

Office hours:
Monday – Friday, 9:00am – 5:00pm
Late night Thursday by appointment only at 92 Spey Street, Invercargill

Do you gamble, play the pokies, bet on the horses?

Are you trying to win back losses?
Are you hiding how much you spend on gambling from family or loved ones?
Are you trying to win money to pay debts?

Your gambling may be a problem.

We can help?
Free confidential service
Contact Diane – phone 21 45 260

Do you have a disability?

If you need support, advocacy, information & advice on where to access services or find aids and resources we may be able to assist. **Contact Sandra - phone 21 45 260**

Come and see us at Nga Kete and meet the staff. Have a look at our website www.kaitahu.maori.nz for more services we provide.

*Welcome, nau mai haere mai
Friendly caring staff*

DISABILITY INFORMATION & ADVICE

Disability Information and Advice

We deliver support, information and advice to clients with disabilities. Our Kaitiwhina offers assessments to identify your needs and will create with you a tailored plan to meet your desired outcomes.

We offer:


- Linkage and connection to services that can support your needs
- Information
- Advocacy
- Assessment of needs / including home safety assessment
- Tailored plan

Who can refer:


- Whanau / self
- Community health providers
- Social service agencies

Office hours:
Monday – Friday 9:00am – 5:00pm

Sandra Stiles Disability Kaitiwhina
Cell 022 988 5069



Please return to :
Southland Multicultural Council
Southland Community House
46 Kelvin Street
Invercargill 9810



When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one that has opened for us.