

# NEWS OUT WEST

The New Out West Newsletter October 2008



**LAUNCH INTO MOVE IT**

**SATURDAY 27 SEPTEMBER 2008**  
11.00AM - 3.00PM  
SPORTS & PHYSICAL ACTIVITY EXPO DAY  
COME AND HAVE A GO AT ACTIVITIES LIKE AUSSIE RULES, SOFTBALL, CRICKET, AIRSOFT, GYMNASTICS AND MORE!  
KELSTON BOYS HIGH SCHOOL  
ARCHIBALD ROAD, KELSTON

**6.00PM - 8.00PM**  
ENUA OLA LAUNCH  
Physical activity and nutrition programme  
AT CONGREGATIONAL CHURCH OF SAMOA  
472 TE ATATU ROAD TE ATATU

**SUNDAY 28 SEPTEMBER 2008**  
12.00 NOON - 3.00PM  
FAMILY DAY IN THE PARK  
CRANWELL PARK (BEHIND WEST WAVE), HENDERSON  
FUN FAMILY ACTIVITIES, TUG O WAR VOLLEY BALL, FACE PAINTING

ALL EVENTS ARE FREE

## Move it Waitakere – te waka ki mua Official Launch 26<sup>th</sup> Friday Sep

Te Waka Ki Mua – Move It Waitakere is a physical activity plan designed to improve the physical activity levels of Waitakere residents through sport, recreation and active leisure. It is a joint plan that involves many Waitakere organisations including the Waitakere City Council, Waitemata District Health Board, Sport Waitakere, Waipareira Trust, West Fono, Health West, YMCA, Unitec to name but a few.


Over a three day period from Friday 26<sup>th</sup> September to Sunday 28<sup>th</sup> Te Waka Ki Mua Move It Waitakere will be "launched". The launch will focus on the activities that normally happen on these days. Fridays focuses on workplaces and schools, Saturday on sports and physical activity clubs, and Sunday on churches, marae and family. The purpose of the launch is to create awareness of the plan and the physical activity initiatives that will flow from it.

We would like to invite all workplaces in Waitakere to participate in the Workplace Challenge on Friday 26<sup>th</sup>. This is a great opportunity for workplaces and employers to help their staff and employees improve their health and wellbeing by encouraging them to be physically active during their working day. But wait there's more! All workplaces that register will receive a workplace physical activity kit.


Don't forget to look out for the other activities over the weekend and during Push Play Nation, and give them a go too!


### Workplace Challenge

Take the many  instead of the lift... How steps were there?

Go for a people  at lunch time... How many can you get to go with you?

Park the carpark...  at the far end of the What time did it take walk?

"Walk to talk" - use your  not your fingers!... what's the longest route to your destination?

Take a two  for a "fit break" and go for minutes office stroll... How many minutes did you accumulate over the day?

It would be great to have the support of your workplace, and we look forward to helping create a more active Waitakere with your assistance.

If you would like more information about Te Waka ki Mua Move It Waitakere please contact **Kerry Allan** or **Deborah MacRae** on 966 3120 or look on the website [www.sportwaitakere.co.nz](http://www.sportwaitakere.co.nz)

To register, email to [Deborah.Macrae@sportwaitakere.co.nz](mailto:Deborah.Macrae@sportwaitakere.co.nz)



**Thank you Liz**  
and good luck on new role

Elizabeth Tuck is move on and now the new Manager at CAB New Lynn. She is exciting about her new role and continues to be working closely with NOW and Settlement Support. So, she still be with us!

Waitakere City Council is advertising for replacement / relief person for Settlement Support. Position is full time (40 hours / week) on fixed term contract until Ayumi's return from her maternity leave. See details, you can log on to website [www.waitakere.govt.nz/AbtCnl/jo/index.asp](http://www.waitakere.govt.nz/AbtCnl/jo/index.asp)





## Colouring-in Competition

### Be a part of Diwali celebration and win cool prizes!

This competition is open to all children aged 5-12. There are two age groups 5-8 and 9-12. Each age group has a choice of two Rangoli designs.

Entry forms are available through all the library branches in Waitakere or can be downloaded from our website at

[www.waitakere.govt.nz/cnlSer/libs/multicultural.asp](http://www.waitakere.govt.nz/cnlSer/libs/multicultural.asp)

You need to be a member of Waitakere Library to enter this competition. Only one entry per child will be accepted. Entries must have the child's details (name, address, age) and be signed by the child's parent or guardian. No use will be made of the child's details other than for the purposes of this competition. Winning entries will be displayed in local libraries. All other entries will be held by the library for six months.

There will be three prizes awarded for each local library. Winners will be notified by telephone. The grand prize winner from each age group will be awarded prize at Waitakere Diwali

Festival on 26<sup>th</sup> October at the Trust Stadium. Prizes can be collected from your local library.

Entries close on 12<sup>th</sup> October 2008 at 5:30 pm.

**Libraries**  
Your place of discovery

### Diwali Festival 2009 26<sup>th</sup> October



India's biggest festival Diwali, "The Festival of Lights" this year is on 26<sup>th</sup> October at Trust Stadium.

A Colourful presentation of rich Indian culture and tradition. The organisers Waitakere Indian Association wish to extend a warm invitation to one and all. Get involved and experience the richness of India's culture and heritage, right in the heart of Waitakere.

Last years festival was a huge success with thousands of people enjoying food, performances, display of arts and crafts. Visit [www.wia.net.nz](http://www.wia.net.nz) for up-date information.

### Diversity Action Programme Awards

Shivangi Pradhan, Waitakere Library's Multicultural Services Advisor received an award for *Outstanding Contribution to the Diversity Action Programme*. An award was presented by Joris de Bres, Race Relations Commissioner. Of 250 organisations that are partners to the Diversity Action Programme, 12 were recognised with awards. This award recognises the contributions from all library staff but in particular acknowledges the sustained contribution that Shivangi has made in inauguration the National Public Libraries and Diversity Forum in 2006 and her role in organising successive events in 2007 and 2008.



### Volunteers training

Would you like to meet people from other countries and help new members of your community?

Volunteers are needed to help refugees and migrants with English language skills. No experience necessary.

Next training course will be 2<sup>nd</sup>, 3<sup>rd</sup> and 18<sup>th</sup> October.

If you would like to know more, please phone Lynne on 846 0398



## Water Safety Auckland Regional Forum

WaterSafe Auckland invites all partners in aquatics, water safety education, injury prevention, community stakeholders and other interested parties to participate in planning for coming summer.

WaterSafe Auckland is seeking input from the New Settler and Refugee communities at their community and stakeholder engagement forum on 26<sup>th</sup> September from 9:15am to 2pm at the Marine Rescue Centre, Mechanics Bay, Auckland.

They are aiming to help identify at risk communities and set priorities to help meet the needs of the diverse communities that make up the Auckland Region. For further information contact Sue Fitzpatrick on 306 0809

### Playgroup for Burmese Mum

Refugee Services and ESOL Home Tutors are running Playgroup for Burmese mothers in Massey.

Learning English for mother of small children are not always easy. This playgroup provides English tuition with childcare, also invite speakers from different agencies (e.g. IRD, Police) to talk about important information. For more information, contact Joanna (Refugee Services) on 621 0338



### CAB Volunteer Training - Volunteers WANTED! Start on 14<sup>th</sup> October

If you are interested to become a CAB adviser to help people and want to find out more, visit your nearest CAB and speak to the Manager or call 0800 367 222. This is a great opportunity to gain knowledge and work experience.

### CALD - Culturally And Linguistically Diverse

RAS (Refugee as Survivors) and WDHB in association with Te Pou have partnered to bring you CALD training.

With the growing Asian, migrant and refugee population across New Zealand, Mental Health practitioners are having more and more cross-cultural interactions with migrant and refugee clients from different culture and language backgrounds.

Achieving cultural competency to work with CALD clients is essential for the communication and diagnosis processes to improve the client – provider interaction and relationship.

Next course (five sessions) in Auckland starts on 8<sup>th</sup> October. For more information, log on to [www.cald.org.nz](http://www.cald.org.nz)

### Employment Support Group

Migrant Action Trust is running group meeting for new comers who seeking employment. This 8 weeks course has been successful. Job search can be very lonely process and stressful. This meeting facilitated by Clinical Psychologist is something very unique.

Next meeting will start on 12<sup>th</sup> October at Ace Space (12 Railside Ave, Henderson) 10am to 1pm.

More information, contact Olga on 021 854 858

[www.migrantactiontrust.org.nz](http://www.migrantactiontrust.org.nz)



Next New Out West (NOW) meeting is on 30<sup>th</sup> October.

To be on the mailing list or to contribute to NEWS OUT WEST, email [ssnzwaitakere@waitakere.govt.nz](mailto:ssnzwaitakere@waitakere.govt.nz)

News articles and PHOTOS are always welcome!!