



# NEWS OUT WEST

July 2009

The Settlement Support Waitakere Newsletter

## Roots of Empathy Programme - changing world, child by child -



### Mayer Bob hails effort to teach peace

Glendene School was one of 30 schools in Auckland to pilot groundbreaking Canadian educator, Mary Gordon's Roots of Empathy programme. Roots of Empathy is an evidence-based classroom programme that has shown dramatic effect in



Mary Gordon and Helen Clark in 2007

reducing levels of aggression among school children by raising social/emotional competence and increasing empathy.

Ms Gordon visited Glendene School with Mayer Bob Harvey and the Minister of Social development Paula Bennett on June 11.

Mr Harvey says Roots of Empathy is a key tool in the struggle against family violence. "Family violence is a scourge on the society. This is a great initiative that can stop it before it rears its ugly head. Left unchecked, schoolyard aggression can ingrain habits which wreck lives. With the help of people like Mary, we can set these kids on the right path in life."

Programme is to help children understand others' feelings. Students are asked to observe the emotions and development of an infant brought into their

classroom every three weeks. It's run in New Zealand, Canada, USA and the Isle of Man.

Ms Gordon's visit to Glendene School is organised by the peace foundation. Mr Harvey is president of the foundation. For more information about programme,



Roots of Empathy  
Racines de l'empathie

<http://rootsofempathy.org>

### Flu flu flu... What should you do if you have symptoms?

From Ministry of Health



These are the key things to do to protect yourself, your family and colleagues;

- Anyone who has recently travelled overseas and is ill with influenza symptoms is advised to phone their GP or Healthline (0800 611 116) for medical advice. Also if you are close contact with, (e.g. flatmate, family member) who returns home from overseas and has any symptoms, check in with your GP before come to work to reduce the risk of sharing any infection that may be influenza.
- Do not turn up at a hospital or medical centre before doing this as you can spread germs to other people.
- Signs and symptoms of influenza include fever, cough, sore throat, stuffy nose, body aches, headache, chills and fatigue. Some people also experience diarrhoea and vomiting.
- Hand hygiene is still the single most effective measure in protecting yourself. Wash your hands with soap and water and fry them thoroughly. Alcohol-based cleaners are also effective. Avoid touching your eyes, nose or mouth as germs spread this way.

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- Practise good cough and sneeze etiquette. This means covering your nose and mouth with a tissue when you cough or sneeze, and disposing of the tissue in a lined rubbish bin with a lid or plastic bag.
- Sick people should stay home until they are well, rather than going to school or work. Try to avoid contact with sick people and reduce time spent in crowded settings. If you become sick you should not return to work until given medical clearance to do so. This is to keep you from infecting others.

Please see Ministry of Health website for Flu up-date.  
<http://www.moh.govt.nz>

**Newcomer Solo Mum's Club**

After marriage break down, many women are left alone with child with very little knowledge of New Zealand systems. Typical situation is, came to New Zealand totally rely on her husband, stayed home with children while husband in work. Then, one day, husband left, or due to unfortunate event, she has to leave her husband... She is lost...

But, it's not all bad stories and here is a place "newcomer solo mum" can come and have a cuppa, meet other mums and learn New Zealand system!

They have monthly catch ups with speaker in each month. Next meeting is on **15 July 1pm to 2pm** with [Raymond Wong from NZ Police](#) to talk about "Personal and family safety" especially for household without male. Anyone new to New Zealand and been a solo mums are welcome.

Please contact **Helen** at **NZ Ethnic Social Services** **834 6668** for more information.



**Settlement Support update**

Thank you for spreading a word about "Project Planning Workshop" on 25-26 June. It only took four days to fill all places and unfortunately I have to tell people that workshop is full. Thanks for Ministry of Social Development to sponsor people who work in/for/with community and hopefully we can secure sponsorship again for another workshop for people who are missed out this time.

Please keep eye on the News Out West newsletter for further workshop information

Any suggestion is welcome too.

Email to; [ssnzwaitakere@waitakere.govt.nz](mailto:ssnzwaitakere@waitakere.govt.nz)

Barbara Peri will be 80 in August. This wonderful Maori lady, the first Maori to complete the 12 month Otago Exercise Programme (OEP), cast her mind back to where she was at when she first started OEP.

Hooked up to an IV, using a walker, in terrible back pain and hardly able to get out of her chair, this once a very fit lady, who only finished her nursing career at the age of 78, thought she would never be able to look after herself again. Her GP from Wai Health, after being contacted by a Waitakere Hospital Physiotherapist referred Barbara to the OEP as she thought it may help her to regain confidence and therefore enable her to continue living at home. After 12 months of having OEP nurse come to teach her the exercises and monitoring progress, it's a very different Barbara we see.

A Tainui Maori from Waikato, Barbara lived in Hawera then Manawatu, going to boarding school in Marton and then shifting to Auckland to begin her nursing career. She was general nursing in Rotorua then private rest home hospitals until she decided change to psychiatric nursing. She nursed at Mason Clinic and Carrington and probably wouldn't have retired at 78 if she hadn't started suffering from heart condition. Barbara says "OEP could be great benefit to other Maori if only they will do it. I can't believe how it has got me on my feet again when I thought I would just have to put up with how I had become". On being asked if there was any part of the programme that was not good, Barbara replied "finishing it. I really enjoyed nurse coming and knowing she was coming made me keep up my exercises, but I will keep them up now as I know how important it is".



**World Refugee Day celebration**

*"Real people, real needs"*

- UNHCR theme

Come and participate in a World Refugee Day Fund raising event consisting of narratives from refugee youth, community leaders, cultural items and fashion show!

Date/time - Saturday 27<sup>th</sup> June 6:00 pm

Venue - Fickling centre, Three Kings

Entry - \$10 include Dinner

For more information, email: [ummatrust@xtra.co.nz](mailto:ummatrust@xtra.co.nz)



**Wanna be a KIWI?**

Information for new migrants such as living cost, jobs, professional services and employment etc. Here is a website, <http://www.wanna-be-a-kiwi.co.nz>

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