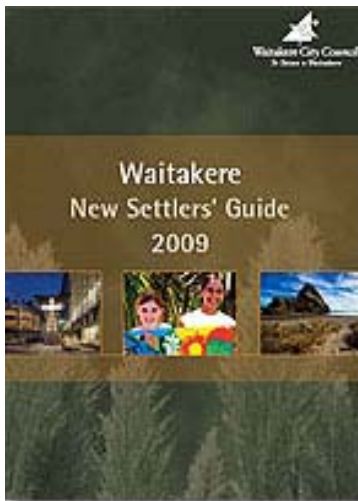




# NEWS OUT WEST

November 2009 **The Settlement Support Waitakere Newsletter**

## Waitakere New Settler's Guide 2009 is out now!



The Waitakere New Settler's Guide 2009 is a free 80 page booklet packed with essential information for migrants with additional features about the many local attractions and community facilities across our city.

It has been produced by Waitakere library and Information Services in association with

Settlement Support New Zealand.

The Guide is a helpful resource for people who are new to Waitakere and it will also be useful for people who have been living here for a few years and who may want to find out more about what's available locally.

There are sections on important things to do first, employment, education, libraries, learning English, Council services, safety and much more.

The guide is comprehensive yet easy to read and will also be published in Samoan, Chinese, Korean, Arabic and Japanese languages.

"The publication of the New Settler's Guide affirms our commitment to the successful settlement of migrants and refugees in Waitakere and enables new settlers to access the information they need," says *Su Scott*, Group Manager, Waitakere Library and Information Services.

Copies are available at your local library, Citizens Advice Bureau, the Council's Civic Centre, Community Houses and migrant service organisations, An Online version is available to be downloaded.

<http://www.waitakere.govt.nz/CnlSer/libs/pdf/2009/WaitakereNewSettlersGuide2009.pdf>



The Auckland Regional Public Health Service Resource Centre is now open at 5 Edsel Street, Henderson (next to Tony's restaurant), We offer free health education resources i.e. pamphlets, posters, video library and a range of helpful and informative materials.

For more information [www.healthed.govt.nz](http://www.healthed.govt.nz)

### Story from previous events

#### Asian women's health symposiums

The symposium aimed at pushing for funding to employ "navigators" to steer Asian women towards regular cervical screening.

Ignorance and cultural barriers are turning Asian sexual health issues into "an explosion waiting to happen" and urgent research is needed to understand the extent of the problem, and how to help them access services, says forum organiser *Ruth Davy*, CEO of WONS, a nursing, education and health support organisation.

In the three years to February, only 48.5% of the 143,777 Asian women in the 20 to 69 age group in New Zealand have had cervical screening, with Auckland's figure even more dismal at 39.8% of its 45,452 Asian women having been tested. The national average is 74.1% with Maori women on 52.3%, Pacific women on 55.5% and Europeans and other ethnicities on 84.6%.

"The percentage of Asian women found with abnormal cervical smears and high grade cells are almost three times as high as European New Zealanders and that's only from those who have been tested," *Ms Davy* said.

Cervical cancer is one of the most preventable cancers if we make an effort to help women access appropriate health services early on. A Woman who has regular cervical smear tests every three years can reduce her risk of developing cervical cancer by 90%. And it will be more effective to have Asian navigators than an expensive advertising campaign, to reach women in the community. More about WONS, [www.wons.org.nz](http://www.wons.org.nz)



**Ambury Farm Day - 11 Oct 2009**

For the second year running, Auckland Regional Council (ARC) and Refugee health/Auckland District Health Board worked closely to organise a fun day out for the Middle Eastern community. A free bus was provided for members of the Middle Eastern community residing in Auckland and Waitakere City ensuring active participation in the big day out. **For many families, this enabled them to experience New Zealand Farming Day. Over 100 people and 54 of them used the buses provided by ARC to get there.**

People of different backgrounds and ages took part in the outing, ranging from infants to grandparents. Fathers and mothers were able to take part in activities alongside their children making Ambury Farm Day an enjoyable for the families. It was a beautiful sunny day filled with entertaining displays; various activities for children of all ages such as face painting, wood chopping, farm animal feeding, pony rides, carriage rides and much more.



**Disciplinary Action Guide**

If you are an employer it is important to know the rules for disciplinary action (including dismissing staff), redundancy and sick leave. To help you understand them the Department of Labour has launched a **Disciplinary Action Guide for Employers** that provides a lot of helpful information in one place.

To find out more, visit [www.ers.dol.govt.nz/relationships/discipline-guide-employers.asp](http://www.ers.dol.govt.nz/relationships/discipline-guide-employers.asp)

**Refugee Girls water safety programme**

65 young women participated in a week-long "New Refugee School holiday Programme" which included swimming lessons and learning about water safety. The holiday project was a collaboration between the New Zealand Olympic Committee, Dean Greenwood Swim school, Watersafe Auckland, Refugee Services, Refugee as Survivors and the Auckland Regional Public Health Services. It was also supported by refugee communities in the Auckland region, Sport Waitakere and senior students from the Marist College Outreach programme. The participants came from countries as diverse as Burma, Ethiopia, Eritrea, Burundi, Sudan, Iraq, Somalia and Congo. Many of them had not had the opportunity to swim before, some because of cultural, religious or geographical constraints in their homelands. As well as spending time in the water, the girls took part in an art workshop; listened to guest speaker *Penny Marshall*, who is aiming for the 2012 Olympics; and played other sports such as netball, soccer, basketball and tennis.



**Settlement Support update**

The six monthly Settlement Support initiatives training by the Department of Labour in November is a good opportunity to express local settlement issues and concerns as other regions may have the solutions. Your voice is welcome so please let me know if you have any local issues regarding settlement services. [ssnzwaitakere@waitakere.govt.nz](mailto:ssnzwaitakere@waitakere.govt.nz)



**New Social Worker**  
NZ Ethnic Social Services

*Nargis*, from Afghanistan who is a qualified social worker is working with NZ Ethnic Social Services. She is taking the role to help social issues within ethnic communities also leading the Independent Mother's Group. *Nargis* works on Tue, Wed and Thu. Contact NZ Ethnic Social Services on 834 6668 or email to [nzess@xtra.co.nz](mailto:nzess@xtra.co.nz)

**Free Yoga Classes**

Community sponsored Yoga classes are held every Sat & Sun mornings at Edmonton School Hall (School Rd, Te Atatu Sth). The classes are held from 9 ~ 10 am and run by two Indian men with over 30 years experience. Take a mat or towel to sit on.

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email: [ssnzwaitakere@waitakere.govt.nz](mailto:ssnzwaitakere@waitakere.govt.nz)