



Newsletter

ISSUE 17

JUNE 2015

KEY DATES

8th June

'Decisions! Decisions! Decisions!' workshop

18th June

Botany and Flat Bush Community Network Meeting

20th June

Community Expo

29th June

'Youth Suicide Prevention' workshop

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From the chairperson

Hi Everyone - wasn't May a terrific month, we have been so busy.

Our MECOSS PR Day at Botany Mall in May, was fantastic. We spoke to numerous members of the Public, ex-shuttle drivers, ex-MECOSS members (who are now keen to re-join). It was a fun day and thanks must go to Varsha Belwalker, Nivedita Sharma Vij and Harjit Singh from our Exec who helped man the stall with me.

An update on our [Facebook page](#), we now have 56 page likes – this is a fantastic result, considering we only started the new page in March. Do go in and like our page.

We held our Howick and Pakuranga Community Safety Network meeting in May, with a great turn out of 38 organisations. It was wonderful to see so many people stay behind afterwards to take advantage of the networking opportunities.

Our Botany and Flat Bush Community Safety Network meeting is coming up on Thursday 18th June. We will have a wonderful speaker, Keith Suddes from Civil Defence Emergency Response and ex-FBI. Join us, this should be fun.

Don't forget that our Community EXPO is being held at Pakuranga Plaza on Saturday 20th June – all our stalls have been taken, do come and visit us.



Dyann Calverley

Coming up on Tuesday 14th July at The Howick Club, 8–10am, we are holding a Community Safety Breakfast. Our key speaker is Sue Ramsay, Crime Prevention Team Leader at Christchurch City Council. Sue specialises in re-establishing areas in Christchurch affected by the earthquake, with a focus on design for safety. Mayor Len Brown and Chair of Howick Local Board, David Collings will also be speaking. This will be an excellent way for community safety groups to learn and to network with like-minded organisations. More details to follow.

Keep up to date with our programme of workshops that are designed for NFP groups to provide you with affordable, high quality professional development training that will improve your skill base.

Stay Safe.

Dyann

MECOSS Events - June

Decisions! Decisions! Decisions!

How is it that some decisions spark effective action and others get ignored? Have you noticed that some decisions just feel good and right and others creak, crack and crumble?

This workshop examines the range of ways groups make decisions and why some decisions are more robust than others. The aim is to deepen understanding about decision making processes and be equipped to get better decisions in our groups and organisations.

More specifically you will:

- Learn to identify different types of decisions
- Consider the effectiveness of different types of decisions
- Learn what helps and what hinders groups making good decisions
- Discover methods of making decisions
- Understand what kinds of decisions are most likely to get implemented

Our presenter

Andrew Beyer is a MECOSS and Community Networks Aotearoa executive member and long term organiser, campaigner and project facilitator.

Date: Monday 8th June

Time: 10am-12.30pm

Venue: Haseler Hall, Selwyn Road, Howick

To register: Click [here](#).

Network Meeting

Join us at our Botany and Flat Bush network meeting to learn and network with other community organisations.

Our presenter

Keith Suddes from Auckland Civil Defence Emergency Management Group.

Date: Thursday 18th June

Time: 10am-12pm

Venue: Ormiston Activity Centre, 150 Chapel Road, Flat Bush

To register: Click [here](#).

Community Expo

We will be holding our annual Community Expo in June. Come along and meet all the wonderful organisations in our community and learn about what they are doing.

Date: Saturday 20th June

Time: 10am-3pm

Venue: Pakuranga Plaza

MECOSS Events - June

Prevent youth suicide

Do you need to increase your confidence and skills in engaging with young people? Are you able to identify those at risk of self harm and suicide? Learn valuable skills with our informative and interactive workshop.

Topics covered:

- Current situation in New Zealand
- What makes young people tick
- Risks vs resiliencies
- Talking about suicide
- How to help
- Privacy and confidentiality
- Boundaries and responsibilities
- HEADSS assessment tool

Each participant will receive a workshop book, contact details if concerned about a young person, and a certificate of participation that can go towards clinical/professional development hours.

Date: Monday 29th June

Time: 9.30am-12.30pm

Venue: Haseler Hall, Selwyn Road, Howick

To register: Click [here](#).

Local events

Big Night Out

Sowers Trust invites you to a sumptuous dinner and auction night. Enjoy a fantastic evening with live entertainment, quick fire raffles and an array of awesome items to bid on at the auction.

Your support of this event will help Sowers to provide ongoing support to young people and families in the Howick Ward.

Date: Thursday 18th June

Time: 7pm

Venue: Picton Centre, 120 Picton Street, Howick

Cost: Tickets are \$50 per person

To book: Just click [here](#).



Waikato Community Conference

A fantastic line up of key note speakers is a major draw-card for Community Waikato's 'Rising to the Challenge' conference to be held in Hamilton from 29th-30th July.

Speakers include Dame Tariana Turia, Nigel Latta, Tony Christiansen and Dale Williams.

Click [here](#) for further information.

Local events and training

The impact of personality

Sue Blair will conduct an exciting and informative workshop exploring personality type. This workshop will assist you and your clients to understand the impact their personality has on every area of their lives.

To find out more click [here](#).

Transition Expo

Disability Connect is holding a Transition Expo, looking at the progression from school to community life for young people with disabilities.

The Transition Expo will feature most Auckland Transition and Vocations Programme providers, as well as a range of leisure, recreation, sports and information providers.

Date: Tuesday 4th August

Time: 9am-2pm

Venue: Fickling Convention Centre, 546 Mt Albert Road, Three Kings

Fee: Entry is free.

For further information click [here](#).

TANI Network Meeting

The Asian Network Incorporated (TANI) will be holding a regional network meeting with a variety of presentations and opportunities to network.

Date: Wednesday 17th June

Time: 10am-12pm

Venue: Western Springs Community Garden Hall, 956 Great North Road, Western Springs

Bowen Family Systems Theory

Daniel Papero will present two day-long workshops on Bowen Theory in July. Bowen Theory represents a comprehensive understanding of the functioning of human family systems.

The first workshop will be an 'Introduction to Bowen's Family Systems Theory'. It will be followed on the second day with a workshop on 'Bowen Theory and Couple Work with the Disturbed Two-Person System'.

To find out more click [here](#).

Family violence prevention

Many people who work in social services will encounter violence in families, where if it goes unchecked, will continually sabotage work with families to restore wellbeing.

In June Rosemary Nash will be conducting training that will help you to understand violence in families and whanau and the effective interventions available.

To find out more please click [here](#).

Info meeting for ethnic communities

Auckland Regional Migrant Service (ARMS) will host a Regional Communities Information Event on June 8th for Ethnic and Pasifika groups to:

- Get updates from key agencies
- Strengthen connections
- Provide your input to the three year strategic plan for ARMS

To find out more click [here](#).

Did you know?

What makes Kiwis awesome?

A study into how New Zealanders are faring on a personal and social level has provided new insights into what makes Kiwis awesome (or those in the community with extremely high levels of wellbeing).

Interestingly, the survey reveals that Kiwis aged 55+ are more likely to be awesome than those under 35 years of age.

Click [here](#) to see the full report.

Inquiry into effective social services

A [draft report](#) looking at ways to improve how government agencies commission and purchase social services has just been released by the Productivity Commission.

The Commission is now seeking further submissions, particularly on the draft findings and recommendations. If you would like to make a submission it needs to be submitted by 24th June 2015.

Online discussion about Census

New Zealanders are invited to go online to say what they think should be asked in the next census, with a new [online discussion forum](#).

The forum has been set up as part of wider consultation on the content of the 2018 New Zealand Census of Population and Dwellings.

The discussion forum will be live until the 10th of June.

Disability and poverty

Two separate [studies](#) by the New Zealand Convention Coalition Monitoring Group reveal that attitudes to people with disabilities are a barrier to them fully participating in society and feeling accepted.

Both reports draw on interviews with people with disabilities and identify serious barriers that prevent them from fully participating in society, feeling accepted and in many cases keeping them in poverty.

Contact us



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