



# Newsletter

ISSUE 27

APRIL 2016

## SEE BEYOND TODAY - INSPIRING COMMUNITIES

### PREVIOUS NEWSLETTERS

You can read [previous issues on our website](#)

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### ABOUT THIS NEWSLETTER

MECOSS publishes a regular newsletter for people and organisations who provide services to the people of Manukau East.

### From the Chair

We are into April already, Easter has been & gone and we've seen the end of Daylight Saving.

We had a very busy March with a number of events going on including our Race Relations Day held on Sat 19<sup>th</sup> March in Pakuranga Plaza. Thanks must go to Pakuranga Plaza for allowing us to interrupt the normal Sat morn of a busy mall. Dame Cath Tizard was once again a major hit with everyone. This year our 7 Acts were all really amazing, & we thank everyone for their support.

The Botany Mall Community Day was held on Sat 5<sup>th</sup> March – what a great day we had. Take note that this is a great PR Day for your organisations – so make use of it. There is a charge of \$30.00 but it is very worthwhile.

Our AGM will be coming up on Tues 10<sup>h</sup> May at 4pm at our office at 30 Cook St, Howick. We need you on our exec – not only is Peter Hancock our fantastic Sec/Treasurer resigning, but, so am I. I have decided to retire to Nelson & have just bought a house there. If needed I can stay on until late May, to help going forward, but it is an exciting job and there is plenty of opportunity to make your mark in the Community.

We are looking for people to replace both Peter & myself. Don't worry if you don't want to be Treasurer or Chair we need you on our Board anyway – we are a really great group of people.

Coming up is our 3<sup>rd</sup> Community Safety Breakfast on Weds 27<sup>th</sup> April, 9am @ The Howick Club. Please start booking your seat – the breakfast is really good. You must book otherwise you will not be admitted. There is no charge for this breakfast. Our speaker will be **Dr Jackie Blue - Equal Employment Opportunities Commissioner**, Dr Blue is committed to progressing human rights and issues of equity, particularly those that affect equal employment opportunities. She has identified youth unemployment and underachievement in Māori and Pacific communities as particular areas of concern. She is also working closely on issues to do with fair pay for carers. Dr Blue also has a strong commitment to advancing the participation of women in society and is the Commission's lead on stopping violence against women.

We had a fantastic Howick/Pakuranga Network Meeting last Thurs 31<sup>st</sup> Mar. Our speaker was Carol Livingstone, a partner in Gibbs, Mills & Livingstone - Lawyers. She made us all aware how important it is to have a will. It was a very interesting session & I know we all learnt a lot from her speech. Apologies to those people who had to sit on the floor, or stand, as we were only allowed 20 seats and the numbers were well over that number. Our 2min speakers were great, don't forget to book a spot for our next Network Meeting, there are only 5 spots available – first in etc.

Please do come to our AGM on Tuesday 10 May. Come on our Exec – we want you on board helping things happen in the Community.



Dyann Calverley

Stay Safe, Dyann

## Events & Workshops Coming Soon



### 3rd MECOSS

#### COMMUNITY SAFETY BREAKFAST

**DAY & DATE:** *Wednesday, 27 April 2016*

**TIME:** 9:00am to 10:30am

**VENUE:** Howick Club, 107 Botany Road, Howick

**COST:** No Charge

**PRESENTER:** Dr Jackie Blue—Equal Employment Opportunities Commissioner is committed to progressing human rights and issues of equality and particularly those that affect equal employment opportunities. Book your place [here](#).

### MECOSS

#### COMMUNITY NETWORK MEETING

**Botany and Flat Bush** —10:00am to 12:00pm, *Thursday, 26 May* at Barry Curtis Amenity Building, Chapel Road, Flat Bush.

**Pakuranga and Howick** — 10:00am to 12:00pm, *Wednesday, 29 June* at Te Tuhi, Reeves Road, Pakuranga.

*In strategic partnership ANCAD & MECOSS bring to you*

#### COURAGEOUS CONVERSATIONS

*with Sally Mabelle*

**DAY & DATE:** Tuesday, 14 June 2016

**TIME:** 1:00pm to 3:00pm

**VENUE:** Highland Park Community Centre

**COST:** T.B.A.

Three keys to self-awareness and self-compassion, Four foundations of emotional intelligence, Five steps to influential com-

munication: assertiveness and empathy in action and practical exercises in practicing these new self-management and communication skills.

#### SECRETS OF BEING A GOOD CHAIR

*with Carol Scholes*

**DAY & DATE:** Wednesday, 27 July 2016

**TIME:** 1:00pm to 3:00pm

**VENUE:** Highland Park Community Centre

**COST:** T.B.A.

Many surveys tell us that a good board only happens if you have a good chair. This workshop will explore some of the common dilemmas for people holding the Chair role. For example—What does a good Chair do? How do you handle bad behaviour? How to conduct a good meeting that is short but effective. What does a Chair do in between board meetings? If you are a Chairperson or have ambitions to hold the Chair role, come along and find out what other Chairs have to say and what they do.

#### HOW TO DEVELOP CORPORATE RELATIONSHIPS

*with Stephanie Maitland*

**DAY & DATE:** Wednesday, 24 August 2016

**TIME:** 1:00pm to 3:00pm

**VENUE:** Highland Park Community Centre

**COST:** T.B.A.

Corporate social responsibility, often abbreviated “CSR”, is a corporation’s initiatives to access and take responsibility for the company’s effects on environmental and social wellbeing. The term generally applies to efforts that go beyond what may be required by regulators or environmental protection groups. CSR may also be referred to as “corporate citizenship” and can involve incurring short-term costs that do not provide an immediate financial benefit to the company, but instead promote positive social and environmental change.

# MECOSS



# Community



## IMPORTANT: change of date and time

### NOTICE OF ANNUAL GENERAL MEETING 2016

Notice is hereby given to MECOSS financial members that the Annual General Meeting will be held on Tuesday, 10 May 2016, commencing at 4:00pm. The meeting will take place inside the All Saints' Community Centre, 30 Cook Street, Howick, Auckland.

This is an important event for our organisation as well as a valuable occasion for members to meet one another.

Please kindly confirm your attendance by emailing [admin@mecoss.org.nz](mailto:admin@mecoss.org.nz)

For any queries, please contact Lindsay Upton on 09 533 3685, Monday to Friday, 9:00am to 1:00pm.

### TWO COATS CLOTHING CO-OP

Swap a bag of clothing, for a bag of clothing.

Any condition accepted.

All welcome.

First Friday of each month

11:30am - 1:30pm

*Howick Community Church*

*Picton Centre, 120 Picton St, Howick*

### FREE Two Day Self Defence Workshop for Women/Girls

**DAY & DATE:** Saturday, 9 April & Sunday, 10 April

**TIME:** 11:00am - 4:30pm (both days)

**VENUE:** Te Puru Sports Hall, 954 Whitford-Maraetai Road, Auckland

[Learn more here](#)

### FREE Hearing Therapy Service

Hearing Therapy Service is a **FREE** service for all NZ citizens and permanent residents aged 16 and over. Hearing Therapy helps people manage the impact of hearing loss on their lives — whether at home, at work or in social situations. This service does not sell or fit hearing aids but works closely with audiologists where appropriate.

For more information [click here](#).

### FREE Land Transport Mature Driver Education Course

**DAY & DATE:** Tuesday, 14 June

**TIME:** 9:30am - 2:30pm

**VENUE:** Howick Presbyterian Church, 11 Vincent Street, Howick. (In the café)

**CONTENT:** Keeping Safe, Being Safe, Safe Journeys, Keep Moving Safely

**BOOKINGS ESSENTIAL—Phone the Age Concern office: 09 279-4331 ext. 800**

## Do you know?

### Special Offer from Rothbury Insurance for MECOSS Members

Facing an increase in your Insurance Premium? This is a package specifically created for community groups and organisations with extremely discounted rates. Email [rod.white@rothbury.co.nz](mailto:rod.white@rothbury.co.nz) or [alan@cosd.org.nz](mailto:alan@cosd.org.nz) for a free no obligation quote.

### Warm Up Counties Manukau

This programme is to ensure that you and your family are better prepared for winter. To be eligible for the free retrofitting insulation programme you must live in the Counties Manukau, Papakura, or Franklin area, live in a private home built prior to 1st January 2000, must have a Community Services Card and priority will be given to families with children (under 17) or older adults (over 65) living in the household with health conditions. For more information please [visit here](#).

### Internet—Protect Yourself, Protect Your Family

These days most people can spot the obvious scams and how to avoid prizes for lotteries they never entered and requests for bank details for banks they don't even belong to. But the internet is full of evolving scams. Being savvy is about keeping your guard up, watching out for signs and not

trusting appearances. It's about aiming yourself with information you need to protect yourself from scams. Copy and paste <http://www.consumerprotection.govt.nz/pdf-library/publications/Get-Online-Savvy.pdf> to your browser. This guide has plenty of useful tips to help you protect yourself from becoming the next scam victim.

### Nominate someone for the 2016 Minister of Health Volunteer Awards

The awards which are in their fourth year, recognise the thousands of unsung heroes who support New Zealand's health and disability services. Nominations close 8 April and more information including the nomination form can be [found here](#).

### Surf Lifesaving Patrols ended at Easter

Predicted continuance of warm and sunny weather is expected in the north during April with talk of an Indian Summer extending into May. Some clubs (particularly in the Northern Region and parts of the Bay of Plenty) may choose to extend their patrols on a case-by-case basis as a result of high visitor numbers. To prevent drownings please be vigilant and check with your local club for patrol times. See key beach safety messages [here](#).

## Contact us



*Thank you for subscribing to our MECOSS Newsletter.*

*To update your contact details?*

[Click here](#)

*Want to take a break from us completely?*

[Click here](#)

**MECOSS**

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