

BIRTHRIGHT WELLINGTON AUTUMN NEWSLETTER

2017

WELLINGTON



nurtured ~ resilient ~ inspired
children & families

We hope you all had a very happy & relaxing Easter Weekend to kick off the school holidays.

We also want to say a huge..

Thank You, Thank You, Thank You!!

to our amazing supporters

**Wellington Community Trust
&
Trust House**

We couldn't do what we do without support from organisations like you!



CONTACT

Telephone - 04 499 0055

Free Phone - 0800 457 146

Email -

info@birthrightwellington.org.nz

Physical Address - 89B Thorndon
Quay, Wellington

Postal Address - P.O. Box 706
Wellington 6140

Database update

Our wonderful volunteer, Francis, is currently making sure we have updated details for all Birthright Wellington families.

You will be hearing from Francis, or may have already, while she is contacting everyone to ensure we are up to date with your details and answer any questions you have about the services available to you through Birthright Wellington, or to provide any feedback.

Alternatively, you can get in touch with us to update your phone numbers, home address, email, any new children or if any other circumstances have changed for you.



Text "follow birthrightwgtm" to 8987 and you will start to receive tweets from Birthright. You don't have to join Twitter to receive these.



Like **Birthright New Zealand** on Facebook for some fantastic articles and messages for one-parent families.

APPOINTMENTS WITH YOUR SOCIAL WORKER

We understand that sometimes you will need to cancel your scheduled appointment with your social worker.

This is a friendly reminder to please let us know when you need to cancel so we can utilise that time for other Birthright families.

You can contact your social worker directly, or call our office for free on 0800457146.

Food parcel support

Birthright Wellington no longer has access to food parcels and are now unable to provide them directly.

However there are a number of food banks and food parcel supports throughout Wellington we can help you access.

Please contact our office or your social worker to help you find your nearest food bank.

give a little
from the  Spark Foundation

Support us today at:
www.givealittle.co.nz/org/Birthrightwgtm

Please let us know if your contact details change. Call us to register new phone numbers, email or address changes.

To receive the newsletter by email, please email your request to info@birthrightwellington.org.nz. Your support is appreciated.

Practical resources at Birthright Wellington

To access our free practical resources area please call to make an appointment to browse through the clothing, linen, books, toys and other practical items.

Let us know what you think...

We welcome any feedback or suggestions for our seasonal newsletter. If you have any messages, information or community events that you would like us to include in our newsletter please let us know.

Keeping Children Safe

Have you talked to your children recently about what to do when approached by a stranger? Or what if it is someone they know? It is really important to have regular conversations with your children about how to keep safe and be prepared for what they should do.

Here are some key points to discuss with your children:

- **Do not go with anyone you do not know.** Ensure you only send people to pick up your children who they already know. If they do not know the person then they should not go with them anywhere, even if they are told something like "your mum has asked me to pick you up". Don't know - Don't go. If it is someone they know, they need to provide the password that you and your child have agreed on.
- **Have a family password.** If someone else needs to pick up your child, ensure that person knows the password. The child needs to know to never go with anyone who does not know the password you have created together. An example of a password can be a pet's name, a favourite toy or tv character.
- **Run & scream.** Make sure your children know to make as much noise as possible, scream and yell at the top of their lungs. RUN away. If they need to, run around a car while screaming, making them hard to grab ahold of. Make sure they know not to be afraid to fight back, kick, bite, spit, hit, scratch.
- **Stay on the footpath.** Make sure your children know to stay on the footpath wherever possible. If someone pulls over or is parked by the road, do not get close to the car, even if they are called over.
- **Tell someone straight away.** Ensure your child understands the importance of telling a trusted adult if they are approached by a stranger who they did not know, or someone who did not know the password.

"When educating the minds of our youth, we must not forget to educate their hearts." - Dalai Lama

Parent to Parent Wellington City Support Group

Parent to Parent has started up a new coffee group for parents and whanau of children with disabilities and health conditions. Come along and meet other parents of children with different abilities in a relaxed and informal coffee group. Drop in for as long or as short a time as suits you.

Venue: Centennial Community Centre
493 Adelaide Rd, Berhampore, Wellington

Time/date: 10.45am - 12.15pm

This group will be meeting every third Thursday of the month except School holidays

Located inside the driveway of HNZ Centennial Flats Complex at 493 Adelaide Road.

Please bring a small plate of food or a gold coin donation to help cover the tea/coffee/food.

Children Welcome

Telephone: Sue 04 569 9398 or 027 808 3947 or
email: wellington@parent2parent.org.nz

CURTAIN BANK

If you need curtains, live in the Wellington Region and have a Community Services Card, Sustainability Trust can help.

Three steps to FREE curtains:

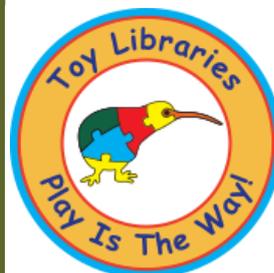
- 1: Print and complete the window measurement form from:
- 2: Make an appointment with the Curtain Bank coordinator by calling 0508 78 78 24 ext 705 or emailing curtainbank@sustaintrust.org.nz
- 3: Bring your Community Services Card and completed form to the appointment, where you'll be asked to pick curtains to be custom-made for your home.

Hours. Tues - Thurs, 9:30am - 4:30pm

Free ph. 0508 78 78 24 x 705

HQ. 2 Forresters Lane (off Tory St)

www.sustaintrust.org.nz



Toy Libraries offer a range of quality toys, puzzles, games and learning activities for members to hire for a set period of time. Check out the Toy Library in your area at:
www.toylibrary.co.nz

Parenting Tips

Do's:

1. **Love them fiercely** – Love everything about them, even the annoying stuff. See your children as a privilege, not a burden.
2. **Listen and pay attention** – Be excited to see them, listen to how their day was.
3. **Say yes more than you say no** – The world tells them no often enough.
4. **Say no when necessary** – You still need to say no to situations that will set them up for harm or unhappiness. Be the parent.
5. **Don't sweat the small stuff** – Pick your battles.

Don'ts:

1. Waking them up in the morning – Let an alarm clock do its job. Once your child is old enough they should be responsible for getting themselves up.
2. Making their breakfast and packing their lunches – Your job is to make sure there is food in the pantry, they can do the rest.
3. Filling out their paperwork – When they are older they will be expected to do this themselves, start teaching them how to do it now.
4. Delivering their forgotten items – Let them understand the consequences of making mistakes. And show them that you can make it through a day without a mistake consuming you.
5. Making their failure to plan, your emergency – ensure they understand that things don't happen straight away because they failed to let you know or plan for it earlier.
6. Doing all of their laundry – include them in the process, even to fold or put away.
7. Meddling in their academics – Their learning is their responsibility. Still ask them about it to show you care and support them, but do not over parent and put more pressure on them than they already have.

South Wellington Evening Mums Group

15th May - 12th June
Monday's 7.30pm - 9.30pm
Island Bay Baptist Church
(284 The Parade, Island Bay)

Please enrol online through:
www.mothersnetwork.org.nz
04 383 8255
mothersnetwork.wn@xtra.co.nz



MOTHERS NETWORK
TE AKA HAUMI ŪKAIPO
BY MUMS, FOR MUMS, ABOUT MUMS

WHERE TO GET HELP 24/7

Lifeline - 0800 543 354

Depression Helpline - 0800 111 757

Healthline - 0800 611 116

Samaritans - 0800 726 666

Suicide Crisis Helpline - 0508 828 865 (0508 TAUTOKO) This is a service for people who may be thinking about suicide, or those who are concerned about family or friends.

Youthline - 0800 376 633. You can also text 234 for free between 8am-midnight, or email talk@youthline.co.nz

Kidline - 0800 543 754. This service is for children aged 5-18yrs. Those who ring between 4pm -9pm on weekdays will speak to a Kidline buddy, who are specially trained teenage telephone counsellors.

Alcohol Drug Helpline - 0800 787 797. You can also text 8691 for free.

For more information, contact the **Mental Health Foundation's free Resource and Information Service** on 09 623 4812.

TAMARIKI TIMES

Q: What do you call a fake noodle?

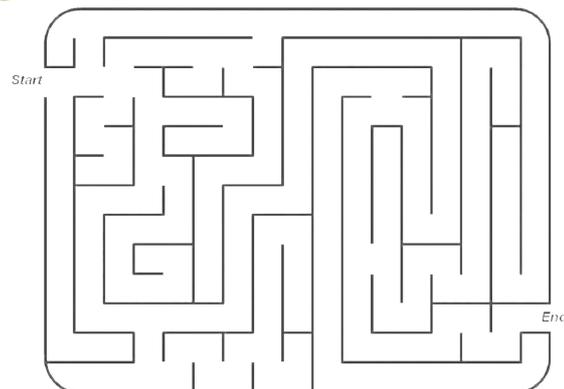
A: An Impasta!

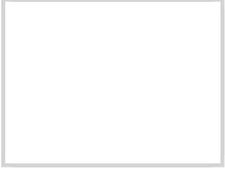
Q: Where do bees go to the bathroom?

A: At the BP station!.

Q: What did the fish say when he swam into the wall?

A: Ouch!





Birthright Wellington
PO Box 706
Wellington 6140

