

THE **blokes** BOOK

Tāne Whāi Ora **WELLINGTON**

Welcome To The Wellington Blokes Book

The Wellington Blokes Book contains heaps of information, contacts and links to useful online resources that you may find helpful – covering a wide range of things from leisure and recreation, to volunteering, physical and mental health, men's groups, parenting and separated dads.

The booklet aims to make it quick and easy for you to find relevant information and contacts for health and social services, your local community organisations and leisure activities both in your local area and within the wider Wellington region.

This booklet is based on the successful Canterbury Blokes Book that the Canterbury Mens Centre originally produced in 2014, which is now into its 6th print edition. Our thanks to them for providing the print template from their booklet for us to use.

You can find an online copy of this booklet at:

**fatherandchild.org.nz/information/blokes-books
www.canmen.org.nz/support-for-men/blokes-book
www.kidzneeddadz.org.nz/wellington
www.facebook.com/kndwgttn**

Want some FREE hard copies?

Call Stuart on 021-810-321 or Peter on 027-281-6272



Check out the Contents page

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No idea what's going on in your local community? Don't know where to start looking?

Go and check in with your local Citizens Advice Bureau (CAB)
Call free 0800 FOR CAB (0800 367 222) www.cab.org.nz

Your nearest Citizens Advice Bureau (CAB) can provide you with free advice on all sorts of things in your local community including:

- local indoor and outdoor sports and recreational activities,
- local community organisations that can support or help you,
- other services and facilities available in your area.

CAB knows what's going on in their local communities and can put you in touch with them.

Not sure?
ASK US.

There are 13 CABs in the Wellington region:

Central Wellington • Eastern suburbs (Kilbirnie) • Newtown • Western suburbs (Karori) • Johnsonville
Petone • Lower Hutt • Upper Hutt • Wairarapa (Masterton) • Porirua • Kapiti • Levin • Otaki

To talk to your local CAB, free call 0800 FOR CAB (0800 367 222)
or online at www.cab.org.nz

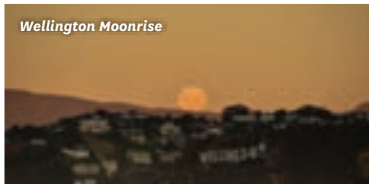
Bored in Wellington?



Wellington Cable Car



Zealandia Karori



Wellington Moonrise



Weta Workshop

Check out the following links for some fun things to do in the city. Find a top 10 must dos & best things to do for free on: www.wellingtonnz.com/discover/sights-activities

Trip Advisor

Top Things and 10 Best Outdoor Activities to do in Wellington
www.tripadvisor.co.nz/Attractions-g255115-Activities-Wellington_Greater_Wellington_North_Island.html

StayAtBase

50 Free Things to do In Wellington
www.stayatbase.com/blog/new-zealand/wellington/50-free-things-to-do-in-wellington

Lonely Planet

Discover the best activities in Wellington
www.lonelyplanet.com/new-zealand/wellington/activities/a/pa-act/362813

Expedia

Things to do in Wellington from \$15
www.expedia.co.nz/Things-To-Do-In-Wellington.d6127327.Travel-Guide-Activities

Tourism NZ

Wellington attractions and activities
www.tourism.net.nz/region/wellington/attractions-and-activities

Wellington City Council

What to do in Wellington
www.wellington.govt.nz/about-wellington/what-to-do



Wellington Civic Square



Wellington Waterfront



Te Papa National Museum



Oriental Bay

Volunteering...

Volunteering in Wellington

Helping others and becoming involved in your local community can pull you out of a rut. There are lots of community groups looking for men to volunteer to help out and for them to get involved.

People volunteer for many different reasons - to meet new people, to learn new skills, to support their community, or to find a volunteer role doing something totally different from their day-to-day experiences.

You can access a diverse range of roles through Volunteer Wellington and its branches Volunteer Hutt and Volunteer Porirua. Make an appointment to find out about the range of volunteer opportunities available which include roles such as: mentors; tutors; sport coaches; drivers; handymen, conservation workers/gardeners; or stock room workers for opportunity shops or foodbanks... and many more opportunities. They will match you with the most suitable role and connect you with the organisation.

Volunteer Wellington

Ph: (04) 499 4570

E: info@volunteerwellington.nz

Volunteer Hutt

Ph: (04) 566 6786

E: managerhutt@volunteerwellington.nz

Volunteer Porirua

Ph: (04) 237 5355

E: managerporirua@volunteerwellington.nz

Volunteer Kapiti

Ph: (04) 905 8884

E: info@volunteerkapiti.org.nz

Volunteer Wairarapa

Ph: (06) 929 0960

E: admin@waivc.org.nz



Wellington Community Gardens

Wellington has 16 community gardens on Council and privately-owned land. These gardens are run by volunteers in the community for the benefit of the community.

Check out the Contacts page on their website to find out where these gardens are in Brooklyn, Houghton Bay, Mount Victoria, Island Bay/Berhampore, Aro Valley, Karori, Khandallah, Miramar Heights, Owhiro Bay, Newtown, Paparangi and Tawa.

www.wellington.govt.nz/services/community-and-culture/community-gardens



“It’s great to feel relevant again...”

Bob, 66

men's
health

TM

ASK YOUR
MATE
HOW HE'S
POING

#MenStartTalking

menshealthnz.org.nz

VISIT THE SITE
FOR TIPS FROM
JOHN & BRENDON
WWW.GETTHETOOLS.ORG.NZ



cancer chat

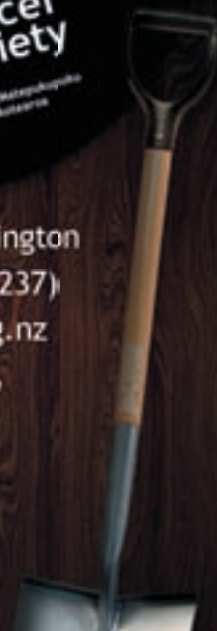


**GET THE
TOOLS**
.ORG.NZ

Discussing the nuts & bolts of **Men's Health**



Cancer Society, Wellington
0800 CANCER (226 237)
www.cancernz.org.nz
52 Riddiford St,
Newtown,
Wellington



Men's Health

Mens Health NZ

www.menshealthnz.org.nz

Helping men to make good health choices, and to have easy access to health information that relates directly to them. An information hub for men's health services in New Zealand helping men live healthier and happier. Check out their website.

How do I know when I need a doctor for men's stuff?

Check out their Signs & Symptoms brochure here: www.menshealthnz.org.nz/wp-content/uploads/2017/06/Signs-Symptoms-Brochure-web-2017.pdf

Health Checks

Check out their easy to use online Health Checker - just enter your age to find out what's important for you.

Living Healthy

Check out their easy practical tips for living healthier. Whether you want to reduce your stress, sleep better, lose a few centimetres, or have safer sex, all the info you need is right here.

Health Navigator

www.healthnavigator.org.nz

New Zealander's front door to trusted, easy to understand online health information. Free to access for independent online health information you can rely on to help prevent disease and minimise the effects of on-going health conditions. Health A-Z, Healthy Living, Health services and support.

Is it time to start looking after yourself? But you're scared about talking health with a doctor? Check this out: www.healthnavigator.org.nz/healthy-living/mens-health/lose-your-fear-of-talking-about-health/

Healthline

Healthline FREE 24/7 Service - Ph: 0800 611 116

Free advice from trained registered nurses who can provide you with health information and advice on care over the phone.

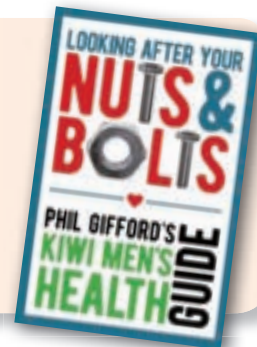
Call Healthline if you are: Feeling unwell – but not sure whether you need to see a doctor, needing some urgent advice about a family member or friend who's sick, on holiday and want to know where the nearest doctor or pharmacy is.



LOOKING AFTER YOUR NUTS AND BOLTS ISBN: 9781927262481

Author: Phil Gifford // Format: Paperback // Price: \$40.00

This book doesn't suggest a switch to silverbeet sandwiches, organic oat bran enemas, kale smoothies, or naked sweat lodge fasting. But read Your Nuts & Bolts and you will: **Be able to look after your heart, the magic machine in your chest. Discover ways to genuinely prolong your sex life. Learn how to get the better of bowel cancer. Stub out the habit that can wreck your health. Find out how to dodge the silent assassin that is diabetes. Get the inside oil from the man who gets the All Blacks fit. Never have to ask what actually happens in a prostate exam. Ask for it at your local bookshop or check it out on the web.**

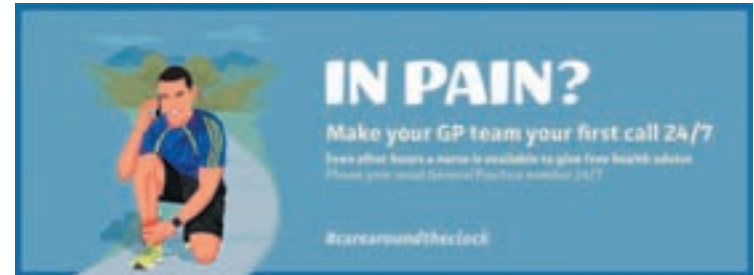


Physical Health – Do The Basics

Register with a General Practice: One of the most important things you can do to look after your health is to register with a general practice team before you need health care. To find a General Practice near you, go to:
www.ccdhb.org.nz/our-services/find-a-gp

General Checkup: Go for a general checkup when you register with a new GP Doctor. Repeat this every five years for ages 30-39 and repeat every two years for 50+ years age. *Don't wait if something is concerning you – make an appointment straight away!*

Hearing Test: Get a hearing test every 5 years. If you having difficulty hearing or if your mates, wife, partner are saying that you seem to be 'going deaf', make an appointment with a local audiologist for a checkup. To find one near you go to: www.audiology.org.nz/find-an-audiologist.aspx



Dentist: Go see them once a year. Look after your teeth by using electric/ battery toothbrush and dental floss daily.

Sleeping and snoring: Bad sleep and snoring are no joke!! It leads to bad moods, angry partners, difficulty concentrating and workplace injuries. There are usually lots of effective ways to improve your sleep. Check out Page 13 for more information about Snoring and Sleep Apnea.

Eyesight: Get your glasses checked every two years, Contact Lens every year. Go see an optician for an initial assessment to screen for health issues and if you feel that your eyesight ability has changed.



**Have a doctor...
and use them!**

“With some fellas – say, with heart or skin cancer – they leave it too late, when a check up at the doc's would have picked it up.”

Dave 32, nurse

Maintaining Top Health for Men from aged 40

Involves the following:

Sleep: For good health, most men need at least 7 hours sleep each night. Shift workers may need two sleeps in a day adding up to 8 hours or more.

See page 13 for help with Snoring and Sleep Apnea.

Exercise: At least 30 minutes of physical activity 5 times a week is great for general health but even 10 minutes helps. Once warmed up during exercise, include brief spells of high intensity exercise (eg. Sprinting on the spot for 10 secs). Aim to avoid sitting as much as you can in your daily life.

Drinking: Keep your risk of alcohol-related accidents, injuries, diseases and death low by:

- Having at least 2 alcohol-free days every week.
- Eating food and drinking water whilst drinking delays the absorption of alcohol.

Want to know the best people to help stop or cut down drinking?

Call the Alcohol Drug Helpline 0800 787 797

Wash Your Hands: before preparing and eating food; after smoking, coughing, sneezing, wiping children's noses, visiting the toilet or changing nappies. Wash hands for at least 20 seconds and dry them for 20 seconds, or use an alcohol-based hand rub.

Food: Healthy eating is not about sticking to strict diets or depriving yourself of the foods you love. Rather, it's about eating a balanced range of foods that help you feel great, have more energy, improve your outlook, and help you achieve and maintain a healthy weight. Check it out here: www.healthnavigator.org.nz/healthy-living/eating-drinking/h/healthy-eating-basics/



To check out how to Eat Well and find a Meal Portion Size Guide, go to: www.nestlechoosewellness.co.nz

Aim for at least 5 servings of vegetables a day (eg. Raw carrot snack) – you don't have to restrict them to dinnertime! For most people's body clocks and sleep patterns, it is good to **not eat** after 8.00pm.

Healthy Futures

www.healthyfutures.org.nz Also find us on Facebook.

E: info@healthyfutures.org.nz

Working in Wellington communities to reduce preventable illnesses in our children. In support of healthy nutrition and activity through their programmes such as Garden to Table, WellFed, Water Stations, and community health promotion. Water kit info: water@healthyfutures.org.nz

Weight Loss for Men - 7 Best Tips

1. ***Losing weight has benefits for health, energy, agility, stamina, back-strain and self-esteem.***

Small steps to change is all it takes

2. ***Weighing up the pros and cons of losing weight is a personal matter***

If you are ready, weight loss information is the next step (see Appetite for Life on the next page)

3. ***Eating fewer calories leads to weight loss***

High calorie foods include sugary foods and alcoholic drinks. Coloured vegetables – like carrots, broccoli, peppers – are great low calorie foods.

4. ***Burning more calories leads to fat loss***

Including deliberate exercise and being more active in daily life adds to weight loss and helps to maintain weight loss

5. ***Getting off-track with new habits doesn't mean instant weight gain***

This is part of changing. Getting back on track at the next meal or the next session of exercise restarts the weight loss.

6. ***Keeping weight off depends upon keeping new habits over the long haul***

The more you practice healthy habits, the easier they become. Having enough good quality sleep is important for achieving a healthy weight. Refer to the next page for sleep problems.

7. ***Exercise***

30 minutes of exercise 5 times in a week for general fitness. Build it up to 45-60 minutes of exercise 5-6 times a week. Include bursts (no more than 60 seconds at a time) of exercise at your maximum capacity to activate fat burning hormones.



Wellington City Council provides sports and recreational facilities and services so Wellingtonians can enjoy healthy, active lifestyles. Check out their website for heaps of ideas including: Play sport, Get Active Indoors, Enjoy the outdoors, Find a Class, Stuff for Kids. www.wellington.govt.nz/recreation

Snoring

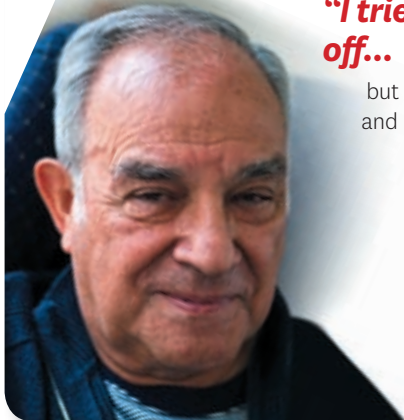
Bad sleep and snoring are no joke

It leads to bad moods, angry partners, difficulty concentrating and workplace injuries. Over the long-term, this can create a higher risk of disease leading to an early death, as well as

- Heart disease
- Strained relationships
- Diabetes
- Obesity
- Erection problems

There are usually lots of effective ways to improve your sleep.

For options talk to your GP, or contact the sleep specialists listed on this page.



“I tried to laugh it off...

but she hated my snoring
and I just got sick of being
tired all the time.”

David, 68

Sleep Apnea

What is Sleep Apnea?

Sleep Apnea affects more than 3 in 10 men and nearly 1 in 5 women, so it's more common than you might think.

Sleep Apnea affects the way you breathe when you're sleeping. In untreated Sleep Apnea, breathing is briefly interrupted or becomes very shallow during sleep. These 'breathing pauses' typically last between 10 to 20 seconds and can occur up hundreds of times a night, jolting you out of your natural sleep rhythm. As a consequence, you spend more time in light sleep and less time in the deep, restorative sleep that you need to be energetic, mentally sharp and productive the next day. This chronic sleep deprivation results in daytime sleepiness, slow reflexes, poor concentration and an increased risk of accidents. With treatment you can control the symptoms, get your sleep back on track and start to enjoy being more alert every day.

**Here are two Sleep Specialist companies that
run clinics in Wellington that you can contact:**

The Sleep Well Clinic

Ph: 0800 22 75 33 **www.sleepwellclinic.co.nz**
www.sleepfoundation.org

SleepTech Eden Sleep

Ph: 0800 333 675 **E:** tim@sleeptech.co.nz
www.edensleep.co.nz

Mental Health... Help, where do I start?

Lifeline - 24/7 Helpline

Ph: 0800 543 354

It always helps to talk. At lifeline, we're here to listen. 24 Hour Telephone Counselling.

Mental Health Crisis Team

Crisis Assessment & Treatment Team (CATT)

Ph: 0800 745 477

www.mentalhealthservices.org.nz/page/51-general-adult+crisis-assessment-treatment-team

The CAT team provide 24 hour, 7 days a week assessment and short-term treatment services for people experiencing a serious mental health crisis and for whom there are urgent safety issues.

Te Ara Korawai

Ph: 04 299 6981 **www.tearakorowai.org.nz**

Offers community support and advocacy service for mental health consumers from a wellbeing perspective on the Kapiti Coast

Community Mental Health Teams

www.mentalhealthservices.org.nz/page/54-general-adult+community-mental-health-teams

There are four community adult mental health & addiction teams located in Kapiti, Porirua and Wellington (two teams). The services provide assessment and treatment for adults from 18 years old to 65 years.

National Depression Support Line

Ph: 0800 111 757 or **Text:** 4202

www.depression.org.nz

Free 24/7 HELPLINE. Is it depression and/or anxiety? Does it feel like life's getting harder?

Inner signs - Are unhelpful feelings and thoughts taking over your life?

Outer signs - Have you noticed yourself doing things differently lately?

Victim Support

Ph: 0800-842-846

A 24 / 7 community response to help victims of serious crime and trauma. A free service that provides emotional and practical support, information, referral to other support services and advocacy for the rights of victims.

They have offices in Lower Hutt, Upper Hutt, Masterton, Paraparaumu, Porirua, and Wellington.

Samaritans

Ph: 0800 726 666 - 24/7 Service.

Don't suffer alone! Samaritans offer confidential and non-judgemental support to anyone who is lonely or in emotional distress and you don't have to be suicidal to call them.

Common reasons to call Samaritans include: relationship/family problems, loss of job, friend or family member through bereavement, financial worries, job stress/overwork, body image issues.

Suicide Crisis 24/7 Helpline

Ph: 0508 828 865

www.lifeline.org.nz/Suicide-Crisis-Helpline.aspx

If you think you, or someone you know, may be thinking about suicide, call the Suicide Crisis Helpline for support.



Feeling depressed or anxious?

Talk to your GP about Beating the Blues programme

This is a FREE online treatment programme for people with mild to moderate depression and/or anxiety which you can complete anytime on your own. The programme consists of 8 weekly sessions of 50 minutes. It can help you change unhelpful thinking and behaviour and the programme can be used with or without medication.

Depression and Anxiety

The symptoms

People differ in their experience of depression and anxiety. Often the symptoms occur with thoughts or images of being out of control or in danger, feeling overwhelmed, embarrassed or unable to cope.

Feeling depressed

Someone who is depressed may feel sad, 'flat' or lonely. Some people describe it as feeling 'down' or 'blue'.

They may be irritable or have feelings of guilt and may have difficulty concentrating or making decisions.

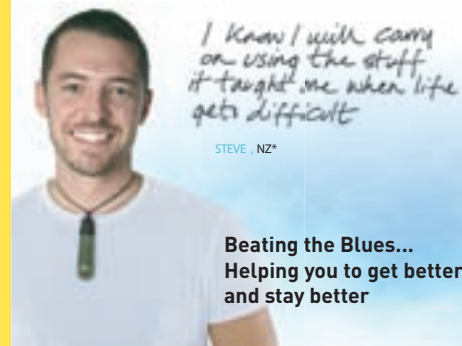
Feeling anxious

Anxious, stressed, nervous, wound up and panicky are some of the words used to describe feelings of anxiety.

What are the benefits from doing the programme?

- Free for adults (18+) living in New Zealand
- Proven in clinical trials to be effective
- Clinical support by your GP
- Confidential to your GP and your clinical team
- Gain life-long skills
- Interactive, user friendly

For more information see your GP or watch a short video about the programme at www.beatingtheblues.co.nz



Whirlwind

The goal of Whirlwind is to enable men to positively embrace their mental health through the sharing of stories. These are stories of hope that can inspire others who are going through a rough patch in their lives.

Asking for help is a sign of strength

If you need to reach out for help, Whirlwind are just one of the organisations that are here to offer support.

Speak to someone you trust

Call a family member or friend who you know you can trust.
Someone you can talk to openly about how you're feeling.
Someone who is going to listen and give you honest feedback.

Find a therapist in your area

When you feel like you need to ask for help, the best thing to do is speak to someone who is professionally trained to help. Use your local phone book or do a Google search for 'therapist near here' or 'counsellor near here'.

Join the private Whirlwind Facebook group

Whirlwind also runs a closed, private group which is available for any man to join. The group serves as our place to unload, share, inspire and empathise.

To join other like minded Whirlwinders in our private Facebook group, send us a message via our public Facebook page.



Whirlwind helps men to feel better about life

The helplines below are open 24/7 with people who are able to provide support when you need it.

Lifeline New Zealand – 0800 543 354

Suicide Crisis Helpline – 0508 828 865

Depression Helpline – 0800 111 757

Samaritans – 0800 726 666

**Refer to page 14 in this booklet
for other support contacts.**

Email: hello@whirlwindstories.com

www.whirlwindstories.com



CONNECT

NO MAN IS AN ISLAND.
WE'RE STRONGER TOGETHER

**BE
ACTIVE**

GET INTO GEAR.
MOVE YOUR MOOD.

**KEEP
LEARNING**

EXPLORE NEW IDEAS
SHARPEN YOUR SKILLS

**TAKE
NOTICE**

APPRECIATE THE LITTLE THINGS
SAVOUR THE MOMENT

GIVE

IT'S NOT ABOUT MONEY
IT JUST FEELS GOOD

Introduce some of these simple things into your daily life and you will begin to see the benefits to your mental health and wellbeing.

 **Mental Health Foundation**
māhori tū, māhori āwha
www.mentalhealth.org.nz

Men Experience Sexual Abuse

Men are generally good at 'getting over' life's challenges but sometimes it really helps to have someone give you some skilled support. The people at the agencies below can help.

Male Survivors of Sexual Abuse Trust (MSSAT)

Ph: 022 419 3416

E: enquiries@mssatwgtm.org.nz

MSSAT Wellington Peer Support.

Sexual Abuse HELP

24/7 Crisis Helpline Ph: (04) 801 6655 and push 'o' at the menu

www.wellingtonhelp.org.nz

Providing specialised support for survivors of sexual abuse & assault across Wellington, Porirua & Kapiti.

ACC Counselling

ACC Sensitive Claims - Ph: 0800 735 566

www.acc.co.nz/im-injured/support-recovery/counselling-therapy

*If you've experienced sexual violence, you can use the Find Support website to find a therapist: **www.findsupport.co.nz***

This support is fully funded and you can start whenever you're ready. There are also services available for your family and Whānau.

You can also choose to use one of our counsellors listed on the website if you have an accepted sensitive claim.





Free Counselling

For gay and bisexual men and anyone living with or affected by HIV.

Free Rapid Tests

For HIV and syphilis.

Get results in 20 minutes.

Services are available at locations around New Zealand. All NZAF services are confidential and provided by qualified professionals.

Call today to book an
appointment on 0800 802 437

Or visit www.nzaf.org.nz



New Zealand AIDS Foundation
Te Tūāpapa Mate Āraikore o Aotearoa

Habits and addiction

If you're struggling with a destructive habit like gambling, smoking, drugs or alcohol, you don't have to deal with it alone. There is support available to help you break the cycle of addiction or dependency.

Alcoholics Anonymous

Ph: 0800 229 6757

www.aa.org.nz

A free membership 12 Step programme for people who meet together to attain and maintain sobriety. The only requirement for membership is a desire to stop drinking. A.A. membership is FREE.

Community Alcohol and Drug Services (CADS) - Capital & Coast, Wellington

For self-referrals - **Ph:** 0800 745 477

Call Wellington Hospital for general admission - **Ph:** (04) 494 9170

Provides treatment for people with moderate to severe coexisting substance use and mental health disorders.

Quit Line

Ph: 0800-778-778

Call the Quitline for free advice and non-judgmental support to quit smoking.

Quitline is committed to helping all New Zealanders quit smoking, with a particular focus on Māori, Pacific peoples and pregnant women. If you have called them before and had a relapse, feel free to call them again.



Al-Anon

Ph: (04) 389 2103 (an answerphone gives you names and numbers to call)

www.al-anon.org.nz

Al-Anon helps and supports families of alcoholics and all people affected by the alcoholism of a loved one or friend. Local meetings occur in Masterton, Raumati Beach, Paraparaumu, Plimmerton, Tawa, Upper Hutt, Lower Hutt, and Wellington City.

Alcohol Drug Helpline

Ph: 0800 787 797 – 24/7 Free

24 hours a day, 7 days a week, to speak with a trained counsellor. All calls are free and confidential.

Care NZ – Addiction Treatments & Recovery

Wellington - Ph: 0800 385 151 **E:** wellington@carenz.co.nz

Lower Hutt - Ph: 04 589 9691

Kapiti Coast – Paraparaumu Ph: 04 298 2805

Available for all men who are concerned about their own or a loved one's use of alcohol and drugs.

Narcotics Anonymous (NA)

www.nzna.org/contact-information Ph: 0800 628 632 **www.nzna.org**

Our message is simple that an addict, any addict, can stop using drugs, lose the desire to use and find a new way to live. Anyone who thinks they might have a drug problem is welcome to a meeting. Check out website to find local meetings in Foxton, Otaki, Paraparaumu, Wairarapa, Hutt Valley, Porirua and Wellington.

Salvation Army Bridge Programme

Addictions – Alcohol & Drug support

FREE Phone: 0800 530 000

Wellington - Ph: (04) 389 6566

Upper Hutt - Ph: (04) 527 3373

www.salvationarmy.org.nz/need-assistance/addictions/alcohol-and-drug-support

The Salvation Army Bridge offers the opportunity to get some help for yourself or a friend or relative to evaluate alcohol or drug use and explore ways to bring things under control again.

Workaholics Anonymous

www.12steps.nz/contact-us

Contact them if would you like to find out more about 12 step programmes of recovery.



***“I do A.A. on Tuesday,
N.A. on Thursday and
G.A. on the weekend.***

Six cups of coffee, a pack of ciggies,
a stick of pot and about four beers
for dinner. No, I don't have a drug
problem mate.”

Johnno, 28



Over-Eaters Anonymous

E: info@oaregion10.org

www.oaregion10.org

A 12 Step programme for people dealing with compulsive eating, anorexia, bulimia obesity and overeating. Meetings occur in Wellington Central and Lower Hutt Moera - refer website for details: www.oa.org/membersgroups/find-a-meeting

Gambling Helpline

Ph: 0800 654 655 **or Text:** 8006

www.choicenotchance.org.nz

Gambling Helpline also offers four specialist services; Māori Gambling Helpline, Pasifika Gambling Helpline, Debt Gambling Helpline, and Youth Gambling Helpline. Free 24/7 service.

Making sense of your dollars

Budgeting Services

Family Budgeting

FREE Phone advice: 0508 283 438

www.familybudgeting.org.nz

Budgeting is what we do. Free face-to-face advice and free resources.

Email your local budgeting service, go to

www.familybudgeting.org.nz/#find

St Vincent De Paul Society

Ph: (04) 389 7122

Budgeting advice and support from their Newtown premises

Catholic Social Services

Ph: (04) 385 0594

Budgeting advice and support from their central city Tory Street office

Wesley Community Action

Ph: (04)805 0877 **E:** info@wesleyca.org.nz

www.wesleyca.org.nz

Provides support and services including a Good Cents initiative to assist families struggling financially, particularly those impacted by high interest loans. This programme assists financial literacy, and empowers participants to be in more control of their finances.

Phone contacts for the 17 listed Budgeting Services providers are as follows:

- **Levin – Ph:** (06) 368 6924
- **Otaki – Ph:** (06) 364 6579
- **Masterton – Ph:** (06) 377 0017
- **Paraparaumu – Ph:** (04) 298 8570
- **Porirua central – Ph:** (04) 237 4267
- **Porirua East – Ph:** (04) 236 6266 (Salvation Army)
- **Johnsonville – Ph:** (04) 478 5690 (CAB - Citizens Advice Bureau)
- **Upper Hutt – Ph:** (04) 528 6998
- **Upper Hutt – Ph:** (04) 528 6745 (Salvation Army)
- **Lower Hutt – Ph:** (04) 570 6020 (Whānau Family Support)
- **Lower Hutt – Ph:** (04) 566 9778 (SuperGrans)
- **Lower Hutt – Ph:** (04) 566 6357 (Hutt City Budget Service)
- **Petone – Ph:** (04) 568 8877
- **Wellington Central – Ph:** (04) 478 5690 (CAB - Citizens Advice Bureau)
- **Newtown – Ph:** (04) 389 8121
- **Newtown – Ph:** (04) 389 2033 (Wellington City Mission)
- **Kilbirnie – Ph:** (04) 478 5690



“When I was made redundant...

we were left with big bills and a mortgage. Food parcels and some counselling services were useful. ”

Mark, 55

Sorting it out & Counselling

Men sometimes feel that counselling or psychotherapy is no benefit for them.

There are many aspects of therapy that can be beneficial to men. These can include self-awareness and personal growth and improved communication skills – for example, tackling difficult conversations with a partner. Men are generally great at getting by. It's important at different times to stop and digest things that have happened and come up with better ways to live. Counselling is one way to do this.

Choosing a Counsellor that suits you

A good counsellor is an ally for you and your thinking. The best people may be known by people you already know. Recommendations from friends, people you work with, your GP, other guys who have been in similar situations are a great starting point.

Consider also the following questions;

- Is gender a concern? Male counsellors are less common.
- Is sexuality, ethnicity or the age of a counsellor an issue? It is your decision who is the right match for you.
- What resources do you have to pay for counselling? Some counsellors offer a sliding scale based on your income. Some agencies or churches have subsidised services you can access. WINZ or your GP may be able to suggest funding options for you.
- Does the counsellor make you feel comfortable on the phone when making inquiries?

- When can the counsellor see you? Good counsellors often have many clients and it may take time to get an appointment.
- Do they outline how they work, how many sessions might be needed and what outcomes you can expect from your time together?
- Do they listen well to what you say? Do they explain confidentiality matters? Do they answer questions you have about them and their method of practice?
- Some counsellors offer consultations by SKYPE, and in the evening or at weekends. Is this flexibility important for you?
- Counselling doesn't magically fix problems but it helps you work through issues and options to find ways that can assist you. The relationship with your counsellor is important. Does it feel right for you? If not, then say so. Ask them for options, or a referral to another therapist who may be more suited to you.



**Find a Counsellor in Wellington region,
check out Talking Works website:**

www.talkingworks.co.nz/dir/wellington.html

Men's Community – Get involved!

Men's Groups used to be a normal part of the life of a kiwi male. If you miss having good men in your life, check out the options on this page. Or call either Stuart on 021-810-321 or Peter on 027-281-6272 to learn what is out there for you.

Mates Trust NZ

Ph: 0800 735 283 **E:** info@mates.org.nz

Nationwide organisation that seeks to 'Stop Suicide, Family Violence and Relationship Problems'

ManKind Project NZ

Ph: 0800 626 5463

Through men mentoring men, the ManKind Project helps all kinds of men, from all walks of life, to face their life challenges by providing conscious, challenging and compassionate mentoring through all the stages of a man's life. Contact them to find where they are meeting locally.

Promise Keepers NZ

Ph: (09) 300 7337

Promise Keepers exists to help men focus on life purpose, destiny, character, integrity and manhood, based on Christian values. Contact them to find where they are meeting locally.

Lower Hutt Men's Centre

Call Rob Meredith Ph: 022 304 9592

www.facebook.com/lowerhuttmenscentre

Offers workshops and mens groups.

"Man Up" – Destiny Church, Wellington

Ph: (04) 977 6494

At ManUp we empower men to overcome struggles that they may face in life. We strengthen men to become better fathers, husbands and leaders in their home and community.

A 12 week program that helps men to overcome life challenges such as Family Violence, Anger, Depression, Obesity, Divorce, Drug and Alcohol Addiction, and Suicide.

Wellington Men

Contact: Stephen Harrison **Ph:** 021 555 450

Facebook: www.facebook.com/WellingtonMen

Organise regular regional men's gatherings aimed at building connection, strengthening networks among men, and forging friendships. The gatherings facilitate safe and supportive spaces for men to come together to share experiences, build trust with one another, and enjoy being with and among positive male energies. Also, support and enable men to prepare for, participate in, and operate men's groups.

Brough Brothers Mens Group Wellington

Contact: Gordon **Ph:** (04) 386 3804 or

Tim **Ph:** (04) 938 1818 (evenings after 7.30pm)

Our group meets in central Wellington and is open to men who are working on their personal development and are interested in joining like-minded men. We help men share what is important to them. We are ordinary Wellingtonians from different walks of life. Rex McCann graduates welcome.



Youth

Al-Anon

Ph: (04) 389 2103 (*an answerphone gives you names and numbers to call*)

www.al-anon.org/for-alateen

Al-Anon helps and supports families of alcoholics and all people affected by the alcoholism of a loved one or friend. Local meetings occur in Masterton, Raumati Beach, Paraparaumu, Plimmerton, Tawa, Upper Hutt, Lower Hutt, and Wellington City.

Kidline 24/7

Ph: 0800 543 754

www.lifeline.org.nz/Kidline_2103.aspx

A telephone counselling service for all kids up to 18 years of age. It is about kids being there for other kids and every helpline counsellor is a secondary school student.



Youthline Wellington

Ph: 0800 37 66 33 or **Text:** 234

E: talk@youthline.co.nz

An organisation of dedicated volunteers who work to provide a safe, youth-centred service that supports and empowers people. Their vision is that every young person in New Zealand has somewhere to turn to for support.

WHATSUP

Ph: 0800 WHATSUP (0800 942 8787)

www.whatsup.co.nz

Facebook: www.facebook.com/0800Whatsup

Young people can call 0800 WHATSUP free from 1pm till 10pm Mon-Fri, or 3pm to 10pm on the weekends, 365 days of the year. This is a cool helpline just for kids. Web chat's open 5pm to 10pm every day. You can also visit them online.

RAP: Respect All People - Whakamana Tangata

RAP supports youth organisations to take a leadership role in reducing and replacing violence in the environments they provide to young people. RAP is managed by the National Network of Stopping Violence, Te Kupenga, and funded by the Ministry of Health.

VOYCE – Whakarongo Mai

www.voyce.org.nz

If you're a young person or child who is already in care you can contact VOYCE – Whakarongo Mai. Know your rights, get connected, get life advice, get support.

Kidpower Teenpower Fullpower Trust

www.kidpower.org.nz

Aims to teach people the skills needed to be emotionally and physically safe with others and with themselves. Effective and positive training in violence prevention, personal safety and self defence for real life situations.

Sex'n'respect

Ph: 09 360 4001 **E:** info@rpe.org.nz

An online Rape Prevention Education resource for youth and support professionals that promotes respectful relationships and the prevention of sexual violence.

Evolve - Wellington Youth Service

Ph: (04) 473 6204

Free healthcare and social support for people aged 10-25 years. Includes medical service, counselling, social support.

KIDZKARE

Supervised Contact Services

Accredited Provider. Child Friendly. Approved Guidelines. Safe Environment.



*Enhancing the lives of
children to maintain and
build relationships with
parents families and
whānau.*

**For more information
KidzKare Wellington**

phone: 04 3901392

email: Kidzkarewgt@gmail.com

“To be in your children’s memories tomorrow, you have to be in their lives today”



Kidz Need Dadz Weekly Support Group - Free Meetings

Kidz Need Dadz is a volunteer group of parents who meet to support, empower and inspire each other about parenting.

Evenings 7:30pm, in these locations:

- **Kapiti Coast**
Every Tuesday, 22 Margaret Rd,
Raumati Beach, Kapiti Coast
- **Wellington**
First Thursday of every month
- **Porirua**
Second Thursday of every month
- **Hutt Valley**
Third Thursday of every month
- **Masterton**
Fourth Thursday of every month

The group sessions are for anyone needing support or information to work their way through separation and its many trials.

We share our experience about family law, financial, personal and parenting concerns. If you are feeling distressed, powerless or depressed about your situation then these meetings could be of help.

Receive support from others who have been through the same or similar experiences.

Our meetings are chaired by one of our trained volunteers in a safe and supportive environment for sharing with others. We provide our time, energy and resources to support and encourage other parents.

FOR MORE INFORMATION

FREE Phone: 0508 225 5323

Location: 22 Margaret Rd,
Raumati Beach, Kapiti Coast

Email: wellington@knd.org.nz

Facebook: @kndwgtm

Givealittle: A donation/koha would help us reach more parents.

www.givealittle.co.nz/org/kndwgtm

kidzneeddadz.org.nz/wellington

Kidz Need Dadz Wellington phone: 0508 CALL DAD

Family and parenting

Family Works - Supporting families and communities

Family Works Central is a family-centred social services agency that seeks to empower children, families, Whānau and communities so they can flourish and reach their full potential.

Upper Hutt - Ph: (04) 528 4164

Wainuiomata - Ph: 04 528 4164

Wairarapa – Featherston - Ph: (06) 308 8028

Wellington- Thorndon- Ph: (04) 439 4900

Porirua - Ph: (04) 439 4900

Plunketline

Ph: 0800 933 922 www.plunket.org.nz

A free, 24 hour help with anything to do with parenting and children under five.

Barnardos

Ph: 0800 227 627 www.barnardos.org.nz/service/counselling

For family counselling.

Parent Help

Ph: 0800 568 856 www.parenthelp.org.nz

This is a great place to get parent and family support.

Fathers Information Evenings

Contact: Stuart Miller **Ph:** 021-810-321

Regular monthly meetings held in Wellington and Petone convened by Kidz Need Dadz Trust Wellington.



Parents Centre

www.parentscentre.org.nz

We work with parents to equip them with the best in knowledge and skills and support so that they can be the best parents they can possibly be.

As well as providing a wealth of pregnancy, birth and postnatal information and programmes for mothers, Parents Centre's regularly run ante-natal and post-natal classes for mums and dads.

There are branches in Kapiti, Mana, Masterton, Upper & Lower Hutt, Wellington North & South.



**Father
& Child**

FATHER&CHILD TRUST WELLINGTON

Contact: Peter Crosland

P: (04) 239 9011 or 027 281 6272

E: wellington@fatherandchild.org.nz

We have a range of information for Dads
on our website: fatherandchild.org.nz

Upset? Confused? Depressed? ... or just need more information about being a Dad?

We are just a phone call or email away

Our aim is to provide support to fathers to be the most effective and engaged dads they can be – creating a happier healthier, safer future for our children/tamariki. We offer personal support for dads, especially for a new baby, or if Mum or Dad aren't well or if you have family situation issues.

FATHER&CHILD COURSES FOR DADS:

Correspondence Parenting Programme has 10-modules from baby brain development, play and safety, through to challenging teenagers. The programme is free and can be printed and posted or emailed.

Anger Management Correspondence Course an 8-modules course that covers the causes of anger, improving communication skills, grief/loss, anger and forgiveness, the internet/phones, domestic violence, alcohol, drugs and removing anger from parenting. The course involves reading each module, submitting responses & discussing each answer with our counsellor. It is available via email and/or mail.



Being a Dad

Some fathers may have no idea how to be a good dad, but if keen, any dad should be given all the information and support services he needs. It is often called an injustice that fathers are seldom informed or encouraged to be better partners, parents and caregivers. Here are just a few sources of great information for dads.

Great Fathers

E: contact@greatfathers.org.nz

Ordinary men make great fathers – This is a great website with heaps of good info for all dads – expectant dads, teen dads, old dads, first time dads. Check out their Dads Toolbox including Tips&Tricks for dads coping with life with a new baby – from crying to sleep deprivation to ‘inside your babies brain’. See also Dads Survival Guides – Going to be a Dad? And Congratulations Dad! Free DVD – *In Your Hands: What’s it like to be a father!?!* - for you to gift to a new dad.

Plus check out the Hot Links for New Dads at www.greatfathers.org.nz/greatfathers
Refer to page 33 for more details.

Kidz Need Dadz (KND) Trust Wellington

Contact: Stuart Miller **Ph:** 021-810-321

E: wellington@kidzneeddadz.org.nz

www.kidzneeddadz.org.nz

We offer a weekly KidzNeedDadz meetings for you to talk parenting and meet with other dads. Refer to page 27 for more details.

Father&Child Trust Wellington

Ph: (04) 239 9011

E: wellington@fatherandchild.org.nz

fatherandchild.org.nz

Your first stop for anything father related. Comprehensive and free support to help you find the best solution to parenting issues, relationship complications, and challenging life events.

Resources for dads and family agencies; correspondence parenting course (more details below); ‘Engaging Dads’ programme for agencies.

Correspondence Parenting Programme – this FREE programme has 10-modules covering from baby brain development, play and safety, through to challenging teenagers. The material is focused on information about children’s development as well as parenting techniques for the different ages. Your completed programme modules can be printed / posted or emailed.

Refer to page 29 for more details.



Parents Centre

www.parentscentre.org.nz

Antenatal classes, groups, courses for parents with young children. There are branches in Kapiti, Mana, Masterton, Upper & Lower Hutt, Wellington North & South.

Multiple Birth Club Wellington

Ph: (04) 472 7227 www.wmbc.org.nz

Provides support, education and friendship as you experience the joys and challenges of raising multiples. Geographic area - Miramar to Tawa

Dads of Wellington Aotearoa

Check out their Facebook page

For new dads, old dads, stay at home dads, working dads (any dads really), living in Wellington who might want to connect with other dads to share the highs and lows and tips and tricks of parenting.

Dad's Coffee Group – Island Bay

Contact: Brett **Ph:** (04) 383 5546

E: brett@emergencywater.co.nz

Keen for a relaxed and informal get together with other stay at home Dads during the week?

We meet on a regular basis to solve the problems of the world. Interested?

The Parenting Place

www.theparentingplace.com

In every course or workshop we run, you'll discover the parenting style that works in the 21st century – being a firm, fair and friendly coach. Check out some articles, browse our resources, and find out about the events, programmes and courses we run all around the country. We have Family Coaches who can give you the advice to get your family back on track

Parenting courses: Toolbox and Building Awesome Whānau tools for the epic parenting journey (0-18 years)

Kiwi Daddys Wellington Charitable Trust

E: kiwidaddyswellington@gmail.com

Facebook page: @kiwi daddys wellington - charitable trust

A Facebook support group to Strengthen Men, Support Families and Serve Our Community, and to provide a place where Kiwi Dads can find non-judgmental advice, support and brotherhood to help be a better man, father and partner.

Breast Feeding Mum? Tips for Dads

Tell her she's doing a good job. The science shows you'll have a happier, healthier child because of her effort.

Tell her you support her with this regularly.

Knowledgeable support from someone trained in breastfeeding at La Lèche League Wellington - talk to one of their advisors: Rona 021 535 479, Leslie (04) 970 3320, Christine (04) 976 7737, Kjersti 021 406 055 or email: llnzwellington@gmail.com

Do extra house work. That extra hour a day you put in while she is drained by breastfeeding is an investment in your relationship. So cook, clean, check with her what she needs.

Keep her company. Make sure she's in a comfy chair and warm enough, bring her a glass of water and snacks, have a chat or just hang out with her while she's nursing.

Take care of yourself. Too many men work extra hours when they could hold off. Schedule a night out with your friends once a week.

Weight gain can happen for various reasons. Get walks in with baby or on the way to work.

Teen Dads

Dads of Wellington Aotearoa

Free confidential health & support services for young people 10 to 24 years.

Young Parent Payment (YPP)

The Young Parent Payment is a weekly payment for young parents aged 16-18 years old to help them financially support themselves and their child. The payment is available to both mothers and fathers.

Lower Hutt - Ph: (04) 566 0525

4 Daly Street, Lower Hutt

Upper Hutt - Ph: (04) 528 6261

Unit 7, Building 10, 68-70 Ward Street, Upper Hutt

Vibe in Hutt Valley

Ph: (04) 472 7227 www.wmbc.org.nz

Provides Teen Dads with support, education and friendship as you experience the joys and challenges of raising children.

Teen Dads and the Father&Child Trust

fatherandchild.org.nz/programmes-and-services/teen-dads

Check out this website for stuff for Teen Dads and see their booklet "Why Dads?"

fatherandchild.org.nz/information/why-dads

Birthright NZ - Teen Dads

www.birthright.org.nz/teen-parents

National Office Ph: (04) 802 5377

E: office@birthright.org.nz

A collection of organisations and online resources to support you in your journey as a young parent.

Celebrating Hutt Valley dads

www.huttkids.co.nz/dads-page

Includes "Things kids like to do with their dad", Dads and Daughters, Fathers and Sons and a list of support groups for dads in the Hutt Valley.

Teen Parents Education

www.kiwifamilies.co.nz/articles/teen-parent-units

Education can take a back foot when a teen becomes a parent. Teen Parent Units are schools for young mums and dads and there are three Teen Parent Units (TPU) in the Wellington region:

- Wairarapa TPU, Makoura College, Masterton
- Titiro Whakamua, Heretaunga College, Upper Hutt
- He Huarahi Tamariki, Tawa, Wellington



"When I first found out that I was going to be a dad I was shocked."

It was pretty freaky... My dad left us when we were young, and I didn't want to make the same mistake."

Marcus, teen father



ONLINE
NEW DAD'S TOOLBOX

GREAT RESOURCES

Great Fathers
Ordinary Men Make Great Fathers

ARTICLES, RESEARCH & LINKS

THE ONLY WEBSITE FOR Kiwi DADS WITH INFANTS AND TODDLERS
www.greatfathers.org.nz

Fathers who read or tell stories to their kids make a difference that no one else can.

Fathers reading FREP every day

GREAT FATHERS PRESENTS NEW DADS

IN YOUR HANDS
A GIFT FOR NEW DADS

THE 3 MOST IMPORTANT THINGS A DAD NEEDS TO KNOW...

CRYING!

THE ZOMBIE ZONE OF THE SLEEP DEPRIVED

SEX, PREGNANCY & THE HOME INVADER...

INSIDE YOUR BABY'S BRAIN...

YOUR OWN DAD

YOUR OWN BABY!

JOURNEY INTO THE UNKNOWN...

SONGS AND INTERVIEWS BY NEW ZEALAND MUSICIANS ABOUT BEING A DAD

Separating Dads

We are committed to raising the importance of Fathers in relationships, in families together and in families with two different homes.

Everywhere children need to be nurtured and shared and loved!

- Many dads don't see it coming.
- Shock, loss, grief and anger are common
- Ignoring things and denial don't help
- It does take time before things settle down
- Focus on your children, their welfare is number 1
- Stay calm, talk to mates, consider counselling
- Try to work out a parenting plan together
- Mediation can help
- Your kids do need you in their lives
- Regular contact is good for kids and dads
- Working together is best for your kids

The BEST parent after separation is BOTH parents

Parenting Through Separation courses

Free and a prerequisite for mediation or court proceedings. This is a great course for everyone to learn better communication skills.

www.justice.govt.nz/family/care-of-children/parenting-through-separation

Family Dispute Resolution (FDR)

Fairway – Ph: 0800 77 44 20

www.fairwayresolution.com

Family Works – Ph: 0800 337 100

E: fdr@psc.org.nz

www.familydisputeservices.co.nz

Family Works + Fairway Ltd are the two accredited FDR service providers in the Greater Wellington region. Refer to page 38 adverts.

Also refer to **FDR Centre Website:**

www.fdrc.co.nz/our-people/meet-our-people

Find a Counsellor in Wellington region

If you need professional support, refer to page 23 for more information.

Check out Talking Works website:

www.talkingworks.co.nz/dir/wellington.html



Separated Dads

SEPARATION: On separating, many dads suffer shock, loss, grief and anger, and there may be a bit of denial. It may take time before things settle. We know that Parenting Plans about the care of children should come first and these work better if the couple sort them out together. An important part in these plans and agreements is especially around maintaining contact and sorting a plan for both parents to work together in support of their children. See Making a Parenting Plan on Ministry of Justice web page listed in the next column on this page.

The Family Court - The family justice system

Ph: 0800 224 733 (weekdays)

People who have separated can get help outside of the court to help them agree on how they will care for their children. Refer to Family Dispute Resolution DR providers on page 32.

If they can't agree, they can apply to the Family Court to resolve things.

Making a Parenting Plan

Ph: 0800 224 733 **E:** pcs.family@justice.govt.nz
www.justice.govt.nz/assets/Documents/Publications/MOJ0504-Jul16.pdf

Sorting out your own parenting arrangements is usually better for you and your children. This is what most people do, and it will usually be quicker and less stressful for everyone than having to go to court. A workbook to help you decide what's best for your children after separation.

Barnardos

www.barnardos.org.nz

Working within the community to provide a range of care, education and support services for children and their families.

KidzKare Wellington

Ph: 04 390 1392 or **Cell:** 027 242 0112

E: Kidzkarewgt@gmail.com

Supervised Contact Services - Accredited Provider. Child Friendly. Approved Guidelines. Safe Environment. Enhancing the lives of children to maintain and build relationships with parents, families and Whānau. Refer to page 26 for more details.

Protection Orders

It's free to apply for a Protection Order. You can apply for a Protection Order if you're in, or have been in, a domestic relationship with a person being violent. If you're not in a domestic relationship with someone who is being violent towards you – you can apply for a Protection Order. **www.justice.govt.nz/family/domestic-violence/apply-for-a-protection-order**

Family Heart Services

Contact: Les Williams **Ph:** 022 106 1574

www.familyheart.co.nz

Supervised Contact Services for separated parents. Provide support to families / family members who are vulnerable or in difficulty, in particular where parents are separated or at risk of separating.



Legal help



Community Law

Contact both the Wellington Office and the Te Awa Kairangi (Hutt Valley) Office

Ph: (04) 499 2928 **www.wclc.org.nz**

Community Law Wellington and Hutt Valley provides community legal services to meet legal needs. At drop-in free legal advice sessions, we provide you with initial legal information and advice. In special circumstances, we may take you on as an ongoing client.



Legal Advice in your Suburb

Check these out on their website: **www.wclc.org.nz/free-legal-advice/legal-advice-in-your-suburb/**

We operate free outreach clinics throughout the region.

Kaupapa Māori Outreach Legal Advice Sessions

- Seaview, Lower Hutt - Kokiri Marae
Ph: (04) 939 4630
- Pomare, Pomare Community House
Ph: (04) 939 8345
- Cannon's Creek - Porirua Whānau Centre
Ph: (04) 237 7749

Wellington/Kapiti Area

- Newtown Community Centre
- Newtown - Salvation Army Hope Centre
- Newlands Community Centre
- Strathmore Park Community Base
- Kilbirnie Community Centre
- Berhampore - Centennial Community Centre
- Whitereia Community Law centres - Porirua & Kapiti – **Ph:** (04) 237 6911
E: info.whitereia@communitylaw.org.nz

Te Awa Kairangi (Hutt Valley) Area

- Upper Hutt City Library
- Pomare, Pomare Community House
Ph: (04) 939 8345
- Naenae Library
- Wainuiomata Community Centre

Family Court

Ph: 0800 224 733 (weekdays)

www.justice.govt.nz/family/about

The Family Justice System can help people who have separated to get help outside of the court to help them agree on how they will care for their children.

Refer to **Family Dispute Resolution** services on page 34 and 38.

If you can't agree, then you may need to approach the Family Court to resolve things.

The Family Court deals with lots of issues, from making orders for children not yet born right through to older people who are in need of care and protection.

Check out the Ministry of Justice's website for information about the Family Court including: what to expect at Family Court, file & serve your documents, legal help in Family Court, lawyer for the child & Family Court fees & costs.

There are 5 Family Courts in the Wellington region:

Wellington – E: wellington.dc@justice.govt.nz

Porirua – E: porirua.dc@justice.govt.nz

Masterton – E: masterton.dc@justice.govt.nz

Levin – E: levin.dc@justice.govt.nz

Hutt Valley – E: huttvalley.dc@justice.govt.nz



“I was scared and out of my depth

with the Family Court and the IRD.
All I wanted was a fair share of time with my kids.”

Angus, 33

Legal Aid

General legal aid enquiries – Ph: 0800 253 425

Wellington region – Ph: 04 472 9040

E: wellington.legalaid@justice.govt.nz

www.justice.govt.nz/courts/going-to-court/legal-aid

Legal aid is government funding to pay for legal help for people who cannot afford a lawyer.

It helps people to resolve legal problems that may go to court and makes sure that people are not denied justice because they can't afford a lawyer.

The two main types of Legal Aid are for Civil/Family and Criminal cases.

Find out if you can get legal aid, how you can apply for legal aid and how you can find a lawyer.

Support for Dads dealing with Family Court issues – they're not lawyers but still often useful...

Father&Child Trust Wellington

Ph: 027 281 6272

E: wellington@fatherandchild.org.nz

Kidz Need Dadz Trust Wellington

Ph: 021-810-321

E: wellington@knd.org.nz

Every family is unique
*So are our family
dispute mediations*



Learn more about Family Dispute Resolution by calling
0800 77 44 20 or visiting www.fairwayresolution.com



It's all about the kids!



Family Dispute Resolution

Family separation or divorce is one of the most difficult things a family can face. It's stressful for everyone, especially the kids.

Family Dispute Resolution (FDR) helps parents and carers in this situation agree on how to care for their children, without the need to go to court.

Family Works' qualified, professional and approachable mediators will help you stay focused on your children's best interests, and make joint decisions around parenting arrangements.

Funded by the Ministry of Justice, FDR is either heavily subsidised or fully funded – talk to us about your funding eligibility.

Phone, email or visit our website for more information

0800 337 100 | fdr@psc.org.nz

www.familydisputeservices.co.nz

Family/Domestic violence

Stopping Your Violence

Anger Management Online Course

Free from the Father&Child Trust that looks at understanding anger, communication skills and discipline without violence.

fatherandchild.org.nz/programmes-and-services/courses-for-dads

Anger Management resources

Online brochures from Mental Health Foundation include:

- Anger, conflict, bullying - what to do
- Managing your Anger

www.mentalhealth.org.nz/get-help/a-z/resource/42/anger

National Network of Stopping Violence

A network of community organisations working to end men's violence to women and children across New Zealand. To find your nearest office in Masterton, Kapiti, Porirua, Lower Hutt, Levin, visit www.nnsvs.org.nz

Stopping Their Violence

Go to the Ministry of Justice website for heaps of good information and links to support providers: www.justice.govt.nz/family/domestic-violence

NZ Police

Call your local Police Station and ask for their Family Violence Coordinator. People at risk from domestic violence can get a Police Safety Order from the police or a Protection Order from the court. www.police.govt.nz/advice/family-violence/help

Family / Domestic Violence Information Line

Call their Info Line: 0800 456 450

Provides self-help information and connects people to services where appropriate. It is available seven days a week, from 9am–11pm, with an after-hours message redirecting callers in the case of an emergency.

It is OK to ask for help. See their website for information www.areyouok.org.nz

Ministry for Vulnerable Children – Oranga Tamariki

24/7 Service Ph: 0508 326 459

Worried about a child? How to identify abuse - Signs of neglect or abuse can be hard to categorise. Some of the signs can be found here: www.mvcot.govt.nz/identify-abuse

Shine

Free helpline 0508 744 633

Making homes violence-free in NZ, Shine provides information to victims of family violence and to those worried about a friend or family member who might be experiencing family violence.

Victim Support

Free 24/7 Helpline 0800 842 846

www.victimsupport.org.nz

We help put victims of crime and trauma in control of restoring their lives.

Do you know your risk?



Heart disease (cardiovascular disease) is the single biggest killer in New Zealand. More than one New Zealander dies of heart disease every 90 minutes, but many heart attacks are preventable.

The first time people know they have heart disease is often when they experience a heart attack. Risk factors like high blood pressure, cholesterol and blood glucose often have no signs or symptoms; you don't know you're at risk unless you have a simple check. That's why it's so important to have a heart check – even if you feel well.

**Find out about your risk.
Ask your GP or nurse about a
heart check today.**

We have information to help reduce your risk of a heart attack, and also information on heart attack symptoms and what to look out for. Find out more on our website or by contacting us below:



 www.heartfoundation.org.nz  **04 472 2780**  cathl@heartfoundation.org.nz  **158 The Terrace, Wellington**

Older and wiser

Age Concern Wellington

Wellington City – Ph: (04) 499 6646

E: eo@acwellington.org

www.ageconcern.org.nz/council/wellington

Kapiti Coast – Paraparaumu – Ph: (04) 298 8879

E: admin@ageconcernkapiti.co.nz

Wairarapa – Masterton – Ph: (06) 377 0066

E: admin@woops.org.nz

Horowhenua – Levin – Ph: 06 367 2181

E: admin@ageconcernhoro.co.nz

Services they provide include: support services, information, advice and personal advocacy, information resources, visiting services and education.

NZ Superannuation (NZ Super) and extra financial assistance

www.workandincome.govt.nz/eligibility/seniors/superannuation/

Check their website out for a complete guide to NZ Super: how to apply, overseas pensions, earning other income, payment rates and dates, travelling or moving overseas.

Eldernet

www.eldernet.co.nz

Information about services for older people in New Zealand.

SeniorLine

www.seniorline.org.nz

A national information service for over 65s to help navigate the health system.

Super Goldcard Centre

Ph: 0800 254 565 **www.supergold.govt.nz**

The SuperGold Card is a discounts and concessions card for seniors and veterans.

Health and Disability Commissioner - Consumer Service

Ph – Wellington: (04) 494 7900

National Free Ph: 0800 112 233

E: hdc@hdc.org.nz **www.hdc.org.nz**

For a problem with a health or disability service, call an advocate at HDC.

Grandparents Raising Grandchildren - Wairarapa

Ph: (06)3795407 **E:** terel@swscc.org.nz

www.raisinggrandchildren.org.nz

Provides regional and local support to grandparents raising grandchildren through support groups and Field Officers with specialised knowledge and skills to assist caregivers as well education, training, critical information and support at each step of the caregiver

Presbyterian Support Central (PSC) – Wellington region

www.psc.org.nz

PSC provide a wide range of services for men 65 years and over including: Assessment and information; coordination of support services; counselling, advocacy, liaison with other agencies and health professionals, support for carers and elder abuse intervention.

Enliven - Positive Ageing Services - Enliven Central provides a full range of services that support people to maintain their independence and enjoy fulfilling lives.

Residential Management Team – Terry Moore, Southern Manager - Wairarapa and Greater Wellington **Ph:** (04) 439 4962 **M:** 027 577 4160
E: terry.moore@psc.org.nz





**Are you 65+ and feeling lost?
or lonely? or disconnected
from your family?**

**Are you retired but have skills
you could share with others?**

Menzsheds provide an environment for the older and often isolated men living in the Wellington region, where they can find companionship, develop new skills, and use their talents to benefit their local community.

**There are currently 13 Menzsheds being run within
the Wellington region:**

Wellington City, Eastbourne & Days Bay, Naenae, Upper Hutt, Wainuiomata, Otaki, Levin, Kapiti, Featherston, Greytown, Masterton, Martinborough, and Carterton

Explore the Menzsheds' web pages to find out more about the MenzShed nearest you. **www.menzshed.org.nz**



GREYPOWER

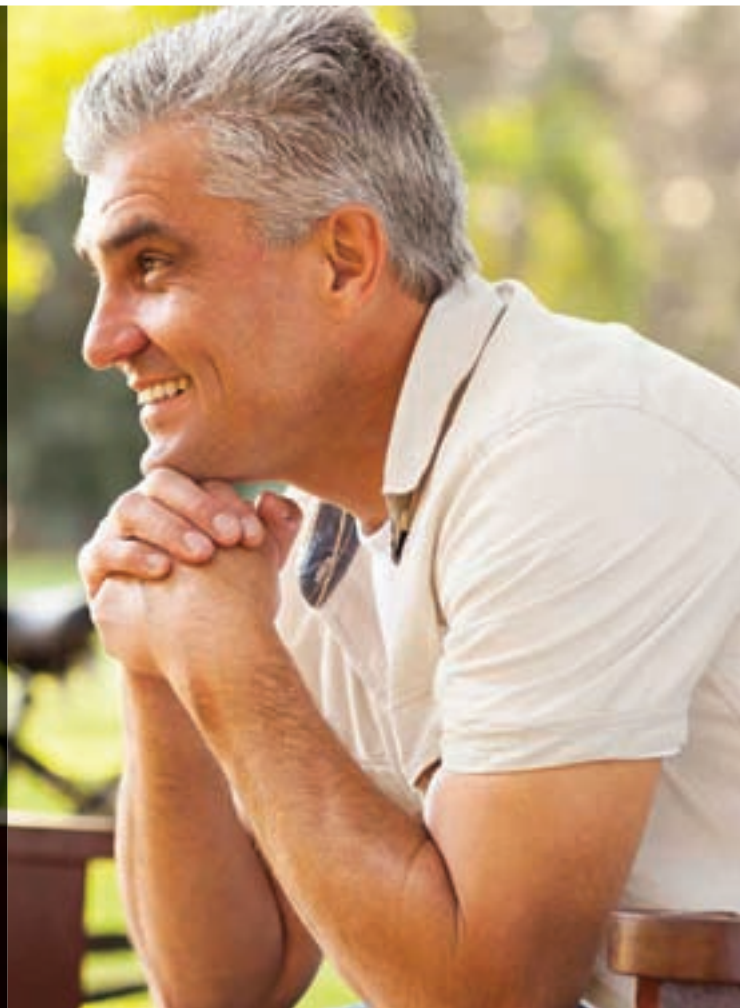
Grey Power is an advocacy organization promoting the welfare and wellbeing of all citizens in the 50 plus age group. Greypower seek to add to older peoples' quality of life by acting strong and active but not militant, with dignity and integrity and with the wisdom of age.

There are 8 associations in the Wellington region:

**Horowhenua / Levin, Hutt City, Wellington
South East, Kapiti Coast / Paraparaumu,
Wainuiomata, Upper Hutt, Mana / Tawa,
Wellington Central**

Find out what Greypower can offer you, and what is happening in your area by checking out this link:
www.greypower.co.nz/to-join/centralassociations

For more info call: 0800 473 979



Tāne Ora

Whānau in Wellington or Porirua Hospital?

Ph: (04) 806 0948 or

FREE Phone: 0800 999442

Phone the Whānau Care Services team for support for patient queries, accommodation, social, tikanga support or grief & loss.

Whānau in Hutt Hospital?

The Māori Health Development Unit

Ph: (04) 566 6999

Tāne Ora Programmes

Contact: John Kingi at Kokiri Marae Seaview

Ph: (04) 939 7906

Tama Tu Tama Ora (Supporting Māori Tāne to manage their anger)

Consultancy Advocacy & Research Trust (C.A.R.T)

Ph: (04) 384 6845

A not-for-profit organisation working with and for hard-to-reach and difficult-to-deal-with communities.

The Porirua Whānau Centre

Ph: (04) 237 7749

Working with Māori & Pacific families in Porirua

Porirua Men United

Join the Facebook Page for upcoming activities

Kiwi Daddys Wellington

Join the Facebook Page for upcoming activities

Need help to quit Smoking?

Ph: (04) 939 4630

Kaupapa Māori support over the phone or kanohi ki te kanohi with Takiri Mai ki te Ata

Mana Tāne Ora ki Poneke

Contact: Steve Kenny **Ph:** 022 4763769

The Wellington Mana Tāne Ora group coordinating activities & events under the national coalition Mana Tāne Ora O Aotearoa.

Mental Health & Addictions

Counselling – Ora Toa Mauriora Tu Te Wehi:

227 Bedford Street, Cannons Creek, Porirua

Programmes & Support – Te Waka Whaiora:

213-217 Bedford Street, Porirua

Ph: (04) 237 9608

Hora Te Pai Kapiti Health Centre, Paraparaumu

- **Ph:** (04) 902 7095



Health & Fitness

- **Patu Porirua** – Part of the Patu Aoteroa movement – email moana for details
www.purotu.co.nz
- **Waka Ama Clubs in Wellington**
www.hoetonga.co.nz/contact
- **Rangataua o Aotearoa Marital Arts Club (ROA)** Ph: 021 198 0198

Statistics of Māori men's health

- **Mana Tāne Ora O Aotearoa** – National Māori Men's Health Coalition – national health indicators www.health.Tāneora.co.nz
- **Hauora Tāne – Statistics**
www.Māorimenshealth.co.nz/statistics

Kaupapa Māori Alcohol & Other Drugs

Nga TeKau Health Services: Ph: (04) 473 2502

Lower Hutt: 24/D Marine Parade Petone

Ora Toa Mauriora – Porirua –Wellington:

Ph: (04) 238 4071

Masterton Family Education and Support Centre Inc

Ph: (06)377 5476

E: manager@mfesccloudkids.com

Provides family education and support to families of pre-schoolers that may be under stress and crises. Operates a Family Education and Support Centre in St Lukes Church Complex and is committed to Te Tiriti o Waitangi and working with Whānau, hapu and iwi to respond to needs of tangata whenua.



Porirua Whānau Centre

Ph: (04) 237 7749

E: enquiry@poriruaWhānau.org.nz

www.poriruaWhānau.org.nz

Provides family support services and is one of six Family Social Service Centres in New Zealand.

Te Matapihi he tirohanga mō te iwi Trust - Māori Community Housing

www.communityhousing.org.nz/about-cha/te-matapihi

Healthcare NZ Community Health - Supporting Māori

www.healthcarenz.co.nz/supporting-Māori

Committed to working closely with Māori iwi, Whānau and cultural organisations to improve Māori access to high-quality home and community-based health care, and reduce Māori health inequalities.

Masterton - Ph: (06) 377 3600

Levin - Ph: (06) 368 7125

Petone - Ph: (04) 570 0662

Raumati Beach: Ph: (04) 297 9817

Wellington City - Te Aro - Ph: (04) 802 0950

Māori Health Service Providers

www.health.govt.nz/your-health/services-and-support/health-care-services/Māori-health-provider-directory/north-island-Māori-health-providers

Wairarapa - Masterton

- Te Hauora Runanga o Wairarapa
- Whaiaora

Lower Hutt

- Kokiri Marae Keriana Olsen Trust
- Nga Tekau Health Services, Lower Hutt
- Tu Kotahi Māori Asthma Trust

Wellington

- Awhina Wahine, Tawa
- Te Puawai Tapu, Wellington
- Te Roopu Pookai Taaniwhaniwha, Porirua

Hora Te Pai Kapiti Health Centre, Paraparaumu

Ph: (04) 902 7095



Pacifika Men's Health and Wellbeing

Quit Line

Ph: 0800-778-778

Call the Quitline for free advice and non-judgmental support to quit smoking.

Atamu EFKS Porirua Inc

Ph: (04) 235 8683 **E:** eirenei@atamu.org.nz

www.atamu.org.nz

Provides support and services which engages children through its Ulimasao programme

Atafu Tokelau Group

E: rachel.atoni@fairwayresolution.com

Provides community services and support for Tokelaueans. Tokelauean community organisation from the island of Atafu in Wellington.

Aurum Group Trust

Ph: (04)388 2291 **E:** aurumgroup@xtra.co.nz

Provides support for parents with children under 5 years old. Focuses on Pacific parents and emphasizes the 'aiga alofa' concept of strong family unit.

Hutt Union & Community Health Service

Ph: (04)567 6414 **E:** sally@huchs.org.nz

Fakaofu Wellington Society

E: manuafe@hotmail.com

Tokelauean community organisation from the island of Fakaofu in Wellington.

Compass Health – Pacific Health Navigation

Ph: (04)801 7808

E: enquiries@compasshealth.org.nz

www.compassnetwork.org.nz

Provides healthcare services for the community. Tumai provides primary health care services to the Porirua basin community from Tawa to Pukerua Bay. Compass Health's eight Pacific Navigators cover Porirua and Wellington. Eight Pacific Navigators work closely with ten Priority GP Practices in Porirua and Wellington, where the majority of Pacific patients are enrolled.

Lavea'i Trust Inc

Ph: (04) 586 2244

www.birthright.org.nz

To provide the Pacific community with meaningful services to empower and allow Pacific families to contribute positively to their families and community.



HIKO Health and Fitness

Ph: (04)385 8562

www.hikohealthandfitness.co.nz

Provides support in fitness and health aimed at getting the 'Whānau' on a healthier journey.

NiuHUB Pasifika

Ph: (04)566 4096 **E:** info@niuhub.co.nz

www.niuhub.co.nz

Provides a range of services and programmes that support Pacific people in areas of Youth, Money and Family. Pacific for Pacific Provider.

Taeaomanino Trust, Porirua

Ph: 0800 345 345

E: office@taeaomanino.org.nz

www.taeaomanino.org.nz

Provides social support services to Pacific people, families and groups within Porirua City.

Strong Pacific Families Porirua

Ph: (04)237 1503

www.facebook.com/pages/Strong-Pacific-Families/364269264619

Provides awareness and information for Pacific families to counter and address family violence.

Pacific Health Service Hutt Valley

Ph: (04)577 0394 **E:** koeni@xtra.co.nz

www.pacifichealthhutt.co.nz

Provides programmes and services for Pacific people in the Hutt Valley. Aims to lead the development of a Healthy Pacific community in the Hutt Valley. Pacific for Pacific Provider.

Pacific Health Service Porirua Inc

Ph: (04)237 9824

E: admin@phsoporirua.co.nz

www.compasshealth.org.nz

Provides a holistic service to Pacific people in Porirua City. Pacific for Pacific Provider.

Folau Alofa Charitable Trust

Ph: (04)568 3761

E: folaulofatrust@gmail.com

www.birthright.org.nz/services/folau-alofa-charitable-trust

Provides programmes for Pacific people in Parenting; Anger management; Pacific Island men.

Te Roopu Awhina ki Porirua

Ph: (04)238 4091

E: reception@tra.org.nz

www.tra.org.nz

Provides social and family support services



The Salvation Army, Porirua

Ph: (04) 235 8327

www.salvationarmy.org.nz

Provides social and community services including basic needs, food and clothing parcels, addiction services, accommodation, education and employment, social worker, low income loans and emergency welfare support.

Wellington Region Pasefika Services

E: info@pacificpeopleshealth.co.nz

www.pacificpeopleshealth.co.nz

Provides support and services to assist Pacific peoples to obtain better access to health, social and educational services.. WRPS Inc. is the amalgamation of three Pacific Island Presbyterian Church organisation from within the Wellington district -Newtown, Porirua and Petone.

Cooks Islands Society – Wellington

E: grace.h@paradise.net.nz

Refugee and Migrant communities



Language Connect

Ph: 09 624 2550 or **FREE Phone:** 0800 78 88 77

E: language@cab.org.nz

Language Connect is a free multi-lingual service providing information and advocacy on a wide range of issues including immigration, employment, housing, income support, education, health and wellbeing and much more.



Through CAB website: www.cab.org.nz/languageconnect/Pages/home.aspx

Immigration New Zealand

Immigration New Zealand provides reliable information for prospective migrants and new migrants already in New Zealand. We fund Non-Government Organisations to provide settlement information services. We also fund services for employers to help them recruit, settle and retain migrants.

Checkout this website for more information:

www.immigration.govt.nz/about-us/what-we-do/our-strategies-and-projects/settlement-strategy/settlement-services-supported-by-immigration-new-zealand

For information about support services for refugees and asylum seekers see: www.immigration.govt.nz/audiences/supporting-refugees-and-asylum-seekers

NZ Immigration – Wellington

FREE Phone: 0508 558 855

www.newzealandnow.govt.nz/regions-nz/wellington

Immigration New Zealand has an information service for new migrants to help them settle and work in New Zealand. For your settlement information needs, visit Wellington - NZ Immigration. Check this site out for example:

Tips for settling in - Adjusting to a new country is a challenge and a steep learning curve for most people.

Getting started - No matter how much planning you have done, it can be difficult to know where to start once you step off that plane.



CAB – Community Advice Bureau

FREE Phone: 0800 367 222 **www.cab.org.nz**

Your nearest Citizens Advice Bureau (CAB) can provide you with free advice on all sorts of things in your local community. If you want to speak to someone in your local area, a walk-in information service is available at your nearest Citizens Advice Bureau (CAB). To find out where your nearest CAB is located, either free call or look online.

English Language Partners New Zealand

Ph: (04)4712382 **www.englishlanguage.org.nz**

E: natoffice@englishlanguage.org.nz

Volunteers and professional teachers deliver a range of English-language programmes in partnership with refugee and migrant learners. We believe that refugees and migrants should have the opportunity to learn English, to pursue aspirations for themselves and their families, and to participate in all aspects of life in Aotearoa New Zealand.



NZ Red Cross

Ph: 0800 733 2767

(to find your local Red Cross branch)

Refugee programmes - Nga kaupapa hunga whakarere: **www.redcross.org.nz/what-we-do/in-new-zealand/refugee-programmes**

We are the primary provider of community refugee resettlement programmes in New Zealand. Our programmes support and empower new Kiwis as they rebuild their lives here.

Programmes include: Pathways to Settlement and Pathways to Employment

Employment in Wellington

www.wecc.org.nz/services-and-resources/employment-support

The Wellington Employers' Chamber of Commerce offers a Skilled Newcomers Programme, which helps employers recruit work-ready skilled migrants. The programme offers seminars to recent migrants to help them understand the New Zealand work environment.

Refugee Services Aotearoa NZ

Ph: (04) 566 9353

Provides Migrant and Refugee support services in Lower Hutt.



Survival Guide to Wellington - Living in Wellington on a low income

Ph: (04) 384 7699 **www.dcm.org.nz**
www.healthpoint.co.nz/download,638767.do

This is the 11th Edition of this guide produced in 2010 by Downtown Community Ministry (DCM).

Although now dated, it contains a wealth of information about all sorts of services, agencies, budget accommodation, food assistance, health services, etc.

A place to stay... Emergency / Social Housing

Wellington Night Shelter

Ph: (04) 385 9546

www.wellingtonnightshelter.org.nz

Crisis and transitional accommodation for homeless men 18+ years in their Taranaki Street centre.

Downtown Community Ministry (DCM)

Ph: (04) 384 7699

DCM works with people experiencing homelessness or at risk of homelessness to find and to sustain housing, access the benefit and manage their money, and to connect to health services and other support.

Wellington City Council

Ph: (04) 499 4444 or Free text: 3400

www.wellington.govt.nz/services/community-and-culture/housing-support/homelessness

Find out about homelessness and what support is available for homeless people.

Survival Guide to Wellington - Living in Wellington on a low income

Ph: (04) 384 7699 www.dcm.org.nz

www.healthpoint.co.nz/download,638767.do

Although now dated, this 2010 guide contains a wealth of information about services, agencies, budget accommodation, food assistance, health services, etc.

Wellington Compassion Soup Kitchen – Te Pouaruha

Ph: (04) 385 9299 E: soup@compassion.org.nz

www.soupkitchen.org.nz/resources/homelessness

Emerge Aotearoa – Wellington

Ph: (04) 589 9442

www.emergeaotearoa.org.nz

Provides a wide range of community-based services nationwide including social housing services. They seek to meet the needs of Māori Tangata Whaiora and of Pasifika clients.

Ministry for Social Development

www.housing.msd.govt.nz/housing-options/emergency-housing.html

Do you urgently need somewhere to stay? If you urgently need somewhere to stay tonight or in the next seven days please talk with us. **Call 0800 559 009** or come into your nearest Ministry of Social Development (MSD) Service Centre.

Who can get Council housing? To be eligible for a Council City Housing property, you must have low income and assets. For more information, *check out the Wellington City Council website:* www.wellington.govt.nz/services/community-and-culture/housing-support/council-housing/eligibility



Where can I find affordable housing? Check out the Dwell Housing Trust website www.dwell.org.nz/find-housing-2/where-can-i-find-affordable-housing

Phone: (04) 384 4854 Email: info@dwell.org.nz

Salvation Army – Social Housing

www.salvationarmy.org.nz/need-assistance/accommodation

Our Community Ministries centres can assist with emergency and short-term accommodation options. Check out your nearest Community Ministry centres in Porirua, Hutt City and Wellington on their website

Porirua Whānau Centre

Ph: (04) 237 7749

E: enquiry@poriruaWhanau.org.nz

“Healthy Homes - Well Homes” - The Whānau Centre is committed to providing quality social and transitional homes for our communities and their Whānau.



Kidz Need Dadz (KND) Trust Wellington

Contact: Stuart Miller

M: 021-810-321

E: wellington@knd.org.nz

www.kidzneeddadz.org.nz



Stuart Miller (Left) & Peter Crosland (Right)



Father&Child Trust Wellington

Contact: Peter Crosland

M: 027 281 6272

E: wellington@fatherandchild.org.nz

fatherandchild.org.nz

In 2016-2017 the Wellington branches of the Kidz Need Dadz Trust and Father&Child Trust have worked together in partnership to produce the Wellington Blokes booklet. Listed on the back cover of this booklet are our generous sponsors who have collectively funded the costs of collating, drafting, graphics and printing the booklet. In this process, Stuart and Peter have engaged widely across the Wellington region's networks of men's support agencies and community organisations. We hope we have not missed out any important providers in this first Wellington edition. We look forward to producing more booklets in future reprints, when we will take account of missed service providers, changes and additions.

Kidz Need Dadz and Father&Child are both charitable trusts and we sink or swim based on donations by people like you.

Please consider us for your office fund raising event, your annual charitable donation or as a bequest.

Your donation or other support goes toward helping with:

- Quality, accessible counselling for men, often their first experience
- Social work support to men in a crisis
- Life Coaching
- Support for dads
- MORE Blokes Books, so other guys have a chance to be told their options
- Advocacy – We see that men are cared for by service providers and challenge them when they disadvantage men

If you think this booklet is useful to Wellington Blokes, you can give a Donation towards the cost of reprinting this booklet.

Go to either: fatherandchild.org.nz or www.givealittle.co.nz/org/kndwgtm

Thanks to CCDHB Regional Public Health for core funding for this printing

Regional Public Health
Better Health For The Greater Wellington Region



Thanks also to these organisations for their support



If you want more hard copies of the booklet, contact
Stuart Miller, Kidz Need Dadz Ph: 021-810-321 or
Peter Crosland, Father&Child Ph: 027-281-6272

Or to find a pdf copy of the booklet, go to:
fatherandchild.org.nz/information/blokes-books
www.canmen.org.nz/support-for-men/blokes-book
www.kidzneeddadz.org.nz/wellington
www.facebook.com/kndwgtm

*If you think this booklet is useful to Wellington Blokes,
you can give a Donation towards the cost of
reprinting this booklet.*

*Go to either: fatherandchild.org.nz or
www.givealittle.co.nz/org/kndwgtm*