



Newsletter

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INSPIRING COMMUNITIES since 1997

ISSUE 31

AUGUST 2016

PREVIOUS NEWSLETTERS

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

INSIDE THIS ISSUE

FROM THE CHAIR & THE COORDINATOR 1

WHAT'S MECOSS GOT GOING ON? 2

VOLUNTEERS 3

PRESENTATION AND SPECIAL OFFER 4

DO YOU KNOW? 5

ABOUT THIS NEWSLETTER

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

From the Chairperson

Well July was another busy month for MECOSS.

It really was awesome to see so many new faces brave the terrible weather and attend our Botany/Flat Bush/Ormiston Community Networking Meeting. Many thanks to our stellar '4 to 5' minute speakers; John McKillop, Stacey Tua'a, Michelle Burton, Amy Yeoman, Usha Chand, and other names I haven't mentioned, whom spoke about their organisations 'and the great work they do for our communities. A huge thank you to Bhavna Champion for explaining why many of us get stuck in life and how to overcome it.

Please remember to come and say hello to us at Botany town centre on Wednesday, 17 August, where we will have our information stall set up.

A week further on from this, our 4th FREE Community Safety Breakfast will be held at the Howick Club, starting at 7:45am on Thursday, 25 August.

We are looking forward to seeing you all there.

Have a great August, wrap up warm and stay safe!

Ka kite, Katrina Bungard



Katrina Bungard, MECOSS Chairperson

Networks grow through both strong and weak linkages. Across the country there is a fundamental condition that consistently undercuts even the most successful community development efforts: chronic disengagement.

Our response to this is a community networking strategy that connects people to each other and to community organisations; and in a way that feels safe, fun and productive. The ability of our network to broadcast information quickly determines its effectiveness to the right places.

Like good organisers' we started by talking with people and asking them what they would like to experience to feel connected to like-minded communities.

This is how the idea of our 1st FREE Community Safety Breakfast was born.

Fast forward to 2016. On Thursday, August 25 we are holding our 4th FREE Community Safety Breakfast. We're expanding our networks and openly inviting up to 90 people who work for community-based-organisations in the Manukau East area. This week and next week, our invitation will be promoted in local newspapers and through our electronic social media platforms.

This is just the beginning of our efforts to shape and refine our network organising approach. Our goal is maintain the existing relationships and connections we have already established, with a long-term goal to increase our membership base.

Please support MECOSS by joining us (and encouraging those who have never attended our networking breakfast before) for a FREE delicious hot-cooked breakfast while listening to knowledgeable speakers' plus the opportunity to network with other concurring people who work in community-based-organisations in the Manukau East area.

Lindsay Upton, MECOSS Coordinator

What's MECOSS got going on?



MECOSS PUBLIC RELATIONS DAY

Day & Date: Wednesday, 17 August 2016

Time: 08:30am to 2:00pm

Venue: Botany town centre, corner Ti Rakau & Te Irirangi Drives, Botany Downs East, Auckland, New Zealand

Objective: To promote our Manukau East Patient Transport Service, our Manukau East Shopping Shuttle, our Community Networking Meetings, Our Community Safety Breakfast's, and our planned capacity building workshops.



4TH COMMUNITY SAFETY BREAKFAST

Day & Date: Thursday, 25 August 2016

Time: 7:45am for an 8:00am start

Venue: Howick Club, 107 Botany Road, Howick

Breakfast: Hot cooked

Cost: No charge

Presenter: Ruth Sliedrecht and Amy Robinson from Auckland Regional Public Health Service, will talk about Healthy Auckland initiatives and Parvin Kapila (East Health), will cover free health programmes including mindful practice.

Please register your attendance by emailing admin@mecoss.org.nz by 15 August.

5TH COMMUNITY SAFETY BREAKFAST

Day & Date: Wednesday, 2 November 2016

Time: 7:45am for an 8:00am start

Venue: Howick Club, 107 Botany Road, Howick

Breakfast: Hot cooked

Cost: No charge

Presenter: Campbell Roberts— has been a serial social entrepreneur in developing the Salvation Army's welfare and social policy initiatives in New Zealand, as well as being a leader in wider church and community initiative on poverty and housing issues, and on prison reform.



HOWICK /PAKURANGA

COMMUNITY NETWORKING MEETING

Day & Date: Wednesday, 28 September 2016

Time: 10:00am to 11:30am

Venue: Parkview Room, Highland Park Community Houses, 47 Aviemore Drive, Highland Park.

Cost: No charge

Presenter: Jenny Naylor and Amber Payne will talk about the work Sowers do for our community.

COME ALONG AND TELL US ABOUT WHAT YOU DO IN OUR COMMUNITY

Become one of our five 'three to five minute' speakers. This is an opportunity to promote your business and work! To book a speaking spot, please register by emailing admin@mecoss.org.nz by Friday, 23 September.



ANNUAL COMMUNITY EXPO

GET YOUR ORGANISATION KNOWN

'OUT THERE'

AT OUR 2016 COMMUNITY EXPO

Expressions of interest are being sought for MECOSS to once again facilitate and host the Annual Community Expo to be held at Pakuranga Plaza.

This is the perfect opportunity to engage with the community and get your organisation's name 'out there'.

If you're interested in a stall at our Community Expo (date yet to be confirmed), please email

admin@mecoss.org.nz

Seeking Volunteers



VOLUNTEER DRIVERS AND COMPANIONS REQUIRED FOR MANUKAU EAST SHOPPING SHUTTLE

We are currently seeking applications from individuals who would like to volunteer as shopping shuttle drivers and shopping companions in Auckland's, Manukau East.

Making over 48 trips per year, our door-to-door service every Thursday on alternating weeks to Botany town centre and Pakuranga Plaza is often used by people who live alone, no longer drive, or by people who cannot access other transport options.

You will be responsible for collecting clients from their home, delivering them safely to either shopping hub, helping them to retrieve their shopping requirements, before delivering them home again after enjoying a chat with them over a cup of tea or coffee.

Your duties will also include helping clients into/off the vehicle and assisting with seatbelts. In addition you will promote the shopping shuttle service where appropriate and complete the required administration such as maintaining a log, ensuring the vehicle is clean and fuelled and processing cash donations.

What does it take to be a Shopping Shuttle Driver?

You will need to;

- 1). Hold a full car drivers licence with a clean history (vehicle is a manual shift gear).
- 2). Have a clean police record.
- 3). Ability to commit to one rostered shift every 5—6 weeks.
- 4). Have excellent communication and problem solving skills.
- 5). Be supportive, empathetic and caring.
- 6). Be physically able.
- 7). Have an appreciation of different cultures.

What does it take to be a Shopping Shuttle Companion?

You will need to;

- 1). Have a clean police record.
- 2). Ability to commit to one rostered shift every 5—6 weeks.
- 3). Have excellent communication and problem solving skills.
- 4). Be supportive, empathetic and caring.
- 5). Be physically able.
- 6). Have an appreciation of different cultures.

For more information please contact Maureen

McKechnie on 0800 632 677 or 576 645 **VOLUNTEER**



VOLUNTEER PATROLLERS NEEDED

Botany Crime Watch Patrol needs more volunteers. If you are interested in crime prevention, observant and would like to assist us make your community a safer place to live and work then please contact us. We will train you to become an effective patroller.

Phone Margaret Westwood 021 324 126 or email margaret.westwood@botanycwp.co.nz



VOLUNTEERS FOR OUR RETAIL STORE REQUIRED

Cancer Society pre-loved boutique in Howick Village is seeking some friendly, passionate people to help out in the store for four hours a week. Want to make a difference to people with cancer, all while having fun and meeting new people? Phone Jacqui 308 0244 email volunteers@akcancersoc.org.nz

Presentation & Special Offer

GROWING UP IN NEW ZEALAND — INTRODUCING THE NEW GENERATION OF KIWI KIDS

A presentation by **Associate Professor Susan Morton**, Director of Growing up in New Zealand and the Centre for Longitudinal Research, He Ara ki Mua, University of Auckland.

DAY & DATE: Thursday, 29 September

TIME: 4:30pm to 5:30pm

VENUE: Manukau Institute of Technology, Manukau Lecture Theatre Level 2, Corner of Manukau Station Road and Davies Avenue, Manukau. Above the Manukau Train Station.

Growing Up in New Zealand is the country's largest and most comprehensive longitudinal study, following the lives of nearly 7000 children born in 2009 and 2010 from before they are born until adulthood. We describe the status of these children, who represent the diversity of contemporary NZ pre-schoolers, when they are four and a half years of age and coming to the end of their pre-school days.

We will use the longitudinal information available from multiple data collection points to describe their early growth and developmental trajectories and to describe the individual, familial and broader environmental characteristics that are associated with differential patterns of early development for contemporary NZ children - including anthropometry (NZ rates of childhood obesity are amongst the worst in the OECD), child behaviour (SDQ has been measured at 2 and 4 years), and cognition. At a cross-sectional level we see many disparities in outcomes within the NZ child population with Māori and Pacific children being much more likely to be doing less well than their NZ European peers across many key developmental domains. The longitudinal view will provide us with new ways to understand the origins of these early life disparities that often translate into life-long burdens in terms of well-being, educational outcomes and broader engagement in society. The longitudinal analyses will provide a much fuller understanding of what works in terms of early life environments that lead to resilience in the face of early life disadvantage.

This population relevant knowledge can then be applied to help find new policy solutions to reduce the burden of entrenched health and education inequities within the contemporary NZ child population.

Enquiries: Contact Bev Hosking 09 968 8765 ext 7361



COMMUNITY LAW MANUAL 2016—2017

The Community Law Manual is a trail blazing resource that helps Kiwis (and their advocates) help themselves.

The manual contains over 800 pages of easy-to-read legal info, on just about every area of community and personal life. Re-released every year in July, the manual provides comprehensive answers to common legal questions.

There have been huge changes to this year's edition, especially in employment and health and safety law.

The usual price of the manual is \$150 with a 33% discount to NGOs making the price only \$100. Community Networks Aotearoa is happy to facilitate bulk buying for our members, and in turn their member organisations/networks, which will reduce the cost even further.

If we receive 10+ orders, the manuals will only cost \$85 (plus \$7.50 p&p) or even \$75 (plus \$7.50 p&p) if we receive 20+ so please let us know if you wish to order a copy by emailing Fionn on

info@communitynetworksaotearoa.org.nz by 31 August.

The more who order the cheaper it will become for all!



[Click here](#) to find out

how to

DANCE YOURSELF HAPPY



Do you know?

DEPARTMENT OF INTERNAL AFFAIRS SURVEY

MECOSS and the Department of Internal Affairs (DIA) have worked together for several years to deliver a series of short workshops for community organisations on DIA's grant funding, how to make requests and how to account for grants. We are interested in your views on what future workshops can be provided to support your work in the community. This short survey aims to better understand what sectors members are working in and the services being delivered and what workshops you would like us to deliver to support this work better.

The information gathered in this survey will help us plan and deliver future workshops. Please take 3 - 5 minutes to complete the survey.

Thank you for your participation!

[Click to begin survey](#)

ELECTRONIC HEALTH RECORDS FOR ALL KIWIS

The Ministry of Health recently announced its electronic health record strategy. The strategy aims for all New Zealanders to have an electronic health record by 2020. iappANZ is holding a half-day forum on 8 August for leaders in health, privacy and health technology, and patient advocacy. The *An Electronic Health Record For Every New Zealander by 2020 - What Does This Really Mean* Forum will be held in Wellington with a live video link to Auckland. Speakers include the Director General of Health, Chai Chuah, New Zealand Medical Association Chair, Dr Stephen Child, and OPC Senior Policy Adviser Sebastian Morgan-Lynch. It is free for iappANZ members (\$99 for non-members). Register for Auckland [here](#)

POLICY WATCH

Policy Watch provides a smorgasbord of the latest news, research reports and policy developments. [Click here to read.](#)

BUZZED

BUZZED is an initiative by CAYAD - a website that aims to raise awareness of alcohol and other drug related harm. Providing straight up information, a place to share experiences and other solutions. Visit: <http://www.buzzed.co.nz/>

OUT&ABOUT FREE PARK EVENTS

OUT & ABOUT — DOGGY DAYS OUT AT MACLEANS PARK - FREE

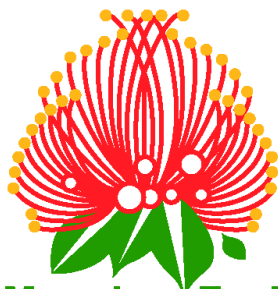
Join the Out & About Team for our fortnightly Doggy Day Out Walk. It's great socialising for dogs and humans alike, with treats from Purina at the end of each walk.

Meet in the bottom car park, off the park, off The Esplanade.

When:

Monday, 15 August 2016, 5:15pm—6:15pm
Monday, 29 August 2016, 5:15pm—6:15pm
Monday, 12 September, 5:15pm—6:15pm
Monday, 26 September, 5:15pm—6:15pm

Where: [Macleans Park, Eastern Beach, The Esplanade, Howick, Auckland](#)



**Manukau East
MECOSS**
Council of Social Services



Thank you for subscribing to our
MECOSS Newsletter.

To update your contact details?

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Want to take a break from us
completely?

[Click here](#)

www.mecoss.org.nz

Contact us

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