



ChangeMakers
Resettlement Forum

Office Opening Hours:

9.00am – 5.00pm

Monday, Wednesday and
Friday

Office Contact Details:

Phone 04 801 6839

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Address: Level 4

38 Webb Street

Mt Cook

Wellington

Website:

ChangeMakers
Resettlement Forum

Facebook:

Changemakersrefugeeforum

Whatsapp:

CRF Community
Noticeboard

Monthly Newsletter

June 2022

Update from Jacqs

Kia Ora everyone

With being in Orange, and the ability to get cracking on with a few activities, it has been a very busy month.

The highlight for me was the World Refugee Day event that CRF held with support from Catholic Social Services, Red Cross and HOST Aotearoa. The communities asked that the event be a celebration of them - their cultures and their contribution - so that is what we did. Community members who had participated in the Food Handling course were offered the opportunity to provide food for the event, and from that some of our community members have gained customers as they start on their food business journeys. We had several performances, some from the communities that have traditionally performed but also some from a range of communities that don't usually participate...and even a solo singing performance from one of the CRF team.

In order to start sharing the truth around the participation and contribution of refugee background communities, if given the right support, Ehsan Hazaveh worked with us to produce an amazing photographic exhibition 'Here We Are' showing a range of community members living their lives here, having adapted to the new society while still maintaining their relevant ethnic cultural identities. I want to take this opportunity to thank Ehsan Hazaveh for his fabulous work on the exhibition, and to the many people that helped out...particularly those that came along the night before and stayed back late the next day...this was much appreciated. We are waiting on the photos and videos, to share a special newsletter just on the event.

National Volunteer Week was also held over the month of June, and it was a great opportunity to reflect on the amount of work our volunteers do...essential mahi that ensures the success of our programmes, which would have far smaller impact with volunteers helping out. Thank you so much for the hours upon hours you give...we couldn't manage without you.

We continue to carry out a range of advocacy, and Batool is currently focusing on an education advocacy project, which is having some big successes. Read on to see what's been happening and what's coming up.

Jacqs 😊



New Zealanders of refugee background participating fully in life in Aotearoa New Zealand

Nothing About Us Without Us

A human Rights Approach

Focus On Strengths Not Weaknesses

A Shared Voice is A Strong Voice

Z

Bits n Pieces

A letter from Wellington Zoo

We are delighted that Wellington Zoo will soon have a couple of Snow Leopards...and of course we have tickets for the zoo.

CRF wrote a letter of support for the funding for the Snow Leopard project, and are delighted that the CRF and Zoo relationship is something the funders loved.

Kia ora kōrua,

I write today to express my utmost gratitude for the support you lent to our application to the Lottery Significant Fund for the Snow Leopard Project. I am pleased to report that we successful in our application and they decided to award us the full amount! The grant advisors made specific mention that the committee really loved the special relationship between the Zoo and Changemakers, and the work we do together for families.

WELLINGTON



What's been happening continued...

National Volunteer Week...dinner with Open Road Mentors

On June 21 Open Road Driving Programme held a dinner at Mabels Restaurant for our volunteer driving mentors to celebrate National Volunteer week. It was a lovely time to connect, catch up and a chance to say thank you to the people who give so much of their time and care to mentoring our learner drivers.

The food was fabulous too! It was wonderful to hear some of our mentors



say that they too get something back from mentoring - especially learning about other cultures and sharing the joy when their learners pass the test.

If you would like to be a volunteer driving mentor please get in touch. Email kate.twyford@crf.org.nz or 027 552 5972

Buddy Day

In the youth space, our Youth Advocate and Community Connector, held the first of many youth gatherings a couple of weeks ago. The aim was to bring our youth from refugee backgrounds together in the Greater Wellington region, connect them with others in the community, and have a great time with lots of fun activities.

It was lovely to see our youth enjoying themselves and having a good time after a long time as Covid impacted these activities!

Special Thanks to @Ignite sports and Aroha @Afternoons for their continuous support for making this event a great success.

Get in touch with Kodrean Eashae for more fun youth activities

<https://forms.office.com/pages/responsepage.aspx?id=1iK-ph6hsU-yRI7Yv1PkK9w-GCT5LHdFhkEEyCIB0-BUN05RUUFFNFYyTDdDVFo1UFg3VDRUM1dBWi4u&web=1&wdLOR=cCF7A1170-3B47-F84A-A51C-BE96D5E4B11F>

Bits n Pieces cont...

Health support

At a recent hui, several community members and people working in settlement discussed health challenges for refugee background communities and brainstormed ideas for overcoming some of the gaps with Ministry of Health and District Health Boards.



For Mental Health, Reach Out Counselling is one group offering culturally competent and appropriate counselling. We will be doing more work with the team from Reach Out and putting something in to place to ensure quick support is available.

In the meantime, please feel free to contact Sabina and the team as in the poster.

More Whats been happening...

Driving programmes going strong

Transport is often one of the biggest barriers to settlement for newcomers, and many refugee background community members do not have the support of extended family to assist them in learning to drive. The driving programmes, Turning The Curve and Open Road aim to help people overcome this barrier...and are doing a great job.

Sharifa has recently received her license, and states 'I need to drive as I am a mum. I need to drive in an emergency. Also to study as I want to study nursing. I was also working late nights and had no one to take me home. It's very expensive to get a taxi. I struggled a lot. Having my license is very important.'



This month Open Road learner driver Kibra was successful in passing her restricted licence. She worked hard to get her licence and like many learners had to sit the test several times. On test day her driving mentor noticed she wasn't driving at her best and asked if she had eaten breakfast. When she replied no, Nadia made a quick

decision to take her out for a coffee and muffin, a decision which paid off, Kibra's driving improved and passed the test!. For Kibra having a licence means a lot. It gives her independence and also means she can support her parents and siblings who do not drive. She is looking forward to doing simple things like helping them grocery shop and doing errands.

Bits n Pieces continued...



COVID Notices...

A reminder to self-isolate for 7 days if you have COVID.

For food and welfare support while self isolating, please contact the number below or contact us at ChangeMakers



The latest COVID update summary

2nd boosters available for 50+ and caregivers over 30

Free flu jabs for children 3 – 12 and over 65

If you have symptoms 29+ days after having COVID, please do a RAT test.

Whats coming up...

Holiday Programmes

School holidays are coming up pretty quickly and Luis has been busy working away, when he is not delivering food to people who are self-isolating, on setting up some new holiday activities for kids and families.

One activity is a trip to the Planetarium

Are you looking for an activity for your children during school holidays?

Join us to a trip to Space Place. On that day we will watch a movie and explore the planetarium, and if the sky is clear we could look at the stars through the telescope

Free tickets and petrol vouchers

When: Saturday 16th July 4pm
Where: Space Place at Carter Observatory, 40 Salamanca Road, Kelburn, Wellington

To book your tickets contact Luis Perez:
📞 022-505-7741
✉ Luis.Perez@crf.org.nz

Limited spaces



We still have tickets to Wellington Zoo also...so please get in touch if you and your friends would like to go as a group.

More activities happening out there....

For the guys...

Demeysa is running volleyball once a week for men from all of our communities. Get together and have some guy time. This is currently in Wellington, but if there is enough interest we will look at starting up in the other cities also.

We are also in the process of looking at swimming lessons for guys.



Free! Exciting, Fun, Friendly, get fit.

Refugees. Migrants. 26 - 64 Years. Call/email.

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Demeysa.Ahmed@crf.org.nz

Mobile: 0220288594

Community Support worker - For Males

Fridays 3:30pm - 5pm.

72 Kemp Street, Kilbirnie, Wellington 6022.

Starting Friday 17th June

SOCIAL VOLLEYBALL

FOR FORMER REFUGEES AND MIGRANTS

ASB Sports Centre

Micro Enterprise business & Employment Training Workshops

27 & 29 July 2022



ChangeMakers Resettlement Forum and New Zealand Business Association invite you to free Small Business and Employment Training Workshops

Micro Enterprise Development

- Business Development Training
- Compliance Support
- Support to Launch and Operate

Ethnic Business Support

- Compliance Support
- Taxation, Payroll and GST
- Business Services
- Digital Marketing
- Website Development
- Business Mentoring

Employment Training & Job Search Support

- Job Search Support
- Multiple Industry
- Mentoring
- Training

Contact Details

Judah Seomeng
0220657831
judah.seomeng@crf.org.nz

Sisters of Compassion

2 Rhine Street, Island Bay, Wellington
27 & 30 July - 9:00 am - 4:00 pm



Small Business and Employment workshops

We have been asked for support with employment and starting a business, or running a business...here is the start of our work in that space. Judah is connecting with NZ Business Association to run these workshops...and we have more in the pipeline.

For women and children...free swimming lessons



It's Free

REGISTER BY 10 JULY

SWIMMING LESSONS FOR CHILDREN

Aged between 7 and 12 years

8 week swimming programme starting from 31 July

Time: Sundays 2:00 pm to 4:00 pm

Location: Wellington East Girls College 131 Austin Street, Mt Victoria. (Short walk from No.2 bus).

Contact Hafsar:

020-4113-0531

Hafsar.Tameesuddin@crf.org.nz

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SWIMMING LESSONS FOR WOMEN

It's free

REGISTER BY 10 JULY

Female Swimming coaches

8 Week swimming programme during school term two- starting from 31 July

Time: Sundays 1:15 pm - 2:15 pm

Location: Wellington East Girls College 131 Austin Street, Mt Victoria. (Short walk from No.2 bus)

Contact Hafsar:

020-4113-0531

Hafsar.Tameesuddin@crf.org.nz

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Contact Hafsar if you are keen for you children, aged 7 to 12 years, to learn to swim or if you are a female that would like to learn to swim in a space that is female only. These are at Wellington East Girls College so quite central in Wellington.

There is also a women's night coming up out in the Hutt....so watch this space.



Interested to put your name forward to become a board member?

What are we looking for?

- A great board is one that is impartial, brings a range of skills to the table, and is diverse across ages, cultures, and genders. Currently the board is targeting individuals with **legal, financial, OR governance** experience.
- The board is legally liable and financially liable for CRF "to ensure ChangeMakers has the resources to run efficiently and effectively" (from the Constitution).
 - Each member does not represent 1 community, but all 17 communities.
 - You will need to be a strategic objective thinker working in the interests of CRF
- You will need to be available and willing to engage in work outside of the minimum two-hour monthly meetings.

Contact Shahd to express your interest or find out more information. shahd.elmatary@hotmail.co.nz

Thank you to our funders, supporters, and volunteers

It is with the support of the following organisations, as well as a lot of individuals that donate or volunteer with us, that we are able to work towards our missions of “New Zealanders from refugee backgrounds participating fully in Aotearoa new Zealand life” . We also send out a special thanks to Red Cross, Catholic Social Service, Sisters of Compassion and CCDHB for the immense amount of support they are providing to our communities and our work

