



ChangeMakers
Resettlement Forum

Office Opening Hours:

9.00am – 5.00pm

Monday, Wednesday &
Friday

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ChangeMakers
Resettlement Forum

Facebook:

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Whatsapp:

CRF Community
Noticeboard

Monthly Newsletter

May 2023

Update from Jacqs

Kia Ora everyone

Hope this finds you all well and warm.

As always, we are keeping ourselves tracking along with plenty going on. We have just completed our Kiwi Learning Hubs, with a full day of interactive presentations and kids learning entertainment, over the weekend. Our youth week celebration was a mix of connecting, teambuilding, and leadership training, all carried out through the enjoyable activity of Paintballing. Africa Day, the celebration of the Union of African nations has recently passed with plenty of celebration, and, of course, World Refugee Day is coming up and we are holding a big event out at Te Rauparaha arena in Porirua. Our driving programmes continue to support people to pass, and we are now supporting 5 people to learn to drive in Masterton.

Sports activities continue to run well, with women's swimming currently having about 12 women and more than 20 children; women's volleyball being led by Rahela as a volunteer now that her role of Afghan Evacuee Navigator has finished; men's football now being handed over to Wael to facilitate as a volunteer; men's volleyball in the process of being handed over; and our looking at what's next. This is huge success as we are supporting groups to lead themselves through a scaffolded approach. We have connected with Scouts NZ who are keen to engage with refugee background children and, in response to some requests, have connected with some badminton groups.

In the Research space we have secured partners to carry out CRFs own piece of research, looking at whether primary schools facilitate the integration of refugee background children. We have also gained the contract to carry out a national piece of research to determine the need, and how to, for an independent 'refugee voice'. Advocacy continues to be strong with work continuing alongside the Childrens Commission, Individual one to one advocacy work, a submission against the Mass Arrivals Bill that parliament have pushed forward, and the launch and showing of Part 2 of the Change The Narrative Exhibition at Bottle Creek Gallery at Pataka, Porirua.

See you all at World Refugee Day, 24th June, Te Rauparaha Arena, Porirua.

Jacqs



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

Nothing About Us Without Us

Focus On Strengths Not Weaknesses

From the Board

The Leaders Council Dinner was on May 20th, with a turnout of more than 30 community leaders and youth.

We had some really good input from the communities around what we are doing well and where the gaps are.

There were a range of different gaps highlighted, with housing being one of the higher concerns, but Mental Health being by far the biggest concern and a concern highlighted by all communities in attendance.

The next step is to provide these details, in a summarised form to the board, who will then work on adding those points which are new and relevant to all, to the annual plan.

As always, the board chair can be contacted for complaints or compliments at mardiya.abdulaziz@outlook.com and there continues to be a feedback box at the entry to the office, which will be cleared monthly.

Not goodbye but 'See you later', Rahela

The Immigration New Zealand contract for Rahela to work alongside Afghan Evacuees has come to an end after 1.5 years. The evacuees are largely independent, having their most urgent settlement needs, such as connections to medical centres, schools, WINZ, an orientation to law and education have been attended to. So, while gaps and needs will come up for the newly settled community, the initial support is done and a good percentage have employment, some are running their own businesses, and some are studying to get back into their former careers or to start future careers.

We are sorry to see Rahela move on at the end of contract, to upskill in her desired field, however she is continuing with us as a volunteer running the women's volleyball out in the Hutt Valley.

We will miss you but know you will stay in touch.



Welcome to Lucia Community Development Navigator

Luica has just joined us from a role down in Invercargill, where she had been living for two years. The role is similar to the role Hafsar had, with a social work and community development focus, and Lucia will work alongside Demeysa in that space. We are really excited to have Lucia on board and know you will welcome her as well. Lucia introduces herself below:



Kia ora! I am Lucia from Uruguay, a small country in South America.

I graduated back home with a degree in psychology in 2016, and since then I have worked with the community for the community. I just completed a master's degree in management down in Invercargill.

I arrived in New Zealand in 2019 with my partner to study a 6-months English course, but after nearly 4 years, I am still around. I liked the country so much that I decided to stay here and call New Zealand home.

In my spare time, I enjoy going hiking and reading novels. I also enjoy spending time with friends who are my family here in New Zealand.

I recently embarked on this journey with ChangeMakers as a Community Development Navigator. By embracing this role, I will be supporting former refugees navigating the new country system and advocating for their rights.

I am glad and grateful to say that this role at ChangeMakers is what I have always aimed for professionally and personally. I am fully committed to the organization and the communities that we work with.

Youth Week Celebrations



While the official Youth Week celebrations took place in mid-May, we at ChangeMakers Resettlement Forum decided to host the event on June 3rd. And we could have not picked a better day! The weather surprised us with sunny and warm conditions- As they say you can't beat Wellington on a good day.

We kicked off the day with some necessary admin work and reminders of the upcoming activities. But soon, it was time to embark on a supermarket run to grab drinks and snacks for the adventurous youth. Trust me, after an intense game of paintball filled with adrenaline and sweat, you will be thirsty as. Unfortunately, we underestimated just how thirsty our young players would be, and we found ourselves running short on drinks. Lesson learned for next time!

By noon, we picked up two youngsters who would have otherwise been unable to attend. You see, transportation can be a barrier for community events, especially during weekends and long public holidays when public transport becomes inconsistent. Despite the minor hurdle, we made it to the paintball field by 12:45, a mere 15 minutes before the official kick-off. Note to all future paintball enthusiasts: arriving early is a smart move! There's an official registration and induction section that you'll need to go through, and the sooner you get it done, the more time you'll have to play. With a group as large as ours—26 enthusiastic participants—it took longer than expected to wrap up the administrative formalities.

Let's talk about the incredible paintball experience itself. The entry fee included 150 paintballs and a comfy camouflage jacket, but for those craving more action, extra bullets could be purchased at a reasonable price. we highly recommend the \$49 package, which not only gives you 450 paintballs but also allows you to choose an upgrade—be it a pro mask, an electric gun, or even a smoke grenade. we saw that some groups purchased the \$49 package and split the cost. With our sizeable group, we appointed two captains and split into two teams. Our first game revolved around capturing the flag. Picture this: flags strategically placed on top of muddy and wet hills, making it quite the challenge to reach the opposing team's territory. Despite our best efforts, neither team managed to snatch the other's flag, but the sight of everyone getting into the game and working together was a true testament to the team spirit.

The next game took the fun to a whole new level. Set on a flat ground, we had giant cones serving as obstacles (check out the photo for a glimpse!). The objective was simple: the team with the most players standing at the end emerged victorious. Laughter, excitement, and a healthy dose of competitiveness filled the air as we battled it out.

As our paintball session drew to a close, we made sure to end on a high note. We distributed some fantastic giveaways, had some snacks, and, of course, captured the memories with a group photo. It was the perfect way to wrap up a day of adventure and camaraderie. So, if you're looking for an unforgettable experience, consider paintball as your next go-to activity. Until next time!

Turning The Curve...successes continue



Fadumo arrived in New Zealand from Somalia in 2008 and started driving in 2019. With seven children to look after it took her a while to get her restricted license, which she finally passed in 2021.

Having another baby, put driving on hold for Fadumo but she was determined to keep going and we matched her with a committed volunteer, Agnieszka who worked with her to get her full license. She passed her full license first time in May 2023.

Driving means that Fadumo can do day-to-day things like shopping and getting the children to school much more easily. Congratulations to Fadumo and a big thanks to Agnieszka for helping her on the road to independence.

Changing The Narrative

Over the past couple of years CRF have been working with community members, funders and photographer Ehsan Hazaveh to develop a photo story project. With the photographic part of the project completed, we were very fortunate to have Bottle Creek Gallery at Pataka in Porirua host part 2 of the exhibition for 5 weeks prior to World Refugee Day and including the ChangeMakers and friends World Refugee Day event at Te Rauparaha Arena on 24th June.

The aim of the advocacy project is to use imagery and short blurbs to shine a light on the incredible contribution, to Aotearoa New Zealand society, of people of refugee background. This contribution is significant, and there is often more contribution from people of refugee background than from those for whom this country is the motherland. All it takes is appropriate support, at the appropriate time, whether that be initially or a little later down the track.

This is in opposition to the common narrative, which is perpetuated by the images and messaging posed by organisations working internationally to obtain funding...the narrative that people of refugee background are helpless, dependent, victims with nothing to offer. Nothing could be more wrong.

The opening was a lot of fun, with those who participated in the second photo shoots, and some of those from the first, attending along with their families and leaders of communities. We were fortunate to have catering largely from the Syrian, Ahwazi, and Colombian communities as well as piano music played all night by a recent arrival from Eritrea.

A huge shout out to Porirua City Council, for their endless support whether it be from the team at Pataka, the team at Te Rauparaha Arena or the mayor herself (thank you Anita Baker). The next step...more galleries for both parts of the exhibition – about 40 images in all....and then funding for publishing a book using the works so far...a book that can be placed in places where the public will take a look, and learn the contribution reality of accepting former refugees.



World Refugee Day

Hope away from home; a world where refugees are always included. UNHCR 2023.

This important theme is not only what our collaborative world refugee day is about, but aligns with the community development, advocacy and research that CRF carries out to facilitate full participation.

On World Refugee Day we will celebrate the contribution people of refugee background bring to our lives through sharing food, dance, music and style with each other and the broader community. There is also the opportunity to visit the Change The Narrative photo exhibition at Pataka - next door to Te Rauparaha Arena.

If you and your children want to swim, please bring along their togs and come to the information desk just inside the door of the main event to get a stamp. This will allow free entry to the pool.

Entry to everything is free, however we are asking non-refugee to support our work by giving a gold coin donation if they are able to.

ChangeMakers
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WORLD REFUGEE DAY

FREE EVENT WITH FREE FOOD. COME & CELEBRATE WITH US

Saturday 24 June 2023
11 AM - 3 PM
Te Rauparaha Arena
17 Parumoana St, Porirua

Kids activities **Live performances** **Cultural Dances** **Henna**
Music **Delicious food**

IMAGINE A WORLD WHERE HEALING REPLACES HARM, AND CARE BECOMES THE WORLD'S SHARED CURRENCY.

FREE BUSES
From Wellington and the Hutt.
Limited spaces. Please contact: info@crf.org.nz

OUR PARTNERS:

NEW ZEALAND RED CROSS creative nz MINISTRY OF SOCIAL DEVELOPMENT
HGST INTERNATIONAL PĀTAKA ART + MUSEUM porirua city CREDIT WELLINGTON INC.

Time to Heal

See you there.....

For women & kids

Swimming - Update

Term 2 of Womens and Childrens Swimming will finish on 25th June. At that session we will be collecting some feedback to help us and our partners UP Foundation learn more about sessions going forward.

During the break, children that would like to continue



swimming in Term 3 will need to register, so that we can plan sessions. More details to follow from UP Foundation.

Term 3 will start on 17th July, with the childrens lessons remaining the same, and womens starting at 3.15pm and finishing at 3.45pm

On Sundays...Free for all. Contact Betty on 022 104 0975 for more information

For women only

Contact Nat on 021 258 9580



Women's Volleyball

Sundays...Free for all

Contact Rahela on 022 397 0859 for more information



**Do you love cooking?
Would you like to sell your food?
Are you a former refugee?**

We are planning to run
a **FREE NZQA Food Safety and Hygiene course**
in Hutt Valley
and need to know who would like to do this?



Details will be confirmed when we know who is joining

Where: Hutt Valley
When: one Saturday in July 2023

Registrations essential:
phone | text Betty on 022 104 0975
or come into ChangeMakers Office, Level 4, 39 Webb Street
There is a \$15 bond to register. This will be refunded to you on the day

Food Safety and Hygiene Cooking Certificate – expressions of interest

We are looking to hold another NZQA Food Safety and Hygiene course in July, and hoping to hold this one in the Hutt Valley due to current demand.

If you love to cook, and want to sell your food, this is the certificate that you need to

keep yourself and everyone safe.

Please let us know if this is something you would be keen to attend...we need 20 people to run the course. The contact is Betty

Mamas taking us to the zoo tomorrow...

We still have tickets to Wellington Zoo...and they have Snow Leopards now...so please get in touch with Luis or Betty if you would like some and also if your family and your



friends would like to go as a group

Youth Football

A flyer for Youth Football. At the top, it says "ChangeMakers" with a logo, "Incorporation with" and the New Zealand Police logo, and "NEW ZEALAND POLICE" with the Māori name "Ngā Pūrimāniri o Aotearoa". The main image shows a young boy in an orange jersey kicking a soccer ball. Below the image, it says "Football connect" in a red banner. At the bottom, it provides the location: "Location Wellington, 2 Kemp Street, KILBIRNIE 6022" and a "Limited Space" badge. Contact information includes: "Get in touch: Email: Demeysa.Ahmed@crf.org.nz, Mob: 0220288594".

Mens Volleyball

A flyer for Mens Volleyball. At the top, it says "ChangeMakers" with a logo and "FREE!!" in large red letters. The main image shows silhouettes of people playing volleyball. Below the image, it says "VOLLEYBALL TIME!" and "WE PLAY ON SUNDAYS FROM 8 - 7:30 PM, AT THE ĀKAU TANGI SPORTS CENTRE. COME AND JOIN IN THE FUN!". At the bottom, it provides the location: "72 KEMP STREET, KILBIRNIE, WELLINGTON 6022" and contact information: "Get in touch with Demeysa. Email: demeysa.ahmed@crf.org.nz, Mob: 0220288594".

Contact Demeysa for more information. Both games are being facilitated by volunteers now...thank you both so very much.

Employment Opportunities

Red Cross Refugee Trauma Recovery has a couple of jobs available.

Social worker – please click on the link below for details.

<https://www.seek.co.nz/job/67557683?type=standout#sol=fb8341fd62bd9dd28fe691fd6ce00c25252ab26>

Counsellor/Psychotherapist – please click on the link below for details.

<https://www.seek.co.nz/job/67557406?type=standout#sol=c49548d8892585ae9a5175e5f974a4a4e10b9ded>

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, HOST International Aotearoa, Catholic Social Service, Sisters of Compassion, Reach Out Counselling and CCDHB for the immense amount of support they are providing to our communities and our work



