



ChangeMakers
Resettlement Forum

Office Opening Hours:

9.00am – 5.00pm

Monday, Wednesday &
Friday

Office Contact Details:

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39 Webb Street
Mt Cook
Wellington

Website:

ChangeMakers Resettlement
Forum

Facebook:

Changemakersrefugeeforum

Whatsapp:

CRF Community Noticeboard

Christmas Closing Dates:

Closed:
Saturday 23 December 2023

Open again:
Tuesday 2 January 2024

Monthly Newsletter

November December 2023



Update from Jacqs

Kia Ora everyone

As we steam towards the end of year, there is a lot going on, for us as a team, for the communities we serve, and the networks we are working alongside. Our AGM was in November, the Diversity Festival (which we support) was a couple of weeks ago, and there continue to be several year end activities several days a week as well as our usual community support, navigation and social work, advocacy, and research.

It has been delightful hearing the incredibly positive feedback we are receiving from community members, participants, and people working in the settlement sector, following the youth panel at our AGM on Saturday 18th November. The panel of refugee background youth who originate from 5 countries across 4 regions openly shared their challenges in navigating growing up between cultures. The insight was amazing, for parents, educators, and those working in settlement. We look forward to sharing these insights in advocacy work and in carrying out more of these for specific sectors such as education. CRF sincerely thanks those youth participants for trusting us with their voices – Bethlehem Yoseph, Giselle Iradukunda, Ta Mawi Oo, Ahmed Morad, Yibeth Morales, and of course the facilitator Isabella Iradukunda who jumped in at the last minute.

We have had our end of year picnic, but have plenty to kick off the New Year. On January 13th we are having our Football Tournament with Football For All, then the 17th and 24th see a Summer Sports Holiday programme with Athletics Wellington, and finally another Youth Employment Expo (in Wellington this time).

With the Christmas shutdown being only a week away, this will be the last newsletter for the year. Keep an eye on Facebook and WhatsApp groups to see what we have coming up.

I would like to take this chance to wish those who support us with funding, those who collaborate with us, our partners in advocacy, the incredible volunteers who did more than 6000 hours last year, the team who work beyond what is requested, and also all of those in the communities that put their trust in us a heartfelt thankyou...Merry Christmas...Happy Holidays...and An Amazing 2024.

Jacqs

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

Nothing About Us Without Us

Focus On Strengths Not Weaknesses

What's Been Going On.

Playdate for Toddlers with HIPPY

This month we partnered with HIPPY to host a playdate for children under 5 years. We held one session in Petone and the other in Cannons Creek with 15-20 parents and children in attendance.



The aim was to bring our toddlers together for some interactive and creative play joining other members of the community who are new to New Zealand. There was a great turn out with lots of fun interactive activities including singing and dancing, chasing bubbles and craft. If you have children under 5 and would be interested in finding out more about HIPPY a home-based education programme you can call Lesley Chu on 027 330 4829 or email lesley.chu@greatpotentials.org.nz





Mental health continues to be a topic that is stigmatized and not well understood by many around the world, including people both born in New Zealand and those arriving in New Zealand as both refugees and migrants. It is often considered a culturally inappropriate topic, which in essence means that mental health cannot be nurtured the way physical health is.

Wellington Ahmadiyya Women's Group

The Wellington Ahmadiyya Women's Group recently held a women's evening that featured presentations on mental health: what it is (and is not), situations that put pressure on mental health, how to nurture mental health, and experiences of living through mental health challenges.

This was a great opportunity for CRF and other mental health professionals to work alongside members of a community, connecting with their experience as migrants and former refugees, to portray the reality of mental health as a very normal part of psychological and emotional well-being which operates along a continuum rather than as mental illness.



The Ahmadiyya Women's Group, like several other new Kiwi groups, is super active and has leaders volunteering precious time to support their community. This is despite their not having been in New Zealand for a long period of time themselves, and some only having arrived in the past 12 months. In fact, the current Badminton that ChangeMakers is supporting was instigated by two youth members of the community who have been in New Zealand for about a year...and the badminton group now has people from the Sri Lankan Tamil community participating. Overall, the group actively presents opportunities for their community members to come together, share their journeys, learn about key points of focus such as mental health, offer advice, be creative, and be active.

Congratulations to the Ahmadiyya Women's Group on your wonderful mental health event and thank you for your contribution to society.

We regularly help of member community organisations apply for funding for cultural activities and celebrations. If you would like our assistance, please get in touch.

Sustainability at ChangeMakers

We are working towards reducing waste and incorporating sustainability into the way we work. Our Youth Worker, Luis, has a special interest in this area and has been encouraging the team in this.



Last week we used compostable plates and forks at our AGM, instead of them going into landfill they were sorted after our AGM and have gone into a home compost bin to eventually turn back into soil. In this picture Mac the pet dog is showing a keen interest in our used plates and what is going in the compost bin!

Youth Expo...



On Saturday, the 28th of October, the Walter Nash Center in Lower Hutt was abuzz with excitement as the Youth Expo took place. This collaborative event was organized by ChangeMakers Resettlement Forum in partnership with Connected NZ, Hutt City Council, and the Hutt Multicultural Council, showcasing the power of unity. The positive outcome of this joint effort was evident, as over 80+ young individuals attended the expo and availed themselves of the various services offered on the day.

The mini expo featured a diverse range of 10 organizations, including LSV, Jobs and Skills Hub, the Department of Corrections, Hutt City Council, Rebel Business, NZ Police, I'M IN, Weltec/Whitireia, MSD with vacancies, and St. Johns. While it was unfortunate that three organizations had to withdraw at the last minute, their initial interest and involvement in the planning process were appreciated.

The decision to host a youth expo was driven by valuable feedback and conversations with different young people. As ChangeMakers Resettlement Forum, our role was to bring the event together with the support of our partners. Recognizing the significant need, we are now considering hosting similar expos in Wellington central and Porirua. Keep an eye out for information on the next Youth Exp, taking place in Wellington on 28 January.



Wellington Zoo and CRF supporting Zoo Trips

Recently ChangeMakers was delighted to support ETC Hutt a day out to Wellington Zoo for their students. We sincerely want to acknowledge Wellington Zoo for their ongoing collaboration with us and commitment to ensure that people, who do not have the capacity to go to the zoo, can do so.

Here are a few comments shared by students following their day out.



"It was a fantastic day with the classmates. I really enjoyed seeing lots of animals there. I was walking with one of the classmates, and we were talking about the animals. I asked her, "What's your favorite animal?" She said it was a rabbit, and I told her my favorite animal is a lion.

I said to her, "I wish I could have one at home". She laughed. I asked her, why are you laughing? She said, "Are you crazy? You want to die?". Then we went to a restaurant to eat food; we were so hungry. She ate pizza with something else I don't exactly remember.

I ate chips with vegetables and my favourite drink, Red Bull. While we were eating, we had a beautiful conversation about our future, what our next plans were, and what we want to do".

*Wednesday this week, it was a beautiful day. The sun was shining. I went to Wellington Zoo with my friends and teachers in the morning. The zoo is in Newtown, Wellington. I took buses to the zoo by myself. I arrived there at 9.35 AM - so early. I felt very excited to see the zoo because it was my first trip to the zoo in New Zealand. The zoo has a lot of animals such as the tigers, the lions, the giraffes and chimpanzees, but I most liked the kiwis. They were very cute and shy. So, they made me want to know about them more. I hope that I will go to the zoo again later. **Pat – from Thailand - Kakapo Class, ETC.***



*Thanks to the teachers and Change Makers for this beautiful opportunity; we really appreciate their hard work. **Mahir – from Yemen - Kakapo Class, ETC.***

I went to the zoo on Wednesday this week. It was a fantastic day. I have been to the zoo many times. The weather was very hot. I enjoyed it very much. I saw a lot of animals and different animals, but I never saw kiwi. It was always hidden.

*My favorite animals are the penguins because they look very cute. I tried very hard to see the penguin, but unfortunately, I could not see it. There were so many interesting animals. **Fahima - from Afghanistan - Kakapo Class, ETC.***

"I was really surprised when I saw the kiwi in the zoo. It was much big, bigger than what I expected. My son really enjoyed running around and played with some other kids. He loved driving the army vehicle. This was only my second time at the zoo."

"Without the free entry, we couldn't have done this, and not all of us can afford the entry. We really had fun together there. My son kept wanting to see more monkeys, and he kept dragging the adults to see the monkeys again. For me, seeing the red panda so clearly was exciting. I had always thought the zoo was a bit boring, but I was amazed to see the changes."

Upcoming event...



CRF End of Year Picnic - Zealandia

ZEALANDIA
TE MĀRA A TĀNE



On Saturday 2 December we were lucky to be able to hold our annual picnic at Zealandia Wildlife Sanctuary in Karori. We provided buses from the Hutt and Wellington and approximately 100 community members attended on the day.

We are so grateful to Zealandia for partnering with us and providing free admission to their beautiful sanctuary, along with a great team of staff and volunteers to show us around the sanctuary.



After a delicious lunch of shared kai together many of our group took the opportunity to have a guided tour of the sanctuary and see some of the birds being fed including the wonderful Takahe.

People who we spoke to told us they were appreciative of the opportunity to visit Zealandia for free as cost can be a limiting factor for many. Some also

enjoyed the New Zealand bush for the first time and commented Zealandia was a place they felt safe to explore and enjoyed seeing and learning about our native wildlife.

A fun day was had by all.



Recurring Activity...

Starting a business?
Need business advice?

If you want to start a business or improve business performance in Wellington, we can support you and connect you with the right channels!

Connect with us
Contact Judah Seomeng
✉ judah.seomeng@crf.org.nz
☎ +64 22 065 7831

CHANGEMAKERS CAN SUPPORT YOU

ChangeMakers
Resettlement Forum

Volleyball for the guys...



FREE!

ChangeMakers Resettlement Forum

VOLLEYBALL TIME!
STARTING 14 JAN 2024


WE PLAY ON SUNDAYS FROM 8 - 9:30 PM, AT THE ĀKAU TANGI SPORTS CENTRE.

COME AND JOIN IN THE FUN! [REGISTER NOW](#)

72 KEMP STREET, KILBIRNIE, WELLINGTON 6022

Get in touch with Demeysa.
Email: demeysa.ahmed@crf.org.nz
Mob: 0220288594

Swimming for the guys...



Men swimming lessons

Email: demeysa.ahmed@crf.org.nz
Mob: 0220288594

Confidence Safety Skills

Interesting in Learning how to swim?

Lessons are held on Wednesday evenings 6pm - 8pm, with space for 7 participants per intake. The sessions for next year, 2024, begin on the 31st of Jan 2024.

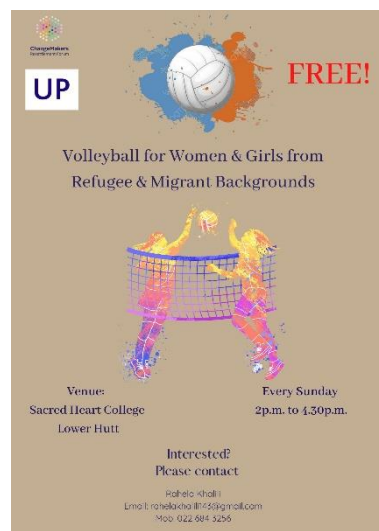
[REGISTER NOW](#)

ChangeMakers Resettlement Forum

Begin 2 Swim Community swim project

limited spots available get in touch ASAP.

Volleyball for the Girls



UP

FREE!

ChangeMakers Resettlement Forum

Volleyball for Women & Girls from Refugee & Migrant Backgrounds

Venue: Sacred Heart College Lower Hutt

Every Sunday 2pm. to 4:30p.m.

Interested? Please contact

Rahela Kholi
Email: rahelakholi@crf.org.nz
Mob: 022 864 5255

Driving for Inclusion

In October we welcomed our new Driving Programme Coordinator Gini Jayawardene to our team. Gini will be working 20 hours a week coordinating the Driving for Inclusion Programme in Masterton supporting refugee background community members to get their restricted and full New Zealand license.



We recently purchased a dual control car (pictured) and Gini has been busy learning the ropes and starting the challenging task of recruiting volunteer mentor drivers. It has been great being supported by and collaborating with local agencies including Road Safety Wairarapa, REAP, New Zealand Red Cross and Masterton District Council.

We are extremely grateful for the funding we have received through Waka Kotahi which will enable us to run the programme for the next three years.

If you know of anyone in the Masterton area who has their full New Zealand Driver license and would like to volunteer, they can contact Gini 027 552 5890

Celebrating Volunteer Driving Mentors and Drivers

On Saturday 30 November, we held a celebration of achievements for the year together with some of our drivers and volunteers. It was a joyful evening with delicious food brought and shared by all.

Congratulations to all our drivers who passed their test in 2023 and thank you to all of our volunteers who helped make this possible.



Celebrating Volunteers

International Volunteer Day was on December 5th.

As we head into years end we would like to say a heartfelt thanks to all those who volunteered with ChangeMakers over the year.

We have volunteers in the driving programmes, teaching swimming to men, facilitating all of our sporting activities, and helping with office tasks such as the newsletter. The leaders council members all provide volunteer time and the board carries out the majority of its work on a volunteer basis.

We simply could not achieve what we do without volunteers...so thank you.

In the last financial year, we captured most of the volunteer contribution...

This year we worked with

275

volunteers for

6,216 hours

спасибо 谢谢
GRACIAS 谢谢
THANK YOU
ありがとうございます MERCI
DANKE धन्यवाद
شكراً OBRIGADO

Remember these Upcoming Events...



ChangeMakers
Resettlement Forum

FOOTBALL TOURNAMENT

13 JANUARY

\$50 Entry Fee
Petone Memorial Park
11 Aside | Tournament structure the Women's, Mens and Youth competitions
Trophy and medals to be won!



REGISTER HERE

For more info contact:
Luis.Perez@crf.org.nz



SUMMER ATHLETICS

HOLIDAY PROGRAMME

Free event



ChangeMakers, in partnership with Athletics Wellington, invites youth aged 8- 18 for summer activities, including Sprints, long-distance running, Long Jump, High Jump, Discus, Shotput, Javelin, and Relay. You can contact Luis Perez to book your spot.

Newtown Athletics Stadium 📍 Wednesday, 17th and 24th January, 2024

🕒 9:30 am to 3 pm 📞 022-505-7741



Transport can be provided depending on numbers



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



