

CONNECT, INSPIRE, THRIVE: A Community Waikato Symposium



The most inspirational stories often come from our own people.

We work in a sector that is entrepreneurial, innovative, capable and strong.

This symposium is about us helping us. Sharing knowledge, and wisdom, providing a place to see and hear and talk about what's important to us, what's happening in our sector and using this to make our organisations and our community's strong and vibrant places.

Our Symposium Connect, Inspire, Thrive, is a community event where people from the community social service sector can come together, share and learn from each other.

The Symposium will be run as 4 sessions, each with a view to building thriving organisations in the 21st century. Three topics within each of the three sessions will be run as 15 minute sound bites of distilled wisdom, similar to a TED Talk, and alongside that will be an hour long World Café providing opportunity for likeminded people to engage in a range of conversations about things that matter to them.

Our headlines were chosen with care. We all need to take the time to connect with one another, take the time to network and create some meaningful links outside of our usual areas of business to give our thinking and our way of working some new inspiration.

We all benefit from a little inspiration at different points in our

lives. Sometimes simply hearing someone else's story can lift us up from routine, transform how we look at things, push us out of a rut, help us meet life's challenges and push us towards our potential. Inspiration is a counter to "if you do what you have always done you'll get what you always have".

Connecting and networking with like-minded people and being inspired by the stories and endeavours of others encourages us to thrive. Thriving means being open to a wide range of possibilities, knowing where we are going, why we are going there and how we are going to get here, having a solid mission and vision that we can actualise with the right resources, people, skills, energy and passion.

Our work is sometimes hard, and can feel pretty bleak, tiring and stressful, especially at the end of the long winter months. Do yourself a favour, let yourself, your staff, and your board all benefit from this engaging opportunity to meet new people, refresh, energise, learn and grow.

Come and join us. The day is intended for people from all levels of your organisation. Administration staff to CE, social workers to accountants, and board members to frontline staff everyone benefits from the chance to connect with a range of likeminded people. Give and receive, be inspired and inspiring, connect and share, and together as a community we'll thrive.

Tuesday 11 October , 9:30am-4:00pm
Life and Light Community Centre, 730 Wairere Drive, Hamilton
Registration is online at www.communitywaikato.org.nz

CE Update



Well it has been a year for me in my role as CE at Community Waikato and what a wonderful journey that has been! We have undertaken a strategic planning process that has resulted in a refined vision and mission and a set of new goals to guide us over the next three years.

We are preparing for our inaugural one day symposium: 'Connect, Inspire, Thrive'. We are really excited to offer this opportunity for community organisations, volunteers, governance members and staff to hear the stories from grassroots representatives of what is happening in our sector around the region.

Community Waikato has run a bi-monthly story in one of our free Hamilton papers. This has been a great opportunity to celebrate the successes of what is happening in our community and we are keen to extend this initiative around the region. We also now have a radio show on Free FM 89.0 that is broadcast around most of the region. If you would like to speak to us on air about what your organisation is achieving in your community, please let me know. We can interview you in the studio or over the phone and all shows can be listened to again online.

We are holding our Community Waikato AGM on 19 September and we hope to have as many of you present as possible. We are excited to have Dennis Turton and Cheryl Reynolds join us to talk about their vision for our region from the perspective of key funders in our region. Our AGM is our chance to feedback to you about how we have been doing over the last 12 months and to thank all those we have worked with for allowing us to walk alongside them in their journey to grow and strengthen their organisations. We do hope we will see you there.

Holly Snape - Community Waikato Chief Executive

**The Community Waikato Trust
invite you to the
Annual General Meeting
19th September 2016
at Puke Rangiora House
33 Victoria Street, Hamilton
4.30 - 6.30pm**

**Guest speakers:
Dennis Turton – Trust Waikato
Cheryl Reynolds – Momentum Foundation**

**Followed by drinks & nibbles
Please RSVP to robyn@communitywaikato.org.nz
By 15th September 2016**

Get ready to vote in the local elections...

The Electoral Commission wants everyone who is eligible enrolled to vote in this year's local elections.

Local elections are held once every three years. The next local elections will be held by postal vote in September and October this year.

The local elections are for city and district councils, regional councils and District Health Boards. In some parts of New Zealand, elections will also be held for local and community boards, licensing trusts and some other organisations.

Local elections give people the chance to have their say on who will make decisions on things that affect their communities like the local environment, rates, parking, rubbish, parks and health services.

Dates to put in your Diary

Community Waikato Tindall Annual Fund

Applications open Monday 5 September 2016 and close 4 pm
Monday 10 October 2016

Apply online www.communitywaikato.org.nz

Len Reynolds Trust Funding

Applications open Monday 3 October 2016 and close 4pm
Monday 7 November 2016

Apply online www.communitywaikato.org.nz

Connect, Inspire, Thrive, 2016

1 Day Community Waikato Symposium
Life and Light Community Centre, 703 Wairere Drive
11 October 2016
9:30am to 4pm

Register online www.communitywaikato.org.nz

Funding Expo

Hamilton Gardens Pavilion
8 March 2017
9.30am to 3pm

"Thriving in the 21st century"

2017 Community Waikato conference
Kingsgate Hotel
2 & 3 August 2017

Register online www.communitywaikato.org.nz

View the Community Waikato training calendar on the back page of this issue of Kumara Vine

Making written submissions to influence policy

Making submissions is an effective tool that anyone can use so that their voices and views are heard concerning government policies or legislation. It is worth the effort to set aside time to prepare, and to present, written and oral submissions about issues and causes that you are passionate about, and you believe needs change!

1. Define the Problem!

Firstly, it's important to understand your own concerns about the changes you want made to policies or proposed legislation. So, ask these four key questions to help clarify your thinking and views:

WHY ...is it a problem?	WHO ...is it a problem for?	HOW ...serious is the problem?	WHAT ...evidence do you have about the problem? What do you think are the causes?
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2. Submission Tips! Keep these tips in mind for writing your submission:

Keep Focused – Stick to the terms of reference, questions or topics.

You are an Expert! – You know about your work, so use that to highlight 'your point of difference'. Also, consider using your organisation's values and/or mission as a 'frame for analysis'.

Format – Be concise by using 3 to 5 key headings (unless reviewing a detailed Bill or plan). Also, it's alright to simply write a '1-page' or '1-paragraph' submission, and instead, focus on your oral presentation if writing isn't your strong point.

Content – Use evidence where you have it. Be honest about what you don't know. Illustrate your submission by using true stories, pictures, photos, videos.

Style – Be positive where you can – don't just be critical. Offer solutions where you can. Also, indicate if you want to present an oral submission.

3. Types of Information to use

Know that there is an array of information available for advocating and persuading your submission audience. So use information that is relevant and influential.

Knowledge: Local, traditional knowledge, consultation results from networks/groups.

Information: Existing policies, evaluations (Local, national or overseas), internet searches, published documents or reports.

Research: Evidence from research trials, analytical studies, long-term studies, qualitative studies, before and after studies, observations, experiences, case reports, and your own experience.

Ideas & interest: Opinions, views, 'expert knowledge' of individuals, groups, networks.

Politics: Government policy, information that fits current policies, political risk assessment, saleability, opportunities, crises.

Economics: Finance and resource implications, cost-effectiveness or other kinds of economic evaluation, opportunity cost studies. Next edition will address 'Making oral submissions'.

Source: This article is based on workshop resources delivered by Keriata Stuart (Strategic Advisor, Māori Public Health, Public Health Association of NZ), July 2016.

Connect, Inspire, Thrive 2016 - Guest Speakers

Community Waikato is holding a one day symposium to provide a networking and education opportunity for the social service sector. Some of our local leading lights will share their knowledge and experience, telling their stories and ideas in 15 minute sound bites. Here is a snapshot of some of the guest speakers you will hear at 'Connect, Inspire, Thrive 2016'.

Gail Gilbert



Born and educated in Scotland, Gail was a secondary school teacher and taught in Scotland and South Africa for 10 years. She came to New Zealand in 2004 and is currently the CEO of Age Concern Hamilton.

Gail is passionate about older people staying healthy and active and trained as a Zumba Instructor in 2012 in order to provide classes for older people in Hamilton.

9:45am - Taking care of you

Jason Sebastian

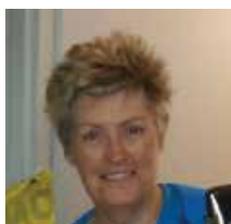


Jason currently works as the Waikato Humanitarian Services Coordinator for the New Zealand Red Cross and has prior experience in the youth development and engagement field. He was the former Chairperson of the Hamilton Youth Council and has been a member of the National Youth Advisory Group for

the Ministry of Youth Development. His governance experience in the community sector includes being Deputy Chair of Volunteering Waikato and the Young Workers Resource Centre as well as being a funding committee member for Hamilton City Council and the Waikato Lottery Committee. His passion includes ensuring that all young people get an opportunity to develop their potential and improving civic participation especially at a local government level, alongside travelling, reading books and watching TV.

11:30am – What motivates young people to get involved?

Jenny Wolf



Jenny is a social worker by training as well as formal management qualifications. She has a background in Health services management as well as a previous advisory role within the Ministry of Health. One of Jenny's national projects while with the Ministry was leading the Mental Health and

Addiction Co-existing problems ("CEP") project across Mental Health and Addiction services, ensuring integrated practice for the wellbeing of shared clients. Jenny also chairs two Boards: Age Concern Thames; and the Alcohol Drug Association of New Zealand. Jenny currently manages Whitianga Community Trust's Social Services. Jenny says her previous career experience holds her in good stead to work supporting her community.

10:40am – What collaboration can look like

Neil Tolan



Neil is currently the manager at the Western Community Centre a place that exists to create vibrant, healthy and self-reliant communities within Hamilton west. Having grown up in the Nawton area his involvement with the centre began in 1991 when he assisted a youth group that hired the venue. For

over 25 years he has had a number of centre roles from being a volunteer, coordinating holiday programmes, facilitating events and projects, a youth development worker, developing community leaders to serving as a board member. For the past 8 years he has been part of the western team as manager and is committed to a number of long-term community development projects including the "Fruit Trees in Homes" project. The project has seen 1,682 fruit trees planted in 308 homes and 422 planted in public spaces across Nawton and Crawshaw. Neil says working in neighbourhoods at a grass roots level gets more rewarding as each year passes!

11:50am Ways to measure what we do

Dennis Turton



Dennis was appointed as Trust Waikato's Chief Executive in May 2016. He originally joined the Trust in January 2014, as the Operations Manager. His significant senior management experience puts him in good stead to provide vision, direction and support to the Trust.

He also plays an important part in the philanthropic sector at a local and national level, representing the Trust's views on sector issues and dialogue, and upholding the interests of the communities it serves. Dennis' other community involvements include as a committee member of the Waikato branch of the Child Cancer Foundation and he also sits on the board at a national level.

12:10pm Aspirations for our region

Phil Grey



Phil Grey is the GM of Free FM 89.0 – the Waikato's community Access media organisation. His 13 years in local, independent media has seen many changes in delivery of media and more recently in how to engage audiences. Phil will present a brief overview of some common social

media tools, a few tips and tricks, and how used smartly these can greatly grow engagement levels.

10:00am Social media 'Warts & All'



COMMUNITY WAIKATO

"Supporting strong communities"

Hei tautoko kia tuu pakari ai ngaa haapori

CONNECT, INSPIRE, THRIVE 2016
1 Day Symposium

Tuesday 11 October 2016

9:30am-4:00pm

Life and Light Community Centre,
703 Wairere Drive, Hamilton

Connect, Inspire, Thrive 2016 Programme

9:00 - 9:30am	Registrations	
9:30am	Welcome, Set the Scene & Karakia	
9:45am	"Taking care of you"	Gail Gilbert
10:00am	<p>Connect: x 3 sound bites of 15 mins each</p> <ol style="list-style-type: none"> 1. Social media 'Warts & All' 2. Growing enduring relationships 3. What collaboration can look like 	<p>Phil Grey Gary Thompson Jenny Wolf, Rex Simpson & Rae Stafford</p>
11:00 - 11:30am	Break	
11:30am - 12:30pm	<p>Inspire: x 3 sound bites of 15 mins each</p> <ol style="list-style-type: none"> 4. What motivates young people to get involved? 5. Ways to measure what we do 6. Aspirations for our region – Trust Waikato 	<p>Jason Sebastian Neil Tolan Dennis Turton</p>
12:30 - 1:30pm	Lunch	
1:30 - 2:30pm	World Café	
2:30 - 3:30pm	<p>Thrive: x 3 sound bites of 15 mins each</p> <ol style="list-style-type: none"> 7. Making the most of technology 8. Bring money in to the organisation 9. Considerations in growing your organisation 	<p>Garry Johnston Karen Morrison-Hume Pamela Storey</p>
3:30 - 3:45pm	Thank you and Close	
3:45 - 4:30pm	Afternoon Tea & Catch Up	

Register at www.communitywaikato.org.nz

Cost: \$90 community sector, \$150 other

For any questions or information contact Sarah Gibb, Community Waikato Advisor,
07 282 0745, sarah@communitywaikato.org.nz

The South Waikato Achievement Trust

The South Waikato Achievement Trust, based in Tokoroa, was established in 1972 to provide support for accident victims and people with disabilities in the South Waikato region. The Trust has expanded during 44 years of operation and now supports any people from the region who have a disability, are disadvantaged or marginalised.

The ultimate objective of the Trust is to provide a means by which any person with a disability or disadvantaged or marginalised people can be fully involved as active members of their community through employment, through community involvement and by having access to a good living environment with support when needed.

People who feel that they belong and are positively contributing to their community have a higher level of self-esteem. As well as the personal gains for each person, this leads to a more vibrant and diverse community with less crime and a better environment for everyone.

The Trust provides a range of support services which include three key life elements for the disadvantaged and people with disabilities: A place to live, employment and socialisation within the community.

The Trust is a not for profit organisation but operates in a professional and business-like manner to provide sustainable long term benefits to the community. The supported living section of the Trust provides a home for over 20 people who need various levels of support and supports a further larger number of people to participate in and contribute to the community.

Support is provided through a range of services including supported residential dwellings, supported community integration and employment opportunities:

Supported living is provided in a range of residential dwellings. Those who need a high level of support are provided for in a 16 bedroom facility with 24 hour support. If support needs decline, the Trust provides other residential options from group housing to individual dwelling units.

All people at the Trust are encouraged and supported to be part of the community through a number of programmes which

encourage involvement in community events and development workshops which improve social and vocational skills to enable increased independence and more active involvement in the community.

Employment is a key factor in enabling people to feel and be a part of their community so the Trust operates four not for profit social enterprises which employ over 50 people with disabilities who might otherwise be unemployed. One social enterprise operates the Tokoroa transfer station and a further enterprise collects and recycles electronic waste from a region that stretches from Ruapehu to the Bay of Plenty and Hawkes Bay. The Trust is also a major packer of firewood and kindling which is stocked by a number of major retail outlets in the central North Island. A further enterprise provides general packaging and light assembly services to industry.

The enterprises must comply with all health and safety and other laws and they must be self-sustaining. These enterprises have generated 54 jobs in Tokoroa that would probably otherwise not exist. The flow on effect of these 54 jobs is immense as the income is spent locally and used to support local families. The employees are proud of their work and the workplace buzzes with enthusiasm and a willingness to do the job and do it well.

Being employed provides an income and a sense of community belonging. It is also an opportunity to improve work skills for advancement to other employment in the region.

You can support the Trust's work by:

- Recycling electronic waste responsibly through the Trust or at Waikato collection points.
- Purchasing firewood and kindling from the Trust's office at 12 Thompson St, Tokoroa or from selected New World and Pak n Save outlets.
- Using the recycling services available at the Croad Place transfer station.
- Contacting the Trust regarding any packaging, labelling or light assembly work that you require done.

The Trust has a staff of 60 dedicated and skilled people and supports over 90 people at 6 locations throughout Tokoroa. To find out more visit www.swac.co.nz



The enterprise staff take a break

True Friendships through the IHC Volunteer programme

IHC NZ has been a driving force over the past 60 years in improving the lives of people with an intellectual disability. Julie Elmer is the IHC Volunteer Coordinator based in Hamilton, who coordinates the IHC Volunteer Programme in the Waikato.

This volunteer programme is about one-to-one friendship in the community. The flexibility of the programme enables you to do the activities you like, when you like to do them, alongside a person with an intellectual disability. Each person in the volunteer programme is matched with someone who shares similar interests to them. A volunteer needs to be able to commit to meeting regularly (ideally weekly) with their friend, so that the friendship and routine is established.

“By taking a moment to connect with someone with an intellectual disability, you can make a positive change in someone’s life and a new friend in the process” says Julie.

More than 2 years ago, Camilla Carty-Melis and Gail Longley were partnered together in the IHC volunteer programme. Camilla joined the programme as she was new to New Zealand, and it seemed a like good opportunity to help someone, to meet people, and to introduce her young daughter Fern to people from diverse backgrounds. What Camilla found through volunteering was a friendship that was mutually beneficial, and so much more than volunteering.

“In spending time with Gail I have never laughed so much, we just have a lot of fun” says Camilla

Gail and Camilla spend time going on trips around the Waikato, going to events, and having coffee catch ups, walks and dinners. They are both discovering the Waikato together. Camilla said she didn’t really know what to expect from joining the volunteer

programme, but a real friendship has developed and her whole family knows Gail now.

“I no longer feel like a volunteer, we have a real friendship. Gail integrated really well into my life, and we are doing things together that I would have done otherwise, it is just more fun to do with someone else” says Camilla.

Many people with an intellectual disability find that the people they spend time with are paid staff and family. They do not necessarily have friends of their choice who share similar interests, and who they are able to do things with together within the community.

Gail has also really valued the friendship she has made with Camilla through the IHC Volunteer Programme.

“I like having a volunteer friend to go and do things with. It makes the time fly by and we do all sorts of things. Day trips and going for coffee and walks round the lake and movie nights if it is raining. We have a lot of laughs!”

The IHC Volunteer programme is currently looking for more volunteers to match with people seeking friends. They need people with varied interests and activities, ranging from planes, trains and photography, to movie and sport watching, walks, cafes, shopping and site seeing. New volunteers are provided with a full orientation and learning programme, and ongoing support from the volunteer coordinator.

If you would like to volunteer or be provided with more information, please contact Julie Elmer on ph 834 7219 or visit www.ihc.org.nz



Left to Right - Gail Longley, Fern, and Camilla Carty-Melis

Upcoming Community Waikato Training September-December 2016

Facebook: Making it work for you	<p>Have you created an organisational Facebook page and are wondering “What Next?” Do you want tips on how to use Facebook more effectively to maintain relationships, and engage your communities? This workshop could be just what you are looking for.</p> <ul style="list-style-type: none"> • Discover how Facebook helps not-for-profit organisations • Get familiar with common Facebook terms • Learn what makes a good post and how you can encourage more people to engage • Learn how to manage your time better by developing a calendar of Facebook post topics, and learn how to schedule your posts • Develop a social media policy for your organisation • Discuss how to measure success on Facebook 	<p>Wed 19 Oct 2016 9:30am – 12pm \$60 per person for community organisations</p>
Marketing Basics	<p>Marketing is just as important for the community sector as it is for any other type of organisation. Marketing enables you to build awareness of an issue and to gain support from the public for your cause. A marketing plan is a roadmap that outlines how your marketing initiatives are going to reach your target audience and improve the success of your organisation. This workshop takes you through some of the basics of marketing and how to go about developing a marketing campaign. You will learn how to create a marketing plan with measurable actions.</p>	<p>Thurs 10 November 2016 9:30am – 12pm \$60 per person for community organisations</p>
Introduction to Governance	<p>What is good governance? Many people take their place on boards and committees to support their organisation and realise they need to know more about their roles. This workshop has been designed around the four functions of governance...</p> <ul style="list-style-type: none"> • Strategic direction • Stewardship • Stakeholder relations and • Self Maintenance <p>...with the intent of giving trustees and board or committee members a general feel for the role of governance and a framework for what they need to know to be effective as board members</p>	<p>Wed 16 November 9:30am – 12pm \$90 per person for community organisations</p>
Health and Safety at your Workplace	<p>Free introductory workshops for community organisations. Understand the practical changes your organisation needs to know to fulfil its “duties and obligations” under the Health and Safety at Work Act 2015. Receive handy tools, templates & other useful compliance information.</p> <p>Let us know if you’re keen to host a free workshop for you and other organisations in your town, and we can pop up there.</p> <p>RSVP by email: cwinfo@communitywaikato.org.nz or phone: 07-838-1583.</p> <p>We’ll be popping up in other towns so more details to follow in our Weekly e-Bulletin</p>	<p>Thursday 22 September, 10am to 11:30am Huntly – Friendship House, 55 Williams Street</p> <p>Thursday 22 September 1:30pm to 3:00pm Hamilton – Community Waikato, 33 Victoria Street</p> <p>Thursday 10 November 10am to 11:30am Raglan – Raglan Community House, 45 Bow Street</p>

To register or for more information visit www.communitywaikato.org.nz or email robyn@communitywaikato.org.nz



**COMMUNITY
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“Supporting strong communities”

Hei tautoko kia tuu pakari ai ngaa haapori

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Charities Commission # CC24579