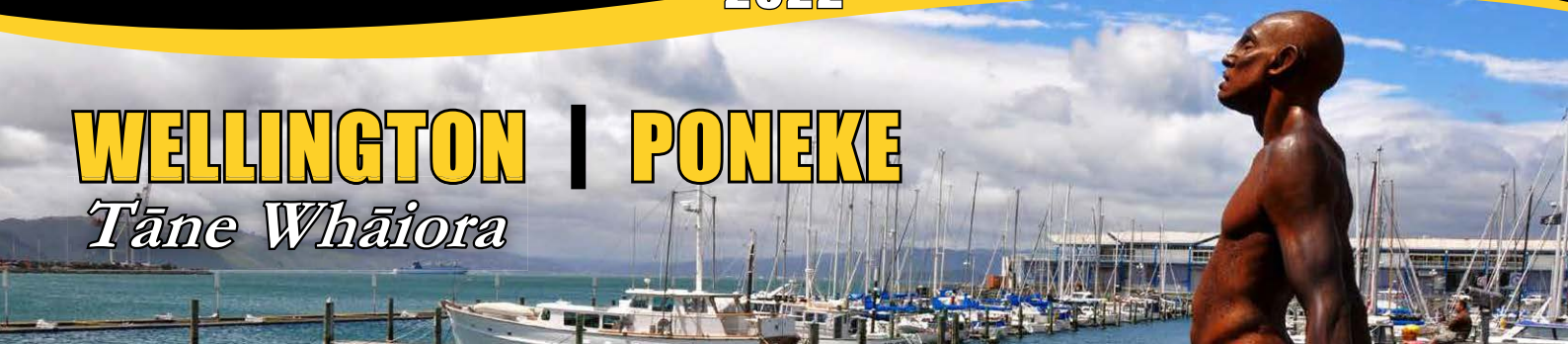


# THE blokes BOOK

2022

**WELLINGTON | PONEKE**

*Tāne Whāiora*





WELCOME TO THE

# *Wellington Blokes Book*

The Wellington Blokes Book contains heaps of information, contacts and links to useful online resources that you may find helpful – covering a wide range of things from physical and mental health, men’s groups, parenting and separated dads.

The booklet aims to make it quick and easy for you to find relevant information and contacts for health and social services, your community organisations both in your local area and within the wider Wellington region.

**You can find an online copy of this booklet at:**

**[www.kidzneeddadz.org.nz/wellington](http://www.kidzneeddadz.org.nz/wellington)**

**[www.facebook.com/kndwgtn](https://www.facebook.com/kndwgtn)**

**Want some FREE hard copies?**

**Call**

**Stuart M: 021 810 321**

**Peter M: 027 281 6272**

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# Men's health – Do the basics

## Physical health

**Register with a General Practice:** One of the most important things you can do to look after your health is to register with a general practice team before you need health care. To find a General Practice near you, go to

[www.ccdhb.org.nz/our-services/find-a-gp](http://www.ccdhb.org.nz/our-services/find-a-gp)

**General checkup:** Go for a general checkup when you register with a new GP Doctor. Repeat this every five years for ages 30-39 and repeat every two years for 50+ years age. Don't wait if something is concerning you – make an appointment straight away!

**Eyesight:** Get your glasses checked every two years, Contact lenses every year. Go see an optician for an initial assessment to screen for health issues and if you feel that your eyesight ability has changed.

**Dentist:** Go see them once a year. Look after your teeth by using an electric/battery toothbrush and dental floss daily.

**Hearing test:** Hearing Test: Get a hearing test every 5 years. If you having difficulty hearing or if your mates, wife, partner are saying that you seem to be 'going deaf', make an appointment with a local audiologist for a checkup. To find one near you go to: [www.audiology.org.nz/for-the-public/find-your-nearest-mnzas-audiologist](http://www.audiology.org.nz/for-the-public/find-your-nearest-mnzas-audiologist)

**Sleeping and snoring:** Bad sleep and snoring are no joke!! It leads to bad moods, angry partners, difficulty concentrating and workplace injuries. There are usually lots of effective ways to improve your sleep. Check out Page 13 for more information about Snoring and Sleep Apnea.

## Have a doctor... and use them!

*“With some fellas, say with heart or skin cancer, they leave it too late, when a check up at the doc’s would have picked it up.”*

*Dave 32, nurse*



## Healthline

**Healthline FREE 24/7 Service | Freephone: 0800 611 116**

Free advice from trained registered nurses who can provide you with health information and advice on care over the phone.

Call Healthline if you are: Feeling unwell – but not sure whether you need to see a doctor, needing some urgent advice about a family member or friend who's sick, on holiday and want to know where the nearest doctor or pharmacy is.

Free health advice  
when you need it



**Healthline**  
0800 611 116  
[www.healthline.govt.nz](http://www.healthline.govt.nz)

# Sleeping, snoring and sleep apnea

## Sleeping and snoring

It leads to bad moods, angry partners, difficulty concentrating and workplace injuries. Over the long-term, this can create a higher risk of disease leading to an early death, as well as

- Heart disease
- Strained relationships
- Diabetes
- Obesity
- Erection problems

There are usually lots of effective ways to improve your sleep.

**For options talk to your GP, or contact the sleep specialists listed on this page.**

## The Sleepwell Clinic

**Freephone: 0800 22 75 33**

**[www.sleepwellclinic.co.nz](http://www.sleepwellclinic.co.nz)**

## SleepTech Eden Sleep

*Our Wellington clinic is at:*

**74 Riddiford Street, Newtown**

**9am-4pm, Monday – Friday**

**Freephone: 0800 766746**

**E: [office@edensleep.co.nz](mailto:office@edensleep.co.nz)**

## Sleep apnea

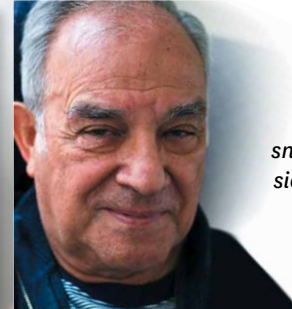
### What is sleep apnea?

Sleep Apnea affects more than 3 in 10 men and nearly 1 in 5 women, so it's more common than you might think.

Sleep Apnea affects the way you breathe when you're sleeping. In untreated

Sleep Apnea, breathing is briefly interrupted or becomes very shallow during sleep. These 'breathing pauses' typically last between 10 to 20 seconds and can occur up to hundreds of times a night, jolting you out of your natural sleep rhythm.

As a consequence, you spend more time in light sleep and less time in the deep, restorative sleep that you need to be energetic, mentally sharp and productive the next day. This chronic sleep deprivation results in daytime sleepiness, slow reflexes, poor concentration and an increased risk of accidents. With treatment you can control the symptoms, get your sleep back on track and start to enjoy being more alert every day.



***“I tried to laugh it off...***

***but she hated my snoring and I just got sick of being tired all the time.”***

***David, 68***

# Maintaining top health for men from aged 40



**Sleep:** For good health, most men need at least 7 hours sleep each night. Shift workers may need two sleeps in a day adding up to 8 hours or more. See page 5 for help with Snoring and Sleep Apnea.

**Exercise:** At least 30 minutes of physical activity 5 times a week is great for general health but even 10 minutes helps. Once warmed up during exercise, include brief spells of high intensity exercise (eg. Sprinting on the spot for 10 secs). Aim to avoid sitting as much as you can in your daily life.

**Drinking:** Keep your risk of alcohol-related accidents, injuries, diseases and death low by:

- Having at least 2 alcohol-free days every week.
- Eating food and drinking water whilst drinking delays the absorption of alcohol.

Want to know the best people to help stop or cut down drinking?

**Call the Alcohol Drug Helpline 0800 787 797**

**Wash Your Hands:** before preparing and eating food; after smoking, coughing, sneezing, wiping children's noses, visiting the toilet or changing nappies. Wash hands for at least 20 seconds and dry them for 20 seconds, or use an alcohol-based hand rub.

**Food:** Healthy eating is not about sticking to strict diets or depriving yourself of the foods you love. Rather, it's about eating a balanced range of foods that help you feel great, have more energy, improve your outlook, and help you achieve and maintain a healthy weight. Check it out here:

**[www.healthnavigator.org.nz/healthy-living/h/healthy-eating/](http://www.healthnavigator.org.nz/healthy-living/h/healthy-eating/)**

Aim for at least 5 servings of vegetables a day (eg. Raw carrot snack) – you don't have to restrict them to dinnertime! For most people's body clocks and sleep patterns, it is good to not eat after 8.00pm.

# Weight loss for men - 7 best tips



- 1. Losing weight has benefits for health, energy, agility, stamina, back-strain and self-esteem**  
Small steps to change is all it takes.
- 2. Weighing up the pros and cons of losing weight is a personal matter**  
If you are ready, weight loss information is the next step.  
[www.menshealthnz.org.nz/georges-weight-loss/](http://www.menshealthnz.org.nz/georges-weight-loss/)  
Refer Ministry of Health website/ Healthy Living page/ Help managing your weight.
- 3. Eating fewer calories leads to weight loss**  
High calorie foods include sugary foods and alcoholic drinks. Coloured vegetables – like carrots, broccoli, peppers - are great low calorie foods.
- 4. Burning more calories leads to fat loss**  
Including deliberate exercise and being more active in daily life adds to weight loss and helps to maintain weight loss.
- 5. Getting off-track with new habits doesn't mean instant weight gain**  
This is part of changing. Getting back on track at the next meal or the next session of exercise restarts the weight loss.
- 6. Keeping weight off depends upon keeping new habits over the long haul**  
The more you practice healthy habits, the easier they become. Having enough good quality sleep is important for achieving a healthy weight. Refer to the previous page for sleep problems.
- 7. Exercise**  
30 minutes of exercise 5 times in a week for general fitness. Build it up to 45-60 minutes of exercise 5-6 times a week. Include bursts (no more than 60 seconds at a time) of exercise at your maximum capacity to activate fat burning hormones.

# Working outdoors this summer?

Slip into shade when possible.

Slip on clothing that covers as much skin as possible.

Slop on some sunscreen. Apply 20 minutes before heading outside and reapply every 2 hours.

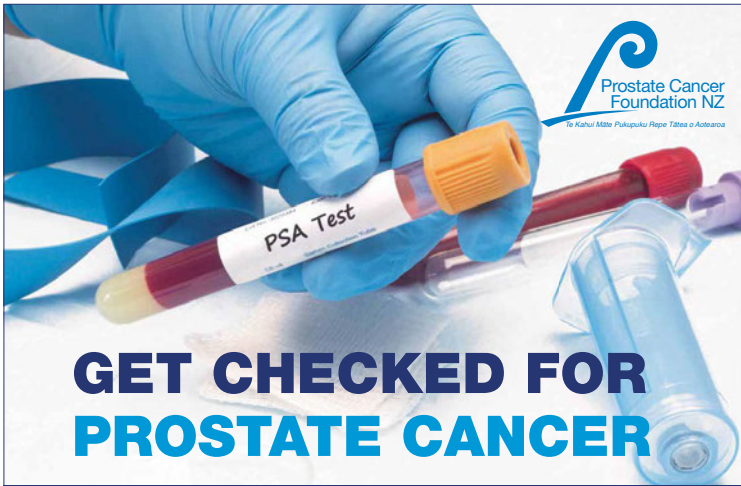
Slap on a hat with a wide brim.

Wrap on close-fitting sunglasses.



For more information on reducing your risk of cancer,  
visit [www.cancer.org.nz](http://www.cancer.org.nz)





Prostate Cancer  
Foundation NZ  
Te Kaitiaki Māori Pūkūpūki Rapiri Tāhira o Aotearoa

## GET CHECKED FOR PROSTATE CANCER

1 in 8 

New Zealand men will  
get **prostate cancer** &  
over 650 die each year

EARLY  
DIAGNOSIS  
SAVES  
LIVES

If you are over 50, get checked today!

0800 477 678 | [info@prostate.org.nz](mailto:info@prostate.org.nz) | [www.prostate.org.nz](http://www.prostate.org.nz)



## Testicular cancer is the #1 cancer in young men.

- Don't ignore any lumps or swelling in a testicle – get it checked out.
- Check yourself every month and know what is your normal.
- Testicular cancer is very curable, especially when diagnosed early.

DETECTION  
IS IN YOUR  
HANDS



TESTICULAR  
CANCER NZ

For more information please go to [www.testicular.org.nz](http://www.testicular.org.nz)  
or call the information line on 0800 660 800

A photograph of two men standing on a wide, sandy beach. The man on the left is wearing a black t-shirt and light-colored trousers, and has his right arm around the shoulder of the man on the right. The man on the right is wearing a striped short-sleeved shirt and dark shorts, and is holding a dark hat. They are both looking out towards the ocean under a blue sky with scattered clouds. The text 'HOW YOU FEELING BRO?' is overlaid in the bottom left corner in a white, stylized font.

HOW YOU  
FEELING BRO?

# Mental health... Help, where do I start?

## Te Ara Korowai

Freephone: 0800 543 354

P: (04) 299 6981

E: [info@tearakorowai.org.nz](mailto:info@tearakorowai.org.nz)

Te Ara Korowai is a peer led creative wellbeing centre in Raumati Beach, Paraparaumu providing creative and wellbeing focused classes for all community members.

## Te Haika

Freephone: 0800 745 477

All initial contact and referrals now go through the Te Haika call centre.

Te Haika is the Mental Health, Addiction and Intellectual Disability Service (MHAIDS) call centre for people in crisis or experiencing moderate to severe mental health or addiction problems. It is staffed seven days a week, 24 hours a day (24/7) by registered mental health professionals.

## Community mental health teams

[www.mhaid.health.nz/our-services/community-mental-health-teams-general-adult](http://www.mhaid.health.nz/our-services/community-mental-health-teams-general-adult)

There are 6 Community Mental Health & addiction teams across Kāpiti, Hutt Valley (two teams), Wellington (two teams), Porirua and Wairarapa. This service provides assessment and treatment for adults from 18 years old to 65 years old.

## Helplines

**Need to talk?**

**Free call or text 1737 any time for support from a trained counsellor.**

**[thelowdown.co.nz](http://thelowdown.co.nz) or**

**E: [team@thelowdown.co.nz](mailto:team@thelowdown.co.nz) or**

**Free text 5626**

**Lifeline:**

**0800 543 354 (0800 LIFELINE) or free text 4357 (HELP).**

**Suicide Crisis Helpline:**

**0508 828 865 (0508 TAUTOKO).**

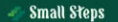
## Small Steps

[www.smallsteps.org.nz](http://www.smallsteps.org.nz)

Small Steps provides a range of tools and information to support you to maintain or improve your wellbeing and support your friends and whānau.

The tools are free (you won't even use any data) and only take a couple of minutes to complete. They cover topics like relaxation, gratitude, self-worth, mindfulness, sleep, reframing thoughts, and supporting others.

Whether you're looking to maintain wellbeing, find relief, get help, or give help - Small Steps is with you, for you - he waka eke noa.

 Small Steps

## Whirlwind

[www.facebook.com/whirlwindstories](https://www.facebook.com/whirlwindstories)

A charity helping blokes to embrace positive mental health. Whirlwind is a growing community of men helping each other to get better at the mental side of life. Through the sharing of stories and connections with other like-minded men, we foster a mutually supportive environment that encourages authenticity and emotional literacy.

---

## HOW TO ACCESS MENTAL HEALTH SERVICES IN A CRISIS

---

Do you,  
or does  
someone  
you know,  
need help  
now?



Te-Upoko-me-Te-Karu-o-Te-Ika  
Mental Health, Addiction and  
Intellectual Disability Service

[www.mh aids.health.nz](http://www.mh aids.health.nz)

## CONTACT TE HAIKA

WELLINGTON AND HUTT VALLEY

**0800 745 477**

WAIRARAPA

**0508 432 432**

Te Haika is the Mental Health, Addiction and Intellectual Disability Service (MHAIDS) call centre for people in crisis or experiencing moderate to severe mental health or addiction problems. It is staffed seven days a week, 24 hours a day (24/7) by registered mental health professionals.

If you or someone you know is in immediate danger, call emergency services 111.

### **Crisis Resolution Service (CRS)**

CRS covers Wellington, Porirua, Kāpiti and the Hutt Valley. They operate 24 hours, seven days a week and are available by contacting Te Haika.

The service works with the person, whānau and other relevant services to understand the nature of the crisis and provide support, advice and treatment.

CRS will remain involved with the person and their whānau until their crisis or immediate care and support-needs in the community have been resolved, or a suitable service has been recommended for further support.

A photograph of three men standing on a wide, sandy beach at sunset. The sky is a mix of orange, yellow, and blue, and the silhouettes of the men are visible against the bright horizon. The ocean is calm, and there's a small piece of driftwood on the sand to the right.

# Sorting things out through counselling

## Men sometimes feel that counselling is no benefit for them.

*There are many aspects of therapy that can be beneficial to men – for example, tackling difficult conversations with a partner. Men are generally great at getting by. It's important at different times to stop and digest things that have happened and come up with better ways to live. Counselling is one way to do this.*

### Choosing a counsellor that suits you

Good counsellors may be known by people you already know.

Recommendations from friends, people you work with, your GP, other guys who have been in similar situations are a great starting point.

Some counsellors offer consultations by SKYPE, and in the evening or at weekends.

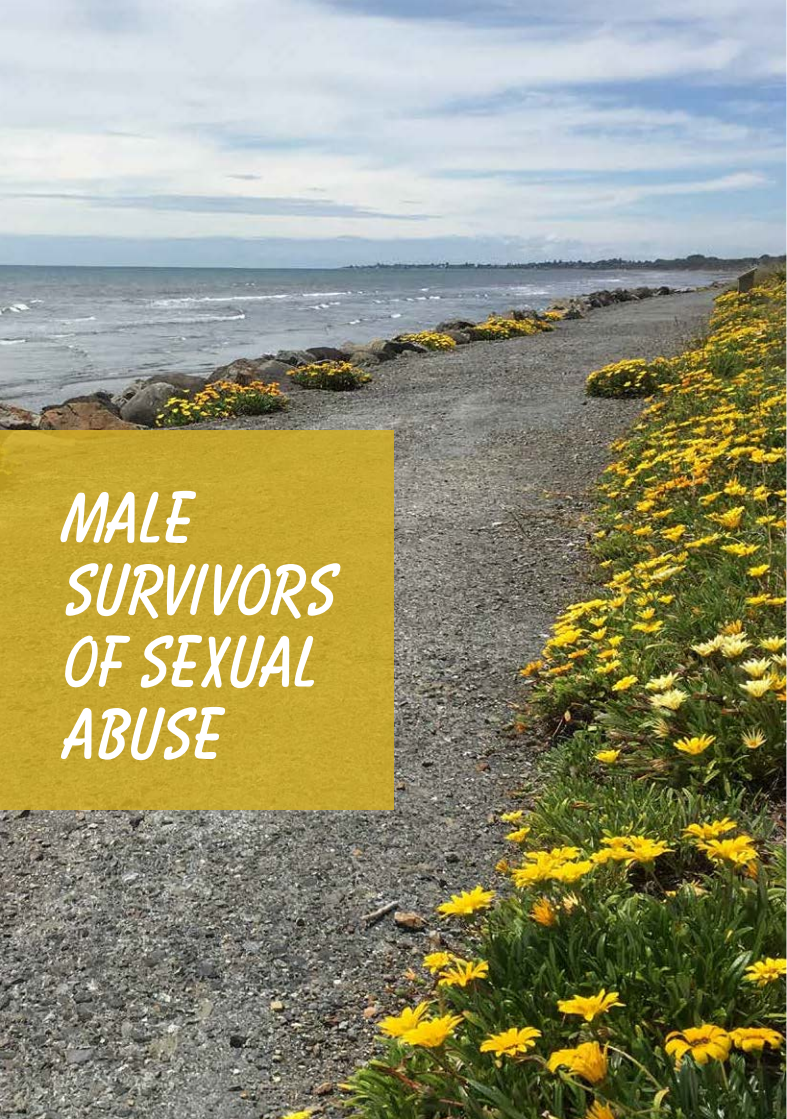
### Covering the cost of a counsellor

Some counsellors offer a sliding scale based on your income. Some agencies or churches have subsidised services you can access.

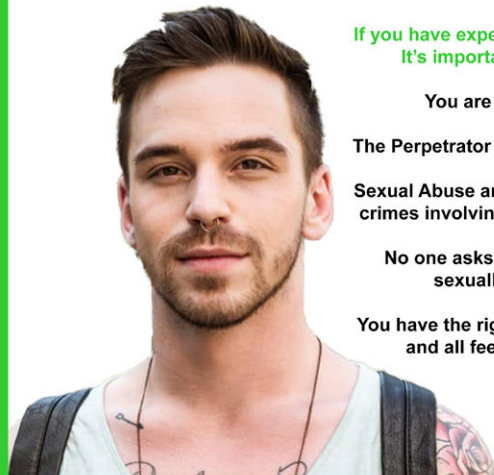
Work and Income New Zealand or your GP may be able to suggest funding options for you.

[www.talkingworks.co.nz](http://www.talkingworks.co.nz)





**MALE  
SURVIVORS  
OF SEXUAL  
ABUSE**



If you have experienced sexual harm,  
It's important to remember

You are not to blame.

The Perpetrator is solely responsible.

Sexual Abuse and Sexual Assault are  
crimes involving power and control.

No one asks or deserves to be  
sexually assaulted.

You have the right to experience any  
and all feelings you have.



**The Road Forward**  
*Tane Whai Ora*

The Road Forward provides free Peer Support that is grounded in the belief that Survivors and people are their own greatest resource; and focuses on the strengths that healing from trauma needs to be facilitated by people that know what they are doing, have lived experience and have the knowledge to help. Peer Support draws on the a shared understanding of the recovery journey.

**Empowering Male Survivors of Sexual Abuse**

Contact Richard Brewer

0800 118 104 or 021 118 1043

[support@theroadforward.org.nz](mailto:support@theroadforward.org.nz)

Wellington Hutt Valley Porirua Kapiti

[www.theroadforward.org.nz](http://www.theroadforward.org.nz) [www.facebook.com/theroadforward](http://www.facebook.com/theroadforward)

# Gay and Bi blokes

## Outline

Freephone 0800 OUTLINE  
or visit

[www.outline.org.nz](http://www.outline.org.nz)  
between 6pm-9pm for support

OutLine is an all-ages rainbow mental health organisation providing support to the rainbow community. They provide a nationwide, free and confidential support line and online chat service for people who want to speak to a trained volunteer from the rainbow community.



## Rainbow Wellington

[www.rainbowwellington.org.nz](http://www.rainbowwellington.org.nz)

Rainbow Wellington is Wellington's LGBTQI+ lobbying and networking group. They provide support and advocacy for the Rainbow community to individuals and organisations through networking and social events.



## Rainbow Youth

Gender and  
Sexuality Support

[www.ry.org.nz](http://www.ry.org.nz)

RainbowYOUTH works with young people, their whānau and their wider communities to connect them with accurate information and services that will provide safe and respectful support.

## Online Support

Our real-time online support chat RY URL is available for any person in Aotearoa (aged 13-27) who is looking for guidance, support, or advice around sexuality, gender identity, and intersex status.

Our support workers can provide face to face support in Auckland, Bay of Plenty, Wellington, Northland & Taranaki and online everywhere else in Aotearoa.



# FREE TESTING AND CONDOMS

The New Zealand AIDS Foundation has been at the forefront of the community response to HIV in Aotearoa for more than 30 years.

We provide easy and discreet at-home test kits for STIs and HIV for gay and bi men who don't have access to a clinic, or who are uncomfortable getting tests from their GP. If you get a positive result, we have peer testers who can provide over-the-phone support, and free counselling is available for anyone who is impacted by HIV.

We also ship free condoms and lube anywhere in the country. If you're unsure what condom fits you best, you can also order a condom fitkit to ensure you're getting condoms that are right for you.

[ORDER NOW AT NZAF.ORG.NZ](http://NZAF.ORG.NZ)



New Zealand AIDS Foundation  
Te Tūāpapa Māte Āraiākore o Aotearoa

# Habits and addiction

**If you're struggling with a challenging habit like gambling, smoking, drugs or alcohol, you don't have to deal with it alone. There is support available to help you break the cycle of addiction or dependency.**

## Alcoholics Anonymous

Freephone: 0800 229 6757

E: [help@aa.org.nz](mailto:help@aa.org.nz)

[www.aa.org.nz](http://www.aa.org.nz)

A free membership 12 Step programme for people who meet together to attain and maintain sobriety. The only requirement for membership is a desire to stop drinking. A.A. membership is FREE.

## Al-Anon

[www.al-anon.org.nz](http://www.al-anon.org.nz)

Al-Anon helps and supports families of alcoholics and all people affected by the alcoholism of a loved one or friend. Local meetings occur in Masterton, Raumati Beach, Paraparaumu, Plimmerton, Tawa, Upper Hutt, Lower Hutt, and Wellington City.

## Alcohol Drug Helpline

Freephone: 0800 787 797 – 24/7 Free

24 hours a day, 7 days a week, to speak with a trained counsellor. All calls are free and confidential.

## Community Alcohol and Drug Services (CADS)

Capital & Coast, Wellington

*For self-referrals*

Freephone: 0800 745 477

*Call Wellington Hospital for general admission*

P: (04) 494 9170

Provides treatment for people with moderate to severe coexisting substance use and mental health disorders. Lower Hutt, and Wellington City.

## Quit Line

Freephone: 0800-778-778

Call the Quitline for free advice and non-judgmental support to quit smoking.

Quitline is committed to helping all New Zealanders quit smoking, with a particular focus on Māori, Pacific peoples and pregnant women. If you have called them before and had a relapse, feel free to call them again.

## Care NZ – Addiction Treatments & Recovery

Wellington

Freephone: 0800 385 151

E: [wellington@carenz.co.nz](mailto:wellington@carenz.co.nz)

Lower Hutt | P: (04) 589 9691

Kāpiti Coast/Paraparaumu | P: 04 298 2805

Available for all men who are concerned about their own or a loved one's use of alcohol and drugs.

***“I do A.A. on Tuesday,  
N.A. on Thursday and  
G.A. on the weekend.***

***Six cups of coffee, a pack of  
ciggies, a stick of pot  
and about four beers  
for dinner.  
No, I don't have  
a drug problem  
mate.”***

***Johnno, 28***





## **Salvation Army Bridge Programme**

**Addictions – Alcohol & Drug support**

**Freephone: 0800 530 000**

**Wellington P: (04) 389 6566**

**Upper Hutt P: (04) 527 3373**

**[www.salvationarmy.org.nz/get-help/alcohol-and-drug-support](http://www.salvationarmy.org.nz/get-help/alcohol-and-drug-support)**

The Salvation Army Bridge offers the opportunity to get some help for yourself or a friend or relative to evaluate alcohol or drug use and explore ways to bring things under control again.

## **Narcotics Anonymous (NA)**

**Freephone: 0800 628 632**

**[www.nzna.org](http://www.nzna.org)**

Our message is simple that an addict, any addict, can stop using drugs, lose the desire to use and find a new way to live. Anyone who thinks they might have a drug problem is welcome to a meeting. Check out website to find local meetings in Foxton, Otaki, Paraparaumu, Wairarapa, Hutt Valley, Porirua and Wellington.

## **Over-Eaters Anonymous**

**E: [overeaters.anonymous.wellington@gmail.com](mailto:overeaters.anonymous.wellington@gmail.com)**

**[www.oaregion10.org/members/intergroups/#nz](http://www.oaregion10.org/members/intergroups/#nz)**

A 12 Step programme for people dealing with compulsive eating, anorexia, bulimia obesity and overeating. Meetings occur in Wellington Central and Lower Hutt Moera - refer website for details:  
**[www.oa.org/membersgroups/find-a-meeting](http://www.oa.org/membersgroups/find-a-meeting)**

## **Gambling helpline**

**Freephone: 0800 654 655**

**Text: 8006**

**[www.safergambling.org.nz](http://www.safergambling.org.nz)**

Gambling Helpline also offers four specialist services; Māori Gambling Helpline, Pasifika Gambling Helpline, Debt Gambling Helpline, and Youth Gambling Helpline. Free 24/7 service.



# Budgeting

## MoneyTalks

Freephone: 0800 345 123

[www.moneytalks.co.nz](http://www.moneytalks.co.nz)



Connects people and whānau with their local foodbanks, help them find their way through Work and Income processes and entitlements and support people to manage their money.

Anybody can get in touch with our MoneyTalks team if they need help with day-to-day money matters like budgeting and debt management and, it's free!

If our MoneyTalks team can't help you, they'll connect you with your local financial mentoring service for more ongoing support. Knowledge is power, and power is having choices.

## Wesley Community Action

P: (04) 385 3727 E: [info@wesleyca.org.nz](mailto:info@wesleyca.org.nz)

[www.wesleyca.org.nz](http://www.wesleyca.org.nz)

Provides support and services including a Good Cents initiative to assist families struggling financially, particularly those impacted by high interest loans. This programme assists financial literacy, and empowers participants to be in more control of their finances.

## Budgeting advice in your suburb

Wesley Community Actions: 04 237 7923

Otaki: 027 2499413

Masterton: (06) 378 8900

Paraparaumu: (04) 297 1436

Porirua Central: (04) 237 7749

Porirua East: (04) 235 6266

Petone: (04) 568 8831

Wellington Central: (04) 472 2466

Newtown Wgtn City Mission: (04) 245 0827

Kilbirnie: (04) 387 3573

## Petone Budgeting Service

P: (04) 568 8831

E: [manager@petonebudget.org.nz](mailto:manager@petonebudget.org.nz)



***"When I was made  
redundant...***

*we were left with big  
bills and a mortgage.  
Food parcels and some  
counselling services were  
useful."*

**Mark, 55**



**MAKING  
SENSE  
OF YOUR  
DOLLARS**



# Men's community/groups

Men's Groups used to be a normal part of the life of a Kiwi male. If you miss having good men in your life, check out the options on this page and the next. Or to learn what is out there for you, call: Peter 027 281 6272 or Stephen 021 555 450

## Wellington Men

Contact: Stephen M: 021 555 450 or Peter M: 027 281 6272

Facebook: [www.facebook.com/WellingtonMen](http://www.facebook.com/WellingtonMen)

We run bi-monthly Men's Heart Circles held in the evening at Johnsonville Community Centre. Call us for details.

We also organise regular regional men's gatherings aimed at building connection, strengthening networks among men, and forging friendships. These gatherings help to facilitate and support positive male energies.

## Brough Brothers Mens Group Wellington

Contact: Gordon M: 022 698 4020 or Tamash M: 021 071 9335

E: [broughbros@gmail.com](mailto:broughbros@gmail.com)

Our group meets fortnightly in the evening in Mt Victoria, Wellington. This is open to men who are working on their personal development and are interested in joining like-minded men. We help men share what is important to them. We are ordinary Wellingtonians from different walks of life. Rex McCann graduates welcome.



## Tane Talks

### Greenstone Doors

15 Dudley Street, Lower Hutt  
Every Tuesday 7pm-9pm

### Family Centre

1285 Fergusson Drive, Upper Hutt  
Every Thursday 7pm-9pm Chanel

Contact Francis

M: 0210 887 4824

E: [incouragecounsellor@gmail.com](mailto:incouragecounsellor@gmail.com)

Tane Talks is a men's group that provides a space for men to come along to, where they can feel comfortable and process the challenges men face day to day.

Tane Talks is about coming along to a group not only to feel heard but to hear and learn from other men, to get support as well as be supportive as we journey through the challenges of life.

A place for men to feel safe and unjudged.

**"A SAFE PLACE  
TO TALK"**



# Tane Talks

Inspiring Changes | Making connections | Strengthening men

**Chanel Family Centre**  
1285 Fergusson Drive  
Upper Hutt  
Every Thursday  
7pm-9pm

Contact:  
[incouragecounsellor@gmail.com](mailto:incouragecounsellor@gmail.com)  
or Francis 02108874824  
if you would like more  
information

**Greenstone Doors**  
15 Dudley Street  
Lower Hutt  
Every Tuesday  
7pm-9pm

Contact:  
[evenmneedtotalk@gmail.com](mailto:evenmneedtotalk@gmail.com)  
or Graeme 0298016406  
if you would like more  
information



Greenstone Doors  
Charitable Trust

# Youth



## Evolve – Wellington Youth Service

Freephone: 0800 380 583 | E: [reception@evolveyouth.org.nz](mailto:reception@evolveyouth.org.nz)

[www.evolveyouth.org.nz](http://www.evolveyouth.org.nz)

Instagram: [evolve.youth.service](https://www.instagram.com/evolve.youth.service) (this is generally where we will post our most up to date info)

Evolve is a Youth One Stop Shop (YOSS) delivering free integrated primary health care, social support and counselling services to young people ages 10-24 years old in the Wellington region. Evolve also offers free groups and programmes supporting youth development and wellbeing.

## Piki

E: [piki@tuora.org.nz](mailto:piki@tuora.org.nz)

[www.Piki.org.nz](http://www.Piki.org.nz)

Piki empowers and supports rangatahi towards better health and wellbeing. Piki is available to rangatahi aged 18-25 living in the Greater Wellington region and offers free access to

- Therapy at a convenient time and place
- Trained peer support coaches
- Links to 24/7 support through phone and web services



# Youthline

Changing lives.

Youthline Wellington has been providing support to young people in the greater Wellington community for over 50 years now!

Youthline offers free  
PHONE, TEXT, EMAIL & WEBCHAT COUNSELLING

Locally, we are proud to offer  
Youth Development Programme  
Mental Health Peer Support Programme  
Ongoing Education Programme  
&  
Education visits to schools and communities  
in the greater Wellington Region.



0800 376 633



234



[www.youthline.co.nz](http://www.youthline.co.nz)

# Youth dads

## Young Parent Payment (YPP)

If you're aged 16 - 19 and you have tamariki in your care, you might be able to get a Young Parent Payment towards your living costs, so you can get back into school, training or work-based learning.

You may be able to get the payment if you're bringing up your own child, or if you're supporting whānau like brothers, sisters or cousins and between 16 and 19 years old.

The YPP can be accessed through both Kapiti Youth Support and Vibe.

## Vibe in Hutt Valley

Freephone: 0800 CHAT2VIBE (0800 24 28 28)

E: [info@vibe.org.nz](mailto:info@vibe.org.nz) | [www.vibe.org.nz](http://www.vibe.org.nz)

Lower Hutt P: (04) 566 0525 | F: (04) 586 2054 | 4 Daly Street, Lower Hutt

Upper Hutt P: (04) 528 6261 | F: (04) 528 8618 | Unit 3/222 Main Street, Upper Hutt

Free confidential health & support services for young people 10 to 24 years.

If you access the YPP through Vibe you'll work with a youth coach to become an expert at managing your money. You will also have an opportunity to take parenting courses.

Vibe also has a young parent social worker who works with young parents (under the age of 20) who may need more intensive and/or longer-term support. (By referral)



## Teen parents education

[www.kiwifamilies.co.nz/articles/teen-parent-units](http://www.kiwifamilies.co.nz/articles/teen-parent-units)

Education can take a back foot when a teen becomes a parent. Teen Parent Units are schools for young mums and dads and there are three Teen Parent Units (TPU) in the Wellington region:

Puawānanga, Wairarapa Young Parents, Mākoura College, Masterton | P: (06) 377 3491

Titiro Whakamua, Heretaunga College, Upper Hutt | P: (04) 528 8977

He Huarahi Tamariki, Tawa, Wellington | P: (04) 232 0956

## Kāpiti Youth Support

Freephone: 0800 333 879

Paraparaumu

P: (04) 905 9597

15-17 Tutanekei St, Paraparaumu 5032

Otaki:

P: (06) 364 7305 | 14 Matene St, Otaki 5512

[www.kys.org.nz](http://www.kys.org.nz)

[www.facebook.com/KapitiYouthSupport](https://www.facebook.com/KapitiYouthSupport)

KYS is a Youth One Stop Shop (YOSS), providing free health and wellbeing services to rangatahi aged 10-24 years living in Kāpiti. We're a registered charity, and we've been around for more than 25 years. KYS has an awesome team of experts including doctors, nurses, psychologists, counsellors, social workers, youth coaches, mentors, young parent support groups and many other services - it's all free and totally confidential. Check out everything we do at [www.kys.org.nz](http://www.kys.org.nz)

Young Dads (under 24yr) can connect with our Young Parent Support programme which will support them as young parents and help grow skills and confidence in preparing for birth and becoming a great Dad.

**Mentoring:** At KYS, our mentors walk alongside rangatahi who may be young dad's, giving guidance, advice and support while helping them find strategies to cope with the pressures of everyday life.









## **MEN REAL** BEING REAL

Men Being Real is an experiential weekend workshop that will change a man's life by connecting their head to their heart.

By attending, men will better understand the events that shaped them into the man they are today. You will become the man you have always wanted to be from the inside and being authentically you, rather than by toughing it out or trying to change your outward behaviour through pressure from others.

Over three thousand Men from all over New Zealand have completed the Men Being Real weekend workshop and have gained real and lasting personal benefit from attending. Free follow-up is available to men in their ongoing exploration to understand themselves better and be the man they and others want them to be. Fathering and partnership skills are enhanced.

We encourage you to ring us for further information and sign up today to do this popular workshop which is held quarterly in Auckland.

## **PATHWAYS** TO **MANHOOD**

Pathways to Manhood is a 5 day rite of passage residential programme for 14 - 16 year old boys and their father (or significant male figure). It has been developed to give boys a clearer understanding of masculinity and what it means to be a good man in today's society.

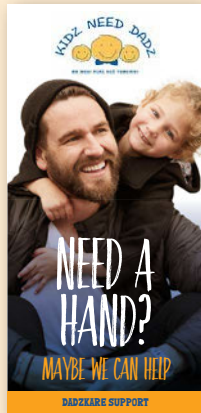
Teenage boys are constantly looking for somebody to validate their manhood and, in the absence of an intentional rite-of-passage, may attempt to 'self-initiate' by engaging in risky, violent or antisocial activities. Sometimes with tragic consequences.

We believe more positive outcomes can be achieved if young men are better supported when they start their journey.

Our event is the first week of the April school holidays in Swanson, West Auckland.



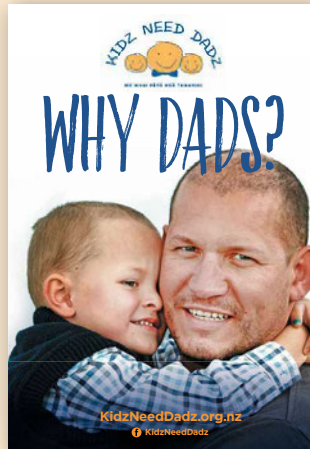
# Strengthening father/child relationships through support, education and fun!



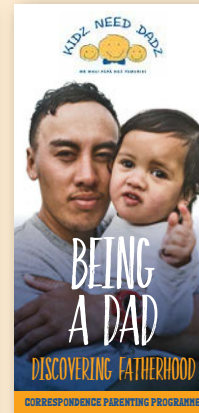
**Need a Hand?**  
Outlines what we can do to help fathers and resources.



**New Dads!**  
Information including advice for birth time.



**Why Dads?**  
32 page, A5 booklet of some of NZ's best father's research, parenting information and family support.



**Discovering Fatherhood**  
Our comprehensive correspondence course on parenting from infancy to teens.



**Anger Management**  
A correspondence course that helps you remove anger from your parenting.

**Kidz Need Dadz Trust Wellington**

**Contact: 0508 225 5323**

**Email: [wellington@kidzneeddadz.org.nz](mailto:wellington@kidzneeddadz.org.nz)**

**Check out our resources for Dads on our website:**

**[kidzneeddadz.org.nz](http://kidzneeddadz.org.nz)**



### **KIDZ NEED DADZ WELLINGTON**

DadzKare is a volunteer group of parents who meet to support, empower and inspire each other about parenting.

The group sessions are for anyone needing support or information to work their way through separation and its many trials.

We share our experience about family law, financial, personal and parenting concerns. If you are feeling distressed, powerless or depressed about your situation then these meetings could be of help.

Receive support from others who have been through the same or similar experiences.

Our meetings are chaired by one of our trained volunteers in a safe and supportive environment for sharing with others. We provide our time, energy and resources to support and encourage other parents.

**DadzKare Services 0508 225 5323**

**We operate this freephone service for those wanting information.**

#### **DadzKare Weekly Support Group**

**Tuesday evenings 7.30pm**

**22 Margaret Road, Raumati Beach 5032**

**Also Thursday evenings 7:30pm in these areas:**

**Johnsonville / Wellington** first Thursday in month.

**Palmerston North** second Thursday in month.

**Petone / Hutt Valley** third Thursday in month.

**Masterton** fourth Thursday in month.

*Note these meetings are free*

**Contact us for meeting locations.**

**E: [wellington@kidzneeddadz.org.nz](mailto:wellington@kidzneeddadz.org.nz) | Facebook: [@kndwgtm](https://www.facebook.com/@kndwgtm) | Givealittle:[givealittle.co.nz/org/kndwgtm](https://www.givealittle.co.nz/org/kndwgtm)  
A donation/koha would help us reach more parents | [www.kidzneeddadz.org.nz](http://www.kidzneeddadz.org.nz)**



## KIDZKARE Supervised Contact Services



- Accredited provider
- Child friendly
- Approved guidelines
- Safe environment

Enhancing the lives of children to maintain and build relationships with parents families and whānau.

*For more information contact:*  
KidzKare Wellington Services  
Room 2, Kapiti Impact Hub,  
6 Tongariro Street,  
Paraparaumu 5032  
M: 027 543 9527  
E: [kidzkarewellington@  
kidzneeddadz.org.nz](mailto:kidzkarewellington@kidzneeddadz.org.nz)  
Hours: Monday to Sunday  
(by appointment)

*"To be in  
your children's  
memories tomorrow,  
you have to  
be in their lives  
today."*







## Family and parenting

### **Family Works – Supporting families and communities**

Upper Hutt P: (04) 528 4164

Wainuiomata P: (04) 528 4164

Wairarapa/Featherston P: (06) 308 8028

Wellington/Thorndon P: (04) 439 4900

Porirua P: (04) 439 4900

Family Works Central is a family-centred social services agency that seeks to empower children, families, whānau and communities so they can flourish and reach their full potential.

### **Barnardos**

P: 0800 227 627 | [www.barnardos.org.nz](http://www.barnardos.org.nz) | For a range of social services for children and families.

### **Plunketline**

Freephone: 0800 933 922

[www.plunket.org.nz](http://www.plunket.org.nz)

A free, 24 hour help with anything to do with parenting and children under five.

### **Parent Help**

Freephone: 0800 568 856

[www.parenthelp.org.nz](http://www.parenthelp.org.nz)

This is a great place to get parent and family support.

### **Parents Centre Aotearoa**

[www.parentscentre.org.nz](http://www.parentscentre.org.nz)

We support parents to grow great children and build lifelong connections. Our expertly facilitated Antenatal and Parenting programmes are innovative, fun, interactive and engaging. Qualified facilitators create a safe, non-judgemental space for all parents to ask questions and get evidence-based information to support informed decision making for their whānau. Through our programmes we help parents make connections with other families to build lifelong support networks.

There are Parents Centres in Kāpiti, Mana, Wairarapa, Upper & Lower Hutt, Wainuiomata, Wellington North & South.



Supporting parents  
to grow great kids

FACE TO FACE & ONLINE



[WWW.PARENTSCENTRE.ORG.NZ](http://WWW.PARENTSCENTRE.ORG.NZ)



## Antenatal & Parenting Programmes

Join our expertly facilitated antenatal & parent education programmes which are informative, fun, interactive and engaging!

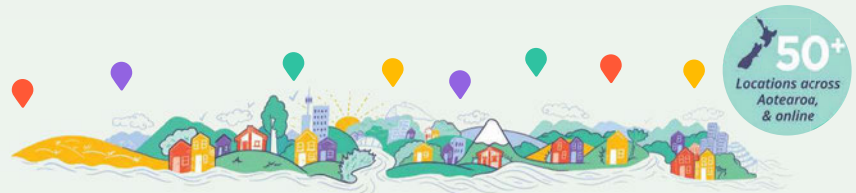
Our qualified facilitators create a safe, non judgmental space to ask questions and seek evidence-based information to make informed decisions about many aspects of pregnancy, labour, birth, feeding and parenting a new-born baby.

Your new-born will grow and develop with your care and guidance, and our postnatal programmes support you as you navigate uncharted waters during the early years.

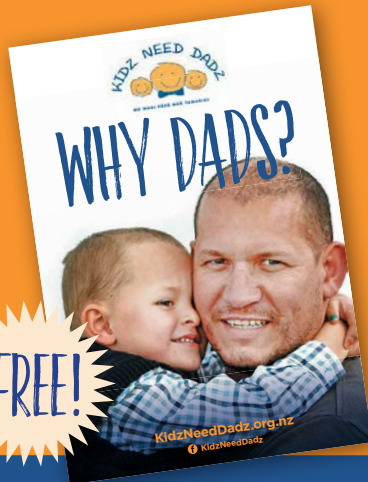


## Coffee Groups & Support Networks

Parents Centres programmes help set up crucial support networks and of course our famous coffee groups!



Get your **FREE** copy of NZ's best resource for dad's.



"READING THIS BOOKLET HAS HELPED ME TO BETTER UNDERSTAND HOW IMPORTANT MY ROLE IS TO BE A GOOD DAD TO MY KIDS!"

**FREE!**

32 page, A5 booklet of some of NZ's best father's research, parenting information and family support.

Topics include: Men and Pregnancy / Dads and Babies / Dads and Learning / Provider Dads / Post Natal Depression / Long term Benefits of Dads / Absence of Dads

Download a pdf copy here:  
[www.kidzneeddadz.org.nz/resources-for-dads/](http://www.kidzneeddadz.org.nz/resources-for-dads/)  
or get your FREE hard copies from:  
**Kidz Need Dadz Trust Wellington**  
Contact: 0508-225-5323  
Email: [wellington@kidzneeddadz.org.nz](mailto:wellington@kidzneeddadz.org.nz)



**net**  
nāku ēnei tamariki inc

**NET** is an organisation with three community-based teams serving Māori, Pacific, Pākehā and all other communities.

The programs we provide are complementary and are designed to support families/whānau/aiga/magafaoa/famili and tamariki/tamaiki/tamaiti/children.

**NAKU ENEI TAMARIKI INCORPORATED OFFICES**

**NET Māori**

P: (04) 920 1449  
Seaview, Lower Hutt

**NET Pacific and NET Pākehā/Other Cultures**


Level 1/15 Dudley Street, Hutt Central  
Text or call 021 243 4339  
Freephone: 0800 NET INC / 0800 638 562  
E: [info@net-inc.org.nz](mailto:info@net-inc.org.nz)



A man with a beard and a plaid shirt is smiling and holding a baby on a beach. The baby is wearing a dark blue shirt with white polka dots and blue jeans. The background shows the ocean and a woman hugging a child in the distance.

## Being a dad

*We can all work on being a great dad for our kids. Fathers who seek information and support will be more confident and better partners, parents and caregivers. On the next two pages are just a few sources of information for dads.*

A young girl with long brown hair, wearing a white t-shirt and dark pants, is running on a beach. She is looking down at something in her hands. In the background, a woman is hugging a child near the water's edge. The scene is set on a beach with waves in the background.

*Being a dad*



## **Kidz Need Dadz (KND) Trust Wellington**

Contact: **Stuart Miller**

**M: 021 810 321**

**E: [wellington@kidzneeddadz.org.nz](mailto:wellington@kidzneeddadz.org.nz)**

**[www.kidzneeddadz.org.nz](http://www.kidzneeddadz.org.nz)**

We offer a weekly KidzNeedDadz meetings for you to talk parenting and meet with other dads.

Refer to page 25 for more details.

## **Discovering Fatherhood**

### **Correspondence**

### **Parenting Programme**

This FREE programme has 10-modules covering from baby brain development, play and safety, through to challenging teenagers. The material is focused on information about children's development as well as parenting techniques for the different ages. Your completed programme modules can be printed / posted or emailed. Refer to page 24 for more details.

## **Great Fathers**

**E: [contact@greatfathers.org.nz](mailto:contact@greatfathers.org.nz)**

**[www.greatfathers.org.nz](http://www.greatfathers.org.nz)**

*Ordinary men omake great fathers* – This is a great website with heaps of good info for all dads – expectant dads, teen dads, old dads, first time dads. Check out their *Dads Toolbox* including Tips & Tricks for dads coping with life with a new baby – from crying to sleep deprivation to 'inside your babies brain'. See also *Dads Survival Guides* – *Going to be a Dad? And Congratulations Dad!*

Free DVD – *In Your Hands: What's it like to be a father!?!* - for you to gift to a new dad.

Plus check out the Hot Links for New Dads on website.

Refer to page 42 for more details.

## Parent Centre Aotearoa

P: (04) 233 2022

www.parentscentre.org.nz

PO Box 54128, Mana, Porirua

Antenatal classes, groups, courses for parents with babies and toddlers. There are branches in Kāpiti, Mana, Masterton, Upper & Lower Hutt, Wellington North & South.

## Parents Centre

Informative, fun, interactive and engaging Antenatal and Parenting programmes for expectant parents and parents of young children. Centres in Kāpiti, Mana, Wairarapa, Upper & Lower Hutt, Wainuiomata, Wellington North & South.

## Catholic Social Services

P: (04) 3858642

E: reception@wn-catholicsocialservices.org.nz

Level 1/ 132 Tory Street, Te Aro

We offer:

- Free Social Work support for individuals and families.
- “Game On” A 6 week parenting programme by Dads for Dads
- “Seasons for Growth” Grief and Loss programme

## Parenting Place

P: (09) 524 0025

E: support@parentingplace.nz

www.parentingplace.nz

In every course or workshop we run, you'll discover the parenting style that works in the 21st century – being a firm, fair and friendly coach.

Check out some articles, browse our resources, and find out about the events, programmes and courses we run all around the country. We have

Family Coaches who can give you the advice to get your family back on track Please feel free to contact us.

## Greenstone Doors Charitable Trust

Contact our Lower Hutt office on

P: (04) 566 5037

Supports whānau through pregnancy and beyond. Each person is recognised as taonga and is treated with dignity, respect and in utmost confidentiality.

Its free services include: Counselling for grief and loss, relationship issues, one on one and support groups such as Tane Talks (for men) and Wellness for Women, baby clothing and equipment, pregnancy testing, playgroups and a network of help services to make referrals.

## Breastfeeding mum? Tips for dads

**Tell her she's doing a good job.** The science shows you'll have a happier, healthier child because of her effort.

**Tell her you support her with this regularly.** Ask her what she needs to be comfortable and can you bring her anything while she is feeding (cup of tea?).

**Do extra housework.** That extra hour a day you put in while she is drained by breastfeeding is an investment in your relationship. So cook, clean, check with her what she needs.

**Keep her company.** Make sure she's in a comfy chair and warm enough, bring her a glass of water and snacks, have a chat or just hang out with her while she's nursing.

**Take care of yourself.** Too many men work extra hours when they could hold off. Schedule a night out with your friends once a week.

**Weight gain can happen for various reasons.** Get walks in with baby or on the way to work.

## La Leche League Wellington

For you to get knowledgeable support from someone trained in breastfeeding, talk to one of their advisors:

**Rona 021 535 479, Leslie (04) 970 3320,  
Christine (04) 976 7737, Kjersti 021 406 055  
or E: llnzwellington@gmail.com**



He taonga, he mokopuna  
It's all about the kids

# Family Works

## RESOLUTION SERVICE

**Relationship breakdowns, family separation or divorce is one of the most difficult things a family can face.**

Parents or guardians may disagree on things such as day-to-day care, the children's cultural upbringing and contact arrangements.

Family Works' Resolution Service can help you reach agreement on parenting arrangements, without needing to go to the Family Court. It's less stressful for everyone, especially the kids.

**FUNDING OPTIONS AVAILABLE.**



To learn more call us on

**0800 RESOLVE (0800 737 6583)**  
or visit: [www.resolutionsservices.org.nz](http://www.resolutionsservices.org.nz)



# Separating dads

We are committed to raising the importance of Fathers in relationships, in families together and in families with two different homes.

Everywhere children need to be nurtured and shared and loved!

- Many dads don't see it coming.
- Shock, loss, grief and anger are common
- Ignoring things and denial don't help
- It does take time before things settle down
- Focus on your children, their welfare is number 1
- Stay calm, talk to mates, consider counselling
- Try to work out a parenting plan together
- Mediation can help
- Your kids do need you in their lives
- Regular contact is good for kids and dads
- Working together is best for your kids

***The BEST parent after separation is BOTH parents***

## Parenting through separation courses

[www.justice.govt.nz/family/care-of-children/parenting-through-a-break-up](http://www.justice.govt.nz/family/care-of-children/parenting-through-a-break-up)

*Free courses nationwide:*

[www.justice.govt.nz/family/care-of-children/resolving-parentings-disagreements/parenting-through-separation](http://www.justice.govt.nz/family/care-of-children/resolving-parentings-disagreements/parenting-through-separation)

Free and a prerequisite for mediation or court proceedings. This is a great course for everyone to learn better communication skills.

*Having conflicting ideas about the 'care and contact' arrangements for your children can be stressful and may feel impossible to resolve. We are here to help.*



FDR Mediation is a service designed to help separated couples and families reach agreement about the care of children.

The children's best interests always come first.

Nationwide FDR Mediation services  
including specialists throughout the wider Wellington region

**CONTACT US TODAY TO FIND OUT MORE**

[casemanager@fdrc.co.nz](mailto:casemanager@fdrc.co.nz) | 0508 FDR CENTRE (0508 337 236)  
[www.fdrc.co.nz](http://www.fdrc.co.nz)

# Separated dads



## Separation:

On separating, many dads suffer shock, loss, grief and anger, and there may be a bit of denial.

It may take time before things settle. We know that Parenting Plans about the care of children should come first and these work better if the couple sort them out together. An important part in these plans and agreements is especially around maintaining contact and sorting a plan for both parents to work together in support of their children.

See Making a Parenting Plan on Ministry of Justice web page listed in the next column on this page.

## Protection orders

[www.justice.govt.nz/family/family-violence/apply-for-a-protection-order/](http://www.justice.govt.nz/family/family-violence/apply-for-a-protection-order/)

It's free to apply for a Protection Order. You can apply for a Protection Order if you're in, or have been in, a domestic relationship with a person being violent. If you're not in a domestic relationship with someone who is being violent towards you – you can apply for a Protection Order.

## Family Heart Services

Contact: Les Williams

M: 022 106 1574

E: [admin@familyheart.co.nz](mailto:admin@familyheart.co.nz)

[www.familyheart.co.nz](http://www.familyheart.co.nz)

Supervised contact services for separated parents. Provide support to families / family members who are vulnerable or in difficulty, in particular where parents are separated or at risk of separating.

### **Making a parenting plan**

*Free Parenting plans:*

[www.justice.govt.nz/family/care-of-children/parenting-through-a-break-up/agree-on-a-parenting-plan/](http://www.justice.govt.nz/family/care-of-children/parenting-through-a-break-up/agree-on-a-parenting-plan/)

### **The family court - The family justice system**

**Freephone: 0800 224 733 (weekdays)**

People who have separated can get help outside of the court to help them agree on how they will care for their children.

Refer to Family Dispute Resolution FDR providers on page 41.

If they can't agree, they can apply to the Family Court to resolve things.

### **KidzKare Wellington**

**P: 0508 225 5323 | M: 027 543 9527**

**E: [Kidzkarewgtn@gmail.com](mailto:Kidzkarewgtn@gmail.com)**

Supervised contact services – Accredited provider. Child friendly. Approved guidelines. Safe environment. Enhancing the lives of children to maintain and build relationships with parents, families and whānau.

### **Barnardos [www.barnardos.org.nz](http://www.barnardos.org.nz)**

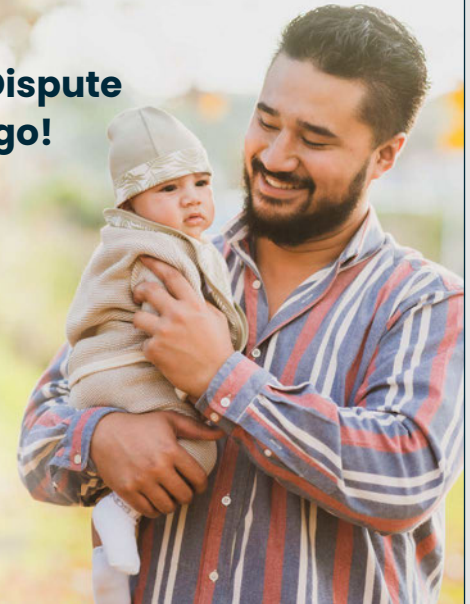
Working within the community to provide a range of care, education and support services for children and their families.

## **Can't agree on care or contact arrangements for your kids?**

### **Give Family Dispute Resolution a go!**

**Let our expert mediators help you.**

**Free and subsidised services available.**



 0800 77 44 20

 [fdr@fairwayresolution.com](mailto:fdr@fairwayresolution.com)

 [fairwayresolution.com/FDR](http://fairwayresolution.com/FDR)

**fair way** 

**kia tau**  
YOUR EXPERTS  
IN DISPUTE  
RESOLUTION

# Legal help

## Community law

Both the Wellington Office and the  
Te Awa Kairangi (Hutt Valley) Office

P: (04) 499 2928 | [www.wclc.org.nz](http://www.wclc.org.nz)

Wellington: Level 2, 15 Dixon St, Wellington

Lower Hutt: Level 2, 59 Queens Drive

Community Law Wellington and Hutt Valley provides community legal services to meet legal needs. At drop-in free legal advice sessions, we provide you with initial legal information and advice. In special circumstances, we may take you on as an ongoing client.

## Legal advice in your suburb

*Wellington area*

Kilbirnie Community Centre | 56 Bay Road

Newlands Community Centre | 9 Batchelor St

Newtown Community Centre

Salvation Army Newtown | 4 Normanby St

Centennial Community Centre | M: 021 389 823

Strathmore Park Community Centre | 108 Strathmore Avenue

*Porirua*

14 Hartham Place North | 04 237 6811

*Kapiti*

Citizens Advice Bureau

1st Floor, Coastlands, Paraparaumu | P: 04 298 4944

## Legal advice in your suburb

*Hutt Valley and Kaupapa Māori*

Te Awa Kairangi (Hutt Valley)

Naenae Library | Hillary Court

Upper Hutt Library | 844 Fergusson Drive

Wainuiomata Community Centre | Queen Street

*Kaupapa Māori*

Wainuiomata Community Centre | 1A Queen St

Kokiri Marae | 7-9 Barnes Street, Seaview

P: (04) 939 4630 | Text: 027 9548 336 | E: [carol@koriri-hauora.org.nz](mailto:carol@koriri-hauora.org.nz)

Porirua Whānau Centre | 16 Bedford Court, Cannon's Creek

P: (04) 237 7749 | Text: 027 9548 336 | E: [Enquiry@poriruawhanau.org.nz](mailto:Enquiry@poriruawhanau.org.nz)

Ōrongomai Marae | 1/9 Railway Ave, Maidstone, Upper Hutt

M: 027 9548 336 | E: [pouwhirinaki@wclc.org.nz](mailto:pouwhirinaki@wclc.org.nz)



## Family court

Freephone: 0800 224 733 (weekdays)  
[www.justice.govt.nz/family/about](http://www.justice.govt.nz/family/about)

The Family Justice System can help people who have separated to get help outside of the court to help them agree on how they will care for their children. Refer to Family Dispute Resolution services on page 36 and 39.

If you can't agree, then you may need to approach the Family Court to resolve things. The Family Court deals with lots of issues, from making orders for children not yet born right through to older people who are in need of care and protection.

Check out the Ministry of Justice website for information about the Family Court including: what to expect at Family Court, file & serve your documents, legal help in Family Court, lawyer for the child, and Family Court fees & costs.

There are 5 Family Courts in the Wellington region:

**Wellington** E: [wellington.dc@justice.govt.nz](mailto:wellington.dc@justice.govt.nz)  
**Porirua** E: [porirua.dc@justice.govt.nz](mailto:porirua.dc@justice.govt.nz)  
**Masterton** E: [masterton.dc@justice.govt.nz](mailto:masterton.dc@justice.govt.nz)  
**Levin** E: [levin.dc@justice.govt.nz](mailto:levin.dc@justice.govt.nz)  
**Hutt Valley** E: [huttvalley.dc@justice.govt.nz](mailto:huttvalley.dc@justice.govt.nz)

## Legal aid

Wellington

Freephone: 0800 2 LEGAL AID  
(0800 253 425)

Legal aid is government funding to pay for legal help for people on very low incomes who cannot afford a lawyer. Legal Aid is available for Criminal cases and for Civil/Family cases. Find out if you can get legal aid, how you can apply for legal aid and how you can find a lawyer.

**Support for Dads dealing with Family Court issues - they're not lawyers but still often useful...**

**Kidz Need Dadz Trust Wellington**

P: 0508-225 5323

E: [wellington@kidzneeddadz.org.nz](mailto:wellington@kidzneeddadz.org.nz)



***“I was scared and out of my depth***

*with the Family Court and the IRD. All I wanted was a fair share of time with my kids.”*

*Angus, 33*

[www.greatfathers.org.nz](http://www.greatfathers.org.nz)

# The New Dads

# TOOLBOX

Great Fathers  
Mana Matua

Ordinary Men Make Great Fathers



# Hey Dad!

## Because of you, I will...

Develop  
**BETTER**  
PROBLEM  
SOLVING  
SKILLS

Be better at  
**WAITING FOR**  
ATTENTION

**KEEP TRYING**  
**LONGER**  
when I'm  
faced with a  
challenge

Have **MORE**  
**TOLERANCE**  
for stress

**COPE BETTER**  
when I get  
frustrated

**FEEL**  
**MORE SECURE**  
and want to  
explore the  
world



\* Zero to Three  
- Tuning Into Dad

## You are important to me.

# Grandparents raising grandchildren

## Grandparents raising grandchildren

[www.raisinggrandchildren.org.nz](http://www.raisinggrandchildren.org.nz)

Provides regional and local support to grandparents raising grandchildren through support groups and Field Officers with specialised knowledge and skills to assist caregivers as well education, training, critical information and support at each step of the caregiver.

## Support groups for grandparents raising grandchildren

*Wellington, Porirua and Kāpiti:* Contact Cecilee Donovan

**M:** 021 158 6643 | **E:** [wellington@grg.org.nz](mailto:wellington@grg.org.nz).

*Wellington:* Monthly support group meeting on the second Friday of the month at Newlands Community Centre 10am-12pm

*Porirua:* Monthly meetings

*Hutt Valley:* Contact Serenah Nicholson – meets on various days

**M:** 021 743 414 | **E:** [huttvalley@grg.org.nz](mailto:huttvalley@grg.org.nz)

*Wairarapa:* Contact Tere Lenihan

**M:** 021 509 493 | **E:** [wairarapa@grg.org.nz](mailto:wairarapa@grg.org.nz)

## Financial support and resources

### Parenting and guardianship information

[www.justice.govt.nz/family/care-of-children/parenting-and-guardianship/](http://www.justice.govt.nz/family/care-of-children/parenting-and-guardianship/)

### Unsupported Child's Benefit

[www.workandincome.govt.nz/products/a-z-benefits/unsupported-childs-benefit.html](http://www.workandincome.govt.nz/products/a-z-benefits/unsupported-childs-benefit.html)

## Grandparents raising/parenting their grandchild/grandchildren

There are a lot of Grandparents in NZ raising their grandchildren!

My husband and I are raising our son's 5-year-old daughter who has been partly in our care since she was 3-months-old.

We gained FULL guardianship & additional guardianship of our granddaughter end of 2020 after a lengthy 3-year legal court battle.

We have experienced feelings of isolation, grief, misunderstanding, judgement and have lost friends along the way. We have raised our own 4 children who are now all adults, and we are now raising our granddaughter as we head into our 60s which wasn't on the card for this time of our lives.

*Sandra in Christchurch*



# Family/domestic violence

## Stopping your violence

*Anger management online course – refer to page 24*

[www.kidzneeddadz.org.nz/resources-for-dads](http://www.kidzneeddadz.org.nz/resources-for-dads)

Free from Kidz Need Dadz Trust that looks at understanding anger, communication skills and parenting discipline without violence.

## Anger management

*Anger management resources*

[www.mentalhealth.org.nz/conditions/condition/anger](http://www.mentalhealth.org.nz/conditions/condition/anger)

Online brochures from Mental Health Foundation include:

- Anger, conflict, bullying - what to do
- Managing your Anger.

## Stopping their violence

[www.justice.govt.nz/family/domestic-violence](http://www.justice.govt.nz/family/domestic-violence)

Go to the Ministry of Justice website for heaps of good information and links to support providers.

## NZ Police

[www.police.govt.nz/advice-services/family-violence](http://www.police.govt.nz/advice-services/family-violence)

Call your local Police Station and ask for their Family Violence Coordinator. People at risk from domestic violence can get a Police Safety Order from the police or a Protection Order from the court.

## Family/Domestic Violence Information Line

*Call their info line*

**Freephone: 0800 456 450**

Provides self-help information and connects people to services where appropriate. It is available seven days a week, from 9am–11pm, with an after-hours message redirecting callers in the case of an emergency.

## It is OK to ask for help

*See their website for information*

[www.areyouok.org.nz](http://www.areyouok.org.nz)

## National Network of Stopping Violence

[www.nnsvs.org.nz](http://www.nnsvs.org.nz)

A network of community organisations working to end men's violence to women and children across New Zealand. To find your nearest office in Masterton, Kāpiti, Porirua, Lower Hutt, Levin visit our website.

## **Oranga Tamariki**

24/7 Service

P: 0508 326 459

[www.orangatamariki.govt.nz](http://www.orangatamariki.govt.nz)

Worried about a child? How to identify abuse?

[www.orangatamariki.govt.nz/worried-about-a-child-tell-us/identify-abuse/](http://www.orangatamariki.govt.nz/worried-about-a-child-tell-us/identify-abuse/)

Signs of neglect or abuse can be hard to categorise. Some of the signs can be found on our website.

## **Victim Support**

Free 24/7 Helpline 0800 842 846

[www.victimsupport.org.nz](http://www.victimsupport.org.nz)

We help put victims of crime and trauma in control of restoring their lives.



# Tāne Ora

## Tāne Ora Programmes

Contact:

John Kingi at Kokiri Marae Seaview

P: (04) 939 7906

Tama Tu Tama Ora (supporting Māori Tāne to manage their anger).

## Porirua Whānau Centre

P: (04) 237 7749

E: [enquiry@poriruaWhanau.org.nz](mailto:enquiry@poriruaWhanau.org.nz)

[www.poriruaWhanau.org.nz](http://www.poriruaWhanau.org.nz)

Provides family support services and is one of six Family Social Service Centres in New Zealand.

## Depression.org

[www.depression.org.nz/Maori](http://www.depression.org.nz/Maori)

Helps you to recognise and understand depression and anxiety from a Māori world view. You can also try the self-test or watch videos of people across Aotearoa talking about their journey through depression and anxiety.

## Whanau in Wellington or Porirua Hospital

P: (04) 806 0948

E: [wcs@ccdhb.org.nz](mailto:wcs@ccdhb.org.nz)

Phone the Whānau Care Services team for support for patient queries, accommodation, social, Tikanga support or grief & loss.

## Whānau in Hutt Hospital?

The Māori Health Development Unit

P: (04) 566 6999

## Te Roopu Awhina ki Porirua

Main office

City Fitness Building

Level 1, 1 Walton Leigh Office

P: (04) 238 4090/92

Freephone: 0800 872 800

E: [reception@tra.org.nz](mailto:reception@tra.org.nz)

Provides social and family support services.

## Hora Te Pai Kāpiti Health Centre

P: (04) 902 7095

[www.horatepai.org.nz/resources](http://www.horatepai.org.nz/resources)

Hora Te pai is a health service that is low cost and accessible. You can access a number of resources through their website.

## Tane Talks (see page 21)

**Greenstone Doors**

15 Dudley Street, Lower Hutt

Every Tuesday 7pm-9pm

**Family Centre**

1285 Fergusson Drive, Upper Hutt

Every Thursday 7pm-9pm Chanel

Contact Francis

M: 0210 887 4824

E: [incouragecounsellor@gmail.com](mailto:incouragecounsellor@gmail.com)

Tane Talks is a men's group that provides a space for men to come along to, where they can feel comfortable and process the challenges men face day to day.

Tane Talks is about coming along to a group not only to feel heard but to hear and learn from other men, to get support as well as be supportive as we journey through the challenges of life.

A place for men to feel safe and unjudged.

"A SAFE PLACE  
TO TALK"

## **Nga TeKau Health Services**

**P: (04) 473 2502**

A Kaupapa Māori alcohol & other drugs service.

## **Ora Toa Mauriora**

*Porirua/Wellington:*

**P: (04) 238 4071 | E: [info@tekau.maori.nz](mailto:info@tekau.maori.nz)**

We receive referrals from all sources including walk-ins. We service Māori and other ethnicities.

## **Ora Toa Mauriora**

A Mental health and addictions service.

### **Counselling:**

**Ora Toa Mauriora – Tu Te Wehi (Primary Mental Health)**

227 Bedford St, Cannons Creek | 45 Rugby St, Newtown

**Ora Toa Mauriora – Tu Te Wana (Kaupapa Māori Alcohol & other drug services)**

227 Bedford St, Cannons Creek | 45 Rugby St, Newtown |  
2 Ngatitōa St, Takapuwahia

**Ora Toa Mauriora – Tu Te Ihi (Safe Gambling)**

**P: (04) 237 6057 | 2 Ngatitōa St, Takapuwahia**

## **Programs to support**

families/whānau/aiga/magafaoa/famili and tamariki/  
tamaikiiki/tamaiti/children



**NET Māori | P: (04) 920 1449 | Seaview, Lower Hutt**

**NET Pacific and NET Pākehā/Other Cultures**

Level 1/15 Dudley Street, Hutt Central

Text or call: 021 243 4339 | Freephone: 0800 NET INC / 0800 638 562

E: [info@net-inc.org.nz](mailto:info@net-inc.org.nz)



# Kokiri Marae

## **HEALTH AND SOCIAL SERVICES**

### **Whānau Ora Social Services**

Through it's Whānau Ora Social Service, Kokiri Marae offers a wide range of social services to at risk Māori and their whānau in Upper Hutt and the Hutt Valley.

A strength based approach to assist in increasing whānau capabilities – to be self managing, live healthy lifestyles and to participate fully in society.



### **Tama Tu Tama Ora Program**

Men's group supporting Māori tane to manage their anger

Tama Tu Tama Ora is for Māori men – as fathers, husbands, brothers and koro - who have the courage to change and to acknowledge and own their violence and the impact that has on wahine, tamariki and whānau.

### **WHANAU ORA AND TAMA TU TAMA ORA PROGRAM**

Monday to Friday 8.30am to 5.00pm

**P: (04) 939 4630**

**Kokiri Marae, 7-9 Barnes Street, Seaview, Lower Hutt**

# Pasifika men's health and wellbeing

## Hutt Union & Community Health Service

Freephone: 0800 31 31 00 | E: [admin@huchs.org.nz](mailto:admin@huchs.org.nz)

Provides low cost primary health services for people in the Hutt Valley with clinics in Pomare, Taita and Petone.

## Strong Pacific Families Porirua

P: (04) 237 1503

[www.facebook.com/pages/Strong PacificFamilies/364269264619](https://www.facebook.com/pages/Strong-PacificFamilies/364269264619)

Provides awareness and information for Pacific families to counter and address family violence.

## Te Kaiga Fakaofu, Tokelau I Ueligitone Inc.

E: [fakafoexecutive@gmail.com](mailto:fakafoexecutive@gmail.com)

Provides community services and support to Tokelauan.

## Taeaomanino Trust Porirua

Freephone: 0800 345 345

E: [office@taeaomanino.org.nz](mailto:office@taeaomanino.org.nz)

[www.taeaomanino.org.nz](http://www.taeaomanino.org.nz)

Provides social support services to Pacific people, families and groups within Porirua City.



Programs to support families/whānau/aiga/magafaoa/famili and tamariki/tamaikiiki/tamaiti/children

### NET Māori

P: (04) 920 1449 | Seaview, Lower Hutt

### NET Pacific and NET Pākehā/Other Cultures

Level 1/15 Dudley Street, Hutt Central

Text or call: 021 243 4339

Freephone: 0800 NET INC / 0800 638 562

E: [info@net-inc.org.nz](mailto:info@net-inc.org.nz)





## Pacific Health Service HUTT VALLEY

We work closely with our Pasefika community in the Hutt Valley north of Wellington. We provide community engagement, development, support, health services and social services. Our focus is A Vibrant Healthy Pasefika community.

Our Pasefika family-centred approach reinforces family strengths, provides appropriate support and empowers families to live well with greater control over their lives.

### **PACIFIC HEALTH SERVICES – HUTT VALLEY**

Open Monday to Friday 9.00am to 5.00pm

1 Hewer Crescent, Naenae

P: (04) 577 0394 E: [info@phshutt.co.nz](mailto:info@phshutt.co.nz)

[www.pacifichealthhutt.co.nz](http://www.pacifichealthhutt.co.nz)

## PACIFIC HEALTH SERVICE Toloa Mental Health Service HUTT VALLEY



The Toloa Service is a "by pacific for pacific" primary mental health and addictions service that is fully culturally connected (based on our Aiga-centred model of care and Pasifika values) and fully accessible to all pacific people in the Hutt Valley.

'E lele le Toloa 'ae ma'au i le vaivai'. The Toloa (black swan) leaves it's normal habitat to explore it's surrounding environment, but as a Toloa, will always return to it's 'vaivai' (habitat). As Pasifika individuals, we always return to our 'aiga'.

Referrals from GP and mainstream services as well as self referrals are welcome.

**DEREK SAUMOLIA** Toloa Team Leader

M: 027 494 3939 | E: [derek.saumolia@phshutt.co.nz](mailto:derek.saumolia@phshutt.co.nz)

**OKESENE TIME** Mental Health Worker

E: [okesene.time@phshutt.co.nz](mailto:okesene.time@phshutt.co.nz)

**TEA MUIAIVA-SAOLELE** Mental Health Worker

E: [tea.muaiava-saolele@phshutt.co.nz](mailto:tea.muaiava-saolele@phshutt.co.nz)

### **TOLOA MENTAL HEALTH SERVICE**

1 Hewer Crescent, Naenae, Hutt Valley

P: (04) 577 0394 | E: [info@phshutt.co.nz](mailto:info@phshutt.co.nz)



# Refugee and migrant communities

## Immigration New Zealand

P: (04) 910 9915

[www.immigration.govt.nz](http://www.immigration.govt.nz)

Immigration New Zealand provides reliable information for prospective migrants and new migrants already in New Zealand. Information regarding Visa options, employment and other resources are available on the website.

## CAB – Community Advice Bureau

Freephone: 0800 367 222

[www.cab.org.nz](http://www.cab.org.nz)

Your nearest Citizens Advice Bureau (CAB) can provide you with free advice on all sorts of things in your local community. If you want to speak to someone in your local area, a walk-in information service is available at your nearest Citizens Advice Bureau (CAB). To find out where your nearest CAB is located, either free call or look online.



E: [info@aotearoa-rmss.org.nz](mailto:info@aotearoa-rmss.org.nz)

Or send message through their [www.aotearoa-rmss.org.nz/contact](http://www.aotearoa-rmss.org.nz/contact)

### Support for Migrants and Refugees

We work with Culturally and Linguistically Diverse Community members (CALD) through someone from their own/or similar culture and in their own language. Amongst our services we provide:

- Cultural Capacity and Capability Building: workshops for agencies working with CALD community
- Cultural Bridging Facilitation: bridging between two cultures in meetings
- Business Start-up Support.



**ChangeMakers**  
Resettlement Forum

*New Zealanders from refugee backgrounds participating fully in Aotearoa New Zealand life*

#### PHONE

04 801 8512

#### EMAIL

[info@crf.org.nz](mailto:info@crf.org.nz)

#### WEB

[www.crf.org.nz](http://www.crf.org.nz)

## ChangeMakers Resettlement Forum

is an NGO that offers Community Development, Research and Advocacy to facilitate successful participation of our refugee background community members in Aotearoa New Zealand society.

All of our work is informed by our refugee background communities who are the majority on our Board and are the representatives of our Leaders Council.

We have several Community Development programmes and initiatives in response to community needs including:

- sporting initiatives
- womens and mens focus groups,
- drivers license training programmes

Our programmes also focus on youth.

*Following are details of the two key partners that work with refugees and migrants in the Wellington region.*

## **New Zealand Red Cross**

**Freephone: 0800 733 2767**

*(to find your local Red Cross branch)*



**NEW ZEALAND  
RED CROSS**  
RIPEKA WHERO AOTEAROA

### **Pathways to Settlement – Ngā Ara Whakatau Tangata**

Offers support to former refugees in New Zealand as they begin their resettlement journey.

### **Pathways to Employment – Ngā kaupapa hunga whakarere**

Finding employment is a key part of the resettlement process. This programme helps refugees to gain employment.

### **Refugee Trauma Recovery – Whakaora Whētuki Rerenga**

Provides clinical and therapeutic support to former refugees who have experienced torture and/or trauma and is available to children, young people and adults.



## **English Language Partners**

English is key to accessing work, education and everyday life in New Zealand. Our professional teachers and volunteers teach English to former refugees and migrants so they can participate at work and in our communities with confidence.



**[www.englishlanguage.org.nz](http://www.englishlanguage.org.nz)**

**Wellington Level 5, 186 Willis Street, Wellington**

**P: (04) 384 1992 | E: [wellington@englishlanguage.org.nz](mailto:wellington@englishlanguage.org.nz)**

**Hutt 27 Kings Crescent, Lower Hutt**

**P: (04) 570 1335 | E: [hutt@englishlanguage.org.nz](mailto:hutt@englishlanguage.org.nz)**

**Porirua Level 1, 7 Hartham Place South, Porirua**

**P: (04) 238 9400 | E: [porirua@englishlanguage.org.nz](mailto:porirua@englishlanguage.org.nz)**



Thanks to these organisations for their support



If you want more hard copies of the booklet, contact

Kidz Need Dadz Trust Wellington | Freephone: 0508-225-5323 | E: [wellington@kidzneeddadz.org.nz](mailto:wellington@kidzneeddadz.org.nz)

Or to find a pdf copy of the booklet, go to: [www.kidzneeddadz.org.nz/wellington](http://www.kidzneeddadz.org.nz/wellington) | [www.facebook.com/kndwgtn](https://www.facebook.com/kndwgtn)

If you think this booklet is useful to Wellington Blokes, you can give a Donation towards the cost of reprinting this booklet.

Go to [www.givealittle.co.nz/org/kndwgtn](http://www.givealittle.co.nz/org/kndwgtn)