



# THE blokes BOOK



2019



**HOROWHENUA/MANAWATŪ  
RANGITĪKEI/TARARUA**

*Tāne Whāi Ora*

# About the Blokess' Book

*The purpose of this booklet is to promote men's health and well-being.*

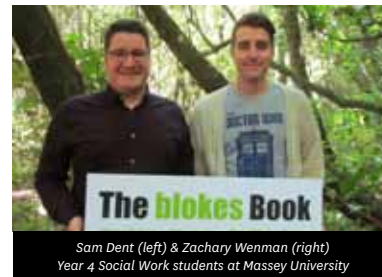
Inside you will find relevant services and resources that are aimed to support and encourage men to stay well and if help is needed, to be able to find this locally.

This booklet was produced by a working partnership between Stuart at Kidz Need Dadz Trust Wellington and Peter at Father&Child Trust Wellington. Additional support was provided by Sam and Zac who started the networking connections with local organisations in Palmerston North and the regions.

Charitable funds were raised to cover the production costs which has enabled this booklet to be distributed as a FREE publication. Our sincere thanks to all of our funders who have been acknowledged on the back page.



Stuart Miller (Left) & Peter Crosland (Right)



Sam Dent (left) & Zachary Wenman (right)  
Year 4 Social Work students at Massey University

**YOU CAN FIND AN ONLINE PDF COPY OF THIS BOOKLET AT:**

[www.manline.co.nz/information](http://www.manline.co.nz/information)

[www.fatherandchild.org.nz/information/blokess-books](http://www.fatherandchild.org.nz/information/blokess-books)

[www.kidzneeddadz.org.nz/wellington](http://www.kidzneeddadz.org.nz/wellington) or [www.facebook.com/kndwgtm](https://www.facebook.com/kndwgtm)

For more FREE hard copies of this booklet

Email Manline, Palmerston North: [info@manline.co.nz](mailto:info@manline.co.nz)

*If this booklet has been a useful resource, give a donation towards the cost of reprinting this booklet.  
Go to: [www.givealittle.co.nz/org/kndwgtm](http://www.givealittle.co.nz/org/kndwgtm)*



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# Physical health – do the basics

**REGISTER WITH YOUR LOCAL DOCTOR:** To look after yourself better, go in and register with your local Doctor. To find a Doctor near you, go to:

[www.centralpho.org.nz/general-practices](http://www.centralpho.org.nz/general-practices) | P: 06 354 9107

Go for a general checkup or 'Warrant of Fitness' when you register. Don't wait till you are unwell – make an appointment straight away.

**HEARING TEST:** 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/find-an-audiologist.aspx](http://www.audiology.org.nz/find-an-audiologist.aspx)

**DENTIST:** If you can't remember the last time you went to the dentists – go find a local dentist to check out your teeth. A search online with << dentists Manawatu >> will give you a number of dentists to choose from. Take care of your teeth by using electric/battery toothbrush and try to use dental floss between your teeth regularly.

**SLEEPING AND SNORING:** Refer to next page for more details.

**EYESIGHT:** Get your glasses checked every two years, Contact Lens 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.

**BOWEL CANCER AND PROSTATE CANCER:** We've all heard about these serious cancers that men are particularly prone to getting. Ask your doctor to check you out and talk to him about it BEFORE you think you have 'something going on down there'.



## **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



# Sleeping, snoring and sleep apnea

## Sleeping and Snoring

Bad sleep and snoring are no joke!! 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.

Here is a Sleep Specialist company that runs clinics in Palmerston North that you can contact:

**SleepTech Eden Sleep**

Freephone: 0800 333 675

E: [tim@sleeptech.co.nz](mailto:tim@sleeptech.co.nz)

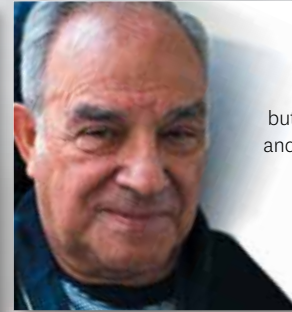
[www.edensleep.co.nz](http://www.edensleep.co.nz)

## 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

# 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.

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

## MidCentral Health Community Mental Health & Addiction Services

*Moderate to severe specialist services.*

### Palmerston North

Palmerston North Community Mental Health Service  
Palmerston North Hospital

Ruahine House, via Gate 12, Ruahine Street

P: 06 350 8184 | After Hours Calls: 0800 653 357

**ACUTE CARE TEAM (ACT) 24 HOURS 7 DAYS A WEEK**

**PHONE 0800 653 357**

This service provides assessments and treatment for adults from 18 years old with moderate to severe level of mental distress and/or addictions residing in the Palmerston North region.

## Feilding Mental Health

P: 06 323 3631 | Free phone 0800 653 357

After hours calls 0800 653 357

7 Duke Street, Feilding Integrated Family

The service provides assessments and treatment for adults from 18 years plus with moderate to severe level of mental distress covering Feilding, Sanson and outlying rural areas.

## Oranga Hinengaro Māori Mental Health

Palmerston North Hospital and Horowhenua

Whare Totara Community Village, via Gate 1, Heretaunga Street

P: 06 350 9155 | Freephone: 0800 007 878

After hours call 0800 653 357

E: [oranga.hinengaro@midcentraldhb.govt.nz](mailto:oranga.hinengaro@midcentraldhb.govt.nz)

Oranga Hinengaro is a culturally designed service for Māori by Māori. We provide assessment, treatment and care to tangata whaiora / consumers of all ages and their whānau. Our clients include Family/Whānau - Disability - Māori - Pacific - Youth - General - Senior Citizens. All ages.

## Horowhenua Mental Health

Horowhenua Community Mental Health Services

Horowhenua Health Centre, 62 Liverpool Street

P: 06 366 0047 | After hours Mental Health Help Line: 0800 653 357

Hours 08:00am - 4:30pm Monday to Friday.

The service provides assessments and treatment for adults from 18 years old with moderate to severe level of mental distress. This service covers the Horowhenua District from Te Horo to Foxton, including the towns of Otaki, Levin, Shannon, Foxton and associated beach communities.

## MASH Trust

### Palmerston North

602-606 Main Street | P: 06 355 7200 | Freephone: 0800 6274 878

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

**Mild to moderate services.** MASH Trust provides a wide range of support services for people with mental health and/or addictions, intellectual or physical disability or illness.



# Mental health...

## Tararua Rural Community Mental Health Service

HOURS: 8.00am—4.30pm Monday—Friday

### Dannevirke

Allardice Street

P: 06 374 7734

Freephone: 0800 653 357 | After hours calls 0800 653 357

### Pahiatua

Cnr Centre & Main Street

P: 06 376 7444 (press option 2)

Freephone: 0800 653 357 | After hours calls 0800 653 357

These rural services provide assessments and treatment for adults from 18 plus years with moderate to severe level of mental distress covering Dannevirke, Woodville, Pahiatua & outlying rural areas.

## Manawatu Supporting Families

### Palmerston North

160 Cuba Street | P: 06 355 8561

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

### Levin

58 Bath Street | P: 06 368 6116

### Dannevirke

40 Denmark Street | P: 06 374 8797

Mental Health service supporting Families in Mental Illness - Manawatu, Palmerston North, Horowhenua, Tararua.



## Kaupapa Maori Mental Health & Addiction Services

*For Rangatahi/Youth, Pakeke/  
Adult and Whānau/Family*



Mana o te Tangata Trust

Services provided include:

- Intervention and Prevention strategies to assist you on your journey
- Recovery orientated Peer Support
- Support Groups: Addictions, Anxiety, Resilience
- Addiction programme: Freedom Fighters
- Programmes aligned with your individual goals

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

### Palmerston North

Open Monday-Friday Hours: 9.00am – 5.00pm

601 Featherston Street | P: 06 358 5444

### Levin

Open Monday-Friday Hours: 10.30am -2.30pm

534 Queen Street | P: 06 367 3393

Check out [www.healthpoint.co.nz](http://www.healthpoint.co.nz) for more services



## Lifeline - 24/7 Helpline

Freephone: 0800 543 354

It always helps to talk. At lifeline, we're here to listen. 24/7 Hour Telephone Counselling.

TEXT SUPPORT 1737

## National Depression Support Line

Freephone: 0800 111 757 or Text: 4202

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

Free 24/7 HELPLINE. Is it depression and/or anxiety? Does it feel like life's getting harder?

Inner signs - Are unhelpful feelings and thoughts taking over your life?

Outer signs - Have you noticed yourself doing things differently lately?

## Samaritans

P: 0800 726 666 - 24/7 Service

Don't suffer alone! Samaritans offer confidential and non-judgemental support to anyone who is lonely or in emotional distress and you don't have to be suicidal to call them.

*Common reasons to call Samaritans include:* relationship/family problems, loss of job, friend or family member through bereavement, financial worries, job stress/overwork, body image issues.

## Suicide Crisis 24/7 Helpline

P: 0508 828 865

[www.lifeline.org.nz/Suicide-Crisis-Helpline.aspx](http://www.lifeline.org.nz/Suicide-Crisis-Helpline.aspx)

If you think you, or someone you know, may be thinking about suicide, call the Suicide Crisis Helpline for support.

ANXIETY SUPPORT – 0800 269 4389

TEXT THE LOWDOWN – TEXT 5626

CentralPHO   
Healthy people. Healthier lives. And building a healthier future.



# Te Ara Rau

A free service to improve mental health and wellbeing

### Mātanga Whai Ora (Experienced Clinicians) can help with:

- (A)ccessing Packages of Care and other Community Services
- (B)rief Interventions: Solution-focused talking therapy
- (C)oaching and other educational strategies to self-manage and enhance your wellbeing

Making a referral is easy.  
Contact us to refer yourself,  
family/whānau or a friend, otherwise  
talk to your doctor and ask them to  
make a referral.

# HEALTH ON MAIN

575 Main Street  
Palmerston North  
4440

Phone:  
**06 354 9107**

## FOR EMERGENCY OR ACUTE SUPPORT

Contact the  
Acute Care Team  
on  
**0800 653 357**

# Men experience sexual abuse

*Men are generally good at 'getting over' life's challenges but sometimes it really helps to have someone give you some skilled support. The people at the agencies below can help.*

## Abuse & Rape Crisis Support (ARCS) Manawatu

Linton Court, 10 Linton St, Palmerston North

P: 06 356 5868 | E: [admin@arcsmanawatu.org.nz](mailto:admin@arcsmanawatu.org.nz)

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

Providing services to those who have experienced sexual violence or abuse, and their whānau. Offices also in Levin and Dannevirke.

## Manline

Palmerston North

1st Level - Community House, 77-85 King Street

TXT for a call back: 027 358 1212 (business hours only)

P: 06 358 1211 | E: [info@manline.co.nz](mailto:info@manline.co.nz)

The "men helping men" organisation in the Manawatu and Tararua region offering services for men to explore issues within their lives. We work with men aged 13 years and older.



The helpline can be accessed free, 24 hours a day, 7 days a week by phone, text, website, online chat and email on:

Freephone: 0800 044 334 | Text: 4334 | E: [support@safetotalk.nz](mailto:support@safetotalk.nz)

Website/online chat: [www.safetotalk.nz](http://www.safetotalk.nz)

## ACC Counselling

ACC Sensitive Claims Freephone: 0800 735 566

[www.acc.co.nz/im-injured/support-recovery/counselling-therapy](http://www.acc.co.nz/im-injured/support-recovery/counselling-therapy)

*If you've experienced sexual violence, you can use the Find Support website to find a therapist: [www.findsupport.co.nz](http://www.findsupport.co.nz)*

This support is fully funded and you can start whenever you're ready. There are also services available for your family and Whānau.

## Male Survivors of Sexual Abuse Aotearoa New Zealand

Te Poari o Ngā Mōrehu Taitōkai  
o Aotearoa

[www.malesurvivor.nz](http://www.malesurvivor.nz)

Enabling the well-being of male survivors of sexual abuse.



# Gay and Bi blokes

## MaLGRA

### Palmerston North

Manawatu Lesbian and Gay Rights Association (MaLGRA) Incorporated

E: [committee@malgra.org.nz](mailto:committee@malgra.org.nz)

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

MaLGRA offers support, education, advocacy, for the local gay, lesbian, intersex, transgender, takatāpui, fa'afafine, asexual, and bisexual (GLITTFAB) communities. Service available in Manawatu, Taranaki and Horowhenua. You can self-refer or by supports by email or by private message on our facebook page.

## PFLAG

### Palmerston North

E: [glittfabwellbeingnetwork@malgra.org.nz](mailto:glittfabwellbeingnetwork@malgra.org.nz)  
(include pflag as subject)

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

Support, education, advocacy for parents, family and friends of gay, lesbian, bisexual, transgender and gender diverse people. Service available in Manawatu, Taranaki and Horowhenua.

Contact via email or private message on facebook.



Facebook: [fb.com/transcendpn](https://www.facebook.com/transcendpn)

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

Transcend is a youth-led organisation of and for transgender, intersex, takatāpui, and all other people of diverse genders. We run a mix of support groups and community events for youth for ages 14–17 & 18plus.



For Students (at Massey, Ucol, etc.)

[www.musa.org.nz/uniq](http://www.musa.org.nz/uniq)

Facebook: [fb.com/groups/masseyuniqpn](https://www.facebook.com/groups/masseyuniqpn)

E: [masseyuniqpn@hotmail.com](mailto:masseyuniqpn@hotmail.com)

UniQ\* is a recreational group for queer and questioning tertiary students.

We run weekly hangouts, as well as other fun events throughout the year.

If you need advice or support, get in touch with us.



## At-home HIV Testing

The New Zealand AIDS Foundation has been focused on preventing the transmission of HIV, and providing support for people living with HIV, for over 30 years.

As part of our strategy to increase HIV testing, we are providing easy at-home testing kits to gay and bi guys who live in places with lower access to clinics. These tests are sent in a plain envelope, with peer testers available to talk through you through the test, and the test result, on the phone.

Order now at [nzaf.org.nz](http://nzaf.org.nz)



New Zealand AIDS Foundation  
Te Tūāwhiri Raukiri o Aotearoa



# Habits and addictions

**If you're struggling with a destructive 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.**

## DO YOU THINK YOU HAVE A PROBLEM?

Are you not sure if you should get help or not?

Take one of our tests to find out.

TAKE THE SELF ASSESSMENT DRUG TEST

TAKE THE SELF ASSESSMENT ALCOHOL TEST

Go to [www.carenz.co.nz](http://www.carenz.co.nz)

CareNZ Manaaki Aotearoa

## Palmerston North Bridge Programme Salvation Army

P: 06 356 6903

E: [palmerstonnorth\\_detox@nzf.salvationarmy.org](mailto:palmerstonnorth_detox@nzf.salvationarmy.org)

Provides a detox service for people affected by harmful use of, or dependency on, alcohol or drugs.

## MidCentral Health Alcohol & Addiction Services

Palmerston North

Moderate to severe services.

Palmerston North Hospital | P: 06 350 8184

After Hours Calls: 0800 653 357



Contact us - Freephone: 0800 664 262

Email us: [help@pgf.nz](mailto:help@pgf.nz)

Counselling is free of charge to the gambler, their family and others affected by harmful gambling.

Palmerston North

340 - 344 Church Street, Awapuni

Freephone: 0800 664 262 or P: 06 957 0127

Levin

Outpatients Dept, Horowhenua Hospital

Liverpool Street

P: 0800 664 262 or 06 366 0888

## MASH Trust

602-606 Main Street, Palmerston North

P: 06 355 7200

Freephone: 0800 6274-878

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

MASH Trust provides Addiction Recovery Services tailored to individual need in the community.

## Quit smoking services

Palmerston North Hospital based stop smoking services

P: 06 350 9119 or by referral from hospital staff

Te Ohu Auahi Mutunga (TOAM)

P: 06 350 9110

Freephone: 0800 40 50 11 or

E: [toam@tewakahuia.org.nz](mailto:toam@tewakahuia.org.nz)

Stop smoking services in Palmerston North Public Health aims to reduce the health impact of smoking on our communities. Our health promoter works with our communities to help people to stop smoking and to remain smokefree by working in partnership with and promoting our local stop smoking services Te Ohu Auahi Mutunga (TOAM).

Support for Marae to develop and implement smokefree policies.





## Alcohol and Other Drugs Services

### MidCentral DHB

This service offers a professional and quality service which aims to reduce alcohol and other drug related harm and supports recovery by promoting positive change and health choices for individuals and their families.

*Moderate to severe services.*

### Palmerston North

Nikau House, Community Health Village  
Palmerston North Hospital (Gate 13)

Ruahine Street

P: 06 350 9130

E: [aldrugq@midcentraldhb.govt.nz](mailto:aldrugq@midcentraldhb.govt.nz)

### Horowhenua Health Centre

62 Liverpool Street

P: 06 366 0888

### Dannevirke Community Hospital

Allardice Street

P: 06 374 9628

*Clinics are also held in Feilding, Pahiatua,  
Otaki and Foxton*

[www.midcentraldhb.govt.nz/HealthServices/  
MentalHealth/mentalhealthspecialist/Pages/  
Alcohol-and-Other-Drugs.aspx](http://www.midcentraldhb.govt.nz/HealthServices/MentalHealth/mentalhealthspecialist/Pages/Alcohol-and-Other-Drugs.aspx)

## Manawatu Supporting Families

### Addictions Service

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



### Palmerston North

160 Cuba Street | P: 06 355 8561

### Levin

58 Bath Street | P: 06 368 6116

### Dannevirke

40 Denmark Street | P: 06 374 8797

Supporting Families in Mental Illness and addictions - Manawatu, Palmerston North, Horowhenua, Tararua.

Programme Areas include Addictions - drug & alcohol. Family/Whanau Support, Education, Information & Advocacy Services.

## Mana o te Tangata Trust

### Community Addiction Support

Palmerston North P: 06 358 5444

Levin P: 06 367 3393

## Gambling Helpline

Freephone: 0800 654 655 or Text: 8006

[www.choicenotchance.org.nz](http://www.choicenotchance.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.



## Workaholics Anonymous

[www.12steps.nz/contact-us](http://www.12steps.nz/contact-us)

Contact them if would you like to find out more about 12 step programmes of recovery.

### Paraparaumu Catalyst

Contact local representative in Paraparaumu

Call Tralee P: 04 299 1877 | P: 04 902 1048

## Narcotics Anonymous (NA)

[www.nzna.org/contact-information](http://www.nzna.org/contact-information)

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 Palmerston North, Foxton and Otaki.

## Alcohol Drug Helpline

24 hours a day, 7 days a week, to speak with a trained counsellor. All calls are free and confidential. **Freephone: 0800 787 797**



## Alcoholics Anonymous

**Freephone: 0800 229 6757**

**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.

## Alcohol.co.nz

If you are worried about your drinking, or someone else's, it will probably help to talk to someone outside of your situation. Find an alcohol and drug treatment service near you.

**www.alcohol.org.nz/help-advice/is-your-drinking-ok/about-addiction-treatment**

## Al-Anon

**P: 0508 425 2666**

**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:

### Palmerston North

**Plunket Rooms, 177 Vogel Street,  
Thursdays at 7pm.**

## Over-Eaters Anonymous

**www.aa.org/find-a-meeting**

You are not alone anymore!

No matter what your problem with food – compulsive overeating, under-eating, food addiction, anorexia, bulimia, binge eating, or overexercising – we have a solution.

Go to **www.aa.org/find-a-meeting** to find an Overeaters Anonymous meeting near you.



## Care NZ – Addiction Treatments & Recovery

**Go to [www.carenz.co.nz](http://www.carenz.co.nz)**

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

## 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.



## Living Sober

Living Sober is a free community website supporting people who are working to remove alcohol from their lives. Run by people in recovery, it is safe, kind, honest and non-judgmental. Join anonymously and start talking online with like-minded people today.

**admin@livingsober.org.nz**

**www.livingsober.org.nz**

# Making sense of your dollars



**We offer FREE** supportive, confidential and culturally aware budgeting/financial capability services to anybody.

Freephone: 0800 228 343

Phone: 06 358 2279

Location: Hancock Community House,  
77 King Street, Palmerston North

Email: mhbs@mhbs.org.nz

Website: [www.mhbs.org.nz](http://www.mhbs.org.nz)

[www.facebook.com/mhbs.org.nz](https://www.facebook.com/mhbs.org.nz)



## FinCap online budgeting advice services can help

FinCap have a range of online and phone services available to help with your budgeting.

Here is their website where you can locate services in specific areas:

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

FinCap also operates a free phone line.

**Freephone: 0800 345 123**



## Can't get to a budgeting / financial capability service?

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

MoneyTalks is a free service operated by FinCap which gives you access to a Financial Mentor by phone, text, email or live chat.

**Freephone: 0800 345 123**

**Text: 4029**

**E: [help@moneytalks.co.nz](mailto:help@moneytalks.co.nz)**



## Other Budgeting Advice and Support Service providers in the regions include:

### In Palmerston North:

Financial Freedom Trust 06 357 6122

The Salvation Army PN 06 358 7455

### In the districts:

Manchester House Social Services, Feilding 06 323 7191

Foxton Districts Budget Service 06 363 6684

Levin Budget Service 06 368 6924

Pahiatua Free Budget Service 06 376 6759

Dannevirke & Districts 06 374 5211

Otaki Family Budgeting 06 364 6579

Marton and Districts Budget Service 06 327 4537

Nga Iwi o Makai Patea Services Trust Taihape 06 388 1156

# Sorting things out through counselling



Men are generally great at getting by. But it's important at different times to stop and digest things that have happened and come up with better ways to live. Having counselling is one way to do this. Counselling doesn't magically fix problems but it helps you work through issues and options to find ways that can assist you.

## 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 cost of 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.

## How to find a local counsellor near you?

To find a counselor in your region, contact Manline in Palmerston North

**P: 06 358 1211**

### Feilding

**Manchester House Social Services**

**82 Aorangi Street**

**P: 06 323 7191**

**Services include counselling and budget advice**







**MEN  
BEING REAL**



Men from all over New Zealand have connected with the Essentially Men group and gained real personal benefit from attending workshops and sessions that they run.

Many men speak of experiencing trust and openness amongst the men in the groups that have met and worked together.

If you are interested to meet other men in your area or keen to set up a local men's group, please contact:

**Richard on 027-208-4545 or  
Peter on 027-281-6272**

### **Essentially Men / Men Being Real**

A uniquely men's workshop for you that consists of active processes to connect head and heart that support you inwardly to better understand the events that shaped you into the man you are today. Through this understanding, you will become the man you've always wanted to be from inside-out rather than by toughing it out or through pressure from others.

Be the change you want in the world, go to  
**[www.essentiallymen.net/essentially-men-workshop](http://www.essentiallymen.net/essentially-men-workshop)**.

**P: 09 376 2386**

**E: [info@essentiallymen.net](mailto:info@essentiallymen.net)**



# Youth

## YOSS – Youth One Stop Shop for holistic youth services

### Palmerston North

31 Princess Street | P: 06 355 5909

### Levin

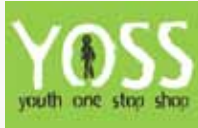
152 Bath Street | P: 06 368 0863

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

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

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

YOSS provides free health and social services for young people aged 10-24 in Palmerston North and a health clinic in Levin.



## Youth Space

### Palmerston North City Library

George St, Palmerston North | P: 06 351 4126

[www.citylibrary.pncc.govt.nz/pnlibraries/youth-space](http://www.citylibrary.pncc.govt.nz/pnlibraries/youth-space)

Youth Space is a welcoming, safe, alcohol and drug free hub space for young teens aged 13-19. All activities and events are free of charge.

## Life to the Max

### Horowhenua

P: 06 368 8005 | E: [admin@littm.org.nz](mailto:admin@littm.org.nz)

Youth and family service. Social work, youth transition, AOD counselling, youth mentors, advocacy and strengthening family co-ordination.

## Youthline Central North Island (Palmerston North)



### Northcote Office Park

Unit 4/145 Queen Street

P: 06 357 3067 | [www.youthline.co.nz](http://www.youthline.co.nz)

Freephone 0800 376 633 | Free text: 234

E: [talk@youthline.co.nz](mailto:talk@youthline.co.nz)

In addition to the core phone help line service, Youthline Palmerston North also offers a range of local services for youth, their friends and whanau:

- Events for youth in the community
- After school programme in Kelvin Grove
- Seminars in schools/organisations
- Youth mentoring
- Youth counselling

## Kapiti Youth Services (KYS)

### Otaki

P: 04 905 9597 | Text: 027 248 2744 | E: [kys@kys.org.nz](mailto:kys@kys.org.nz)

Health services, social support, youth services and youth development.



## Mana o Te Tangata Trust

Palmerston North

601 Featherston Street, Roslyn

P: 06 358 5444

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

Mental Health and Addiction service. Youth focused programmes. Our Youth Peer Support Kaimahi provide 1 on 1 Peer Support and Groups.



Mana o te Tanaa Trust

## Te Wakahuia

Palmerston North/Highbury | P: 06 357 3400

Kaupapa Maori service.

## Ethnic Youth

77 King Street

P: 06 385-1572

E: [ask@mmcnz.org.nz](mailto:ask@mmcnz.org.nz) [www.mmcnz.org.nz](http://www.mmcnz.org.nz)

If you are interested in being part of a multicultural group of young people contact our staff at the Palmerston North Multicultural Centre.



## Rangatahi Achievement Programme (RAP)

Levin

3 Keepa Street

P: 06 368 8678 | E: [admin@rwo.nz](mailto:admin@rwo.nz)

For young Māori, between the ages of 16-18 years old who live in: Levin, Foxton, Shannon, Fielding and Otaki.



## WHATSUP

Freephone: 0800 WHATSUP (0800 942 8787)

[www.whatsapp.co.nz](http://www.whatsapp.co.nz) | [www.facebook.com/0800Whatsup](https://www.facebook.com/0800Whatsup)

Young people can call 0800 WHATSUP free from 1pm till 10pm Mon-Fri, or 3pm to 10pm on the weekends, 365 days of the year. This is a cool helpline just for kids.

## Highbury Whanau Centre

Palmerston North

Monrad Park, Highbury Avenue

P: 06 358 0504 | M: 027 455 7952

Counselling, Youth mentoring, Youthwork, Alcohol and Drug support.



## Kidsline 24/7

Freephone: 0800 543 754 | [www.lifeline.org.nz/Kidsline\\_2103.aspx](http://www.lifeline.org.nz/Kidsline_2103.aspx)

A telephone counselling service for all kids up to 18 years of age. It is about kids being there for other kids and every helpline counsellor is a secondary school student.

## Rangitāne o Tamaki nua a Rua

Dannevirke

10 Gordon St | P: 06 374 6860

Counselling, drug and alcohol, day activity programmes.

## Kidpower Teenpower Fullpower Trust

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

Teaches teens skills needed to be emotionally and physically safe with others and with themselves. Training in violence prevention, personal safety and self defence.

ARE YOU LOOKING FOR A LOCAL MAORI HEALTH SERVICE FOR YOUTH?

[www.horowhenua.govt.nz/files/assets/...to.../maori-service-providers.docx](http://www.horowhenua.govt.nz/files/assets/...to.../maori-service-providers.docx)

# Tāne Ora

**These are Maori Health Service providers in the Horowhenua/Manawatu region. If you need a doctor or advice or support, contact one of these organisations**

## MidCentral Māori Health Providers

Māori health providers operating within MidCentral District Health Board.

### Palmerston North

He Puna Hauora, Unit 5/160 Grey Street

P: 06 356 7037 | E: [hepunahauora@xtra.co.nz](mailto:hepunahauora@xtra.co.nz)

Services in Palmerston North, Feilding and Dannevirke

### Te Waka Huia a Manawatu Hauora

56 Pembroke Street, Highbury, Palmerston North

P: 06 357 3400

### Raukawa Whānau Ora

3 Keepa Street, Levin | P: 06 368 8678

148 Manchester St, Feilding | P: 06 3236446



## Whakapai Hauora 'Best Care'

### Palmerston North

Whakapai Hauora 'Best Care'

140-148 Maxwells Line

P: 06 353 6385

E: [info@rangitaane.iwi.nz](mailto:info@rangitaane.iwi.nz)



## Oranga Hinengaro Māori Mental Health

Palmerston North Hospital, Whare Totara Community Village, via Gate 1, Heretaunga Street

P: 06 350 9155

Freephone: 0800 00 78 78

After hours call: 0800 653 357

E: [oranga.hinengaro@midcentraldhb.govt.nz](mailto:oranga.hinengaro@midcentraldhb.govt.nz)

Based in Palmerston North Hospital and in Horowhenua.

## Te Ohu Auahi Mutunga (TOAM)

Smokefree Health Promotion - Auahi kore

56 Pembroke Street, Highbury, Palmerston North

P: 06 350 9110

Local stop smoking services



## Mana o Te Tangata

### Palmerston North

601 Featherston Street,

Roslyn,

P: 06 358 5444

### Levin

534 Queen Street

P: 06 367 3393



Mana o te Tangata Trust

## Highbury Whanau Centre

Monrad Park, Highbury

Avenue, Palmerston North

P: 06 3580504

M: 027 455 7952

Youth social services



## Whaiora Trust

74 Grey Street,

Palmerston North

P: 06 354 0670

Maori Mental Health and Addiction specialists

## Te Tihi o Ruahine

575 Main Street, Palmerston North

P: 06 560 3405 | E: [info@tetihi.org.nz](mailto:info@tetihi.org.nz)

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



## Te Aroha Noa Community Services (TANCS)

12-28 Brentwood Avenue, Palmerston North

P: 06 358 2255 | M: 027-2213803 | [www.tearohanoa.org.nz](http://www.tearohanoa.org.nz)

Assist young families/whanau with programmes including: Early Childhood, Counselling, He Ngākau Noa/He Ngākau Toa Youth Programmes, He Ngākau Mātua Teen Parent Hub.



# Pasifika men's health and wellbeing

## Pasifika Health Service

Talofa lava **Ni sa bula vinaka** Malo e lelei **Kia orana** Taloha ni **Fakalofa lahi atu** Noa'ia 'e mauri

### THIS IS A FREE HEALTH SERVICE for Pasifika People

Living In: Manawatu, Horowhenua,  
Taranaki & Otaki

Our AIM is to support Pasifika  
people and families to make good  
decisions about their HEALTH and  
WELLBEING.

Contact:

Central PHO

575 Main Street

PALMERSTON NORTH

Phone 06 354 9107

Pasifika Clinical Consult Liaison Service  
at MidCentral DHB P: 06 350 9155

### PolyNation Movement

Health initiatives for all Pasifika people and includes

**PolyPower** - free functional group activities and

**PolyMentor** - free mentorship by Pasifika for Pasifika

Point of Contacts:

**Pele Aumua (Pasifika Lifestyle Coach)**

E: [pele.aumua@centralpho.org.nz](mailto:pele.aumua@centralpho.org.nz)

M: 021 195 7061

**Save Seruvatu (Project Manager)**

E: [save.seruvatu@centralpho.org.nz](mailto:save.seruvatu@centralpho.org.nz)

M: 021 597 299

### HAVE YOU HAD YOUR HEALTHY HEART CHECK?

#### WHAT IS A CVRA TEST?

Healthy Heart Checks (also called a CVRA = CardioVascular Risk Assessment) are performed by specialist nurses and are designed to calculate your potential risk of heart disease or stroke.

Contact: Pasifika Health Service (06) 354 9107 or your local Doctor

### LEVIN

Pasifika Quit Smoking Coach (Matanga), based in Levin.

**Ricky Fonoti** | P: 027 214 2842 or 06 3673311 | E: [ricky@muaupoko.iwi.nz](mailto:ricky@muaupoko.iwi.nz)





## Community clinical nurses

Clinical nurses for men with Long Term Conditions, like diabetes, high blood pressure, cardiac, etc. Provides free health checks and monitoring of conditions, holistically supports entire family with any health issues, including cancer.

Supports men to have their Healthy Heart Checks.

How to manage your heart risk go to:

[www.heartfoundation.org.nz/wellbeing/managing-risk](http://www.heartfoundation.org.nz/wellbeing/managing-risk).

## Clinical Dietician

Clinical Dietician support for Pasifika men who have or are at risk of developing a Long-Term Condition (LTC) or chronic diseases are conditions for which there is currently no cure, and which are managed with drugs and other treatment. For example: diabetes, chronic obstructive pulmonary disease (COPD), arthritis and hypertension.

People can be referred by their Doctor or any other health professional.

## Clinical Exercise Physiologists

Clinical Exercise Physiologists provide professional advice and guidance to encourage a healthier lifestyle.

## Mental Health Services

Te Ara Rau / Mental Health Services, based at the Central PHO- refer to Te Ara Rau advert on page 9. Free sessions with Matanga Whai Ora.

For more info about these CentralPHO services, go to:  
[www.centralpho.org.nz/our-services](http://www.centralpho.org.nz/our-services) or P: 06 354 9107



# Refugee and migrant communities



**Manawatu**  
Multicultural Council Inc.

We celebrate, support and connect the multicultural communities of Manawatu

## Palmerston North

77 King Street

P: 06 358 1572

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

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

A charitable organisation - umbrella for a wide range of ethnic communities represented in Palmerston North. MMC is the first point of contact for information, advice and support for new migrants, former refugees as well as newcomers to the city from other parts of New Zealand.

Our free programmes and activities include:

- English Conversation and English Classes for beginners
- Cooking demonstrations
- Art and craft
- Women fitness + fun dance classes
- Cultural events
- Social activities and events to help build connections and networks.



**Immigration New Zealand**

P: 0508 558 855 | [www.immigration.govt.nz](http://www.immigration.govt.nz)



*Ethkick Annual Multicultural Soccer Tournament*





*Following are details of the two key partners that work with the Manawatu Multicultural Centre.*

## **New Zealand Red Cross**

**Palmerston North**

**243 Main Street | P: 06 356 8152**

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



### **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 with confidence at work and in our communities.



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

**Palmerston North**

**120 King Street | P: 06 359 2332**

**E: [palmerstonnorth@englishlanguage.org.nz](mailto:palmerstonnorth@englishlanguage.org.nz)**

**Levin**

**NZ Post Building (upstairs), Cnr Queen & Oxford Street**

**P: 06 368 6062 | E: [horowhenuakapiti@englishlanguage.org.nz](mailto:horowhenuakapiti@englishlanguage.org.nz)**





**Phone: 06-358-1211**

**Email: [info@manline.co.nz](mailto:info@manline.co.nz)**

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

**OFFICES IN PALMERSTON NORTH,  
FEILDING AND DANNEVIRKE**

## Want to talk but don't know where to start? We can help.

At Manline you will find qualified male counsellors to explore what is on your mind in a safe place.

We work one to one with men from the age of 13 onwards, from all cultures and backgrounds.

You can find out more about us on our website, check us out!

For more information or to make an appointment, see our contact details on this page.



*The views of Organisations advertising in this brochure do not necessarily reflect the values of Manline.*



We offer face to face counselling on the issues you want to talk about, and we work at your own pace.

Issues may include relationships, anxiety, grief, loneliness, suicidal thoughts, self harm, addictions, abuse, workplace stress, sexual identity, being a dad, anger or violence, separation or divorce, and more.

We work by appointments, and may be able to offer after hours or weekend times depending on your location.

As Manline is a registered charity, all services are by donation or koha. We would never let a lack of money stop you coming to see us. Some counselling may be subsidised by other funders such as Lotteries, Oranga Tamariki, City Council, or the Primary Health Organisation.

More information on our website. Check us out!

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

# Family and parenting

## Family Works

### Palmerston North

9 Russell Street

P: 06 954 2012



Supports families and communities to empower children, families, Whānau and communities so they can flourish. Services include:

- **Counselling** support for children, teens, and adults, including individuals, couples and families who are facing challenging or difficult times.
- **Family Dispute Resolution (FDR)** helps families reach agreement on parenting arrangements after a separation or divorce.
- **Family Violence Safety Support** and **Te Ara Whanau | Family Solutions**

## Te Tehi Whanau Ora Navigation Service

P: 06 357 3400 | [www.tetihi.org.nz](http://www.tetihi.org.nz)



## Plunket

Plunket is a national not-for-profit organisation, community-owned and governed.

They provide a caring, professional well child and family and whānau service.

### Palmerston North

56 Lombard St | P: 06 357 4844

E: [manawatuwanganui@plunket.org.nz](mailto:manawatuwanganui@plunket.org.nz)

### Levin Plunket Clinic

74a Cambridge | P: 06 368 6762

E: [manawatuwanganui@plunket.org.nz](mailto:manawatuwanganui@plunket.org.nz)



### Otaki

P: 06 368 6762

### Dannevirke

P: 06 374 7687



## Barnardos

Providing social support services to the most vulnerable children in our communities – including victims of family violence, addiction, neglect and abuse. They give guidance and support to parents, whānau and communities.



### Palmerston North

160 Grey St | P: 06 358 9429

E: [PalmerstonNorth.MainNumber@barnardos.org.nz](mailto:PalmerstonNorth.MainNumber@barnardos.org.nz)

### Levin

Level 1, 29 Queen Street West | P: 06 368 1668

Freephone: 0800 227 970 | E: [levinoffice@barnardos.org.nz](mailto:levinoffice@barnardos.org.nz)

## Bumps to Babies

Freephone: 0508 247 8433 | E: [bumpstobabies@barnardos.org.nz](mailto:bumpstobabies@barnardos.org.nz)

[www.barnardos.org.nz/bumpstobabies](http://www.barnardos.org.nz/bumpstobabies)

Barnardos 'Bumps to Babies' free programme will help your parenting journey get off to a great start and is delivered in the evening, or across one weekend. Available in Palmerston North, Feilding, Dannevirke, Pahiatua, Levin and Otaki.

## SuperGrans Manawatu

### Palmerston North

Level 2, 74 The Square | P: 06 354 3804

E: [admin@sgmanawatu.org.nz](mailto:admin@sgmanawatu.org.nz) | [www.sgmanawatu.org.nz](http://www.sgmanawatu.org.nz)



## Parents Centre

### Palmerston North

117 Ruahine Street | E: [info@palmyparentscentre.org.nz](mailto:info@palmyparentscentre.org.nz)

Facebook: [Palmerston-North-Parents-Centre](https://www.facebook.com/Palmerston-North-Parents-Centre)

They work with parents to equip them with the best in knowledge, skills and support so that they can be best parents they can possibly be. Programmes include: Childbirth and Parent education, Ante natal (Childbirth & Early Parenting) classes.

## Parent Help

Free Parenting Helpline 0800 568 856 | [www.parenthelp.org.nz](http://www.parenthelp.org.nz)

National phone in service for parents and family support here to help parents with all parenting challenges from those everyday situations to the most serious issue of child abuse

## Great Fathering in Manawatu

[www.parentlinemanawatu.org.nz/great-fathering.html](http://www.parentlinemanawatu.org.nz/great-fathering.html)

An 8 week programme. Tuesdays 6.30 - 9 pm for fathers.

This will help you be the father you want to be. Refer to page 33.

## How do blokes deal with a miscarriage?

*'Whenever a guy tells me that his partner has miscarried it seems his head is pointed at his shoes. It's one of the few times in life when I want to be the very best listener I can.*

*...It hurts, and it's hard, and it's weird, and it's very sad.'*

Simon Sweetman on the miscarriages he and his wife experienced.

[www.thespinnoff.co.nz/parenting/13-06-2017/til-death-do-us-part-how-miscarriages-made-my-marriage-stronger](http://www.thespinnoff.co.nz/parenting/13-06-2017/til-death-do-us-part-how-miscarriages-made-my-marriage-stronger)

## Parentline Manawatu

### Palmerston North

77-85 King Street

P: 06 355 1655

Freephone: 0800 432 6459

Parentline Manawatu offer counselling and parenting groups and are committed to promoting healthy family relationships.



## The Parenting Place

### Toolbox Parenting Courses

[www.theparentingplace.com/toolbox-parenting-courses](http://www.theparentingplace.com/toolbox-parenting-courses)

Toolbox courses are run nationwide all year and are held over six weeks in a relaxed and conversational small group setting with a trained facilitator. The courses – Baby and Toddler Years, Primary Years, Intermediate Years and Teenage Years . There is also a Grandparents Raising Grandchildren resource available.

To find nearest course being run in your region go to our website or contact Robin Ferguson on 09 524 1386



## If your partner has suffered a miscarriage, and you need support, you can call:

### SANDS MANAWATU-HOROWHENUA

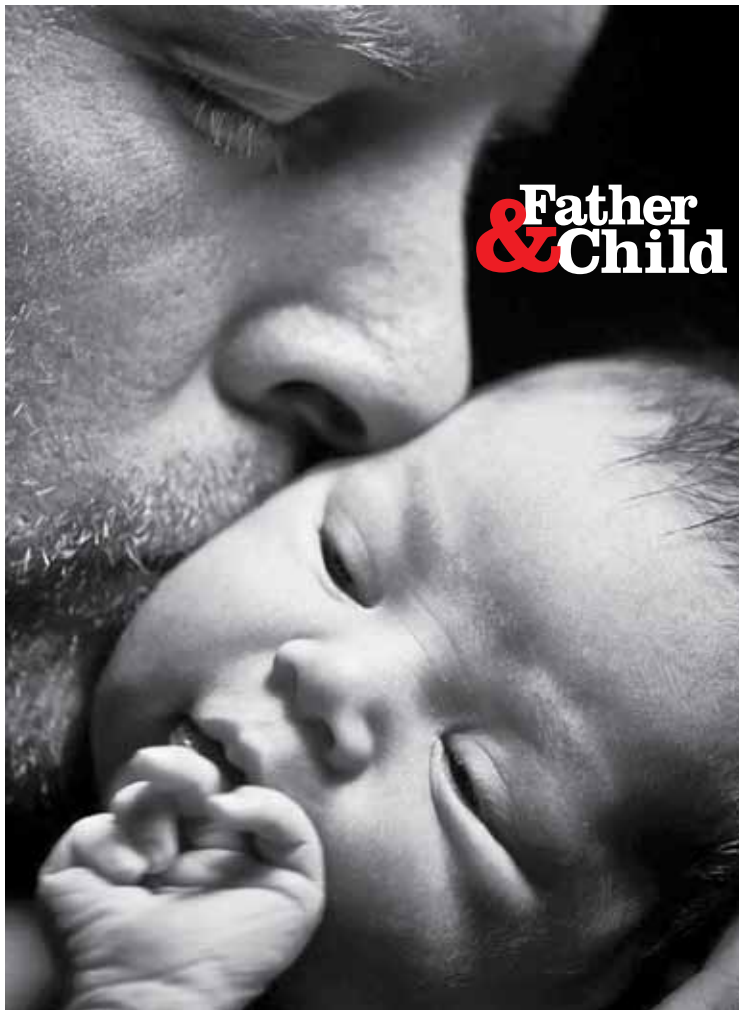
Contact: Gaylene & Shaun Vivian P: 022 060 5665 or (06) 356-9715

Support Meetings: Support available, please call.

SANDS New Zealand or call 0800 Sands4u (0800 726 374).

Sands New Zealand is a network of parent-run, non-profit groups supporting families who have experienced the death of a baby.





**Father  
& Child**

# Upset? Confused? Depressed?

**...or just need more information  
about being a Dad?**

---

Our aim is to provide support to fathers to be the most effective and engaged dads they can be – creating a happier healthier, safer future for our children/tamariki.



Check out our publications on our website  
[www.fatherandchild.org.nz](http://www.fatherandchild.org.nz)



Strengthening father/child relationships through

## **SUPPORT, EDUCATION AND FUN!**



### **Kidz Need Dadz Weekly Support Group - Free Meetings**

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

#### **Evenings 7:30pm, in these locations:**

- **Kapiti Coast**

**Every Tuesday, 22 Margaret Rd,  
Raumati Beach, Kapiti Coast**

- **Palmerston North**

**Second Thursday in the month at  
77/85 King Street, Palmerston North**

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.

### **FOR MORE INFORMATION**

**FREE Phone:** 0508 225 5323

**Location:** 22 Margaret Rd,  
Raumati Beach, Kapiti Coast

**Email:** wellington@knd.org.nz

**Facebook:** @kndwgtn

**Givealittle:** A donation/koha would help us reach more parents.

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

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

**Kidz Need Dadz Wellington phone: 0508 CALL DAD**

# Being a dad

*Some fathers may have no idea how to be a good dad, but if keen, any dad should be given all the information and support services he needs. It is often called an injustice that fathers are seldom informed or encouraged to be better partners, parents and caregivers. Here are just a few sources of great information for dads.*

## Being a dad – the best job on the planet

New mums tend to get more information than new dads. Sometimes it seems as if the world is revolving around your partner and your baby, but there is so much you can do in your new role as a dad.

Check it out here: [www.plunket.org.nz/your-child/welcome-to-parenting/family-and-whanau/fathering](http://www.plunket.org.nz/your-child/welcome-to-parenting/family-and-whanau/fathering)

## Support for Dads

Fathers need parenting support too. Adjusting to your new role can feel overwhelming and tiring as there's lots to learn in such a short time.

Check out their website: [www.plunket.org.nz/your-child/welcome-to-parenting/family-and-whanau/fathering/where-can-fathers-get-support](http://www.plunket.org.nz/your-child/welcome-to-parenting/family-and-whanau/fathering/where-can-fathers-get-support)



## Great Fathers

Ordinary Men make Great Fathers

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

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

Great online resources for new dads including:

- The New Dads Toolbox
- In Your Hands – a free short DVD movie 'What's it like to be a father?'
- Dad's Guides – Going to be a dad? and A Dad's Survival Guide
- How to Soothe a Crying baby?

Refer to Great Fathers on page 35.





## Great Fathering in Manawatu

[www.parentlinemanawatu.org.nz/great-fathering.html](http://www.parentlinemanawatu.org.nz/great-fathering.html)

Contact through their website.

An 8 week programme. Tuesdays 6.30 - 9 pm for fathers.

Topics include:

- Why fathers and fathering are important
- Being the father you want to be
- Working in partnership with mothers and others
- Fathering from outside the child's home

A group for Manawatu men who have made a long term commitment to the care, well being and growth of particular children. Many types of men do the work of fathering: fathers, step-fathers, uncles, grandfathers, mother's partners, mentors, step-grandfathers and good men in the community.

## NZ Father&Child Trust

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

Their aim is to provide support to fathers to be the most effective and engaged dads they can be – creating a happier healthier, safer future for our children/tamariki. Check out their information for dads and resources available on their website:

[www.fatherandchild.org.nz/information](http://www.fatherandchild.org.nz/information)

Refer to Father&Child on page 30.

## How do dads deal with a miscarriage?

*"It hurts, and it's hard, and it's weird, and it's very sad"*

Check out the story of a guy who faced two miscarriages with his wife on page 29.

## Breast Feeding 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.** You can find good resources to help and advise your partner with her breastfeeding.

Get knowledgeable support from someone trained in breastfeeding at La Lèche League: [www.llnzshop.org.nz](http://www.llnzshop.org.nz) | P: 04 471 0690

**Do extra house work.** 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.

# Teen dads

## Parenting as a Teenager

Teenage parents face similar ups and downs to older parents. But parenting as a teenager does have special challenges, including handling people's judgmental attitudes and finishing your education. Support and planning can help overcome these challenges.

An Australian website with some good information and tips for teenage parents

[www.raisingchildren.net.au/grown-ups/family-diversity/parents-like-me/parenting-as-a-teen](http://www.raisingchildren.net.au/grown-ups/family-diversity/parents-like-me/parenting-as-a-teen)



## Birthright NZ

Thrive - Teen Parent Support Trust  
[www.birthright.org.nz/teen-parents](http://www.birthright.org.nz/teen-parents)

Thrive Teen Parent Support is a non-profit organisation supporting teen parents to become confident and secure with their tamariki, whanau and community. Links to useful resources include the Your Pregnancy booklet and the Young Dads brochure.

***“When I first found out that I was going to be a dad I was shocked.***

It was pretty freaky... My dad left us when we were young, and I didn't want to make the same mistake.”

Marcus, teen father



## Teen Parent Schools

[www.teenparentschools.org.nz](http://www.teenparentschools.org.nz)  
Studying as a Parent

There are a number of Teen Parent Units in New Zealand that teenagers attend to further their education if they cannot attend a mainstream school because of parental responsibilities. Teen Parent Units usually exist as part of a mainstream secondary school but are run independently of that school. Find a Teen Parent Unit near you.



***‘I want to break the teen dad stigma’:***

Kiwi Noa Woolloff leads the way for young parents.

*“Some of the teen parents I have met are doing a better job of it than some of the older mums and dads.”*

Check this article out about an NZ teen dad who is helping other young parents find their feet by raising cash to send them on leadership courses.

[www.nzherald.co.nz/nz/news/article.cfm?c\\_id=1&objectid=11778409](http://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=11778409)

## Plunket

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

**Branches in Palmerston North and Levin**

Plunket is there to support you in keeping your child healthy. Many branches offer support groups specifically for teen parents. Refer to Plunket information listed in Family and Parenting section on page 28.





# Great Fathers

Ordinary Men Make Great Fathers

The only website just for kiwi dads with infants & toddlers



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

Methodist Social Services - MSS

Palmerston North

P: (06) 350 0307


E: [admin@methodistsocialservices.org.nz](mailto:admin@methodistsocialservices.org.nz)

A free parenting course available all year that gives practical advice to help you understand and manage the needs of your children following separation. The course takes 4 hours and is held at various times (weekend/daytime/evenings) at MSS, Parentline Manawatu and Barnados.

## Family Dispute Resolution

There are three agencies that provide family dispute resolution services in this region. Refer to pages 40 and 42 to see their respective adverts.

**Fairway Resolution**

P: 0508 337 337 | Freephone: 0800 77 44 20   
[www.fairwayresolution.com](http://www.fairwayresolution.com)

**FDR Centre**

Freephone: 0508 337 236  
P: (09) 486 7146  
[www.fdrc.co.nz](http://www.fdrc.co.nz)



**Family Works – PSC Manawatu**

9 Russell Street, Palmerston North  
P: 06 9542012  
[www.familyworkscentral.org.nz](http://www.familyworkscentral.org.nz)



## Finding a Counsellor in Horowhenua/Manawatu region

If you need professional support contact Manline for more information.

P: 06-358-1211

E: [info@manline.co.nz](mailto:info@manline.co.nz)

[www.manline.co.nz](http://www.manline.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 website listed on this page.



## Manline

*Men Helping Men*

### Palmerston North

77/85 King St | P: 06 358 1211

E: [info@manline.co.nz](mailto:info@manline.co.nz) | [www.manline.co.nz](http://www.manline.co.nz)

*Offices in Palmerston North, Feilding and Dannevirke*

We offer face to face counselling on the issues you want to talk about, and we work at your own pace. Issues may include relationships, being a dad, anger or violence, separation and divorce, and more.



## Barnardos

*At Barnardos, everything we do is for New Zealand*

*children.* Family & Parenting Support services for families struggling with any of a number of possible problems such as financial, social, medical, behavioural.

### Palmerston North

160 Grey St | P: 06 358 9429

### Levin

Level 1, Kent & Little Building,  
29 Queen Street West | P: (06) 368 0098  
E: [levinoffice@barnardos.org.nz](mailto:levinoffice@barnardos.org.nz)



## Protection Orders

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

## The Family Court - The family justice system

P: 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 providers on previous page.

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

## Making a Parenting Plan

P: 0800 224 733 E: [pcs.family@justice.govt.nz](mailto:pcs.family@justice.govt.nz)  
[www.justice.govt.nz/assets/Documents/Publications/MOJO504-Jul16.pdf](http://www.justice.govt.nz/assets/Documents/Publications/MOJO504-Jul16.pdf)

Sorting out your own parenting arrangements is usually better for you and your children. This is what most people do, and it will usually be quicker and less stressful for everyone than having to go to court. A workbook to help you decide what's best for your children after separation.

# Legal help



MANAWATU  
COMMUNITY LAW CENTRE  
TE TURE WHARE TAPERE O MANAWATU

Provides free  
legal help.

We are based in Palmerston North and Levin, and have drop-in services in Ōtaki, Dannevirke and Feilding. We can help with care of children disputes, domestic violence, separation, employment, financial matters, consumer, tenancy, neighbour disputes, criminal, Work and Income, Immigration and more.

Our staff are here to listen, to work together with you, and help find a solution that meets your needs. There are some things that we cannot help with, such as commercial and land matters, but just ask our team about how we may be able to assist. You are welcome to make an appointment, or just drop-in.

## CONTACT US:

### **PALMERSTON NORTH OFFICE:**

*Phone:* 06 356 7974 *Address:* Level 2, 12 The Square, Palmerston North

*Palmerston North office opening hours are:*

Monday-Thursday 9:30am-4:00pm Friday – 9:30am – 3:00pm

### **LEVIN OFFICE:**

*Phone:* 06 368 3554 *Address:* 8 Bath Street, Levin

*Levin office opening hours are:* Tuesday-Thursday 10:00am-4:00pm

To find out when our next **OUTREACH CLINIC**  
is at Ōtaki, Dannevirke or Feilding.

Call us at the Palmerston North office on 06 356 7974.



## Family Court

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

**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 **Family Dispute Resolution** services on pages 36, 40 & 42.

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's 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 & Family Court fees & costs.

*There are 3 Family Courts in this region:*

**Palmerston North** E: palmerston.dc@justice.govt.nz

**Levin** E: levin.dc@justice.govt.nz

**Dannevirke** E: dannevirke.dc@justice.govt.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

## Legal Aid

**General legal aid enquiries – Ph: 0800 253 425**  
**www.justice.govt.nz/courts/going-to-court/legal-aid**

**Legal aid is government funding to pay for legal help for people who cannot afford a lawyer.**

**It helps people to resolve legal problems that may go to court and makes sure that people are not denied justice because they can't afford a lawyer.**

**The two main types of Legal Aid are for Civil/Family and Criminal 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: 021-810-321 E: wellington@knd.org.nz**





**Every family is unique**

*So are our family dispute mediations*

Learn more about how FairWay can help you with conflict resolution by calling 0800 77 44 20 or visiting [www.fairwayresolution.com](http://www.fairwayresolution.com)



Having conflicting ideas about the 'care and contact' arrangements for your children can be extremely 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 their children.

**The children's best interests always come first.**

Nationwide FDR Mediation services including specialists in Horowhenua, Manawatu, Rangitikei, and Taranaki

**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)

# Family/domestic violence

IT IS OK TO ASK FOR HELP  
Go to [www.areyouok.org.nz](http://www.areyouok.org.nz)

## Stopping Your Violence

### Manawatu Abuse Intervention Network (MAIN)

Palmerston North

P: 06 351 3633 | M: 027 356 1701

### Anger Management resources

Online brochures include: Anger, conflict, bullying - what to do; Managing your Anger.

[www.mentalhealth.org.nz/get-help/a-z/resource/42/anger](http://www.mentalhealth.org.nz/get-help/a-z/resource/42/anger)



## Stopping Their Violence



HALT: Horowhenua Abuse Liaison Team

Levin

Barnardos HALT Team

[www.halt.org.nz/barnardos.html](http://www.halt.org.nz/barnardos.html)

HALT is a network of agencies working together to reduce family violence in the Horowhenua.

### Manline

Palmerston North

77/85 King St | P: 06 358 1211

E: [info@manline.co.nz](mailto:info@manline.co.nz) | [www.manline.co.nz](http://www.manline.co.nz)



Offices in Palmerston North, Feilding and Dannevirke

Men Helping Men – A programme designed to help men identify anger, violence and abuse, and also to understand the difference between them.

### NZ Police

Call your local Police Station and ask for their Family Violence Coordinator.

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

### Ministry for Children – Oranga Tamariki

24/7 Service P: 0508 326 459

Signs of neglect or abuse can be hard to categorise. Some of the signs can be found here:

[www.mvcot.govt.nz/identify-abuse](http://www.mvcot.govt.nz/identify-abuse)

### 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.

### Horowhenua Family Violence Intervention Programme

21 Durham St, Levin | P: 06 367 0355

M: 021 159 8400 | E: [manager@fvip.nz](mailto:manager@fvip.nz)

### Te Manawa Family Services

Palmerston North, Feilding & Dannevirke

P: 06 323 8330 | E: [office@temanawa.org.nz](mailto:office@temanawa.org.nz)

Programmes include men's and women's non-violence and safety; Whanau Support.



When parents separate, it can be a stressful time for the whole family.

Family Works Resolution Service helps parents and carers in this situation agree on how to care for their children, without the need to go to court.

**To learn more call us on  
0800 RESOLVE  
or visit  
[www.resolution.org.nz](http://www.resolution.org.nz)**

**FAMILY WORKS  
RESOLUTION SERVICE**

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

# Housing

## Housing Advice Centre

### Palmerston North

77 King Street (Ground Floor Unit 1)

P: 06 358-4875

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

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

We help all home seekers – Tenants, Flatmates, Boarders

We are a free independent service that provides advice, advocacy and support for a range of housing related areas.



## Manawatu Tenants' Union - MTU

*Facilitating Stable Housing in the Manawātū*

Level 2, Community House, 77 King St, Palmerston North

E: [info@mtu.org.nz](mailto:info@mtu.org.nz) | P: 06 357 7435

The Manawātū Tenants' Union, MTU, provides free advice, advocacy, and education for tenants throughout the Palmerston North and Manawātū region. They will assist and advocate for tenants in dealing with all tenancy issues, including dealing with landlords and going to a tenancy tribunal.



## Salvation Army Manawatu

Palmerston North Transitional Housing

P: 06 358 2909

Provides 12 weeks of short-term transitional housing for single men, and women/ children. Social work support and aftercare is provided.



Te Ope Whakaora





# Volunteering...

*At the Volunteer Resource Centre Manawatu and Districts, they know first-hand how volunteering can change a person's life. They see it happen, day after day.*



People volunteer for all sorts of reasons:

- To get work experience and improve their CVs
- To get job references
- To test out different types of industries before deciding what to study
- To make friends when they move into a new town
- To learn kiwi culture if they have moved from another country
- To learn something new
- To teach someone else your skills
- To support something you believe in
- To keep busy after retiring

**Whatever your reason, the Volunteer Centre can support you to find the right role for your skills, your experience and your time.**

Whether you have a couple of hours to spare a year, a month, a week or a day, there will be an organisation who needs you.



## CONTACT:

**P: 06 354 6027 0800 865 2687**  
**info@vrcmanawatu.org.nz**  
**www.vrcmanawatu.org.nz**  
**www.facebook.com/vrcmanawatu**

**Hancock Community House**  
77 King St, Palmerston North

**Te Takeretanga o Kura-hou-pō**  
10 Bath St, Levin

**Te Awahou Nieuwe Stroom**  
22 Harbour St, Foxton

**Feilding Public Library**  
60 Stafford St, Feilding

VISIT THE SITE  
FOR TIPS FROM  
JOHN & BRENDON  
[WWW.GETTHETOOLS.ORG.NZ](http://WWW.GETTHETOOLS.ORG.NZ)



cancer chat

GET THE  
TOOLS  
.ORG.NZ

Discussing the nuts & bolts of Men's Health



## Cancer Society Manawatu Centre

Covering Manawatu, Horowhenua  
& Taranua areas

DROP IN AND SEE US AT:

135 Ruahine Street, Palmerston North  
(9am-4pm), 06 356 5355

112 Winchester Street, Levin  
(9am-3pm), 06 367 8065

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

# Older and wiser

## Eldernet

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

Information about services for older people in New Zealand.

## SeniorLine

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

A national information service for over 65s to help navigate the health system.

## Aged Concern Manawatu

### Palmerston North

51 Waldegrave Street

P: 06 355 2832

E: [marian.dean@ageconcern.org.nz](mailto:marian.dean@ageconcern.org.nz)



### Levin

538 Queen Street East

P: 06 367 2181

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

Services include: Elder Abuse and Neglect Prevention Service, Support Services, Information and Advice. For services in Feilding and Tararua / Dannevirke contact Palmerston North office.

## Grandparents Raising Grandchildren

Freephone: 0800 472 637

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

If you're a grandparent raising grandchildren, you're not alone. We can help you. We are a charitable trust supporting grandparents and whanau kin carers who have children in their full time care.



### Palmerston North

Jacqui Phillips | M: 021 229 0455

E: [jacqui@vraservices.co.nz](mailto:jacqui@vraservices.co.nz)

### Dannevirke

Coming soon

### Levin

Ann Waddell

P: 06 362 7269 | E: [ann.hen@xtra.co.nz](mailto:ann.hen@xtra.co.nz)

## 60s Up Movement

Johnston Park Clubrooms, Drake St, Feilding

Contact: Anne Ireland | P: 06 323 4170

E: [ireland.clan@inspire.net.nz](mailto:ireland.clan@inspire.net.nz)

[www.60supmovement.org.nz/feilding.htm](http://www.60supmovement.org.nz/feilding.htm)

Monthly meeting - Every 3rd Monday 1.30pm

## Senior Citizens Club – Palmerston North

323 Main Street, Palmerston North

P: 06 357 8207



Presbyterian Support  
New Zealand

## Family Works Manawatu

Palmerston North Centre

P: 06 954 2012

E: [manawatu.familyworks@psc.org.nz](mailto:manawatu.familyworks@psc.org.nz)

Presbyterian Support Central (PSC) provide a wide range of services for men 65 years and over including: Assessment and information; coordination of support services; counselling, advocacy, liaison with other agencies and health professionals, support for carers and elder abuse intervention. PSC offers services in Manawatu and Horowhenua.

## Enliven

Positive Ageing Services

For Manawatu and Horowhenua services call Presbyterian Support Central – 04 439 4900  
[www.enlivencentral.org.nz](http://www.enlivencentral.org.nz)

Enliven services are focused on caring for the aged - creating elder centred communities where people have companionship, variety, choice and control, as well as meaningful activity and purpose.

Enliven services are designed to help people maintain their independence in a way that's right for them. Best of all, when a person's needs change, so too can the support we provide.



**Menzsheds bring men together in one community space to find companionship, share their skills, and use their talents to benefit their local community.**

If you are retired, and have time to spare, Menzshed could be the place for you to enjoy the company of like-minded men, and make new friends.

There are currently six Menzsheds in the Manawatu, Horowhenua, Tararua region.



You can contact one of these sheds as below, or contact the **Menzshed NZ Local Rep David Chapple 0274 514572**

Location	Phone
Dannevirke Menzshed	06 374 2737
Pahiatua Menzshed	06 376 7902
Palmerston North-Manawatu Menzshed	06 357 4045
Feilding Menzshed	06 323 9642
Levin Menzshed	06 368 7737

Explore the Menzsheds' web pages to find out more about the MenzShed nearest you.  
[www.menzshed.org.nz](http://www.menzshed.org.nz)



# RURAL blokes SECTION

- You're the most important asset on your farm
- When you look after yourself, you look after your farm and family too.
- Here are some tips to look after your wellbeing.



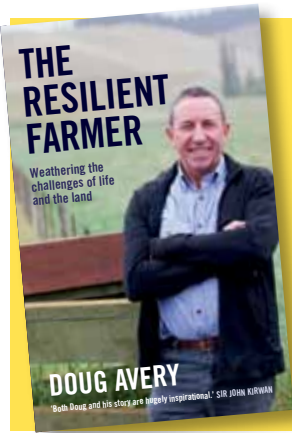
## MANAWATU-RANGITIKEI RURAL SUPPORT TRUST

*Support for all rural people.  
Services are free and confidential.*

When circumstances beyond your control lead to a rural business crisis – be it financial, climatic or personal – the Manawatu-Rangitikei Rural Support Trust is ready to assist. The Trust Coordinators are rural people with local knowledge and experience.

  
**Rural Support**  
Manawatu-Rangitikei

**Need help now? P: 0800 787 254**  
[www.rural-support.org.nz](http://www.rural-support.org.nz)



## THE RESILIENT FARMER

An inspiring tale of how one man overcame heartbreaking adversity to live a fruitful life and to help others.

A story of turning desperation into determination, embracing risk and navigating change in your life.

Available at your local bookshop or library.



Want to talk but don't know where to start?  
We can help.

P: 06-358-1211 E: [info@manline.co.nz](mailto:info@manline.co.nz) [www.manline.co.nz](http://www.manline.co.nz)

### DEPRESSION

Feeling stressed out by the farm, working all day every day on the land, relationship problems at home, feeling isolated out there????

You are not alone. Check out these farmer stories who worked their way out of that black place.

[www.depression.org.nz/is-it-depression-anxiety/stories/hamish](http://www.depression.org.nz/is-it-depression-anxiety/stories/hamish)

We can help you  
grow



*Give us a call*

FairWay offers you access to a huge network of accredited mediators as New Zealand's largest dispute resolution provider.

Learn more about how FairWay can help you with conflict resolution by calling 0800 77 44 20 or visiting [www.fairwayresolution.com](http://www.fairwayresolution.com)





# Find out what works for you then **lock it in**

Farmstrong is a rural wellbeing programme sharing farmer-to-farmer tips and advice to help you live well, to farm well.

Find out more at:  
[farmstrong.co.nz](http://farmstrong.co.nz)



CONNECT



1.

Developing friendships and spending time with your mates makes a big difference to how you feel. Even in a busy life, try and make it a priority. The rewards will be huge.

TAKE NOTICE



2.

Taking notice of the small things in life is important. Each day take a few moments to stop and think about what's most important to you and what you can appreciate.

Give



3.

When you give to others, not only do you benefit, but it makes you feel a lot happier too. Consider ways you can give back to the people around you and yourself too.

KEEP LEARNING



4.

Being curious and learning about all sorts of things on or off the farm will help you farm smarter. At whatever age, learning new things is good for your brain.

BE ACTIVE



5.

Keeping active is a great way to feel good. Working up a sweat releases endorphins that make you feel fresher and better able to cope with challenges.



# Thanks to these organisations for their support



Proudly supported by



DESIGN: **TBD DESIGN** [www.tbddesign.co.nz](http://www.tbddesign.co.nz)

Produced by working partnership between Kidz Need Dadz Trust and Father&Child Trust Wellington



Kidz Need Dadz (KND) Trust Wellington  
Contact: Stuart Miller  
M: 021-810-321 E: [wellington@knd.org.nz](mailto:wellington@knd.org.nz)  
[www.kidzneeddadz.org.nz](http://www.kidzneeddadz.org.nz)



Father&Child Trust Wellington  
Contact: Peter Crosland  
M: 027 281 6272 E: [wellington@fatherandchild.org.nz](mailto:wellington@fatherandchild.org.nz)  
[www.fatherandchild.org.nz](http://www.fatherandchild.org.nz)

If this booklet has been a useful resource, give a donation towards the cost of reprinting this booklet.  
Go to: [www.givealittle.co.nz/org/kndwgtm](http://www.givealittle.co.nz/org/kndwgtm)