

Minutes of the Motueka Community Whanau Meeting Held on 5 May at 12.00pm

Present: Louise Holden: Brief Intervention Service (PHO), Pamela Hedlund: Motueka Mentoring & Acting Strengthening Families Co-ordinator, Jenny Richards: Adult Learning Support, Rose McDrury: Alzheimers Society, Margaret Thompson: Community Law, Glenis Bell: Nelson Bays Primary Health, Jane Henderson: Abel Tasman Educational Trust, Sjors Brouwer: Family Service Centre/Get Cooking/Budget Advice, Rae Dozell: Whenua Iti Outdoors & Whanau Meeting Co-ordinator and David Armstrong: Motueka Online

Apologies: Sonny Alesana, Margaret King

Today was a reasonably small turnout, which was due mainly to the Funding Expo being held in Hope, and the many people who attended that who would have normally attended the Whanau Meeting. It may be worth changing our meeting date by a week next year so these two days don't coincide as the Funding Expo is well worth attending both for information on offer but also for the networking opportunities for community organisations. However, it was great to have the people who did turn up here, especially Glenis Bell who oversees the Motueka Community Whanau Meeting contract, and who has some notices further on in the minutes.

Sjors Brouwer – MFSC: outlined dates for the next **Get Cooking classes** to be held at Motec, Parklands School: Course Course 3: 6 Wednesdays from 4pm – pm starts 26 May, Course 4: 6 Mondays same times, starts 31 May so if you know anyone who needs to learn to cook healthy meals on a budget, the course is free please go to the Family Service Centre in Talbot Street or Phone 528 0234. Sjors also went on to advise they are looking for new budget advisors, an ideal volunteer would be able to give at least 8 hours per week, be open minded and non judgemental and have numbers knowledge. Budget Advice is happy to give talks or workshops at other agencies, please contact the Sjors at the FSC for further information.

Jane Henderson – ATET: Jane introduced herself as an ATET Art Tutor who was standing in for Manager Gabrielle Thorpe. Jane is looking for more students to go on her **Practical Art & Design** course, which is held Monday – Fridays, 9am – 3.30pm, she needs approximately 6 –7 more students. The course is a flexible course for either absolute beginners or those who already have a Degree in Art, it covers 10 different mediums of drawing and design, but also focuses on new skills for employment, lifeskills, communication and conflict resolution. Ages range from 16 –70 years. ATET also have a **Driving Industry Training** course and **Tourism and Customer Service and Work based training courses** Please ring ATET on 528 8535 for further information

Glenis Bell – Nelson Bays PHO: has a Health promotion role, part of which is responsible for the Nelson Bays Health Resource Directory which is currently being updated, Glenis had 2009 hard copies with her but there is also an electronic version <http://www.bewell.org.nz/healthdirectory> if you would like to check if you are in it or should be. Glenis was also promoting a 6 week education programme “**Upright & Able**” for Falls Prevention, which

targets At Risk groups or individuals please contact the **Falls Prevention Co-ordinator on Ph: 03 547 9350 ext 712 or email Fpnelson@psusi.org.nz** . Glenis also went onto discuss upcoming Type 2 Diabetes education to be held at Te Awhina Marae, this is in the early stages of planning but would also be supported by Diabetes Nelson. Flu season is also upon us, and Glenis went on to offer a colleague of hers to come over and give a talk to the Whanau group about preventing the spread of germs and keeping our organisations updated on the best prevention methods. Further information at the end of these minutes.

Margaret Thomson – Community Law: Margaret introduced herself and explained that she was taking over Tui's place at the Whanau meetings. Margaret can visit our various community organisations if required and can give information regarding Wills, Trusts, Powers of Attorney and a wide range of other matters. She is based in Community House Mondays, Wednesdays and Thursdays. Her email is Margaret@nelsoncommunitylaw.org.nz

Rose McDrury – Alzheimers Society: works as a field worker (8hrs pw) who supports families who have a family member with dementia. There is a Wednesday group held in the Motu Weka Neighbourhood Centre rooms down by the Recreation Centre where those with dementia are picked up by a van at 9am, given lunch then dropped off again after 2pm. The group held a recent training for volunteers and has three new supporters from that training. There is going to be a Alzheimer's conference held in Wellington soon and new National Strategies will be launched then, so Rose will report back with further information as it comes to hand.

Jenny Richard – Adult Learning Support: It's a quiet time at present, however Jenny is available at Community House to help those over 17 years with language and numeracy difficulties . Jenny thanked David for his assistance in getting information on his Motueka Online site.

Pamela Hedlund – Motueka Mentoring: is always looking for new mentors, a recent training helped with new people starting but Pamela is always keen to hear from anyone who is able to give a little of their time to youth (7– 17 yrs) in the area. Pamela is also working as the **Strengthening Families Acting Co-ordinator** and is currently working between the Get Safe building, and her Parklands school office. Pamela advised Linda Glew has been appointed as the new SF Co-ordinator and will advise her start date at the next meeting.

Rae Dozell – Whenua Iti Outdoors/SF Co-ordinator/

Whanau meeting co-ordinator: talked about the **Infinite Possibilities course** starting 10/5, which caters for those on sickness and invalid benefits, it runs Monday – Thursday's 9am – 3.30pm and involves getting fit, increasing social interaction and team building please email Rae about this or any other team building courses for your clients or your own staff at info@whenuaiti.org.nz for further information. Rae's also acknowledged the hard work of those at Strengthening Families particularly Pamela in her acting role and those volunteers who worked to support families in the district.

Louise Holden – Brief Intervention Services: is based at Central Medical and works with those who have mild to moderate symptoms of mental illness such as anxiety and depression. Louise has been here 6 weeks and is enjoying the Whanau meetings to assist her in finding out information about the community groups in the district and what they all do. She is able to work

with people (over the age of 18) after referral by either their GP or a Maori organisation such as Te Awhina's Whanau Ora group, there is a maximum of four sessions funded, however Louise is able to refer on to other agencies if that is not enough. It's a quiet time at present, but Louise is going to talking to the local GP's to promote the service. Louise's email address is

Louise.Holden@nelsonbayspho.org.nz if you require further information.

David Armstrong – Motueka Online: advised the website is now officially one month old, and after some initial political issues (see the website for details) it has been a busy month, he has now got 6 sponsors. There has been good reaction to the site with approximately 110 hits per day to the site lately. There are lively discussions on at present about the water issues and consent processes, but David has the ability to “moderate” what goes on the site. He has only rejected 2 items, and says one of those could have ended up in court if used. Stage two is being worked on now, he welcomes more contributed articles from and for Motueka people, and said that there are gardening, health, consumer issues and historical group information there for those who are interested.

Ron Sharp – Community House: informed the group about the “**Eat Locally**” festival coming up at Riverside on 22 May 12.00 – 3pm

NOMINATION FORMS FOR THE TRUST POWER COMMUNITY AWARDS

Are available at the top from the website below, these close Friday 28 May 2010, further information can be obtained from Rach Large Nelson City Council. www.trustpower.co.nz/communityawards

There being no further business the meeting closed at 1pm

Next Meeting Wednesday 2/6/10 at 12.00pm

Facilitator: Rose McDrury