

New Bridges – Hamilton SSNZ



SETTLEMENT SUPPORT
NEW ZEALAND

- *Refugee and Migrant Wellbeing*
- *Settlement in the region*
- *New research and newcomer resources*
- *Sport, Culture and Settlement*



October, 2009, Vol 7

Settlement Support Welcome

The last months have been busy times for local services with new ways to support newcomers being developed.

The wellbeing of newcomers has been in focus over the last weeks. Increasingly there is an acknowledgment that moving to another country can be challenging. This may apply especially to those that have fled their home country during political unrest and/or experience economical hardship.

Newcomers to New Zealand want to settle and understand local culture in the workplace and the community. We can all share local tips to make life easier when settling. Community activities, volunteering, having fun, joining a club – these are things we can experience with newcomers allowing them to be part of our community.

If you like to get involved get in touch with the Migrant Resource Centre; there are so many ways to make NZ a welcoming place for everyone.

A whole new life: Stories of hope and resilience

A poster display was presented at NZAC conference to illustrate the experience of refugees and migrants when settling in New Zealand.



Settlement Support Co-ordinator Lucia Reijgersberg at conference of the New Zealand Counsellors Association

Refugee and Migrant Experience:

NZAC conference 17-19 Sept, 2009
New Zealand Association of Counsellors
‘Doing Hope Together’



Workshop: Exploring the counseling needs of refugees and migrant populations

The Hamilton Multicultural Services Trust (HMST) manages health promotion at the Waikato Migrant Resource Centre. Nineteen per cent of refugees have been tortured while 80 % experience severe trauma (RAS 2008).

An interactive workshop involved presentations and group work. Topics included the ‘Refugee Journey’ (Rachel O’Connor, Refugee Services), ‘Migrant Settlement’ (Lucia Reijgersberg, Settlement Support NZ), and ‘Access to services’ (Fungai Mhlanga, HMST). Three groups explored various topics. Key issues and solutions to these were reported back. This collaborative workshop allowed participants to gain a deep insight into the counselling needs of refugees and migrants.

Over 200 counsellors attended this national conference held at the Kingsgate Hotel in Hamilton. The event offered an option to engage on ways of working with refugee and migrants within the counseling practice. More information about the conference and the NZ Association of Counsellors: www.nz.org.nz.

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TANGATA Tiriti – Treaty People

What's On

- **Migrant Expo, 17 Oct, 2009**
4th Waikato Migrant Expo. More info:
<http://www.migrantexpo.co.nz/hamilton/>
- **New Settlers Focus Group Meeting**
18 November, 2009
(Local responses to settlement)
Local providers network for those working with newcomer communities. *For more information Contact: Settlement Support New Zealand at 07 853 71 42.*
- **Tangata Tiriti- Treaty People Workshops**
27 November & 3 December, 2009
Learn about practical ways to share understanding of the Treaty of Waitangi. Free sessions and facilitator training to support newcomers in the region. More info: ssnz.hmst@xtra.co.nz

New Zealand is a nation of migrants with new or existing settlers learning to understand the significant role of the Treaty of Waitangi.

“This resource is aimed at new migrants to Aotearoa/New Zealand for whom English is a relatively new language. It is a tool for exploring thoughts and feelings and having an open dialogue. (Treaty Education for Migrants Group, 2006).

It is a book of activities for communities and workshop type situations. The resource kit includes exercises and information to newer and ‘older’ settler groups.

More information about this resource and for orders find out at:

<http://www.arms-mrc.org.nz/Workshops.aspx#ws2>

Take the opportunity to learn more about this resource and the facilitation by attending the upcoming workshops.

Please contact **Settlement Support New Zealand:**
Ph 07 853 7142 or **e-mail:** ssnz.hmst@xtra.co.nz

Connecting People of all cultures and ages

Hamilton Ethnic Soccer Festival 26- 27 Sept, 2009



Kids Coloring Competition in action at the Hamilton Ethnic Soccer Festival



This successful annual event attracted teams and players of many cultures and nationalities. Over twenty teams played soccer in a jovial atmosphere. Cultural performances, stalls and food were also not to be missed....

A Kids colouring contest was sponsored by Settlement Support New Zealand attracted wide interest. This year the event was held at Gower Park, Melville in Hamilton.

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Settlement in the Waikato Region:

Newcomers to New Zealand settle in many areas across the region. They work and contribute their skills to many sectors of the local economy.

Recent workshops held for service providers increased the awareness of Settlement Support in the region. 'Communicating across cultures' workshops were held successfully in conjunction with SSNZ presentation on settlement in Morrinsville and Tokoroa.

These workshops were facilitated by the settlement support coordinators Lucia Reijgersberg, Heather McAllister and Jenny Magee from Mosaic Training. Thanks to the support of the Hamilton Multicultural Services Trust and COGs funding these sessions were made possible. Each of the sessions attracted well over 30 participants and raised the wider interest of community service providers in the Waikato region.

Talk to Settlement Support New Zealand ANYWHERE in NZ:

PHONE 0800 SSNZ 4 U – 0800 776 948.

This will connect you to the closest point of contact of Settlement Support New Zealand.

Hamilton Ethnic Soccer 2009 Results:

Congratulations to all the winners and supporters of the Hamilton Ethnic Soccer Festival 2009.

If you like to know more about this annual event please contact Patricia (Hamilton Multicultural Services Trust) at Ph 07 853 2182.

SHIELD FINAL: Bula Boys: 0 vs Fiji United: 2

PLATE FINAL:
Waikato Dragons: 3 vs Ethnic Warriors: 0

FAIR PLAY AWARD:
Waikato Cambodian Khamrak Phoenix

BEST SUPPORTERS PRIZE: Korean Football Team

WOMAN'S SHIELD:
New Image FC: 4 vs Kiwi Ladies: 3

Research Updates

External Migration Fact sheet- August 2009

Department of Labour

Sept 2009

This report outlines all data which refers to permanent & long-term (PLT, i.e. 12 months or more) migration.

<http://www.dol.govt.nz/publications/lmr/lmr-migration-factsheet.asp>

Identifying the resilience of the New Zealand Workforce in a Recession

Department of Labour

This report outlines a new approach to examining the risks to the New Zealand workforce arising from the current recession. It uses both qualitative and quantitative information to identify the resilience of the workforce in each main industry.

The term resilience is used to define vulnerability, meaning those who may have more difficulty in finding new employment if made redundant from their existing jobs.

<http://dol.govt.nz/services/LMI/workforce2020/resilience-to-recession/index.asp>

Migrant & Refugee Youth in New Zealand

Department of Labour

This report builds a profile of migrant and refugee youth (people aged 12 to 24 years) in New Zealand by analysing immigration approval data (1998 to 2007) and Census of Population and Dwellings (census) data (1996, 2001, and 2006).

The report covers a range of characteristics and key outcomes, including immigration approval trends, demographic data, ethnic identity, English language ability, labour force and study participation, location in New Zealand, and living arrangements.

<http://www.dol.govt.nz/publications/research/migrant-refugee-youth-nz/mrynz-7.asp>

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Resources for Newcomers

ACCESSING INFORMATION IN YOUR OWN LANGUAGE

CAB Language Link is a multilingual information service provided by the New Zealand Association of Citizens Advice Bureaux (CAB) and it can also be accessed from Settlement Support New Zealand at any of their 19 locations (www.immigration.govt.nz/ssnz).

It offers free, confidential advice and advocacy in 26 languages.

Languages available include:

Amharic, Arabic, Bengali, Burmese, Cantonese, Dari, Farsi, French, Hindi, Japanese, Khmer, Kirundi, Kiswahili, Korean, Kurdish, Laotian, Mandarin, Portuguese, Russian, Somali, Spanish, Taiwanese, Thai, Urdu and Vietnamese.

There is also an option to e-mail questions in your own language: language@cab.org.nz

Contact the CAB Language link at **Citizens Advice Bureaux** or from **Settlement Support New Zealand** at the Waikato Migrant Resource Centre. To contact your nearest CAB phone: 0800 FOR CAB, 0800 367222.

MULTI-LINGUAL AUDIO ONLINE

Over 100 audio programmes are offered online in 47 languages. This also includes settlement topics, health, Q & A in 20 + languages about settlement in New Zealand.

PlanetFM104.6 – www.planetaudio.org.nz

Provider Networking: Mental Wellbeing for Migrants & Refugees



Providers at the networking event with Dustin Wells (Refugee Liaison Nurse for Mental Health and Addiction Services). This is an exciting new role for Waikato DHB largely coming about from local research identifying the gap in mental health needs for refugees who are re-settling in Hamilton. Free, confidential advice, assessment and treatment options for refugees who maybe experiencing mental health difficulties. For further information contact Dustin at: Ph 07 834 6902.

At the last New Settler Focus group meeting as a conjoined event a provider networking expo was held. This event was well attended with over 50 persons listening to presentations on refugee & migrant wellbeing. This was followed by networking and sharing info with a number of exhibitors.

Health Promotion in action

Fungai Mhlanga, health promoter employed by the Hamilton Multicultural Services Trust supports the access of a wide range of services for the wellbeing of refugees and migrants. This includes Tai Chi, Well child clinics, life transition skills training for elderly refugees and migrants, healthy eating, health screening, advocacy, multi lingual resources, accessing medical care and more. For more information contact him at: Ph 07 854 98 25 e-mail: wmrc.health@xtra.co.nz.

SETTLEMENT SUPPORT NEW ZEALAND

Waikato Migrant Resource Centre
Cnr Boundary Road & Heaphy Tce
Claudelands Park
HAMILTON

Phone: **07 853 2192**
Email: ssnzham@wmrc.org.nz
Visit: www.wmrc.org.nz



For settlement information, visit: www.immigration.govt.nz/settlement