

COMMUNITY NEWS—Honour and pride

RANUI COMMUNITY HOUSE

CAROLE STEADMAN CO ORDINATOR 474 SWANSON ROAD RANUI
AUCKLAND
P.O.Box 70012 Ranui Telephone (09) 833 6280 Fax 09 833 6294
E-mail – ranuicomctr@xtra.co.nz

Hello everybody my name is Carole and I'm the Co-ordinator at the Ranui Community House. The house is run by a community elected committee.
Our **"Vision Statement"** is **"Our Community House offers enriching opportunities to encourage the participation of the people of Ranui"**.
Our **"Mission Statement"** is **Ranui Community House is a welcoming, friendly place providing opportunities for interaction and participation, in social, educational, cultural and recreational activities for the people of Ranui.**

The "House" has recently been painted on the inside, and the Council has further plans for improvements in the very near future. Get to know what is happening at the "House". Our door is always open between 9.00am & 3.30pm please drop in and have a chat. Term 2 classes start early May the brochure is now available at our office, and at RAP, we also have established ongoing groups that meet on a regular basis.
The "House" has four rooms of different sizes available for hire.
Playgroup & Coffee morning 'calling small kids' come along to the "House" on Friday morning 9.30-11.30am, lots of toys to play with and slide for the bigger kids, bring your friends too.

Websites Addresses & Some HealthInsite information partner resources that might be useful

Websites

?? www.ranui.org.nz

?? <http://friennz.tripond.com>

?? www.wadco.org.nz

?? www.waitakere.govt.nz

HealthInsite information

?? Getting the best from your visit to your GP [Multicultural Health Communication Service (NSW)]

?? Making informed decisions [The Jean Hailes Foundation]

?? Useful questions to ask your doctor following a diagnosis of cancer [Gut Foundation Research Institute]



Alternatives to Violence Project

"Creating Peaceful Pathways" workshop

This workshop is for anyone who wants to make changes in their communication with partners, families, workmates, friends, teachers.....

AVP (Alternatives to Violence Project) is a group of volunteers who have been operating in West Auckland for the last five years, running weekend workshops under the title 'Creating Peaceful Pathways'.

The underlying philosophy behind the workshops is the belief that there is good in all of us, and participants are encouraged to be positive about themselves, to acknowledge their special gifts, and to use the confidence gained to practice non violent ways of communication with others.

A team of trained facilitators runs the workshops. They involve lots of experiential exercises and although they can be intense they also are enjoyable.

Details:

The weekend is run over the weekend of:
Friday 4th May 6 – 9pm
Saturday 5th May 9am – 6pm
Sunday 6th May 9am – 6pm

Venue: Bruce McLaren Intermediate School

Cathie Peters

Coordinator, AVP Auckland
PO Box 70 099 Ranui, Waitakere City
Phone: 09 838 0500 or Mobile 027 241 3731

The cost of this workshop is \$100 and includes Friday dinner and Saturday lunch, plus childcare if required.



Radio Ranui broadcasts each **Wednesday from 6pm-6.30pm on Planet FM 104.6**. Listen in to local presenter Ezra Talamahina for highlights on local people and events in Ranui..



Creating Our Future Together
Me puawai tatou katoa i roto i te kotahitanga o Ranui

RAP RAVE

An update on the activities of the
RANUI ACTION PROJECT

Kia ora, warm Pacific greetings, assalamalekum and welcome.

Issue: 9
Paenga whawha (April) 2007

Ranui Whanau Fun Day

It was gloriously fine. There was food galore, prizes and many smiles on the painted and unpainted faces of children!

Saturday March 17th wasn't just about celebrating St. Patricks, it was a day for Ranui whanau/families to celebrate too. With a focus on youth, the numerous projects RAP is involved and, of course, having fun, the day provided lots of reasons to enjoy time together with mums, dads, friends and family while being entertained by Ranui's talented musicians and performers

Stalls held an array of cuisine from all four corners of the world/nga hou e wha. Artists displayed colourful myriads of paintings, jewellery and woven crafts. Everything from bath salts and toys to jams

Below: The Vikings in all their regalia — and with some new recruits from Ranui!



and chop suey tempted local people and visitors in Ranui.

Information was available on a range of services. To highlight the importance of using safety belts in cars ACC demonstrated a safety belt harness for the more adventurous. There was information on what and how to access ACC services. Project Twin Streams Ranui-Massey entertained children with craft-making from clay and let you know what they're up to at the Swanson Stream (read more about them on page 3). Keep Waitakere Beautiful explained how you can be involved in projects to make Ranui more beautiful (see Trees for Babies on page 3). Earthsong gave us a marvellous insight into their eco-housing, and the Ranui Community Centre had information on who they are and the pro-



Above: Ranui children jumping for joy in one of many activities on the Ranui Whanau Fun Day at Ranui Primary School

grammes they offer. Oh, and let's not forget the Ranui Central Development Network's fabulous photos of Ranui (see page 5). People gave some awesome feedback on future economic development in Ranui.

We wish to thank and acknowledge the support from businesses, volunteers, local organisations and, of course, the community who contributed towards prizes and/or helped make this such a wonderful day.

Below: The Tuvaluuan Play Centre supporting the day



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Keeping The Wheels Turning At RAP



Above: (from left) Verle Cahill, Emma Frost and Vai Atatati

Action Project (RAP) staff continue to administer and manage the various aspects of RAP's work. Since November 2006, employment has moved from Waitakere City Council to RAP—another milestone reached! Our newest member Verle Cahill, Manager Administration and Services, comes with a wealth of knowledge from her previous 30 plus years experience working with West Auckland Women's

Don't let the new job titles confuse you! With 40 plus years collective experience in Community Development Ranui

Welcome to the new RAP Board

The final stage of the RAP Review in 2005 was to bring on a new Board. The Board consists of Co chairpersons Georgina Parata and Penelope Burridge and includes Board members Bob Newson, Charles Enoka, Deb King and Greg Smith. Sue Osborne regretfully resigned due to other commitments and a new member will be selected by the Board shortly.

The review had recommended that the RAP Transition Committee amend the Constitution and developed the RAP Strategic Plan, Treaty Of Waitangi Responsiveness Plan and new management systems. This is the framework the Board will work within. The Board has a big job ahead meeting the growing needs of the organisation and its move towards a

Centre, West Auckland Family Services, Methodist Mission and Victim Support—to name a few. Emma Frost, Manager Projects and Partnerships, started as a volunteer with RAP and has a background in communications, corporate business and adult literacy. Vai Atatai, Administration Officer holds the longest record with RAP looks after the RAP house.

sustainable viability that will ensure continued efforts to improve health and wellbeing in Ranui.

A warm welcome to the new RAP Board and a huge thank you for their commitment and willingness to take RAP on it's new journey. All the very best for your future endeavours.

"We're Ranui people with that Ranui pride We're the best out west now that's undenied"

From the RAP RAP by Ranui songwriter, Paul Wells

Ranui Central Development Network

The Ranui Central Development Network (RCDN) is an informal forum that RAP has been working with to build economic development in Ranui.

RAP welcomes the opportunity to be involved in their commercial and employment generation activities and hope to ensure that the best in-

terests of Ranui Communities economic development are thereby enhanced.

Consultations with industrial and retail business and the community has provided some ideas for Ranui's economic development and planning for the Town Centre.

Keep up the good work team!



Above: Yvonne Rust and Bob Drey displayed pictorial images of Ranui and gathered ideas for the development of our Town Centre at the Ranui Whanau Fun Day.

Swanui Business Association

Taking care of business in Ranui and Swanson is an important aspect of initiating this project. RAP has seen its

investment, through Go Now funding, give opportunity for the development of a local business directory and the

establishment of the Swanui Business Association. Swanui has recently formed its own legal entity and is seek-

ing funding for a part time co-ordinator. Contact RAP on Ph: 832-6048 for further information.

Ranui Summer Shout Out at the Ranui Market

The Ranui Market was alive and buzzing with music, food and bargains galore at last years Ranui Summer Shout Out.

As host to this event that offered local crafts, diverse culinary delights from nga hau e wha/the four corners of the world and Ranui's own Idol competition the market gave Ranui many reasons to 'shout out' and celebrate.

The Market offers fundraising, promotional and economic opportunities. The Ranui Market is held at the Ranui Commu-

nity House every last Saturday of the month (rain, hail or sunshine!). Contact

Judy Drewet for stall hire on Ph: 832-6333 or RAP on Ph: 832-6048

Below: Bargain hunters enjoyed sun, fun food and music when Ranui lived up to its name of *Big Sun*



Questions To Ask Your Health Professional

“You might find it helpful to take a list of questions when you visit your health professional.”

You might find it helpful to take a list of questions when you visit your health professional. Choose the ones that are useful for you or the person you are asking about as the questions listed here cover a variety of situations.

Questions about diseases or conditions

- ?? Can you please write down the name of the disease (or condition) for me?
- ?? What causes it?
- ?? Will it keep getting worse or can I expect it to improve?
- ?? How is it likely to progress?
- ?? What percentage of people have it?
- ?? How serious is it? What can I do to help myself?
- ?? Can I prevent it or make it better?
- ?? Can I pass it on to other people?
- ?? What should I look out for?
- ?? When do I need to see a doctor or go to hospital?
- ?? What tests are there to confirm the condition or to find out what is likely to happen?
- ?? Are there any support groups for people with the condition? How do I contact them?

Questions about medicines

- ?? How and when should I take it?
- ?? Are there food or drinks that I should not take with it?

- ?? Will my other medicines have a bad effect with it?
- ?? Are there any activities I should not do when I take it?
- ?? How should I store it
- ?? Are there likely to be side effects and how likely are they?
- ?? Is there anything I can do to reduce the side effects?
- ?? What should I do if I have side effects?
- ?? Does it matter if I miss a dose? What should I do if I miss a dose?
- ?? When should I stop taking the medicine?
- ?? Should I stop quickly or should I gradually take smaller doses or take doses less often?

Questions about other treatments

- ?? What other treatments are available?
- ?? Can you explain how effective this treatment is compared to other treatments?
- ?? What are the complications for each treatment? How likely are they?
- ?? What are the effects of the treatment if I use it for a long time?
- ?? Is there something I can do to lessen the symptoms of the conditions?
- ?? How can we tell if the treatment is working?
- ?? What can be done if the treatment doesn't work?

We regret to advise the closure of the Health Information Centre early this year. Health-West can no longer continue funding for this project.

Ranui Action Project
 Contact details:
 476 Swanson Rd,
 PO Box 70065
 Ranui
 WAITAKERE
 CITY
 Ph/fax: 832-6048

Nga Kai O Nga Hau E Wha (food from the four corners of the world)

With an absolute melting pot of cultures in Ranui its not hard to imagine the array of traditional healthy food dishes one might experience here. More and more supermarkets and fruit/vegetable stores offer new and delightful food products to tease our pallet. But how do we use them and what delectable dishes are made from them? Do you have a recipe you would like to share? Let us know and include any helpful tips like where we might get the ingredients. Mmm I can smell something cooking already.....

Friends Of Urdu Ranui (FOUR) Group

New Settlers in Ranui expressed their desire to learn about their new country and the people who live here. The Refugee and Migrant Hui celebrated Race Relations Day, Planting Our Roots recognised Conservation Week and these have resulted in the establishment of the FOUR Group. It provides opportunity to gather and discuss settlement issues. Retaining their language is important and so Urdu classes are held regularly at the RAP house. Contact RAP or check their website for more information

“Go Now” Gone — SCAF Funding Ends

Ranui Action Project (RAP) was established in the year 2000, a new millennium and for Waitakere a new and creative way of improving health outcomes. Waitakere City Council had approached the Ministry of Health for funding to implement a community health action project as an initiative from the Waitakere Health Plan.

Later that same year the Department of Child Youth and Family (CYF) asked RAP if they would host another pilot

project—the Stronger Communities Action Fund (SCAF). SCAF funding for three years was approved and a partnership with both local and central government was formulated. As a result of the many successful Go Now and Breakthrough projects seeded through SCAF funding the three year pilot was eventually extended to six years.

The Review of RAP in 2005 occurred at the same time as CYF also undertook its own review of their department. The

result was for SCAF to move to the Ministry of Social Development (MSD). Then in June 2006 MSD ceased SCAF funding in order to focus on other areas of priority.

The priority for RAP now is to develop a plan for its future economic sustainability without losing focus on improving health and wellbeing in the Ranui community. Strengthened relationships over the past seven years and new collaborations has formed further partnerships to see this

work progress. An exciting prospect to emerge from this strategic move is the potential to realise Ranui's vision for improved employment and economic development. RAP is breaking new ground developing ways to implement the ideas of our community.

Upcoming Events

??AVP Workshop, Friday
4th—Sunday 6th May
??PTS Planting Day, Saturday
19th May 10-1pm
??Ranui Market, Saturday
26th May 9-12n
??Trees 4 Babies, Saturday
26th May 11-1pm
??Diabetes Eye
ScreeningClinic, dates at
the RAP House, Ranui:

April – no clinic
May 23rd
June 20th
July 25th
August 22nd
September 26th
October 24th
November 21st
Diabetic Eye
Screening Service
P.O. Box 104098
Lincoln North 0654
Henderson
Auckland

Project Twin Streams Ranui-Massey Update

The vital work of restoring our streams to health continues in Ranui, with 10 community groups enthusiastically involved in the weeding and re-planting of Swanson, Waimoko and Momotu streams. Liston College joined us this term and two classes of Year 8 students had their introduction to Twin Streams with a field trip to look at the plants and animals that depend on our streams for life. Four classes from the College will begin weeding their adopted area of the Swanson Stream in Term 2.

Our first Community Planting Day for 2007 will be on Saturday May 19th from 10-1pm, at Don Buck Corner Reserve in Ranui. The theme for the planting day is "Celebrate our Children" and we'll have free art activities and face painting for kids, live music and a BBQ to finish. Come and join us! This area has been adopted by the Church of Jesus Christ of Latter Day Saints in Henderson, and a number of the wards of the Church spent their Saturdays on the site last year doing a great job of weeding and preparing it for planting. Phone Project Twin Streams coordinator Fenella Thomas on 833 7009 for more information and look out for flyers and posters nearer the day.



Above: Clay pot making for children was a feature of the PTS information tent at Ranui Whanau Fun Day.

Ranui Community Garden

The Ranui Community Garden came about as a result of the initial RAP visioning process in 2001. "Environment" and how best the community could care for/utilize and protect the local assets was responded to by seed funding as a Go Now project to encourage locals to become involved. Waitakere City and DoC approved the use of Marinich Reserve and thanks to the hard work of a number of volunteers this exciting project is set to move forward.

We are seeking an experienced, independent, well -organised and confident person to join our dynamic and friendly organization.

Required:

- ??The ability and awareness of working with a diverse community and managing volunteers
- ??communication skills
- ??High level of written and verbal skills
- ??Some computer skills

Special Requirement:

- ??Experience in permaculture and organic gardening.

For more information about us, visit our website; www.ranui.org.nz Or contact Emma Frost, Projects and Partnerships Manager 09) 833 4915 by 3rd May 2007

"Let's break down fences and build bridges"

Keep Waitakere Beautiful — Trees for Babies comes to Ranui

The annual Trees for Babies was established by Keep Waitakere Beautiful Trust in partnership with Waitakere City Council and Plunket in 1995 to celebrate the births of children throughout the city in the past year.

From an original concept by KWBT Trustee and New Lynn Community Board member, Elizabeth Francke of Titirangi, Trees for Babies sees 100 native trees planted in each of four City parks to celebrate the birth of babies in the past year.

Native trees are chosen for the plantings to help reintroduce 'green avenues' in neighbourhood parks to support Waitakere City Council's green network initiatives. "We're seeing increasing numbers of native birds throughout the city and feel that the groves created by Trees for Babies plantings can take some responsibility for that as they create natural food and shelter preferences for the birds," project manager Moira Kennedy says.

"The events are great fun with free music, face painting, clowns and a

bouncy castle. The plantings seem to become more popular each year with significant numbers of new immigrants joining in and creating a truly special multi -cultural and happy community event," she says.

Parks confirmed for this year's events include:

Massey Ward– Saturday 26 May Pooks Reserve, Ranui

Each baby registered on the day receives a "Young Citizen" certificate signed by Mayor Bob Harvey. The native trees are provided free by the Keep Waitakere Beautiful Trust and include Titoki, Rewarewa, Totara Lace Bark, Ribbonwood, Karaka, Rimu and Cabbage trees. Each planting is between 11am– 1pm.

For more information: Keep Waitakere Beautiful Trust, ph: 826 4276, www.kwbt.org.nz: Trees for Babies – a family affair that's fun and free

"Saturday 26th May Pooks Reserve Ranui"