



# Waikato Migrant Resource Centre

ISSUE: Eleven  
May 2010

This newsletter is called 'Pebbles' because, according to Chinese proverb, 'Those who remove mountains begin by carrying away small stones'.

PO Box 4340  
Hamilton

Phone:  
07 853 2192

Fax:  
07 854 8978

Email:  
w.migrant@xtra.co.nz

Website:  
www.wmrc.org.nz

## AGENCY DETAILS:

- Hamilton Interpreting Service:  
Phone: 07 853 2184
- Settlement Support:  
Phone: 07 853 7142
- English Link:  
Phone: 07 853 2196
- English Language Partners:  
Phone: 07 853 2188
- Refugee Services Aotearoa New Zealand:  
Phone: 07 853 2195



## Pebbles

This newsletter brings you the bi-monthly updates of events and courses along with key messages and information.

Be the first to hear about WMRC events at:

- visit our website at [www.wmrc.org.nz](http://www.wmrc.org.nz)
- tune into Get Reel on Community Radio (1206 AM or 106.7 FM) – 1pm Wednesdays

## ENGLISH FOR EMPLOYEES programme



ENGLISH  
LANGUAGE PARTNERS  
NEW ZEALAND  
Working with Migrants and Refugees

25 hours of free English for people with Permanent Residence/NZ citizenship who are

currently working and wish to improve their language, literacy and numeracy for the workplace.

The main topics are:

- Communication in the workplace
- Reading, writing and numeracy for work
- Workplace vocabulary (general and specialised)
- Expectations of the NZ workplace
- Cultural issues in the workplace.

Classes are provided in the evenings after work for 2 hours once a week, to a total of 25 hours. Class numbers are small and entry is by invitation only.

If you think you may qualify, please contact **Diana Hummel** at **English Language Partners Waikato** to arrange an interview.

Please bring your passport and proof of employment with you at the time of the interview.

All enquiries to:  
English Language Partners Waikato,  
PO Box 4340, Hamilton 3247  
Phone 07 8532188  
[diana.hummel@englishlanguage.org.nz](mailto:diana.hummel@englishlanguage.org.nz)

## MESSAGE FROM HAMILTON CITY COUNCIL – Satellite Installations

There are restrictions if you are planning to install a Satellite Dish that is bigger than 1.2 meters in diameter and in the Residential zone to receive overseas TV / Radio programmes.

For more information please contact Lorraine Dunmall, District Plan Compliance Office on (07) 958 5964 or email [lorraine.dunmall@hcc.govt.nz](mailto:lorraine.dunmall@hcc.govt.nz)

## COMPUTERS IN HOMES

Information and sign-up evening:  
6.30 pm, Monday 12 April  
Waikato Migrant Resource Centre

Computers in Homes is a programme that you can join if you don't have a computer at home, and if you have at least one primary school aged child. If this is you, or someone you know, READ ON.

You don't have to know how to use a computer. For \$50 you will receive 20 hours training, a refurbished computer and a free dial-up internet connection to keep. We will also give you 6 months worth of free technical support.

**Interested?** Come to the Waikato Migrant Resource Centre on Monday 12 April at 6.30 pm. On this evening you can ask any questions you like and also sign up for courses running this year.

**Questions?** Email [rmfraser@xtra.co.nz](mailto:rmfraser@xtra.co.nz) or come along to the information evening.

## Hamilton Interpreting Service



(07) 853 2184  
[hmstis@xtra.co.nz](mailto:hmstis@xtra.co.nz)

Professional interpreters available 24 hours 7 days a week.

If you need an interpreter but can't afford one let us know – we may be able to help.

This publication is proudly sponsored by:



Waikato District Health Board

Te Hanga Whaioranga Mō Te Iwi - Building Healthy Communities



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## English

### What is happening at the Centre?

If you have any questions, are looking for something in particular, or have a problem of any kind please call us. If we don't have what you are looking for we can put you in touch with somebody who can. Our phone number is (07) 853 2192.

### Organising a community event and need a venue?

We have rooms in a variety of sizes and kitchen facilities for hire. Book with reception on (07) 853 2192

### Clinics (By Appointment Only)

**Citizens Advice Bureau:** Confidential information on a range of topics including form filling and immigration issues.

**Police Clinic:** Monday 10am-12pm (noon). Confidential advice.

**Settlement Clinic:** Support with settlement issues.

### Workshops at the WMRC

**Workplace law in NZ:** Thursday, 15 April 7:30-9:00 pm. Casual work, employment agreements, 90 day trial period, flexible workplace.

**Relating Well in NZ:** Saturday, 17 April, 9am-1pm.

**Find out about Inland Revenue:** Thursday, 22 April 7:30-9pm. NZ tax obligations, working for families tax credit.

### Regular Events and Groups

**Kiwi Life:** Fridays, 1-2:30pm. Learn about the kiwi way of life. Slang, practical life skills and accessing services, Maori culture and more. Open to everyone.

**Homeworx:** Wednesdays and Fridays, 3:30-6:30pm. Homework support for refugee background school children. Contact Jan on (07) 843 3811.

**Stepping Up 2 Study:** A range of support for tertiary students from a refugee background. Contact Fatuma on (07) 853 2192.

**English for Employees:** See front page for details. Contact Diana on (07) 853 2188.

**Tai Chi:** Interested in Tai Chi? Call Fungai on (07) 854 9825

**Wired For Sound Toast Masters Club:** (Communications) Thursday, 7:20-9pm. Contact Ralph on (07) 855 3811.

**Get Reel!** First Friday of the month. Movies on issues from around the world. Gold Coin koha. Open for everyone.

Tune into more discussion on Get Reel Radio: Wednesdays 1pm on Community Radio (1206 AM or 106.7 FM).

### Health Message

#### Don't let the flu get you

For pregnant women, adults, children with long-term health conditions, and people aged 65 years and older, influenza can be a very serious illness. For this reason, the influenza immunisation is provided FREE to these groups.

Influenza immunisation is available FREE for those who:

- are pregnant
- are significantly overweight
- use asthma preventers
- have diabetes
- are aged 65 years or over
- have heart disease
- have kidney problems
- or have a serious medical condition, like cancer

If you do not fit into one of these groups, you can still benefit from an influenza immunisation at a small cost. So don't take the risk. Call your GP or medical clinic and arrange your immunisation today.

#### Who should I talk to if I have any questions about influenza or any other vaccine?

If you have any questions about the immunisation and your medical condition, you should ask your doctor or phone 0800 IMMUNE (0800 466 863).



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## Spanish

### ¿Que está pasando en el Centro?

Estos son algunos de los servicios que nosotros ofrecemos. Por favor llámenos si necesita algo específicamente al **07 8532192**.

Si nosotros no podemos ayudarlo lo contactaremos con la persona indicada..

### Desea Organizar un Evento en su Comunidad

### Y necesita un lugar donde hacerlo?

Nosotros tenemos una variedad de salones disponibles con acceso a cocina para alquilar. Llamar al 07 8532192 (Reception)

**Clinicas:** Llamé para una cita

**Citizen Advine Bureau:** Información confidencial en una gran variedad de tópicos incluyendo ayuda con formularios y temas de Emigración.

**Clinica Policial: Lunes de 10.00am hasta 12,00pm**

**Settlement Clinic:**

Ayuda con temas de estadía.

### Talleres en el WMRC

**Leyes en NZ (en el lugar de trabajo)**

Acuerdos de trabajo Jueves 15 de abril desde 7.30pm hasta 9.00pm casual y periodo de 90 días a prueba, flexible lugar de trabajo.

**Relating Well in NZ: Sábado 17 de abril, 9.00 am. a 1.00 pm.**

**Aprenda sobre Inland Revenue:**

Jueves 22 de abril 7.30pm hasta 9.00pm NZ tax (obligaciones) y working for families tax credit.

### Regulares Eventos y Grupos

**Kiwi Life:Viernes de 1.00pm hasta 2.30pm**

Infórmese sobre la Cultura Kiwi. Llamé al 07 8532192

**Tai Chi: Interesado en Tai Chi?** Llame a

Fungía al 07 8549825

**Tareas Escolares : Miércoles y Viernes 3.30pm hasta 6.30pm**

**Ayuda disponible para niños refugiados.**

Contactarse con Jan 07 843 3811

### Enchúfese para el sonido de Toast Master Club:

(Comunicación) Jueves 7.20pm hasta 9.00pm  
Contacte a Ralph Connor al 07 8553811

**Get Reel:** Programa de Radio todos los miércoles en Community Radio  
(AM 1206-FM 106.7)

Películas con temas de alrededor del mundo todos los primeros viernes de cada mes. Gold coin Koha. Para todo publico.

### Ingles para empleados o

**trabajadores:** Llame a Diana al 07 8532188

### No dejes que la gripe te afecte

Para las mujeres embarazadas, adultos, niños con problemas de salud a largo plazo, y las personas mayores de 65 años y mayores, la gripe puede ser una enfermedad muy grave. Por esta razón, la vacunación contra la influenza se proporciona gratuitamente a los siguientes grupos.

### inmunización contra la influenza está disponible gratis para aquellos que:

- Si está embarazada
- Si tiene sobrepeso considerable
- Si tiene asma usa preventores
- Si tiene diabetes
- Si es mayor de 65 años o más
- Si tiene una enfermedad cardíaca
- Si tiene problemas renales
- Si tiene una condición médica seria, como el cáncer

Si no se ajusta a uno de estos grupos, todavía puede beneficiarse de una vacunación contra la gripe a un costo pequeño. Así que no corra el riesgo. Llame a su médico de cabecera o a la clínica médica y solicite sus vacunarse hoy.

¿Con quién debo hablar si tengo alguna pregunta acerca de la influenza o cualquier otra vacuna?

Si Usted tiene alguna pregunta acerca de la vacuna, y su estado de salud, debe consultar a su medico o llame al 0800 IMMUNE 0800 466 8630



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## Chinese

**移民中心能为你做什么？**如果你有任何疑问，需要咨询一些其它的特别问题，请致电于我们。如果我们不能帮助你，我们会将你转介到其它能帮助你机构。我们的电话是 (07) 8532192。

**组织活动没有场地？**我们有大小不同的房间可供租用。请与前台联系租用事宜。联系电话

**解难答疑 (需要预约)**

**公民咨询局：**从填表到移民问题，公民咨询局为你解答各种疑问，内容保密。**警察答疑：**星期一至上午 10 点到中午 12 点，保密建议。**安置服务：**提供安置问题的支持帮助。

**怀卡托移民中心的研讨会**

**新西兰的工作法律：**4 月 15 日星期四，晚上七点半至九点。有关临时工作，雇佣合约，九十天试用期和灵活的工作地点。

**如何在新西兰安居乐业：**四月十七日星期六早上九点至一点。

**有关税务问题：**四月二十二日星期四早上七点半至九点。新西兰的纳税义务和工薪家庭税收抵免。

**新西兰人的生活：**周五下午 1 点到 2 点半，学习新西兰人的生活方式、俚语、实用生活技巧和如何获取服务，以及毛利文化和更多其它资讯。对每个人开放。

**作业支持：**周三和周五下午 3 点半至 6 点半，为有难民背景的学童提供作业支持。请联系 JAN (07) 843 3811。

**巩固学习：**为有难民背景接受高等教育学生提供支持。

**Get Reel！**每个月第一个星期五，世界议题电影，金币捐款。对每人开放。

关于更多讨论，请打开 Get Reel 广播节目，星期三下午 1 点，社区电台 (1206AM 或 106.7FM)

**健康讯息：**不要染上感冒

对于孕妇，有长期健康问题的成人或儿童以及 65 岁以上的长者，感冒可能会是严重的疾病。因为这个原因，免费注射感冒疫苗对以下人群开放：

- 孕妇，严重超重，使用哮喘药物，糖尿病人，
- 65 岁以上长者，有心脏病，有肾方面的疾病，
- 或者有严重的疾病，例如癌症

如果你不属于以上人群，你仍可以低价受益于感冒疫苗注射。因此不要冒险，今天就致电于你的家庭医生和诊所，预约疫苗注射吧。**如果我有关于感冒疫苗或其它疫苗的问题，我应与谁联系？**

如果你有任何关于免疫和健康状况的问题，你应该问你的医生或致电有关免疫的免费电话 0800 466 863