

ratonga taiohi pānui

what you need to know

Rāmere 27 Poutū-te-rangi 2025



**International Transgender Day
of Visibility**

Monday 31 April

annual general adjustment

on 1 april benefit payment rates will increase due to the annual general adjustment



The Annual General Adjustment is approaching on **Tuesday 1 April**. Most of our financial supports (including benefit payments and income and asset limits) will increase to keep up with the average wage or the cost of goods and services.

youth payment rate from 1 April

Category	Net weekly rate (after tax at "M")	Gross weekly rate
Single, 16 to 17 years	\$314.72	\$356.02
Couple (total)	\$614.84	694.36
Couple (each)	\$307.42	\$347.18

youth parent payment rate from 1 April

Category	Net weekly rate (after tax at "M")	Gross weekly rate
Solo parent, 16 to 17 years, living with or supported by parents who earn less than the Family Tax Credit threshold	\$291.79	\$328.23
Solo parent, 16 to 19 years	\$505.80	\$587.64
Couple with 1 or more children (total)	\$649.22	\$736.02
Couple with 1 or more children (each)	\$324.61	\$368.01
Couple with 1 partner not on benefit and 1 or more children (total)	\$324.61	\$368.01

Benefit rates at 1 April 2025
Work and Income



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drop-in recap: digital suite – wellbeing



over the next few weeks we will be covering online resources available to support taiohi

Umbrella Wellbeing

This is an eLearning programme called *Understanding Stress and Wellbeing*.

It's an online self-paced programme with tools for young adults aged 18-25 years old.

The programme includes access to 10 modules covering: Looking after your mind, body, purpose and relationships, planning next steps, and where to find support, and more.

[eLearning for young adults | Umbrella Wellbeing](#)



MySkill

MySkill provides free training and will help participants find a job as a support worker. The programme involves online pre-employment training, work placement, then continued support to complete the NZ Certificate in Health and Wellbeing Level 2 (Support Work).

[Free Online Healthcare Training & Job Placement | MySkill](#)



Headstrong

Headstrong is a free, science-backed mental health app for teenagers.

It offers practical skills and psychoeducation based on cognitive behavioural therapy, positive psychology, mindfulness, relationship science, and harm-minimisation strategies.

[Headstrong | A wellbeing app to help empower rangatahi](#)



MySkill for Carers

This programme is for people who are receiving financial assistance from MSD and are unable to work as they are caring for whānau. Certificate in Health and Wellbeing Level 2 (Support Work).

[Carer Recognition Programme | MySkill](#)



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relocate for work support replaces 5k to work on 31 march

this payment can help people aged over 18 to relocate for a job if unable to find one locally

To get this support, young people will need to cancel their benefit payments (like the Youth Payment or Young Parent Payment) and meet both the job and eligibility criteria.

The young person must meet with you in person to talk about their situation and complete the Relocate for Work Support application.

They'll need to bring the following documents to the appointment:

- A completed Relocate for Work Support application form
- Proof of the job offer
- Proof of accommodation

They also need to show that they've been trying to find a job near where they currently live but haven't had any luck.



learn more:

[relocate for work – eLearning](#)

[relocate for work – webpage](#)



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youth service satisfaction survey results



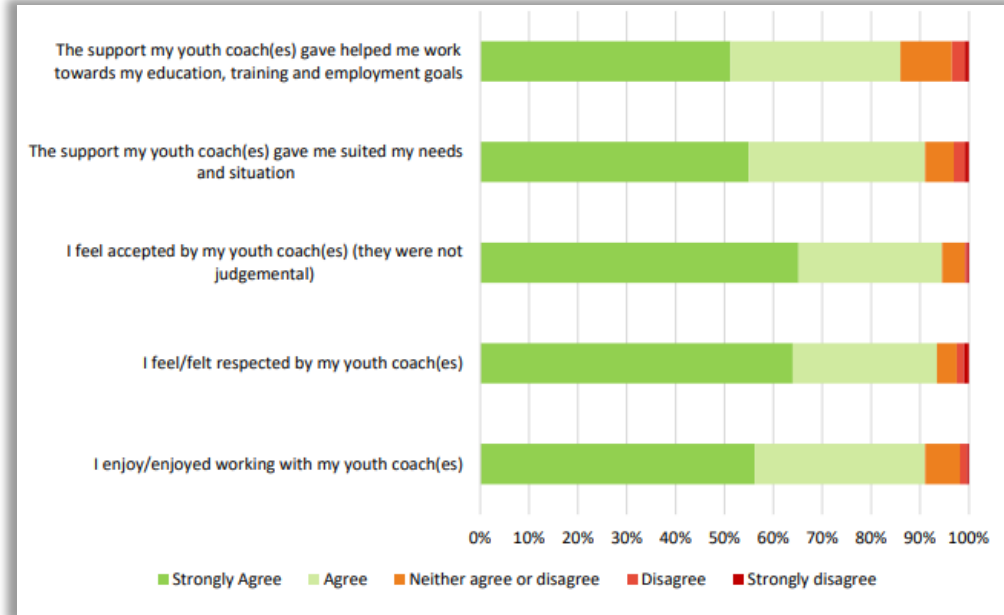
the percentage of taiohi satisfied with the service has remained at 88%

What taiohi said

"My youth coach made me feel heard and respected by being engaged when I was talking. She kept me on track towards my goals and helped guide me to make the right choices."

"She helped me through my own personal life 'crisis,' moved me into my home, and helped me during school to hold my mental wellbeing together."

"They were great at attending to any and all needs, no matter how small. I was really well looked after, and now I have a full-time job and know how to budget to keep on top of bills, etc. My youth coach was amazing, and it was great to see how professional yet comforting she made every single one of our interactions feel."



[Click here for the full report](#)

88%

of respondents were satisfied with the service they received in Youth Service



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upcoming drop-in sessions



drop-in to meet other youth coaches and learn about youth service

money management Tuesday 1 April, 10am

In this drop session we'll cover:

- the purpose of Money Management
- setting up redirections
- using the payment card
- the suppliers' list and adding new suppliers
- how to help taiohi come off Money Management.

[Join teams meeting](#)

induction for youth coaches Wednesday 2 April, 10am

In this drop-in session we'll cover:

- what determines how youth service operates
- the people that help deliver Youth Service
- an overview of the Activity Reporting Tool (ART), and
- where to find information to help you in your role.

Come along to learn and connect with other youth coaches.

[Join teams meeting](#)

hardship Tuesday 8 April, 10am

Hardships are one off payments to help taiohi pay for an immediate or essential need. In this session we will go over:

- what hardship payments are available
- which ones they need to pay back, and
- answer any questions you have.

[Join teams meeting](#)

You can find the full drop-in session schedule on our provider site

[drop-in sessions | Youth Service providers](#)



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realising the dreams and aspirations of youth

tau awhitia te taiohi, ka puta ki te wheiao

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