

Ratonga Taiohi Pānui

what you need to know



new zealand chinese language week

give the 5 days 5 phrases challenge a go!

This year, the New Zealand Chinese Language Week Charitable Trust is encouraging us to give Chinese a go with their 5 Days 5 Phrases Challenge.

The phrases are designed to help you dumplings on Dumpling Day (September 26).

Visit <u>www.nzclw.com/five-days-five-phrases-challenge</u> to learn more







change in application process to YP, YPP and main benefit to YPP

the process for getting taiohi on Youth Payment and Youth Parent Payment is changing

ART YP/YPP application tasks will remain open now until we have an outcome, meaning that Youth Coaches will be able to see the progress of active applications

Current ART Task:

- Task category: YP/YPP Applications
- Task type: YP/YPP Applications Supporting Documentation

New ART Task type:

- Task category: YP/YPP Applications
- Task type: Youth Payment or Young Parent Payment or Main benefit to Young Parent Payment

In the next Youth Service Update, we will go over the transitional arrangements for current YP/YPP application pre 2 October. From Monday 2 October, the new ART tasks will be live. You will no longer be able to use the old Task type.

To find out more, come to the special ART demo drop-in session on Thursday 28 September, 9:30am **Join via <u>Teams</u>**

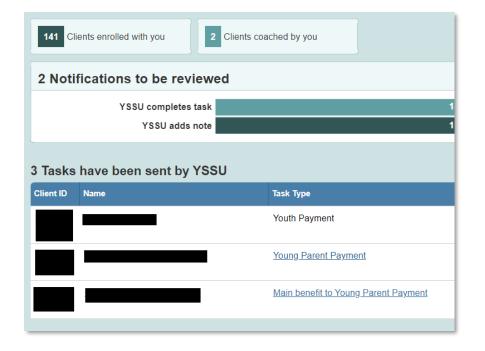
Check out what it will look like in ART on the next page

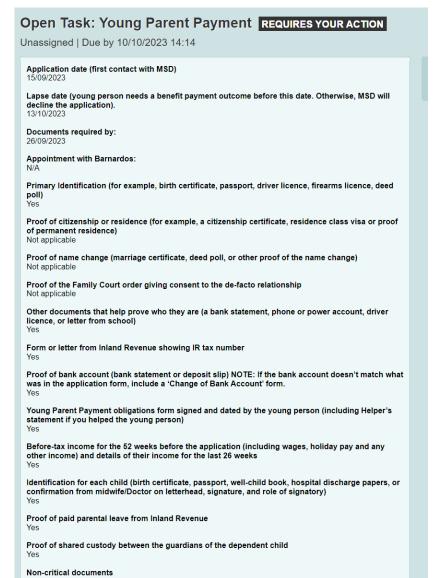




change in application process to YP, YPP and main benefit to YPP

how it will look in ART





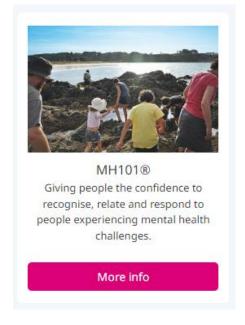




mental health awareness week: free workshops

celebrate mental health awareness week and support your taiohi by booking a workshop

- MH101 and Addiction 101 workshops funded by Te Whatu Ora are available across the motu
- Contact Blueprint for further information: <u>info@blueprint.co.nz</u>
- Other free workshops are available too. Check them out here: https://www.blueprint.co.nz/











wellbeing and tips for getting through stressful times

drop in recap

In the drop in session this morning, we dug deep into mental wellbeing and self care, using Te Whare Tapa Wha and practical wellbeing planning.

Some ways to enhance our wellbeing that we learnt about were:

- Remembering to protect ourselves from Compassion Fatigue by changing the way we view our work, switching off at the end of the day, and recognising the symptoms of trauma in ourselves and others
- The dimensions of self compassion mindfulness, self-kindness and common humanity
- The dimensions of self care care, validation, soothing and compassion
- The stress cycle run, seek safety, rest
- Developing our own wellbeing plan
- Activating our calming response distraction and resolution strategies
- The value in acknowledging the things we are grateful for
- The importance of exercise and sleep

To see the slides from the session visit: - www.youthservice.govt.nz/assets/Training-PowerPoint/mental-health-in-the-workplace-tips-for-staying-well.pptx







pacific employment action plan fund

expression of interest opened yesterday and close on Monday 30 October

The Pacific Employment Action Plan Fund is for employment and training programmes by Pacific organisations

The fund is for programmes that upskill Pacific workers so they can get sustainable jobs, with higher wages, in high-growth sectors

See if your organisation is eligible to apply here: www.workandincome.govt.nz/providers/programmes-and-projects/pacific-employment-action-plan-fund.html







reminding taiohi that they can sign up to vote

130 years ago today, wāhine and kōtiro in Aotearoa were given the right to vote. To mark this day, why don't you remind taiohi to enrol to vote?

To be able to enrol you must be:

- 17 or older (note, you can enrol at 17 but will have to wait until you are 18 to vote),
- a New Zealand citizen or permanent resident,
- and have lived in Aotearoa

Visit vote.nz to enrol or learn more





The 2023 General Election will be held on 14 October 2023.





upcoming drop-in sessions

our drop-ins focus on the technical aspects that are unique to our service

ART for administrators Tuesday 26 September, 10am



This drop-in is for anyone that has administration privileges (e.g. team leaders/managers) in ART. It's going to cover what you need to know to check information is up to date and correct, and where information is pulled from to create the reports that meet the requirements of the Master Outcome Agreement.

Join via Teams

drivers licence programme Tuesday 3 October, 10am



This session will aim to support youth coaches to accurately record young people's driver licenses. It will also cover recording in ART and costs reimbursement, as well as providing additional information about the driver licence scheme.

Join via Teams

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

drop-in sessions | Youth Service providers

or print the breakroom poster









realising the dreams and aspirations of youth

tau awhitia te taiohi, ka puta ki te wheiao

w: providers.youthservice.govt.nz

e: national_youthservice@msd.govt.nz