



Wairarapa
Catchment
Collective

COMMUNITY WELLBEING RESOURCES

for Catchment
Community Groups

 Rural Support



Community Wellbeing Resources



In the Wairarapa, we know that strong communities are built on connection, local knowledge, and looking out for each other.

When tough times hit, whether it's a storm, a flood, or the pressures of day-to-day life, having the right support and information can make a huge difference.

This booklet brings together Wairarapa-based resources to help our communities stay well, feel supported, and be prepared for emergencies. It's a simple, practical guide to point you in the right direction when you're building capability, planning for the unexpected, or just wanting to know who to call.

The Wairarapa Catchment Collective, Rural Support Trust, and WREMO have teamed up to put this together, because we all share the same goal: helping our local communities stay resilient, confident, and connected.



Inside, you'll find:

- Key contacts and support services
- Wellbeing resources for rural and community groups
- Practical tools to help you prepare for emergencies
- Local organisations who can help you build capability

Whether you're part of a catchment group, a neighbourhood network, a rural community, or just someone keen to strengthen your area, this guide is here to help.

Together, we can make sure the Wairarapa stays strong - before, during, and after whatever comes our way.

Note: the intention is for this resource to be updated to reflect relevant resources and up to date contacts and costs. It will be kept live on the Wairarapa Catchment Collective Website



Resources, events, and workshops



Workshops and Training

Name	Description	Notes
Farm Salus	<p>FarmSalus is the name given to the Farmer Wellbeing Assessment Tool. FarmSalus was created as part of the Hill Country Futures Programme.</p> <p>FarmSalus aims to:</p> <ul style="list-style-type: none">• Provide a tool for farmers, catchment groups, and rural professionals to measure and monitor farm success through the lens of farmer health and wellbeing• Provide a resource for rural professionals that can open discussions on farmer health and wellbeing and how this impacts on wider farm success	<p>hillcountryfutures.co.nz/resources/resilient-farmers-for-the-future/farmsalus</p>
Good Yarn Training	<p>This two-day interactive facilitator training programme covers both theoretical knowledge and practical skills and equips participants with:</p> <ul style="list-style-type: none">• an understanding of mental health literacy and how to build it through the GoodYarn workshops• the resources and skills to deliver a 3-hour GoodYarn workshop (rural and/or workplace version)• the ability to use a variety of adult learning techniques to communicate mental health concepts• an understanding of the individual, societal and environmental determinants of mental health• knowledge about common mental health problems and how to talk about them• an understanding of the mental health system and resources available	<p>goodyarn.org/training</p>

Workshops and Training

Name	Description	Notes
WREMO Community Response	<p>Training can be tailored to individual group needs. Below is a selection of possible workshops that could be hosted, but get in touch with your local WREMO advisor to ensure you are getting the support your community needs.</p> <ul style="list-style-type: none"> • Navigating stress and recovery in disasters. • Overview of emergency management in the Wairarapa, and what's on offer to support communities to get prepared. • Isolated and distinct communities – exploring the process so people can adapt for their own communities. • Community Emergency Hubs and community response. • Household preparedness. • A community response practice so people get hands on experience of what happens in a hub. 	<p>wremo.nz/community-response</p> <p>Existing events: wremo.nz/news-and-events/calendar</p>

Events and Activities

Game of 3 Halves	<p>Social rugby/touch day tourney - could involve multi groups in one place</p>	<p>Talk to Wairarapa Bush</p>
Surfing for Farmers Wairarapa	<p>Surfing For Farmers is a unique opportunity for New Zealand farmers to take a break from their all-consuming businesses and engage in outdoor activities, enjoy fresh air, exercise, and connect with fellow farmers, rural families, and industry professionals.</p>	<p>Facebook page: facebook.com/groups/810060943406631/</p> <p>Register here: surfingforfarmers.com/our-locations-registercheck-in</p>

Resources and Funds

Name	Description	Notes
Waka Tākaro	Our mobile trailers are stocked with a range of play and sports gear including bats, balls, nets, hula hoops, scooters, skateboards and drift bikes, giant games and loads of other equipment.	Contact Nuku Ora, Kia Hakinakina, SWDC or CDC
Hurricanes/ Warriors game	Put on a bus to a sports event in Wellington/Palmy.	Potential partnership with Tranzit
District Council Wellbeing funds	The Community Wellbeing fund is designed to support projects and initiatives that foster positive change and enhance the quality of life for people in each of the three district councils.	Contact your local council: South Wairarapa District Council swdc.govt.nz/cwbf Carterton District Council cdc.govt.nz/community/funding , Masterton District Council mstn.govt.nz/community/community-grants/community-wellbeing-grants

Key Contacts

Wairarapa Catchment Collective - info@wairarapacc.nz

Rural Support Trust - wairarapateam@ruralsupport.org.nz

WREMO - info@wremo.nz

