



## **New settlers support group to donate hand-made quilts for Nepal at Open Day**

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Family Works Central's New Settlers Group has been designed for women who have migrated to New Zealand and may feel isolated after leaving their extended family and friends for a new life here.

The group of women, and their young children, meet every Friday morning during the school term, providing companionship and opportunities to socialise with others in a similar situation. The group also supports each other to learn new skills and make contacts in the community.

An Open Day for the group was held Friday 12<sup>th</sup> September.

Group Facilitator Pauline Cave says "The ladies of the New Settlers Group have been working for months producing more than 50 quilts to be sent to the Chebouche village in Nepal. They are at the end of this wonderful project and these quilts will be displayed at the open day.

"This will be a wonderful celebration of newly learned skills within the group, and a huge gift from several cultures to another. The group was proud to host visitors from the local community to join them for morning tea and to view the quilts before they are sent off."

The New Settlers Women's Support Group is currently operating from the Family Works Upper Hutt Centre and is open to women throughout the Hutt Valley and Wellington region. The group is coordinated by Family Works, and run by a group of dedicated volunteers. 18 women regularly attend the group.

Pauline adds, "The women enjoy the weekly opportunity to make friends, learn new skills and practice their conversational English – as well as discussing any settlement or assimilation issues, all in a safe, welcoming environment."

*Family Works is a family-focused social service agency. They work alongside families to help them meet difficulties and make positive changes, using the strengths and resources they already have.*

*Family Works supports all families, but especially those facing challenges such as family violence, abuse, parenting, step-parenting, separation, grief and loss.*

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For more information please contact:

**Alisha Kennedy**

External Relations Manager

DDI: (04) 439 4926

M: 021 261 0274

Email: [alisha.kennedy@psc.org.nz](mailto:alisha.kennedy@psc.org.nz)