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Info for Leaders of Volunteers

News & Resources for Volunteer Managers

Welcome to our new look newsletter. Email us your information needs and to share your stories. List your volunteer roles on SEEK (button above), contact us for advice.

[Contact Us](#)

For your Calendar

- 2026 UN International Year of Volunteers (IVY)
- IVY2026 October theme: Health
- Mental Health Awareness Week - 12-18 October
- Whakatu Wellness, 8-week programme starting 15 October
- Volunteering NZ conference in Rotorua - 16 October
- International Volunteer Managers Day - November 5
- Training & Celebrations - see news items below
- International Volunteer Day - December 5

International Volunteer Year



IVY2026 October theme - HEALTH

Healthy Volunteers, Volunteers
in Health & Wellbeing.

Volunteering NZ has lots of ideas
and resources for you to share.

IVY2026



Volunteer wellbeing matters

Mental Health Awareness Week is a good reminder that **volunteers need care and connection too**. Volunteers give their time, skills and energy to support others, but their own wellbeing can sometimes be overlooked. Feeling valued, connected and part of a community can make a real difference to the volunteering experience.



5 things volunteer leaders can do

1. Check in

Ask volunteers how they are



A healthy volunteering culture starts with looking after the people who give their time.

Local Opportunities

doing – not just how their volunteering is going.

2. Create connection

Make time for a chat, shared cuppa or informal catch-up. Small moments of connection can help people feel they belong.

3. Show appreciation

Regularly acknowledge volunteers and let them know their contribution matters.

4. Encourage balance

Remind volunteers that it's okay to take a break, reduce their hours or say no when they need to.

5. Share wellbeing opportunities

Keep volunteers informed about local activities and services that support physical, social and emotional wellbeing.

Whakatū Wellness is a free 8-week programme led by the Green Prescription Team, supporting strength, mobility and balance through gentle movement, practical wellbeing advice and time to connect over a hot drink.



Elma Turner Library, 27

Halifax Street, Nelson



Starts 15 October | 1–2pm

The programme offers seated and standing options and is suitable for a range of abilities and fitness levels.

More Information:

[Nelson Bays Primary Health](#)

Or email grx@nbph.org.nz

OR



Share a cuppa - wellby.org.nz



Join a group - found.org.nz

Training & Development



Hooked. Understanding the Teenage Brain and Addictive Behaviours

Explore how the teenage brain is wired for addictive behaviours, including cellphones, vaping, smoking and other substances. Learn to recognise early warning signs, respond effectively, and gain practical strategies to help young people build healthier habits and make positive choices.

Training presented by the Nelson Tasman Youth Workers Collective, delivered by [The Collaborative Trust](#) sponsored by DIA & Rata Foundation. Spaces are limited.

Tickets on sale through Eventbrite, Free for Nelson Tasman Youth Workers Collective members. Not a member, sign up [here](#).

 Tuesday 10 November, 10.00am-3.30pm

 Boardroom, Sport Tasman, 142 Saxton Road, Stoke

 [Information](#) | [Tickets](#)



Workshop
Details

Growing Great Volunteer Teams Workshop – Online (October)

This workshop gives you loads of practical ideas for making your organisation a place where everyone wants to volunteer. Get more people helping out more often, with more fun and more impact.

October 13, 9:30 am - 12:30 pm



Registration
Information

Knowledge @ Noon - Understanding Xero (Nelson)

Get the most out of Xero day-to-day.

Presenter: Alison Blanchett-Sax, Smart Business Centre

October 13, 2026, 12:00 pm - 1:00 pm

- Chamber members: free
- Non-members: \$15 + GST



18 Oct,
Richmond
Library

FREE 3 Steps for Life (CPR & AED training) sessions

Hato Hone St John is providing CPR and AED awareness training to as many people as they can this month!

3 Steps for Life is a free, practical session designed to give you the confidence to take action if someone suffers a cardiac arrest by learning:

Step 1: Calling 111

22 Oct,
Motueka
Library

Step 2: Starting CPR

Step 3: Using an AED (automated external
defibrillator)

Who it's for?

**Anyone in our community. No prior
experience needed.**

23 Oct, Victory
Community
Centre, Nelson

Volunteering Celebrated

NZ Volunteering Awards 2026: Finalists announced

Volunteering New Zealand has announced the **10 finalists** for the NZ Volunteering Awards 2026, celebrating outstanding leadership and impact in volunteer engagement across Aotearoa. Great to see representation across our region - Bellyful NZ, Cancer Society, Good Bitches Baking, IHC, Hato Hone ...

The finalists span a wide range of organisations and causes, including aged care, disability, health, emergency services, homelessness, youth and community support.

The winners will be announced at the **Volunteering New Zealand Conference in Rotorua on 16 October 2026**. Congratulations to all the finalists for demonstrating the importance of skilled, supported and effective volunteer engagement.

[**Find out more about the conference**](#) · [**Read about the awards**](#)



Tūao Aotearoa
Volunteering New Zealand

Volunteering NZ celebrates SILVER

Many people have been involved with Volunteering New Zealand over our 25-year history (and beforehand) – as Board members, staff, volunteers and supporters. Many have had a significant impact on Volunteering New Zealand and volunteering.

[share your story](#) / [Join the Celebration](#)

VNZ Conference Countdown

Friday, 16 October, Rotorua

Looking for fresh ideas, practical tools and meaningful connection with others who lead volunteering? This is the event to be at. Delegates will explore the realities of today's volunteering landscape, inclusive and culturally grounded practice, sector-wide collaboration and the future of volunteering. It is a space to reflect, recharge and help shape what comes next.

[Programme](#)

[Sign Up](#)



International Volunteer Managers Day - 5 November

Celebrating the people behind the people who volunteer!

This International Volunteer Managers Day, we're celebrating the **legacy and leadership** of volunteer managers and leaders across Aotearoa and around the world.

The 2026 theme, **"Legacy and Leadership: Honouring the Past, Present and Future"**, recognises those who have shaped volunteer management and those bringing fresh ideas, innovation and inspiration to the sector.

🌐 **Join a FREE virtual global celebration on 5 November** featuring interactive discussions, networking, practical resources, prizes and plenty of celebration!

👉 [RSVP today](#)

📖 [Download IVM Day resources](#)

Thank you to all our volunteer leaders for the difference you make in our communities! ❤️

News, Views and Feedback



SEEK value shared at Expo

Volunteer Nelson spoke to a large number of visitors to last month's Te Tauihu Accessibility Expo. Seek Volunteer effectively attracts volunteers to apply directly to you and you can connect to roles from social media.

[More About SEEK](#)



Find it or Get Found!

Over 1554 organisations (and 158 venues) are listed in the FOUND Directory. It's easy to use with information, contact details and maps. Paper copies are available at Winz, CAB and local Nelson and Tasman Libraries. If your organisation is not yet listed, get in touch!

Find it or Get Found

Wellby Talking Cafes — NELSON TASMAN
Hosted by Volunteer Nelson: WELLBY.ORG.NZ



Everyone belongs



Great for Wellbeing!

Wellby Talking Cafes take place monthly across Nelson Tasman. A place to meet new people and learn about our community. Find out more ...

Wellby - be Well



Help us grow Wellby Cafes

How connected do you or your volunteers or clients feel in your **community**? Help us understand how our social connection project Wellby is supporting connection and wellbeing across Nelson Tasman by taking our **3-minute anonymous survey**. It'll help formulate the project going forward and support our mahi!

[Wellby Wellbeing Survey](#)



Working with
Newbies to



40 years of
Community &
Whanau
networking

Did you know?

Freshfm programme
makers are
Volunteers?

And... You can **make
your own
community**

Nelson?

Hit the button below
for podcast.

programme? Find
out more on FOUND.

Benefits of
Volunteering

FreshFM
Interview

Motueka /
Golden Bay

Nelson



A Creative opportunity for fundraisers!

Get in touch with Tasman Bay Cruising Club - This kicked off last month, but still time to get involved. Get in touch with them through FOUND. Click button below.

Fundraising with TBCC



See you on the Christmas Tree

FOUND is our theme for the Nelson Cathedral Christmas Tree Festival. If your organisation or venue is not yet listed in the Found Directory, hit 'Get Found'

Get Found



Community Connections

- Health services

Victory
Community
Centre

Time Exchange

A pretty neat idea for individuals and organisations.

Time Bank

- Activities and events
- Advocacy and support
- Gather & meet people
- Food Shares
- Venues
- Collaborate
- Share Ideas

Tahunanui
Community
Hub

Motueka
Community
House

Tapawera
Community

More local
connections on
FOUND

Need Christmas volunteers?



Does your organisation need volunteers for Christmas events? If so, please list them on SEEK Volunteer and/or let us know! We are starting to get enquiries, and lots of people may be keen to help if they have time and enough time to plan!

Already connected? Log in here:

[Dashboard - SEEK Volunteer Admin](#)

Ready to join? Sign up:

[Request Connection - SEEK Volunteer Admin](#)

Share your knowledge and news

If your organisation would like to share something with other leaders of volunteers - your knowledge, a useful resource, a shared learning event or your volunteer stories, please email lindsay@volunteernelson.org.nz (Volunteer Nelson communications)



Volunteer Nelson

c/o The Habitat Hub Nelson,
Tahunanui, Nelson

New Zealand

03 546 7681

admin@volunteernelson.org.nz

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