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Mental Health Awareness Week

Kia ora tatou,

An important message from Kevin O'Leary our GM:

During Mental Health Awareness Week, I think it is an appropriate time to remind members about the importance of taking meaningful action to support each other through challenging times. I believe that it is even more important to reiterate this message now, as the stress of ongoing financial and operational challenges continue to be a reality for many members. These challenges are adding to the already high stress and anxiety levels which many business owners, property owners and employees have been experiencing for a long period of time. Add to this the uncertain nature of the times in which we are living and the lack of control some people are feeling over their own destiny, and it is little wonder that more and more people are experiencing challenges to their mental health.

It is imperative that we dispel the myth that asking for help is a sign of weakness, especially in men. It is in fact a sign of great courage, so be brave and reach out to someone because, put simply, it's ok not to be ok!!

If someone does reach out to you, please understand that as well as taking great courage, they generally just want you to listen. They don't expect you to solve their problems, which is what many of us immediately try to do, nor do they need you to have an opinion or pass judgement, they just need to open up and talk.

I would ask you all to be comfortable asking someone Are you OK? And if asked, be equally as comfortable to answer truthfully, especially if the answer is NO.

We can't bury our heads in the sand and ignore issues with our mental health as they won't just go away, we need to face them and deal with them. The following links offer some excellent resources containing advice and guidance which I hope are of use should they be required:

I am hope resources <https://www.iamhope.org.nz/resources>

Mental Health Foundation NZ <https://mentalhealth.org.nz/our-work/mhf-resources>

Ngā mihi mahana,

Kevin O'Leary

General Manager, Business North Harbour

Upcoming Workshops & Events

National Tribute – Sir Wayne Shelford is an evening celebrating the achievements of the inspirational Shelford, both on-and-off the rugby field. The televised function will see Shelford's family, friends and former All Blacks and North Harbour colleagues sharing their favourite 'Buck' yarns. Guest speakers including Eric Rush, Frano Botica, Glen Osborne and Sir John Kirwan. Proceeds from the night will benefit North Harbour community rugby. For more information, [click here](#).

The 2022 Business North Harbour Annual General Meeting will take place on Thursday 20th October, at the offices of Business North Harbour, Level 1, 322 Rosedale Road, Rosedale commencing at 5:00pm.

Attendance at the AGM is open to all, so we would ask that you register your attendance via email to [Kevin O'Leary](#) (General Manager) or via our [online form](#).



The biggest one yet! The Business North Harbour ONE DAY SALE, Auckland’s Biggest shopping bonanza is back bigger and better than ever.

ONE DAY SALE is now in its **10th year** and continues to gain a huge public following. We want our visiting shoppers to see the best of what North Harbour has to offer to ensure that they keep coming back with their family and friends.

ONE DAY SALE is open to all Business North Harbour members including retailers, wholesalers and distributors, large or small.

To register your interest to take part in One Day Sale using your own premises or using our pop-up stall venue, please [click here](#)

Pathfinder Solutions Webinar

Monthly Webinars for Business Owners

THU 20 OCT
4PM

Your personal budget

REGISTER NOW

TUE 22 NOV
10:30AM

How robust is your trust?

REGISTER NOW

Register at pathfindersolutions.co.nz/webinars

PATHFINDER SOLUTIONS
Chartered Accountants & Advisors

Pathfinder Solutions are offering a series of free webinars focused on business and investment. Join them for practical, real-world advice to help improve and grow your business.

- **Thursday 20th October, 4pm – Your personal budget** – Your business should serve you, not the other way round. By setting personal finance goals, you’ll know exactly what your business needs to provide to you. Register [here](#).
- **Tuesday 22nd November, 10:30am – How robust is your trust?** - It’s essential that you understand your obligations as a Trustee to ensure your Trust remains compliant with the new Trust legislation, and to ensure your trust is still relevant for you. Register [here](#).

Review Of Past Workshops & Events:

'Facing New Zealand's Economic Facts' With Tony Alexander



North Harbour Commercial Property Group, sponsored by **Pathfinder Solutions**

Tony Alexander has an encyclopaedic knowledge of and seemingly instant recall for economic facts and figures. Some of the key statements he made are noted below:

- First-home buyers are stepping up.
- The Kiwi dollar is not over-valued.
- NZ is a food-exporting country, and there are food shortages overseas.
- There’s been no inbound tourism for three years, and that’s now changed.
- International students are returning.
- There is job security.

What else lies ahead?

Although the NZ housing market is in the “end game” of its price drop and listing shortages, he cautioned that things haven’t bottomed out yet. “There is more weakness to come” – but then the housing market moves in cycles. To learn more about this event and view the event photos, [Click here](#).

NHAB: Mid-Autumn Festival Celebration



A Successful Mid-Autumn Festival Celebration!

BNH was extremely fortunate to hold its Mid-Autumn Festival Celebration last Thursday, 15th September 2022. More than 50 guests came together to celebrate and were welcomed by Business North Harbour's General Manager Kevin O'Leary. To find out more about the event and view the event photos, [Click here](#).

Mixing Business & Sport



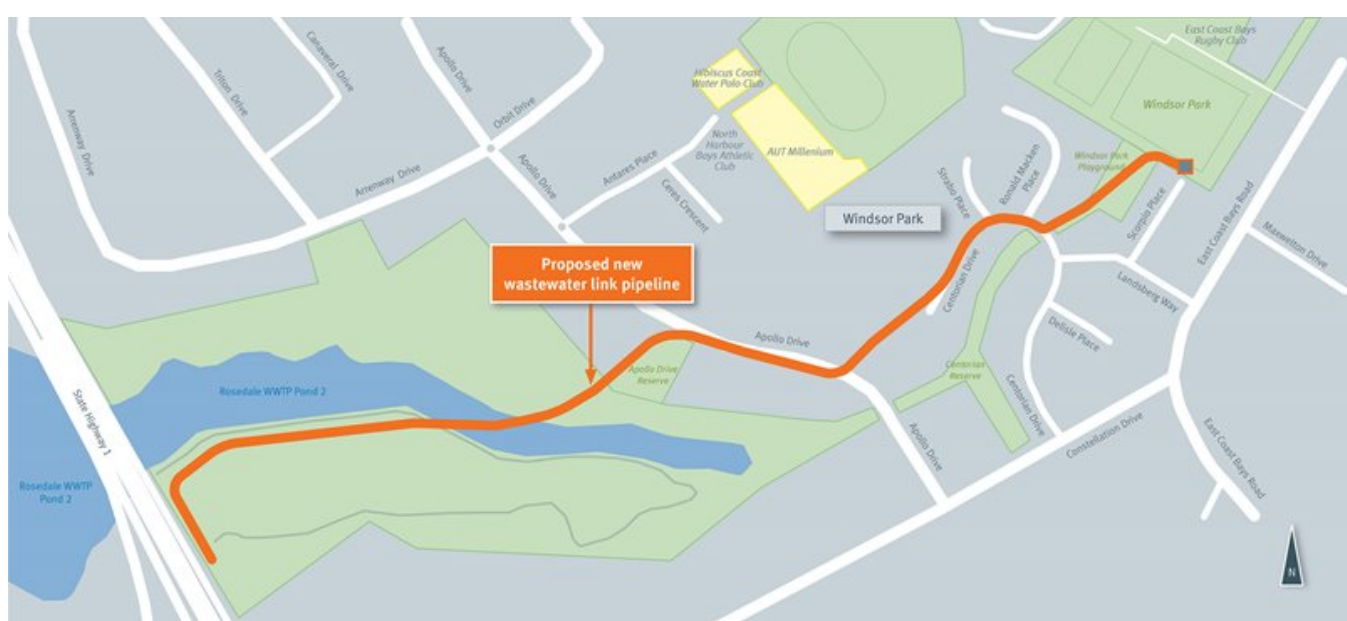
On Thursday the 22nd of September, we held our first Mixing Business and Sport event since 2020. The evening was an opportunity to connect our local sporting communities with local businesses to start the conversations about collaboration and partnership. Our local sporting bodies collectively have over 100,000 members in the region, so the opportunity to connect the two worlds is invaluable. To view the event photos, [Click here](#).

Attention Business Managers And Owners



Would you like an extra pair of hands?
Or would you like to help develop someone's future by taking on a student?
Right on your doorstep are hundreds of students who can help build your business and increase profitability, whilst your business helps them to gain experience through **part-time, internship, apprenticeship and work experience** opportunities. If you would like to participate in this initiative please [register here](#).

Watercare Kicks Off \$20m Wastewater Upgrade For East Coast Bays



On Thursday, 29th September 2022, Watercare begins laying down the foundations for a new \$20 million wastewater pipe network to reduce wastewater overflows and cater for growth in Rosedale and its surrounding suburbs.

Alongside the \$21.5 million Mairangi Bay Pump Station, the new wastewater pipeline will increase the wastewater transmission capacity and reduce wet-weather overflows in the East Coast Bays area. For more information, [click here](#).

Useful Information From Tataki Auckland Unlimited



The following links from [Tataki Auckland Unlimited](#) provide useful information on:

- [Voice of Auckland](#)
- [How to welcome young talent to your business](#)
- [Useful business resources and tools](#)
- [Prioritising your wellness](#)
- [Top tips for businesses](#)

Westpac Auckland Business Awards Finalist In Business North Harbour BID



Congratulations to all the finalists from our Business Improvement District. If you would like to attend the evening to support your fellow members, tickets to the event can be purchased [here](#).

Become A Certified B Corporation



B Lab certification is a third-party standard requiring companies to meet social sustainability and environmental performance standards, meet accountability standards, and be transparent to the public according to the score they receive on the assessment.

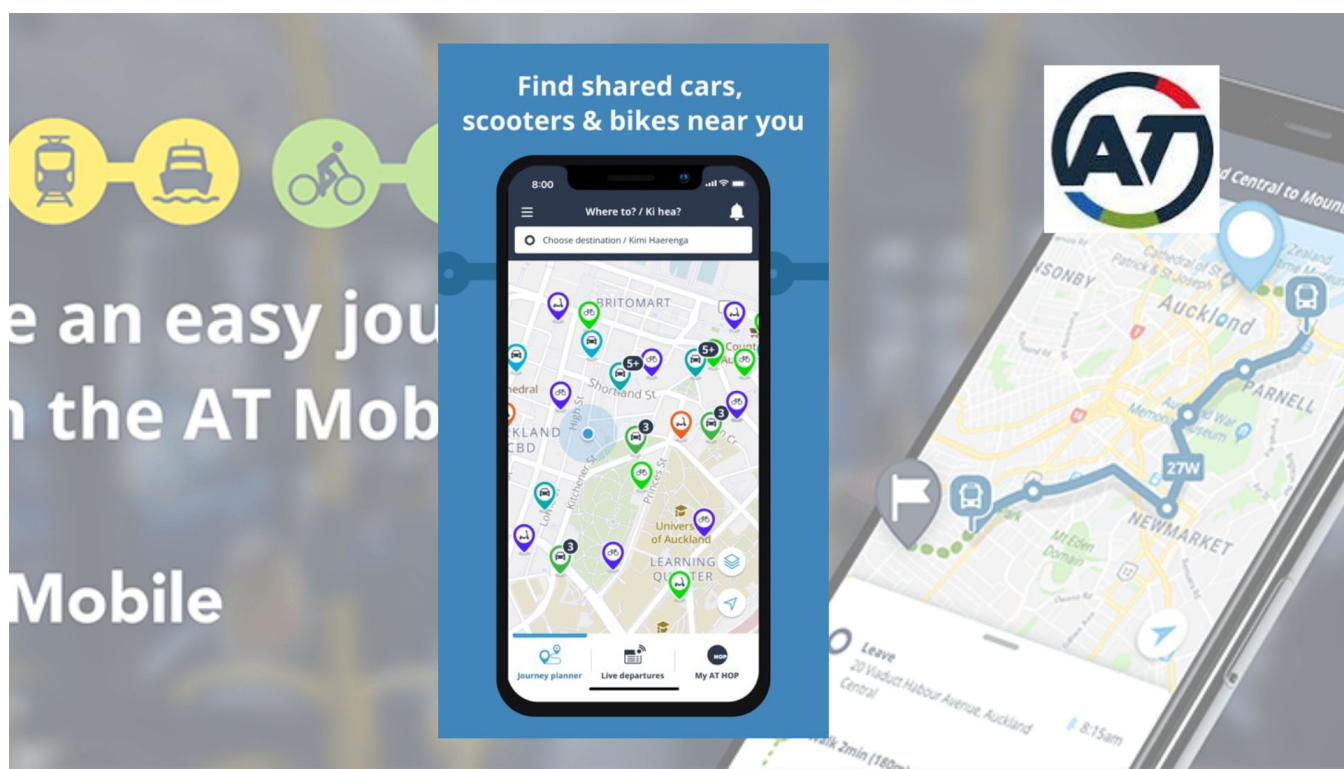
Certified B Corporations, or B Corps, envision a better economic system where businesses can benefit people, communities, and the planet. They choose long-term investments over quick wins, and measure their success based on the positive impact they create.

Businesses interested in becoming a Certified B Corporation need to:

1. Check your eligibility
2. Complete the B Impact Assessment
3. Apply for certification

For more information, please [click here](#).

AT Mobile APP Update



AT Mobile has been updated to allow users to view live locations of available car sharing vehicles, scooters and bikes.

New Shared Path For Rosedale Park



Improvements to the Rosedale Park path network are set to continue with work starting on a new shared path next to the main car park and softball stadium. The new three-metre-wide shared path will be safe for the many walkers, cyclists and sports players who have to cut across the car park when travelling north, south or west through the park. For more information, [click here](#).

Thank you to our 2022-2023 Gold Sponsors



Thank you to our 2022-2023 Silver Sponsors



Thank you to our Event Sponsors



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BNH sponsorship
opportunities



CONTACT: 09 968 2222 WEBSITE: www.businessnh.org.nz

EMAIL: admin@businessnh.org.nz OFFICE: Level 1, Unit 2, 322 Rosedale Road, Rosedale

POSTAL: PO Box 303126, North Harbour