



Mairehau area interesting newsy stuff The Mairehau

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Contributions to:

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New face at the Hub

Christchurch is a place of change and in Mairehau, it's no different.

Residents who frequent Te Puna Oraka - the Shirley Early Years Hub at 69B Briggs Road will have noticed Felicite is no longer the coordinator there. We were all sad to see her go, but we are pleased that the new face at the helm is one we recognise. Anna has worked in the Shirley community for the last two years, at the Barnados child care centre next to the Hub.

Anna is passionate about working with whanau and their children and has had a long history working in a range of situations, including working for Barnados on and off for 23 years. She has worked in her own business, in family homes with children whose parents were addicts, worked with foster care networks and has also been a domestic violence facilitator. She has a background in counselling which means she has learned to listen well - a skill that is useful in all walks of life and invaluable in working with families.

Anna says, 'I feel at home in this community. It's a place I like coming to.' Feel free to pop in and say 'hi' to Anna. She will instantly make you feel welcome and is looking forward to meeting you.

Anna at Te Puna Oraka - Shirley Early Years Hub



From Ghana with love

Nick Meason is a young Mairehau local with a big heart. On the 12th of January this year, he went over to Ghana in West Africa, to do some volunteer work at United Hearts Children Centre. This is an orphanage based in a rural village in Bawjiase, central Ghana.

For 8 weeks Nick helped with the daily chores at the orphanage, including collecting water from the wells, washing,

cleaning and general care of the 28 kids that live there. He also taught basic English and Maths along with help in building of the new church.

The orphanage houses around 28 children and 10 staff, but also caters for another 20-30

children that live in the area who cannot afford to go to public schools. Nick says, 'I feel my time there was very well spent and it made a big impact on my life. If anyone is interested in going abroad, then I strongly recommend Ghana. It is a beautiful country and has amazing people.'

Nick is intending going back to Ghana in August to continue with volunteer work at the orphanage. If you would like more info, visit the website at www.unitedheartsghana.org where you can see what projects are going on, find out more about volunteering or donate money.

If you'd like to contact Nick, please email: nickmeason_1@hotmail.com

Nick with children



Nick with children at the orphanage in Ghana



New home for the Canterbury Embroiderers' Guild

The Canterbury Embroiderers' Guild members all celebrated at the beginning of May as they held their first meeting in their "new" rooms. After 15 months without a base to call "home", they are now residing at Hammersley Park School in a lovely sunny, light room at the end of the corridor.

The Guild are just one of the many groups in Christchurch who have had the challenge of finding somewhere to reside as a result of the earthquakes and they are hoping to be in their new location for a while. Rosemary says, 'We can't help but think that the building we are sharing with other groups would make a wonderful new Community Centre. We celebrated with cake, good company and some stitching at our first meeting. We are now starting to plan some classes and events for the rest of the year'.

One meeting that all members look forward to is the Mid Winter Christmas meeting, which will be on Saturday 9 June. They will have some small Christmas projects to make and stitch.

In July the Guild will host the Biennial National Conference of New Zealand Embroiderers' in Christchurch, with exhibitions for the wider community to visit, as well as a week of classes for Stitchers'. The Traders Mall that will also be on site. Rosemary added, 'Looking at all the lovely product is just as much fun as using it.'

The Guild has a number of groups running, there is the Monday morning group, two groups on Tuesday, two on Wednesday, and



Canterbury Embroiderers' Guild first meeting at Hammersley Park

the Friday group. Some of these groups offer small projects and techniques and some are just friendship and stitching of your choice. Anyone is welcome to join the Guild. There are no requirements or skill levels needed. People to contact for more information are: President, Ros McCarthy, ph 383-6946, Rosemary Moffatt, ph 358-4256 or Corinne Haines, ph 348-7822.

FREE Korfbal School Holiday Programme

Christchurch intermediate and secondary school aged children can have a go at a new sport this holidays when Westminster Sports and Korfbal Canterbury offer a korfbal themed school holiday programme at Mairehau High School from 9-12 July.

Chief executive of Westminster Sports Eddie Cropley says the programme is open to female and male youth aged 11-17.

'Korfbal is the world's only truly mixed team sport, with boys and girls playing with and against each other on equal terms. Our holiday programme will be an ideal introduction for children who haven't played korfbal before, as well as offering an opportunity to further develop skills for those who have.

'The programme will feature a mix of skills sessions, learning new drills, and games, with plenty of emphasis on the fun side of the sport. We expect to attract youth who enjoy other sports as there is plenty of cross over, particularly with football, basketball and netball. The Crusaders have regularly used the sport as a training exercise in the past as well, with their coaching staff valuing the teamwork and spatial skills that korfbal emphasises.

'While those who take part in the programme will enjoy korfbal for its own sake, they will also develop skills that will help them in other sports,' he said.

New Zealand Under 23 and Canterbury korfbal player and a qualified personal trainer Mikey Graham will lead the holiday programme, assisted by team-mates from the national champion Canterbury team.

The korfbal school holiday programme runs daily, Monday 9 to Thursday 12 July, 9.30 am to 3pm, with participants required to register for the four days.

Youth who develop a taste for korfbal during the holidays will be able to join in regular



New Zealand korfballer Mikey Graham (No. 1) in international action, and soon to be teaching local youngsters about the game at a free Westminster Sport school holiday programme

competitive korfbal tournaments run by Korfbal Canterbury at junior or senior levels, as appropriate.

Korfbal was originally developed in the Netherlands over 100 years ago, and is in the same sporting family as netball and basketball, with players working together to shoot the ball through a 'korf' or basket, on a high pole. Regular adult korfbal has been played in Christchurch since 1997.

Westminster Sports Incorporated is a Ministry of Social Development accredited Break Away School Holiday Programme provider and would like to acknowledge the Ministry's support in the provision of this programme.

Registration forms for the Korfbal School Holiday Programme can be obtained by emailing westsports@xtra.co.nz.

For further information, contact: Eddie Cropley, Chief Executive, Westminster Sports Inc. phone 385 1984, 027 234 8784

Rob Smith, Chairman, Korfbal Canterbury Inc., phone 3516207, 021764996

Nicky Wagner

MP FOR CHRISTCHURCH CENTRAL

I welcome your enquiries. Feel free to contact my electorate office.

chchoffice@nickywagner.co.nz

Ph: 03 365 8297

103 Salisbury St, Christchurch 8013



National
www.national.org.nz



Editorial

Brrr. That cold weather is starting to bite. Makes us want to tuck ourselves in a warm place and just stay there! The body starts to seize up (or maybe it's just us older birds) and I find myself hunching up to conserve heat. Our staff were privileged to receive a wonderful shoulder and neck massage from Heather Wright from Christchurch Therapeutic one cold, Friday morning. We felt like we were floating for the next few hours and realised how much tension we had been holding. Thank you, Heather. It was a rare treat that we think more employers should consider organising something like this for their staff. I'm sure we worked more efficiently as a result!

Speaking of relieving tension - if you are like me and still feel very fuzzy in the head and hyper vigilant, the Emotional Recovery Workshop is going to be great. Last time we had wonderful feedback from those who came to the Post-Quake workshop Mary Ponder ran - from both public and counsellors involved - all saying it was the best they've been to. Please don't miss out. You're worth it - for you, your family, friends and neighbours. See you there, blessings, Ginny Larsen.

Recovery can take longer than expected

It's been over 18 months since that first earthquake in September 2010. As Mary Ponder writes in her introduction to Emotional Recovery, 'Who would have thought that we would be here now - realising recovery is going to take so much longer than we thought?' The tension, the tiredness, the feelings of anxiety, the lack of surety about our futures.

We are constantly dealing with issues related to living in a post-quake environment. Much has been talked about in getting the physical environment back being rebuilt, but little focus has been on how we are all managing. We hear others talk of the stoic people of Christchurch, but often we don't feel that 'stoic'. The Emotional Recovery Workshop recognises where we have all been and is a follow-on to the post-quake workshops run last year, yet also stands on its own. All participants receive a booklet to be able to go back to any time in the future, to help remember what they have learnt and put in practice some of the tips to help relieve stress.

You are invited to come along on 23rd June, 10am - 12pm, then stay on for a lunch (all free) at St Albans Baptist Church, 64 McFaddens Road (car park entrance from Redwood Place). Phone 355-6522 or text 027-746-5168 or email ginny@nht.org.nz to book your place. BOOK NOW. Places limited.

Real Steps Trust with IgnitionPlus in collaboration with Neighbourhood Trust thanks the Catholic Diocesan Earthquake Recovery Fund, Christchurch North Elim Church, Reachout Press and CQ for their assistance in making this a free workshop.

WANTED

In order to provide rewarding and successful sporting opportunities for Mairehau High School's talented athletes (i.e the students), YOUR help is needed.

We need a bunch of extraordinary people (such as yourselves) to fulfil coaching/management roles.

We don't expect you to have the experience or repertoire of Graham Henry! All that we ask is that you supervise, support, and encourage your team. An ability to cheer your team on from the sidelines is essential.

Please contact

Miss Kyla Boocock on 385-3145 ext 839/880

REWARD

**REAL STEPS Trust & IgnitionPlus
 in conjunction with Neighbourhood Trust
 Presents:**

2012 Post Quake Workshop



**A two hour workshop addressing
 Ongoing Stress, Fear & Anxiety,
 Loss and Adjusting to Change**

Educational, Informative & Professional
 Confidential & Safe discussion groups

Saturday 23rd June 10am—12pm, followed by lunch
 at St Albans Baptist Church, 64 McFaddens Rd

Contact Ginny on 355-6522 or 027-746-5168
 or ginny@nht.org.nz for further information

This is a free event

www.realstepstrust.org.nz www.ignitionplus.com www.nht.org.nz



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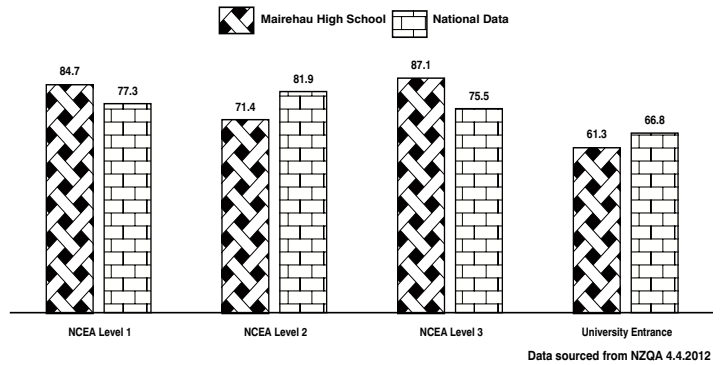
Tailored personalised programmes yield good results

MAIREHAU HIGH SCHOOL prides itself in knowing and valuing each student. It is a small co-educational school, focused on improving the academic achievement and well-being of their students.

For teachers, this means, using current data about their recent progress and their academic goals to tailor personalised programmes. For Deans, it means building strong relationships with students, understanding their learning and pastoral needs and overseeing their academic pathways and progress. For students, this means enjoying a high degree of autonomy, engagement and flexibility as well as an equally high degree of individualized academic and pastoral support, as they work to achieve their academic goals. In addition to the support from subject teachers, form teachers and year level deans, the Senior Academic Dean supports senior students by celebrating their progress towards NCEA qualifications, setting challenging goals - such as the pursuit of Excellence endorsements - and accessing any support or assistance students require.

With this high degree of passion and support for learning, it follows that in 2011 students who participated in full NCEA programmes were highly successful as the following graph shows:

**NCEA L1-L3 and University Entrance:
Mairehau High School compared with National Data
(Participation Based)**



All students have a range of opportunities available to them, which may include participating in the Gifted and Talented programme (GaTE), sport, performing the arts and other cultural activities. Senior students are offered a programme of careers education to assist them as they plan their transition from school to further study or work. For more information visit the website: www.mairehau.school.nz

Help with life after Prostate Cancer

Life after prostate cancer can have its challenges. If you are a New Zealand male and have had prostate cancer (between 6 months & 5 years post treatment) and would like some help, have a look at this site at <https://www.myroadahead.org/> Your participation will help build a support service to make a smoother way ahead for others. The research team consists of the Royal Melbourne Hospital, The Australian Prostate Cancer Research Centre at Epworth, Swinburne University of Technology and Deakin University.



Take a break



When is the last time you did something really nice for yourself? How do you get rid of stress?

Living with higher levels of stress, the emotional often translates into the physical, leaving us with headaches and other aches and pains. Therapeutic massage can cut through to prevent this, while also helping relieve the tension and de-stress.

Heather Wright from Christchurch Therapeutic Massage in Hills Road says, 'We have found a greater need than usual for the de-stress/relaxation massage. Letting go or releasing tension in the larger back, hip and neck muscles has become a major priority in many massage sessions this year. Once the physical tension is alleviated it is that bit easier to deal with the emotional stress that many of us have been living with on an on-going basis. It takes the edge off and allows us time to breathe and step back from the immediate emotional reaction that tips us over the edge.'

Heather recommends taking time to relieve stress by having a therapeutic massage on a monthly basis. It's part of learning to be kind to yourself.

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Have you experienced a relationship breakdown, separation, or divorce?

Find help through a fourteen week Divorce Care course. <http://www.divorcecare.org/>

This 13-week course consists of a 30 minute DVD covering a different topic each week such as anger, depression, loneliness, new relationships, financial survival, child care. After a break for supper participants discuss the topic in a small group and find these groups supportive and beneficial.

Comments from previous course participants:

"...for me it was really good just to be able to talk to other people that have been through a divorce/separation and learning that what I was going through and feeling was normal and acceptable. I really enjoyed getting to meet new people and make some new friends in the process, also being able to talk to people who really understand what I have been going through and just to being able to talk openly and honestly in a safe and secure environment. A great time of healing and growing. It has given me a hope for the future"

"The course helped me so much. Was like going to see my family every week. Being able to talk about my feelings, and knowing other people felt the same, and understood. The DVD's were informative, interesting and honestly expressed a lot of what I was feeling. The discussion was supportive and it was helpful to share the burden and the journey of separation and divorce."

"Words of wisdom from the DVD's we watched, the advice was so sound, so informative and supportive, the facilitators went out of their way to make you feel OK, they had been through this, and really listened, the group sessions were so supportive and open."

The next course starts on Tuesday 17th July 2012 from 7-9pm at St Albans Baptist Church, 64 McFaddens Road (car park entrance off Redwood Place).

For further information please contact Barbara on 3881-379 or 027-473-4351 or Graham on 381-5663 or 021-897-652.

Are you looking for Holiday care?

Neighbourhood Trust runs several holiday programme each holidays, for children aged 5 – 14 yrs old, based in 3 local schools – Hammersley Park, Shirley, Glenmoor School, Mairehau & Northcote School, Casebrook. The programmes run from 8.30am – 5.30pm, Monday – Friday, with a range of activities and off-site outings to fill in the days.

The "BIG Kids" programme is especially designed for older children, in years 7-9, with activities like mosaic, raft building, cycling, and baking, to name a few. All of the Neighbourhood Trust's children's programmes are Child Youth & Family approved, allowing eligible parents/caregivers to apply for a Work & Income OSCAR subsidy. If you would like to know more - talk to Allison Ph 355 6522 or 027 487 0587 or visit the website at www.nht.org.nz to see the programmes.

Classified

Accountant – Working from home in St Albans. Self employed, Rental Properties, GST & Tax Returns, Budgeting & Business Advice. Phone Susan Ayton 980-7321, taxayton@paradise.net.nz.

All One Electrical Ltd. – Electrician Reg. Heat pump installer accredited. Earthquake Commission approved. Low cost heat pump supply and or installs. Call John 021 232 1173

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Clarinet, Sax, Guitar & Piano: Experienced local teacher for the NZ Modern School of Music. Phone Nicola 3771 753

Cleaner – Honest, reliable, efficient, experienced. Available on a weekly basis. Near St Albans. I'll vacuum, wash floors, bathrooms, dust. \$25 per unit/townhouse; \$30-\$40 per house. Excellent references. Ph. Nicola 386-1118 or 027-293-1575.

Computer Troubleshooting – also tuition. Low rates. Ph. David 366-3020 or 022 635 9414 or email davescomputer@actrix.co.nz

Handyman - Pete Knuiman Ltd. For all your property maintenance, repairs, painting, carpentry, fencing, brickwork, tiling work, alterations and those odd jobs. Ph: Pete 021 022 53774 / 385-1718 or email pete@peteknuiman.co.nz www.peteknuiman.co.nz

Healing: Energy healing with colour therapy to help balance the whole body. Sessions now half price. Ph Sue on 980-5363.

Intuitive healings and readings, also crystal healings. Caring and experienced practitioner. See my website www.healingpathways.co.nz or phone Yvonne 960 9711

Roofing Contractor - Local. Prompt, efficient service. EQC repairs undertaken. Phone Richie 021 342 852 or AH 385 6710.

WORK WANTED: by fit, keen and strong 21 year old. Heavy gardening, shovelling, clearing sections, shifting house, cleaning spoutings etc. \$20 per hour. Ph. Luke 386-1118 or 027-8145-605.

Community Exercise Classes

ALL WELCOME

Circuits - Tuesdays & Thursdays, 7-8pm: Sally Rossiter (Post-Grad Dip in Health Science)

Pilates - Wednesdays, 9.15- 10.15am: Roger Chance (in Health & Fitness industry for over 15 years)

\$5 per week for any 2 sessions or \$20 for a 5-week card (2 sessions per week). Children welcome with adults (No charge for under 5s; \$2 for under 10s).

All classes run from St Albans Baptist Church, 64 McFaddens Road (carpark Redwood Place)



LifeChanges
Weight Loss and Weight



Quote of the month:

'Never walk away from someone who deserves help; your hand is God's hand for that person.'
(Proverbs 3:27, The Message)

TEENCOACH

COACH YOUR TEEN TO DRIVE SAFELY

Christchurch City Council invites parents/caregivers and other driving coaches to attend a **FREE** seminar at Mairehau High School on the 30th May at 7pm. Learn how to coach your teen to drive safely and gain valuable tips on passing the restricted license test. Don't miss out, book now at www.teencoach.co.nz



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Getting control over ourselves

There's lots of things that we can't have control over in Christchurch at present, but residents coming along to the Pilates classes at St Albans Baptist Church on Wednesday mornings have been finding it gives them a sense of control over their own bodies.

No matter what age you are, this carefully structured exercise class is making a difference to people's lives. One of the participants, Margaret, says, 'We have an excellent instructor who helps us to 'move it' and for a time, to forget our concerns and think of breathing correctly and to make the most of ourselves even though we feel our lives are in complete disarray with the earthquake.'

Neighbourhood Trust's New Projects Worker, Ginny, says, 'I hold a lot of tension in my shoulders and neck and have struggled with neck pain for years. I'm amazed at the difference doing Pilates has done for me. My neck is so much better. I can barely believe it!'

The classes are open to anyone in the community. Instructor Roger Chance asks newcomers to fill out a Healthscreen to ensure he is running a safe, healthy class and is conscientious in making sure people get the best out of it. Come along on Wednesday mornings, 9.15am and destress while learning good habits for life to help prevent injuries and body wear and tear.



Ages and stages: SEPARATION ANXIETY

Separation anxiety is a normal emotional stage of development that starts when babies begin to understand that things and people exist even when they're not present; something called "object permanence."

At certain stages, most babies or toddlers will show true anxiety and be upset at the prospect of being separated from a parent.



Separation anxiety

Babies can show signs of separation anxiety from 6 or 7 months, but the crisis age for most babies peaks between 10 to 18 months. Most commonly, separation anxiety strikes when you or your partner leaves your child to go to work or go out. The good news is that separation anxiety will pass and you can take steps to make it more manageable.

What can you do?

- Minimize separations as much as possible and take your baby along if he seems to feel anxious.
- Arrange care with people your baby is familiar with.
- Let your baby get to know a new nanny/caregiver first.
- If possible have your baby cared for in their own home.

As with any transition, give your baby an opportunity to gradually get used to the idea. Whether you're leaving him with a family member or a childcare provider, try the following:

- Practice having space at home and let your baby play without you beside them.
- Build in time for your baby to get comfortable with the carer/environment.
- Try some short separations first then build up gradually.
- Always say goodbye and keep them light and cheerful.
- Once you leave, leave.

If things are not improving?

Take a second look at your childcare arrangements. Is it best for your baby? Try leaving your baby with a relative or someone she knows well for 15-minute periods. Re-evaluate your goodbye pattern.

What's important to remember is that babies have different personalities, so some will experience more severe bouts of separation anxiety than others but it is a natural and typical part of their development. Persevere and you are bound to see changes and them move through this stage.

Learn English with SuccessMaker

SuccessMaker has proved itself in helping adults gain skills in English and Maths for many years. It has also been useful in helping learn English as a second language. If you are unable to go to a training programme - maybe you have a young baby, or trans-port is difficult - you may be able to have a tutor bring the SuccessMaker programme to you. This is a free service thanks to a grant from the Tindall Foundation. Call Ginny on 355-6522 or text 027-746-5168 or email gabby@nht.org.nz if you think this may be for you or someone you know. Places are limited, so don't delay.

Quit Smoking Support Now at Your Pharmacy

Quitting smoking is one of the best things you can do for your health, and the health of your family. It is never too late to quit. No matter how old you are, how long or how heavily you have smoked, there are health benefits to be gained through quitting.

Quitting can be a challenge and most people need help and advice to successfully stop smoking long term. Advice and support are available through Quitline 0800-778-778 or www.quit.org.nz. Alternatively talk to your doctor or pharmacist about options for using nicotine replacement therapy (NRT) or other agents to assist you. Trained pharmacy staff can now supply Quitcards for subsidised NRT therapy if appropriate. Using nicotine replacement therapy can double the chance of staying smoke-free in the long-term.

Think of the benefits to your health and your wallet and choose a smoke-free lifestyle.

Practical health tips from Mairehau Pharmacy.

Quit Smoking
from only \$3.00

Funded nicotine replacement
therapy now available at

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WINTER SERVICE SPECIAL

If you haven't had your lawn mower serviced recently, you may notice these 4 things next time you come to use it...

- 1) It doesn't cut as well as it used to
- 2) It doesn't start as well as it used to...
- 3) It's covered with dirt and grass
- 4) It stutters or stops altogether...

If these problems don't get attention, your mower will gradually get worse, to the point where it doesn't start and when it does, doesn't cut.

That's why we recommend you get your mower serviced now and **save \$ \$**

For only **\$90.00** for Rotary Mowers & Electric Reel Mowers,
\$150.00 for Petrol Reel Mowers &
\$55.00 for Hand Mowers.

Also **save 10%** on your service cost on Ride on Mowers (some conditions apply),

We will check your mower from top to bottom.

Please note that to be able to save on these services you must have your mower service done by
31st August 2012

This is an excellent way to make sure your mower is ready for the coming season and to ensure that you get longer life out of your mower.

Don't wait until spring as there's generally a 2-3 week delay.

Phone us NOW! 3663924

For free pick up & delivery in Christchurch (conditions apply)

Edgeware Mowers and Chainsaws

237 Westminster Street, Christchurch
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Community Noticeboard:

Church services:

St Albans Baptist Church (SABC), 64 McFaddens Road, Sundays: Contemporary @ 10am;

Vision Church Christchurch North, - Sundays @ 10am. Please check www.visionchurchnorth.org.nz for details of where they are *meeting - church has suffered earthquake damage*.

Our Lady of Fatima, Innes Road, Masses Sat @ 5.30pm; Sundays @ 7.30am, 9am, & 10.30am

International Missionary Society SDA Reform Church meets 10am Saturdays. Venue: 423 Marshland Road. Ph: 385 9338 evenings for further info.

St Albans Uniting Parish, Corner Nancy Avenue and Knowles Street, Mairehau. Brekky Church @ 8.30am, especially for children, young people and their families and friends, with yummy breakfast! Traditional service @ 10.00am. Contact: Rev Hugh Perry; telephone (parish office) 385 7545.

Need help with earthquake related problems? Contact the Earthquake Support Co-ordinator Service on **0800 777 846**. Available 7 days a week.

Canterbury Embroiderers' Guild new home at Hammersley Park School Amos Place off Marshland Road on Monday, Tuesday, Wednesday and Friday. For more information please contact Ros, ph 383 6946; Rosemary, ph 358 4256 or Corinne, ph 348 7822. We welcome all who enjoy any form of stitching at any skill level.

Year 11 and 12 Students. We have an active group of student volunteers helping as tour guides and generally assisting visitors at Ferrymead Park Tramway and are seeking additional volunteers to join this group. Would suit both gals and guys and after initial training, it would be about once a month. Why not give it a go. For more details phone Allen Harbrow on 385 5519.

St Albans Discussion - 12th June at Mairehau Library, Kensington Avenue, 7pm. Come along to discuss local issues and projects.

2 Free De-stress Courses: June 14th -17th; Thurs, Fri 6.30-8.30pm; June 28th - July 1st Sat, Sun 10am - 2.30pm. *gentle stretches *breathing techniques *deep relaxation. Delta Community Centre, 105 North Avon Road. Email canterbury@artofliving.org.nz Call free 0508artofliving (0508 2786354) for more info.

Neighbourhood Trust courses at St Albans Baptist Church, 64 McFaddens Rd:

Emotional Recovery workshop - Sat 23rd June, 10am - 12pm, followed by lunch. FREE. EMBR Baptist, car park entrance from Redwood Place.

DROP IN lunch – running first Wednesday of the month (June 6th), 12 – 1.30pm (lunch 12 – 1pm). No need to book; just turn up. Yummy food. Gold coin koha.

Divorce Care: Find help for the pain a break down in a long-term relationship can cause. The course deals with all the issues associated with this, from dealing with anger and depression to budgeting and dealing with new relationships. New course starts 17th July, 7-9pm. Please contact Barbara on 3881-379 or 0274734351 or Graham on 021897652

Neighbourhood Playgroup: Meets every Tues mornings during Term time, 9.30am at St Albans Baptist, 64 McFaddens Rd. Come along for a coffee (or tea) and a chat and meet other parents in the neighbourhood. Parent Educator available second Tues of the month. All welcome.

KiwiDads: Meet at St Albans Baptist Church, 64 McFaddens Road generally Saturday afternoons, around once a month. Mix of outings and fun activities for Dads and their children. For more info Phone 385 1042.

Neighbourhood Music & Action: Fun music and movement for toddlers and parents meets every Thursday morning at 9.30am, St Albans Baptist Term time.

Circuits - 7pm Tues & Thurs evenings

Pilates - 9.15am Wed (Please bring a mat (if you have one - spares available) and towel. \$5 for any two classes in one week or \$20 card for 5 sessions. Waiting list being taken for the next weight management class. Email ginny@nht.org.nz or text 027 746 5168 to register for the weight management programme.

Craft & Friendship Group: Tues term time, 9.30am at St Albans Baptist Church – all welcome.

Literacy and Numeracy with the Hagley Community College unit, 9am – 1pm, Tues & Thurs. Term time. Newcomers welcome. Make learning a goal for 2012. Text Ginny on 027 746 5168

Ante natal classes: Bookings being taken for course starting 31st July, runs Tues 7.15pm. Book by texting 027-746-5168 or ph 355-6522 or email ginny@nht.org.nz

Golden programme for over 55s on Wednesday:

FOOT CLINIC - 6th June - book now, limited spaces, please ring to book - \$15;

GOLD MEAL - 13th June - come along for a tasty lunch at St Albans Baptist starting midday. Gold coin donation. Bookings essential;

GOLDEN TOURS - 20th June - Half day trip to Rangiora Museum, leaving from St Albans Baptist at 1pm. Cost \$15 per person. Booking essential;

GOLDEN MOVIES - 27th June - Starts 1pm - Movie and an icecream & afternoon tea all for gold coin koha.

Ring Kim on 355 6522 or text 027 677 2472 to book or to have a Golden Card with the 6-week programme sent out to you. All welcome. Bookings essential for Foot Clinic, Meal and Tours. All based at 64 McFaddens Road. If you are coming by bus, the 14 Harewood or 16 Belfast leaves from platform D at Central Station behind Ballantynes.

Neighbourhood Trust is a charitable trust. All programmes are kept at low cost through grants and donations. All donations over \$5 are tax receiptable. To make a donation send cheques to Neighbourhood Trust, PO Box 21-179 Edgeware, Chch 8143 with your return address or see the website for internet banking detail - www.nht.org.nz



Te Puna Oraka: Early Years Hub courses run from 69b Briggs Road (next to the Preschool):

Music Bugs – Mondays @ 10.00am - 12 noon, Free pre-school music session, followed by coffee for mums and play for kids. Bring a snack for your child. All welcome. Ph. Felicite on 385 5691 or 027 6551 996

Resettling Parents Playgroup operating Fridays, 9.30 - 11am for families with children under 3 years in the greater Shirley area. Lots of fun and interactive play! **Contact Marge on 385 5691 or drop into 69B Briggs Road to find out what is happening.**

REGULAR ACTIVITIES:

Civil Defence Volunteers – Shirley/Papanui Area meet 4th Mon of the month. Ph: Mike Vida 386 2953 or 027 5700706. New Volunteers welcome! Working together towards community resilience.

Christchurch Guild of Weavers & Spinners meet Mondays 10am-2pm at the Garden café, 435 Marshlands Rd. Saturdays 10am -2pm at various venues. Bring your spinning wheel or knitting. All welcome! Call Mary-Catharine 348-7330 or Gail 352-4405 for more information.

Christchurch School of Gymnastics @ QEII Park is OPEN. Book now. Pre-school & Recreation Gymnastics, Trampolining, Birthday parties, Holiday programmes & more. Ph. 388 6616

Computer Training for the Over 55s - SeniorNet Canterbury - located at the Lions Club Rooms, Gate A, Ferrymead Park Drive – has Computer Courses and Workshops available on a wide range of subjects for those aged 55 and over. Peer training with small classes of up to six students and two tutors. Free Help Sessions every Tuesday. Telephone 383 7249 for an information pack.

Family History: if you are interested in tracing your family tree then the Riccarton Genealogy group can help. For more info phone Alan 358 48 38.

Mairehau Library: Kensington Ave – open 2-4pm Mon-Fri, 10am - 2pm Saturday.

Mairehau Ladies Probus Club meets 10am first Thursday each month at Burwood All Saints Church New Brighton Road. New members assured a warm welcome. Contact Noelene 385 6655 or Barbara 385 1725

Medicine for the Mind. Through guided meditations and a talk based on Buddhist wisdom we can increase our inner peace and happiness. Tuesdays 7.30- 9.00pm Papanui Plunket, 24 Bellvue Ave (off Papanui Rd). Everyone welcome. Ph 332 2076

Musical Parenting: music and movement session for pre-schoolers with Jody Keehan, Dip IRMT (Early Childhood Music). Tuesdays 9.30am at St Albans Uniting Church, cnr Nancy Ave & Knowles St. Email j.keehan@xtra.co.nz or text 027 226 0729

OPPORTUNITY SHOP: Palm Cottage, 8 New Brighton Road (opposite The Palms). Open Tues, Thurs and Fri. 10.00 am - 2.30 pm. This shop is an outreach of the Crossways Community Church.

Pregnancy Help relies on donations from the public to supply the community with items. If you have any newborn cotton clothing items in good, clean condition please feel free to bring them to us. Phone 385-0556. Now operating from Hammersley Park School, Amos Place entrance.

Problem Gambling Foundation - Gambling more since the earthquake? If you're concerned about your gambling, or someone else's gambling, free confidential help with Christchurch staff is only a phone call away: 0800 664 262

St Albans Playcentre, Mon-Fri, 9.15 – 11.45am Term time is up and running. Learning through play, establishing friendships, developing essential life skills and having lots of FUN. Call now or drop by to arrange 3 FREE sessions. Ph 982 1643, 96 Philpotts Rd (Glenmoor School).

SHIRLEY RUGBY LEAGUE : If you want to play Rugby League, come and sign up now. Contact Rochelle Lynch on 3894303 or 0211335437.

Shirley Toy Library offers a huge variety of toys for children aged 6 months to 5+ years. Flexible membership options available. Open Wed 9.30-11.30am & 6.30-8pm, Sat 9-12 noon & 1.30-3pm. Hammersley Park School, Amos Place, Shirley. Tel. 03 4205455 or email librarian@shirleytoylibrary.co.nz

Vegetarian Youth Group: For youth aged 10-18 years that are vegetarian or vegan, or are interested in learning more about a vegetarian lifestyle. We meet regularly to have fun, cook vegetarian/vegan dishes, and have discussion groups and educational activities on vegetarian related topics, movies, games and social nights. To find out more email: vegeyouthcoordinator@gmail.com, or visit our Facebook site (Vegetarian Youth), or Youth Group page on www.vegetarianchristchurch.org.nz website.

If you are a not-for-profit organisation and would like your notice displayed, send copy (max. 30 words) to themairehau@nht.org.nz or phone Ginny at 355 6522. Please note deadline is 15th of the month for publishing 26th.

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