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ARANUI COMMUNITY TRUST NEWSLETTER

October



Aranui. A proud community of hope and opportunities where people stand tall.

Affirm is coming...

Saturday 2nd December

Wainoni Park, Aranui.

Free kids entertainment

Alcohol free event

Mean Whanau Day!

Affirm family fun day has been successfully running now for 16 years.

Entertainment throughout the day for all ages, free children's activities and rides, a variety of ethnic food stalls, and heaps of cool free stuff. You have to mark this day in your calendar as a date not to be missed.

In the past we've had some amazing feature bands that got the thumbs up from the crowd. Bands such as Tomorrow People, Ardijah,, and Sweet Ngaire.

This years Affirm feature band is guaranteed to impress you all.

But you know how it is, we got a build up the hype and keep it a mystery for a little while longer.



AFFIRM - the meaning of the whale tail - The whales tail was adopted as the AFFIRM symbol for the Aranui community as it represents the strength of the community in distressing times following the 2011 earthquakes.

Core meaning; speed and strength.

The whale symbolizes respect for the sea and nature. Also a good luck charm providing safe passage over water. The Whale is the most important animal in the life of Māori. Besides speed and strength, the whale alludes success, confidence, sensitivity, and a bond between animal and human. A bond that is indicative of protection where the whale will protect humans in times of distress.



Website: <http://www.actis.org.nz>
Facebook: Aranui Community Trust
Opening Hrs Mon—Thurs 9am - 5pm, Fridays 9am - 4pm
37 Hampshire Street, Aranui, ChCh 8061 or PO Box 15036
Aranui. Phone: 03 963 7070

Next Newsletter due 14th October 2017
Items due: 20th October
tracey@actis.org.nz
Newsletter available from the 14th of each month



THE SCOTLAND RUGBY LEAGUE TEAM ARE COMING TO ARANUI

Come on down to Wainoni park 'It's a street party, kinda day'!

Join us, in welcoming the Scottish Rugby League team, into our awesome neighbourhood.

**Its all happening @ Wainoni Park, Hampshire Street, Aranui.
Tuesday the 31st of October! From 2:00pm onwards.**

Be a part of the human tunnel, that will welcome the Scotland team as their bus enters Hampshire Street. Watch the Scotland team do a light training run, on our flash new Wainoni Park grounds, in preparation of taking on the New Zealand rugby league team in Christchurch on November the 4th.

Be a part of the Rugby League World Cup hype!!, Lets show these Scotsman some proud Aranui hospitality!!



Ara Institute of Canterbury

On site at ACTIS every Thursday
from 10am through to 1pm.

No bookings necessary come on in & chat with Michelle or one of the friendly staff from Ara.

- Find out useful information on all course's and services available.
- Education information that suits your needs.
- Expert Staff with connections to many other providers within NZ.
- Face to face questions answered for you.

Ara Institute of Canterbury cater for all ages looking to upskill. Come on in and meet the team from Ara every Thursday here at ACTIS—let them assist and guide you to a pathway of success.

ZUMBA @ Aranui Wainoni Community Centre

ZUMBA FOR ADULTS - All classes run for 1 hour, and cost \$5

Monday: 10am Gold Fitness,

Thursday: 10:30am, Gold Fitness

Thursday evenings 6:30pm, Zumba Fitness.

Bring a towel and a water bottle.

For further enquires please contact your friendly



**Goods 'you' buy
must be of
acceptable quality.**

The product must be fit for its normal purpose and in good working order, have an acceptable finish and appearance, no minor defects, be safe to use and durable.

If something you have brought from a business is of unacceptable quality, you can go back to the business and the business must put it right. They have to get it repaired at their own cost, or if it can't be easily fixed, they have to replace the item or give you a refund. The business can not simply refer you to the manufacturer, require you to return the item in original packaging, or offer you store credit instead of a refund. If you do have problems with a retailer or a motor vehicle dealer, then you can visit us at the Loft in Eastgate Mall on Tuesdays from 11am until 12pm. Or you can give us a call from this free, from a landline and mobile phone number **0800 367 222**

ARANUI COMMUNITY TRUST



Aranui Mower Shed: Mon— Fri 9.00am-3.00pm for all Aranui community members.

Lawn Mower: \$20 deposit & \$8 Hire. Includes petrol.

**You will need to fill out an application form and provide 2 forms of ID (address & photo)
Chat to one of our friendly staff members for more details by calling 03 963 7070**

FRUIT AND VEGE CO OP

Every Wednesday order & collect from ACTIS.

37 Hampshire St

\$12.00 Fruit and Vege bags

\$6.00 Fruit & Vege bags

Fresh, in season and affordable.

For more formation call 03 963 7070

Community law

@ ACTIS every Tuesday 1pm—4pm

Free legal advice

Appointments Necessary

Phone 03 963 7070



Have-A-Go at Indoor Bowls! For our senior community

**Every Tuesday from 11am—1.30pm at the Aranui/Wainoni
Community Centre.**

**No experience necessary and all abilities welcome. Come along to try it
out. Please wear soft shoes. Cost per person is \$2. 1st session FREE!!**

**Contact Tania Smith at ACTIS on 963 7070, mobile 027 540 5442 with any
enquiries.**

FREE COMMUNITY LUNCH WITH ACTIS

**This month the Free Community Lunch hosted by ACTIS will be held at ACTIS/Heartlands, Aranui
37 Hampshire Street.**

Please feel free to bring a neighbour, family member or friend.

FREE COMMUNITY LUNCH 11am to 12:15pm - 5th October & 2nd Nov



**The Aranui Community Trust wishes to thank all of our funders, for working with us to make
Aranui a proud community of hope and opportunities, where people stand tall.**

**Christchurch
City Council**



**Rātā
Foundation**



**MINISTRY OF SOCIAL
DEVELOPMENT
TE MANATŪ WHAKAHIATO ORA**



**Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY**

**COGS
Community Organisation
Grants Scheme**



YOUTHTOWN

Take the time to
have your women's
health checks

Call now to enquire about
having a Breast Screen
or Cervical Screen



0800 270 200



0800 729 729

www.timetoscreen.nz

There are a million
reasons to have a screen.
Here's three.



Meme Mini Cabs & Tours

This is a locally owned business that offers up to 4 passengers a reliable pick up/ drop off or tour service throughout the South Island. Safe reliable and affordable, why not give them a go, next time you are needing a ride. No job too big or too small.

Phone or text **022 152 1955**

Facebook page is
meme mini cabs and tours.

Acts of Awesomeness!! Many times during the year ACTIS is contacted by members of the Aranui community and wider community offering various donations.

These kind donations are always greatly appreciated.

This month we have had some awesome donations of 'time', from two professional fitness owners, who have both trained our Eastside Mums and Bubs fitness classes. (held every Wednesday morning at A Town boxing gym).

A big thank you to **Libby from Libby Searle Fitness** for your time and Expertise, as much as the Mums wanted this hard core training session to end they loved every second, and to **Dee from Eastside Training Squad** for your high energy, fun work out, that had all the Mums red faced and amped for their day. We appreciate you both giving back to the community, and think you're awesome!



Mums & Bubs coffee group with Bobbie @ Aranui Library.

10 - 11am Tea/coffee/biscuits provided. Dates: every 2nd Tuesday

Dates: 3rd & 17th Oct - 7th & 21st Nov

Come along meet other Mums and Bubs in your community. Find out about the registered early childhood services that are available in your area.

OTAUTAHI CREATIVE SPACES - EVERY WEDNESDAY @ ARANUI LIBRARY 10am - 12pm

Pegasus Ladies Club—New Brighton

Are you looking for company, friendship & something to do? Our club is for retired & semi retired ladies. We meet at 10am on the 4th Monday of each month at Rawhiti Golf Club, 100 Shaw Ave, New Brighton.

For more information please contact: Clare on Ph: **383 3994** or Helen Ph: **3855 188**

The Pegasus ladies thoroughly enjoyed themselves at the Senior Spring Dance - with great music and a rock n roll demo, the ladies had a great community catch up over great food and good company.

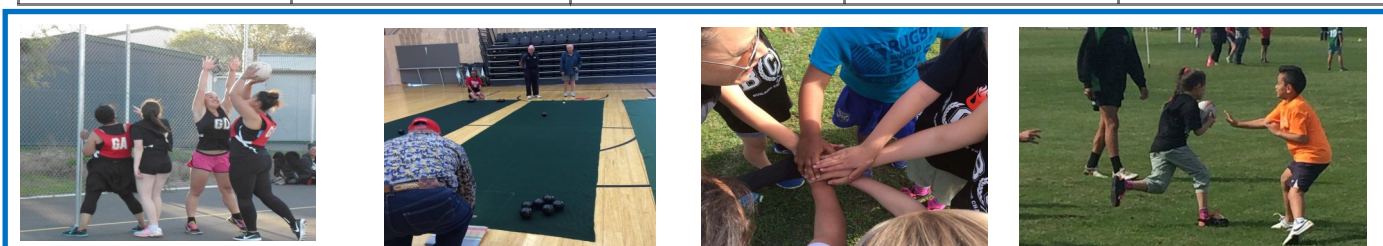
Last month the Pegasus ladies also ventured out on a trip to Akaroa for lunch and some shopping. My my these ladies do some interesting outing's. Remember the Pegasus ladies group is always welcoming new members to join in the fun. Why not give Clare or Helen a call today. Lets get your calendar full.

Keeping active over the summer months as a community.

There are so many options available within the Aranui community to keep fit, active and social.

Below are just a few different options for all levels of fitness.

Activity	Days	Location	Cost	Contact Person
Junior Touch Rugby	Friday's from 4pm Starts 27th Oct	Wainoni Park	\$5 per player, or \$60 per team.	Sheree@actis.org.nz
Fast 5 Netball	Wednesdays 6pm Starts 18th Oct	Haeata Community College	Free, each team must provide a referee.	Sheree@actis.org.nz
Mums & Bubs Fitness	Wednesdays 10:30am - 11:30am	A Town Boxing Gym Wainoni Park	Gold coin donation	bobbie@actis.org.nz
Walking Group All ages	10:30am	Meet at Aranui Library	Free	tania@psusi.org.nz
Self Defense	Tues & Thurs 6:30 - 7:30pm	233 Breezes Road	\$2 per class	Phone 981 1957
Zumba Gold	Monday 11am - 12pm	Aranui/Wainoni Community Centre	\$5 per person	Mele Phone 0212165039
Indoor Lawn bowls	Tuesdays 11am - 2pm	Aranui/Wainoni Community Centre	1st day free \$5 per person	tania@psusi.org.nz



The Nationwide Health and Disability Advocacy Service is independent from any health service. Advocates are employed to provide a free compliant resolution service. The advocate supports a person to express and try to resolve their concerns directly with the health provider. **Your rights when receiving a health or disability service.** Respect, Fair Treatment, Dignity and Independence, Communication, Information, Support, Its Your Decision. You can contact an advocate by phoning 0800 555 050 or emailing advocacy@advocacy.org.nz

Housing New Zealand is here to help

- If you're already a Housing New Zealand tenant, ring **0800 801 601** for enquiries about your property.
- To apply for a Housing New Zealand home, ring Ministry of Social Development on **0800 559 009**.

Tenancy managers Darryl Freeman and Tamsyn Edwards are at Heartlands every Tuesday and Wednesday 1-3pm.

Housing New Zealand
Housing New Zealand Corporation



Aranui Heartland Service

Phone: 963 7070—35 Hampshire Street

MONDAY— FRIDAY

Friday's ACTIS closes at 4pm

Partnership Community Worker	9am—5pm
Kiwisport Coordinator	9am—4pm
Early Childhood Education (Mon—Thurs)	8:30am—1.30pm
Community Connectedness (Mon—Thurs)	9am—3pm
Social Worker (Older Adults 55+)	8:30am—5pm

MONDAY

Mower Shed (Mon—Fri)	Daily 9am—3pm
Walking Group (meet at Aranui Library)	10.30am—11:30am

TUESDAY

Community Law	1pm—4pm
Budgeting - with Kingdom Resources	By Appt
Ph: 03 3321700	
Housing New Zealand Corporation	1pm—3pm
Maori Land Court—(1st Tuesday of each month)	12 - 2pm
Mums and Bubs (every 2nd Tues Aranui Library)	10am—11am
Indoor Bowls \$2 cost per person	11am—2pm
Tenants Protection Association (Fortnightly)	9:30am—11:30am

WEDNESDAY

Housing New Zealand Corporation	1pm—3pm
NZ Fire Service last Weds of each month	10am—2pm
B4 School Checks (By Appt)	9am—3pm
Euchre— 3rd Wed of each month at ACTIS	1:30pm-4pm
Foot Clinic—2nd Wed of each month (By Appt)	1:30pm Start
Housie—St Ambrose Church 1st Wed of the month	2pm—4pm

THURSDAY

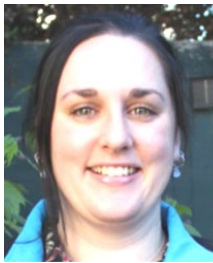
Hagley Literacy Pathways Programme	1pm—3:30pm
Green Prescription by Appt	11am - 1pm
Ara Institute of Canterbury	10am—1pm

FRIDAY

Kiwisport Coordinator	9am—4pm
Partnership Community Worker	9am—5pm

MONTHLY

Free Community Lunch	5th Oct 11 - 12:15pm
	2nd Nov 11 - 12:15pm



Wishing Hannah well as she heads off into a new chapter of her life

Kia Ora Whanau! As of early October, I am leaving my role as the Aranui Neighbourhood Nurse, off on a new adventure in the field of Mental Health and Addiction.

I will also be embarking on some post graduate study!

Here's some services that you can access when I'm not here, until the next amazing person joins the Team!

-MHAPS– Mental Health Advocacy Peer support– Self referral, Pop in anytime or give them a call,

826 Colombo St, Christchurch, Phone- 03-365 9479

- Need your blood pressure checked?

Eastern Pharmacy (Corner Breezes and Pages Rd)offer 4x blood pressure checks for \$5.

You can also have free consultations at your local pharmacy– ask about them the next time you are at your local pharmacy!

-Need counselling? need to talk? 1737 from any phone 24 hour a day, 7 days a week

- Christchurch city mission– for social workers, access to emergency accommodation, nursing services and much more!

Give them a call 03-3650635

Of course you can still pop in and see us at the ACTIS office, we can direct you to a service that can help!

So keep yourselves and your whanau healthy, check in with your doctor or nurse, keep up the healthy food and exercise and don't ever forget to see everything as an opportunity (Even the not so nice stuff).

Thank you for allowing me into your homes and into your lives. Its been an honour !



Urban Drama Presents - The Quake Off - Sat 21st Oct - 12pm until 4pm - New Brighton Amphitheater

Performance by - Urban Drama - Hoody Time - Tre1 + More

Exhibitions include - Kapa Haka - Latin - Breakdance - Zumba - Hip Hop

Food Trucks - Stalls - Spot Prizes

Come and enjoy a Free family day for all ages

Are you a kind sole? We are looking for a volunteer for our Foot Clinic.

Put your best **foot** forward once a month on a Wednesday from 1pm - 3pm. Full training & support will be given.

Hours are **flexible**, as we would **toe tolly** appreciate a community member **stepping** up to volunteer their time, with our popular foot clinic sessions.

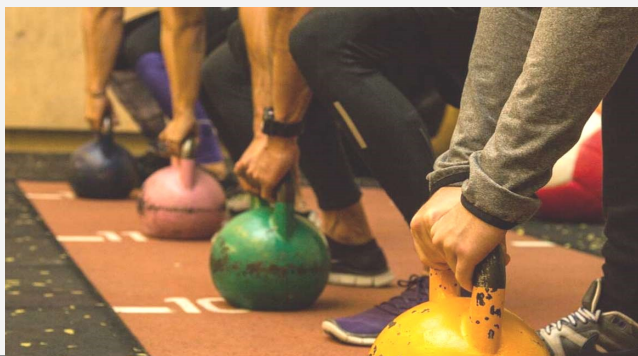
If you think you can **stand** being around our amazing community, please give us a call on 03 963 7070 or **walk** in today.

EASTSIDE MUMS & BUBS EXERCISE GROUP

Every Wednesday Morning 10:30am—11:30am

A Town Boxing Gym Ph Bobbie, 963 7070

Gold coin donation to attend



Foot Clinic 2nd Wednesday of each month

For our senior community

Appointments Essential. Call : 963 7070

Cost is a donation. Your feet will be soaked in a warm spa, your toenails cut and then you will receive a foot massage.

Unfortunately we are unable to offer this service to those with diabetes.



2017 - Dates to Remember

Community Lunch: 5th Oct & 2nd Nov @ Heartlands, 11am—12:15pm

Community BBQ: 12th Oct 11am - 12:00pm outside ACTIS

Indoor Bowls: Every Tuesday - 11am—2pm \$2 per person Aranui/Wainoni Community Centre

Social Housie: - 1st Wednesday of each month: 4th Oct - 2pm to 4pm at St. Ambrose, Breezes Road.

Foot Clinic 2nd Wednesday of each month. Next clinic is **11th Oct** from 1pm at Heartlands, Aranui Community Trust. Phone 963 7070 to book an appointment.

Euchre now every 3rd and 4th Wednesday of the month—**18th & 25th Oct, 1:30pm - 4pm**

AGM - All welcome, 11th Oct - 5pm @ Aranui Wainoni Community Centre

Aranui Welcoming Scotland Rugby League Team - 31st Oct 2pm onwards

White Ribbon 24th Nov @ Ripene Ma Reserve, Cnr Hampshire St & Wainoni Rd 5pm onwards.

AFFIRM16 2nd December @ Wainoni Park, Hampshire St, Aranui. 9:30am - 4:00pm

Wainoni Park - Basketball Court construction is underway on the south side of the Aranui/Wainoni Community Centre, between the Community Centre and the playground.

This full size basketball court should be ready by late October, however completion time frames are weather and road operations dependent.

The existing basketball court by A town boxing will be removed to make way for the new storm water basin.

Work on this new basketball court, will be from 7am until 7pm Monday - Saturday.

Staff Contacts Aranui Community Trust 37 Hampshire Street, Aranui, Chch 8081 Ph: 03 963 7070

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Sheree Ruri
Kiwisport Coordinator
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Bobbie@actis.org.nz

Tania Smith
Social Workers for seniors
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Email: tancias@psusi.org.nz

Have our Newsletter emailed to you by contacting
kathhamilton@actis.org.nz

Aranui Community Trust Board: Chairperson - Rob Davidson, Vice-Chair - Lorna Moke, Secretary - Anni Watkin, Treasurer - Jacqui Te Wani, James Beedles, Barry Campbell, Roy Appley, Mel Hiller, Glenn Livingstone & Mark Scown.