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ARANUI COMMUNITY TRUST NEWSLETTER

September



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

We had a great turn out for the senior Spring Dance, Held on Friday the 8th Sept

This years Senior Spring Dance was truly a community event, with community support and community involvement, We were very lucky to have Tom and Kevin offer their time by getting up on stage to sing some old favorites that got the crowd either singing along to or twisting the night away.

We had community volunteers helping out in the kitchen, with set up / pack up and also videography. It was fantastic to see the community enjoy an event with so much community participation. To dance, laugh and share conversations with neighbors. Creating new friendships and just having a let loose great night out. Thank you to all the staff at ACTIS, the Neighbourhood Rotary and the Aranui community for a fun night enjoyed by all.



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 September to tracey@actis.org.nz

Newsletter available from the 14th of each month

Have our Newsletter emailed to you by contacting

kathhamilton@actis.org.nz

THE SCOTLAND RUGBY LEAGUE TEAM ARE COMING TO ARANUI



VS



The Rugby League world cup is coming to New Zealand later this year! Christchurch is the host to The New Zealand Vs Scotland game on Saturday the 4th of November at Christchurch Stadium (Rugby League park). The Scotland Rugby League Teams official training ground leading up to this international test series will be our hood, Wainoni Park, Hampshire Street, Aranui.

In the October newsletter we will be letting you all know the time and date that the Scotland Team will be training at Wainoni Park and how the community can be involved in hosting this exciting event. We will also let you know how to get your hands on some free tickets to the game!



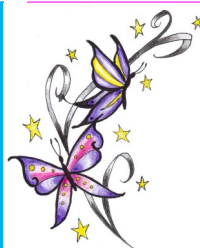
Ara Institute of Canterbury

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 with 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.



Affordable Counselling

Specialises in

- ⇒ Addiction issues
- ⇒ Depression

- ⇒ Woman's issues
- ⇒ Adolescents
- ⇒ Earthquake stress

Counsellor available by appointment

phone 0212362977

Sliding scale of payment available upon request

Confidentiality Assured

Mums & Bubs coffee group with Bobbie

@ Aranui Library, 10 - 11am - Tea/coffee/biscuits provided.

Dates: every 2nd Tuesday - 12th & 26th of September

Come along meet other Mums and Bubs in your community



Contact your local Citizens advice Bureau **0800 367 222**

Or pop in and have a chat. The closest Citizens Advice Bureau from ACTIS is situated in the Hub upstairs at Eastgate Mall.

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 - 4th September & 5th October



**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**



**THE TRUSTS
Community
FOUNDATION**



**PEGASUS
HEALTH**



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



**NEW ZEALAND
RED CROSS**



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

**COGS
Community Organisation
Grants Scheme**



YOUTHTOWN

NEED TO TALK?

1737

free call or text
any time

Do you need to talk to someone? Do you need someone to listen?

This 4 digit number is a free call or text from any landline or mobile phone, 24 hours a day, 7 days a week.

This service will connect people to a trained counsellor for free 24/7/ This number makes it easier for people to connect with mental health and addictions professionals from any landline or mobile phone. FREE!!

Calling 1737 is designed to meet the needs of anyone who wants to talk to a counsellor.

A text or call to 1737 could be the key to accessing the help or advice you need.

Remember whanau its cool to korero.

You are important please call 1737 when you need someone to listen.



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

These kind donations are always greatly appreciated.

John, a kind

and caring member of the Aranui community comes in once a year with 20 + bags full of groceries. These bags are all top brand

products and include everything from hygiene supplies, yummy treats,

fresh fruit and vegetables, baby products and so much more. John leaves them here at ACTIS for us to donate out to community members in need. These surprise parcels are always accepted with a smile and a thank you from those that receive them. This is such a kind gesture from John and his family this act of awesomeness is thoughtful and helpful. So remember always say hello and smile at a community member you

ACTIS - Community Connectedness Coordinator.

There are some exciting things coming up in our community over the next few months for all ages.

Please keep an eye on our newsletter, our website: www.actis.org.nz and our Facebook page:

Aranui Community Trust so you don't miss any of these exciting events.

Senior Spring Dance - Friday the 8th of September @Aranui Wainoni Community Centre, 5 - 8pm.

Fast 5 Netball - Oct 27th—A free social tournament starting in October, played at Haeata every Wednesday night

AGM - Wednesday, October the 11th 5pm at Aranui Wainoni Community Centre - All welcome.

RLWC - November - Scotland Rugby league Team training at Wainoni Park - date and time tbc

White Ribbon - Friday 24th November 5pm at Ripene Ma Reserve, crn of Wainoni Rd & Hampshire St

AFFIRM - Family Festival - Saturday 2nd of December 10am—4pm - Wainoni Park

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**

These friendly bunch of outgoing happy ladies always have wonderful day trips planned and are also organising a group to come along to the ACTIS Senior Spring Dance held on the 8th of September.

Hellers Pegasus Fun Run - Sunday 1st of October

Green Prescription have come up with a way to support you with this fun run. By calling Anna Wilson on 0800 228 483 and registering you will receive a code giving you a 50% discount which will reduce the adult price to just \$7.50, child cost stay the same.

Course Options: 2.5km Lakeside Loop - great for families
6km & 11km run/walk options.



\$15 Adults/under 16yrs \$5, Under 5s free



Hi my name is Annette - I went on a Move Ezy training and education community exercise foundation course to learn about different exercise's, how they make a group more fun, a range of health problems, what to look out for and health and safety. I really enjoyed the course and got so much out of it. I am the co facilitator of the Aranui walking group that meets every Monday, 10:30am at the Aranui Library. The group does a range of walks around the area and once a month walk in a different area. The group welcomes new people and has a friendly style. We. share a cup of tea after the walk. All abilities welcome.

Any questions call Tania at ACTIS on 03 963 7070.

OTAUTAHU CREATIVE SPACES - EVERY WEDNESDAY @ ARANUI LIBRARY - 10AM - 12PM

New Brighton Blanket Bank - Is Open

Donations of bedding can be dropped at 105 Brighton Mall from 10am - 2pm weekdays.

For those needing blankets please call 3889920 Monday to Friday, message us on Facebook or come in and see us at 105 Brighton Mall.

Gamble Free Event - 2017

Saturday 2nd September - 9am - 12pm

Linwood Avenue Primary School

There will be entertainment throughout the event and everything at the event is FREE. There will be a bouncy castle, face painters, free sausage sizzle, and plenty of health stalls onsite.

Kiwi Family Trust—Firewood Saving Scheme - Winter heating cost can be difficult to keep up with. The Kiwi Family Trust have come up with a solution to help you save for next years firewood costs. With free delivery, and help to stack the wood if needed, Kiwi Family Trust pay for your wood directly to the supplier and will also add \$1 to your savings for every \$3.50 you save with them throughout the year.

Call Natasha to find out more on their toll free number **Ph 0508543375** or checkout their website to understand all the great opportunities and services they can provide for you.

<http://www.kiwifamilytrust.org/home.asp>

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 is closed
by 4pm

Aranui Neighbourhood Nurse	10am—3pm
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 (Older seniors 50+ \$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
Aranui Neighbourhood Nurse	10am—3pm
Partnership Community Worker	9am—5pm

MONTHLY

Free Community Lunch	4th Sept - 11 - 12:15pm
	5th October 11—12.15pm



Hi ! Hannah here, the Aranui Neighbourhood Nurse! This month is about tips for health!!



Kia Ora Koutou! Just a quick update about some key health tips from things I have been noticing out in the community!

1– **Food!** We all need it. We all have something to motivate us to make certain choices whether it be financial, taste, or even intolerances. move away from processed , high fat, high salt and high sugar foods! Start thinking about foods that fuel your body.

Implementing vegetables into every meal is a great start for you and your whanau!



Did you know \$872 million worth of food is wasted each year in

New Zealand!!!

2– **Head lice-** All you need is a Metal comb, conditioner and persistence. Section the hair into 4 parts, use conditioner on the hair and comb through, clean the comb with a towel or cloth after each stroke and repeat. Do this every second day for a few weeks! Even if you don't get all the lice and eggs the first time, using the metal comb will damage the lice and the next comb should get them out! So keep at it!

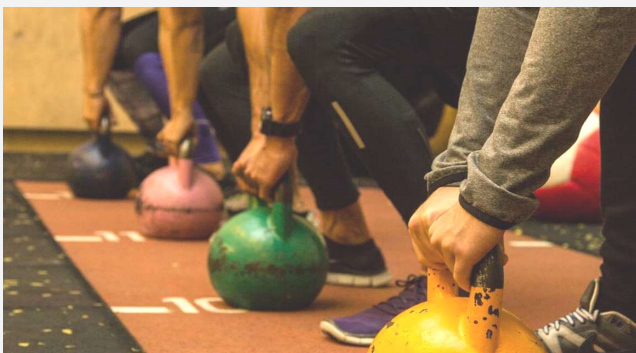


3– **Teeth-** Some of your children may have come home last week with new toothbrushes/toothpaste from

Grandparents United is a support network hosted by grandparents for grandparents within the local Aranui community who are raising their grandchildren. Every 2 weeks they meet up for a cuppa and a friendly catch up around the needs, struggles and success stories that comes with raising grandchildren. They also organise wonderful family outings and get-together's for the whole family. Grandparents United next meet dates are **8th & 22nd September, 10 - 12am at North Beach Christian Fellowship, Tedder Ave.** For more information you are more than welcome to give **Grant** a call on **3852510**.

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: 4th Sept @ Heartland, 11am—12:15pm

Community BBQ: 18th Sept 12:30pm - 1:30pm outside ACTIS

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

Social Housie: - 1st Wednesday of each month: 6th Sept - 2pm to 4pm at St. Ambrose, Breezes Road.

Foot Clinic 2nd Wednesday of each month. Next clinic is **13th August** from 1pm at Aranui Heartlands, Aranui Community Trust. Phone Hannah on 963 7070 to book an appointment.

Senior Spring Dance - Free Event - Friday 8th Sept, 5pm - 8pm

Euchre: 3rd Wednesday of each month: - 20th Sept 1:30 - 4pm at Aranui Community Trust

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**



NEW ZEALAND RED CROSS

Pop up BBQ & Coffee—free, hot & Yum

<u>Date:</u>	<u>Street</u>	<u>Time</u>
6 Sept	Crn Guernsey & Carteret	11 - 1pm
18 Sept	Outside ACTIS	11 - 12pm
5 Oct	Outside ACTIS	11 - 12pm

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

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Manager

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Email: Rachael@actis.org.nz

Kath Hamilton

Administration & Heartland

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Email: Kathhamilton@actis.org.nz

Reception

Ph: 963-7070

Tania Kaa

Partnership Community Worker

Ph 03963 7095 or Ph: 021906330

Email: tania@actis.org.nz

Toe Smith

Partnership Community Worker

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Email: toe@actis.org.nz

Daniel Hay

PCW

Email: Daniel@actis.org.nz

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Tracey Hunter

Connectedness Coordinator

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Email: Tracey@actis.org.nz

Sheree Ruri

Kiwisport Coordinator

Email: Sheree@actis.org.nz

Bobbie Campbell

ECE Coordinator

Ph: 963-7077

Email:

Bobbie@actis.org.nz

Hannah

Aranui Neighbourhood Nurse

Ph: 963 7075 Mobile: 021 310 836

Email Hannah@actis.org.nz

Tania Smith

Social Workers for seniors

Ph: 027 540 5442

Email: tancias@psusi.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.