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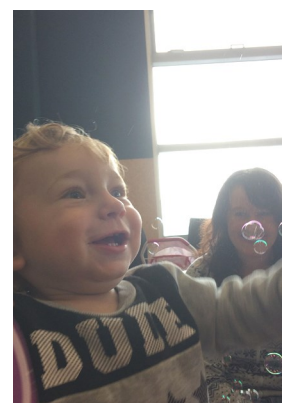
## ARANUI COMMUNITY TRUST NEWSLETTER

# April



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

What an awesome morning for the **Under 5yrs Play Day**. So many beautiful children playing happily and dancing to Loopy Tunes entertainment. If you are looking at Pre School options for your under 5 year old, Bobbie here at ACTIS is able to guide you through the process and assist with choosing the right Pre School for you and your family. Give us a call today to arrange a Pre School visit for your little one, **03 963 7070**.



### What's happening during the School Holidays with ACTIS?

Keep an eye on our Facebook Page "Aranui Community Trust" we will be running daily free activities. Cheyanne our Kiwisport activator will be running these during the holiday break on Wainoni Park and the basketball courts.

We will cater for all ages and encourage parent participation, Cheyanne will be on Park from 12pm until 3pm. Send your Children down to burn off some energy in a positive environment, learning new sports skills and building friendships all in the fresh air.



The Manly Sea Eagles are coming to

Aranui the first week of June.

More details on how you can be part of the action will be in our May newsletter due out

Monday 14th May.



Website: [www.actis.org.nz](http://www.actis.org.nz)

Facebook: [Aranui Community Trust](https://www.facebook.com/aranuicommunitytrust)

Opening Hours Mon - Thurs 9am - 5pm, Fridays 9am - 4pm

37 Hampshire Street, Aranui, Christchurch, 8061

PO Box 15036, Christchurch, 8061, Telephone: 03 963 7070

Next Newsletter due 14th May

Items due: 20th April by emailing Tracey

[tracey@actis.org.nz](mailto:tracey@actis.org.nz)

**Newsletter available the 14th of each month**

**Box Fit!!**, Wednesday nights, 7:30pm

**@ Aranui Wainoni Community Centre.**

These sessions are free for the time being as it is Alex Timo's way of giving back to his community. So no excuses to not be active, social and meet other members of your community.



These box fit classes are for all ages and all levels of fitness, held in a large space with plenty of room for movement. A friendly warm environment, with all gears provided, children welcome with an adult.

**SHAKE  
WHAT YO  
MAMA  
GAVE YA.**

**ZUMBA - \$ Gold Coin**  
**with Fitness X Christchurch!!**  
**Every Monday night 7:30pm**  
**@**  
**Aranui Wainoni Community**  
**Centre!!**

**Residential services:** House washing, Roof cleans, Stain removal  
Driveway cleans, Moss and Mould removal, Pre-paint prep,  
Gutter cleaning, Concrete acid washes and reseals

**CE CLEAN EZY**  
WATERBLASTING & PROPERTY MAINTENANCE SERVICES

**Commercial services:** Building cleans, Stain removal,  
Signage cleans, Vehicle Wash downs, Concrete acid  
washes and reseals

**Community Lunch**  
**Thursday 12th April**  
**11-12.15pm**  
**53 Hampshire Street**  
**Life long lesson @**  
**every lunch!**  
**This month is**  
**Crock Pot preparation!**

Aranui Community Trust Incorporated  
A.C.T.I.S.

Our Free monthly community lunches will now have a life long learning skill available for the community to learn if they choose.

At the April community lunch we will not only be learning a cheap, yum and filling crock pot recipe. We will be teaching members of the community how to make affordable reusable bags that require no sewing just your imagination.

We hope to donate one of these bags to the Fruit and Vege Co op and have one for each community member to take home.

**Brekkie on the Go** - Our first of many monthly Breakfast's available free to children on the way to School was a huge success with 82 happy tummy's being fed before they started their day at School. A big thank you for making this all possible goes out to The Green Grocers on Pages Road, Iron Bridge Real Estate and your ACTIS Whanau for getting up early as to make homemade waffles.





## ARANUI COMMUNITY TRUST



**Aranui Mower Shed: Mon - Fri 9.00 am-3.00 pm 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 and collect from ACTIS.**

**37 Hampshire St**

**\$12.00 Fruit and Vege bags**

**\$6.00 Fruit and Vege bags**

**Fresh, in season and affordable.**

**For more formation call 03 963 7070**

**REMINDER: There will be no Fruit & Vege Co op  
Weds 25th April due to it being a Public  
Holiday.**

**Due to high demand**

**and an awesome service**

**Community Law**

**have extended their hours.**

**ACTIS every Tuesday 11am - 4:15pm**

**Free legal advice**

**Appointments Necessary**

**Call 03 963 7070**



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

**Every Tuesday from 10:30 am - 12:30 pm (NOTE NEW TIME!) at the  
Aranui/Wainoni Community Centre, Hampshire Street, Aranui.**

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

### FREE COMMUNITY LUNCH

**Aranui Community Trust**

**Lunch is from 11.00 am—12:15 pm,  
on the 2nd Thursday of each month.**

**12th April and May 10th**

**All welcome, new venue 53 Hampshire  
Street, The Café, 3 shops down from ACTIS**



**The Road works on Hampshire  
Street have had a delay due to  
difficulties in removing all the  
water to lay the new pipes.**

**They need to continue removing  
water before they can start with  
putting in the new pipes.**

*Thank you for your patience.*

**The Aranui Community Trust wishes to thank all of our funders, for working with us to  
make Aranui a proud community of**



Our **Dads and kids** evening is being held this month 20th April, please note you will need to register for this event as numbers are capped at 100.

A fun evening for Dads, Uncles, Grandads to hang out with their children. There will be games, music, prizes and supper provided.

To register call Tracey on **963 7070** as **numbers will be capped, so get in quick!!**. A big thank you to the Ministry of Social Development for supporting this event.



### Acts of Awesomeness!!

Many times during the year ACTIS is contacted by members of the Aranui and wider community offering various, Funding, support or donations.

**These kind donations are always greatly appreciated!**

A community member by the name of Shelia popped in to donate some beautifully hand made baby quilts. The designs and patterns of these good quality, warm baby quilts were amazing and felt so soft and snuggle to touch. Thank you Sheila for your kind donations. All baby quilts were given out by our PCW's to new born bubba's in the community.

Take the time to  
have your women's  
health checks

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



BreastScreen  
Aotearoa



National  
Cervical  
Screening  
Programme

0800 270 200 0800 729 729  
[www.timetoscreen.nz](http://www.timetoscreen.nz)

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



Happy Mother's Day

We "hop" you enjoyed our  
Easter Bunny treats. Thank you  
for the smiles.



Visits Aranui heartland Office, give us a call today to arrange an appointment

Phone: 03 332 1700, Monday to Friday 9am—4pm. We can arrange a time to meet you at the Aranui Community Trust, Hampshire Street, Aranui. <http://kingdomresources.org.nz/>

### Pegasus Ladies Club—New Brighton - Creating new friendships

Have you ever thought about meeting new people? Sightseeing our beautiful City with a bunch of like minded, fun loving ladies? Our club is for retired and semi retired ladies.

We meet at 10.00 am on the 4th Monday of each month at Rawhiti Golf Club, 100 Shaw Ave, New Brighton.

For more information please contact: Clare on **383 3994** or Helen **385 5188**.

**Raise Our Men** The film features interviews with 9 kiwi men, telling their stories. It shows that change is possible when men are shown and supported to choose a different respectful path.

To download the movie click on the following link and add the password Whiteribbon.

<https://vimeo.com/240588287>



0800 456 450  
[www.areyouok.org.nz](http://www.areyouok.org.nz)

## 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.

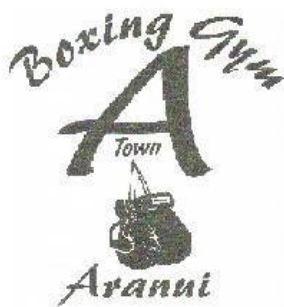
Below are just a few different options for all ages, fitness levels and whanau involvement.

	Activity	Days	Location	Cost	Contact Person
	Mums & Bubs Fitness	Weds 10:30 am - 11:30 am	A Town Boxing Gym Wainoni Park	Gold coin donation	bobbie@actis.org.nz
	Walking Group All ages	10:30 am	Meet at Aranui Library	<b>Free</b>	Call ACTIS 963 7070
	Self Defence	Tues and Thurs 6:30pm - 7:30pm	233 Breezes Road	\$2 per class	981 1957
	A Town Boxing Gym.	Tues and Thurs 5:30pm - 7:00pm	32 Hampshire St Wainoni Park	\$5 per class	Call Jamie on 021 1677991
	Indoor Bowls <b>NEW TIME!</b>	Tuesdays 10:30 am - 12:30 pm	Aranui Wainoni Community Centre	1st session free \$2 per person	Call ACTIS on 963 7070
	Ball skills and drills	Friday's 3:00 pm - 4:15 pm	Wainoni Park	<b>Free</b>	Call ACTIS on 963 7070

**EASTSIDE MUMS & BUBS  
FITNESS ( \$ Gold Coin )  
Every Wednesday Morning**

**10:30 am - 11:30 am  
A Town Boxing Gym.**

**Contact Bobbie on 963 7070**



**AKO** - A group for all parents and caregivers to attend with their children 0 - 5 years of age.  
Nau Mai!, Haere Mai, come Join us for play kai and a chat, every Thursday @ Aranui Wainoni Community Centre, 31 Hampshire Street, Aranui. From 10.00 am - 12.00 pm.  
All Welcome.

## 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** Partnership Community Worker: 9:00 am - 5:00 pm

Kiwisport Coordinator: Mon 8:30 am -1:30 pm Wed - Fri 12:00 pm - 5:00 pm

**Fridays ACTIS closed  
by 4.00 pm**

Early Childhood Education: Mon—Thurs 9.00 am - 2.00 pm

Community Connectedness: Mon—Thurs 9.00 am - 3.00 pm

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<b>MONDAY</b>	Mower Shed (Mon - Fri)	9:00 am - 3:00 pm
	Walking Group, meet at Aranui Library	10:30 am - 11:30 am
	Beneficiary Advisory services	12:00 pm - 2.00 pm

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<b>TUESDAY</b>	Community Law	11:00 am - 4:15 pm
	Budgeting - with Kingdom Resources	By Appointment
	Contact: 03 3321700	
	Housing New Zealand Corporation	1:00 pm - 3:00 pm
	Maori Land Court—by appointment	12:00 pm - 2:00 pm
	Mums and Bubs coffee group (Aranui Library )	10:00 am - 11 am
	Indoor Bowls \$2 cost per person	11:00 am - 1.30 pm
	Tenants Protection Association ( Fortnightly )	9:30 am - 11:30 am

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<b>WEDNESDAY</b>	Housing New Zealand Corporation	1:00 pm - 3:00 pm
	NZ Fire Service last Weds of each month	10:00 am - 2:00 pm
	Euchre— 3rd & 4th Wed of each month at ACTIS	1:30 pm - 4:00 pm
	Foot Clinic—2nd Wed of each month (By Appt)	1:00 pm Start
	Mums and Bubs Fitness - A Town Boxing Gym	10:30 am-11.30 am

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<b>THURSDAY</b>	Green Prescription by Appointment	1:00 pm - 3:00 pm
	Ara Institute of Canterbury	10:00 am - 1 pm

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<b>FRIDAY</b>	Kiwisport Activator	12:00 pm - 4.00 pm
	Partnership Community Worker	9:00 am - 5 pm
	B4 School Checks (By Appointment )	9:00 am - 3pm

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**MONTHLY** **FREE COMMUNITY LUNCH: Every 2nd Thursday of each month 11:00 am - 12:15 pm**  
@ Café 53, Hampshire Street, Aranui.

**NEED TO TALK?**

**1737**

**free call or text  
any time**

### Beneficiary Advisory Services

**BAS** provides a service of information, support and advocacy to people on benefits and low incomes.

Here at ACTIS every Monday from 12pm until 2pm

Come in with your questions or concerns and Adrienne can help you out.

<http://www.bas.org.nz/>

### **Free Reading and Writing classes for adults**

**To find out more or to sign up call 0800 242476**

**Euchre - For all ages**

**Every 3rd & 4th Wednesday of the month**

**1:30pm - 4pm**

**In the Heartland area at ACTIS**



### **Mums & Bubs Coffee Group**

**Every Tuesday,  
Aranui Library  
10am until 11am.**

**Call Bobbie on**



- Are you wanting to jump on a course?
- Learn new skills?
- Keen to know what course are out there for you?

**Every Thursday from 10:00 am until 1:00 pm, there will be helpful staff from Ara here at ACTIS, to hook you up with everything you need to know about starting a course at the Ara institute of Canterbury.**

**Aranui Community, Walking Group**

**Every Monday 10:30 am**

**Meet at Aranui Library**

**All ages welcome.**



Depression Support, Janet Robson of Depression Support network is available if you are finding life tough and need to talk to someone call 027 487 6269 or email [janet@dsn.org.nz](mailto:janet@dsn.org.nz)



### **Keeping our community rubbish free**

There has been a lot of dumping of household rubbish lately to the Park and laneway behind ACTIS. This is not cool we need to care about our community and all contribute to keeping it clean.

There are options for dumping your rubbish at a low or no cost such as Op shops, recycle centres or the

- <http://www.ecocentral.co.nz/>
- <http://www.simspacefimetals.co.nz/>
- Mainland Recycling, 133 Maces RD, Bromley, phone 03 323 4150.

### **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.*

**Next Foot Clinic 11th April**



## 2018 - Dates to Remember

**Free Community Lunch:** Thurs 12th April, 53 Hampshire Street, (Café) 11:00 am - 12:15 pm

**Community Walking Group:** Every Monday, 10:30 am, meet at Aranui Library

**Indoor Bowls:** Every Tuesday NEW TIME. 10:30 am - 12:00 pm, \$2 per person, first session FREE

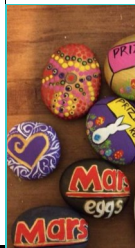
Aranui Wainoni Community Centre

**Foot Clinic 2nd Wednesday of each month:** From 1:00 pm at Heartlands, Aranui Community Trust.  
Aranui Community Trust. Call 963 7070 bookings essential, next date **11th April March**

**Euchre** now every 3rd and 4th Wednesday of the month- **1:30 pm - 4:00 pm, in the Heartland space.**

**DADS & KIDS FREE EVENT - 20th APRIL, 6pm until 8pm - @ Aranui Wainoni Community Centre - Registrations a must by calling Tracey on 963 7070.**

Its always nice to receive treats that have been made with love. During the month of March we had the pleasure of some little visitors from Haeata Community Campus pop in to say hello and bring us some morning tea that they had made in class. Thank you again little cuties they went down well with a hot cup of tea.



Checkout Christchurch Rocks on Facebook - This is a group of people who decorate rocks and hide them around Christchurch or their community for others to find, re-hide or keep. The aim of this is to create happiness and color in our communities. Why not give it a go? Or go hunting for a colourful rock in our community?, lets do this Aranui!! Post your finds or secret hidden location of your decorated rock on the Christchurch Rocks Facebook Page and make Aranui more colorful and fun for all the community to enjoy.

### Staff Contacts for Aranui Community Trust, 37 Hampshire Street, Aranui, Christchurch 03 963 7070

**Rachael Fonotia**

**Manager**

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**Administration and Heartland**

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Fax 03 963 7076

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**Trina Watkin**

**Reception**

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**Daniel Hay**

**Partnership Community Worker**

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**Bobbie Campbell**

**ECE Coordinator**

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Have our Newsletter emailed to you by contacting sera@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.