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# ARANUI COMMUNITY TRUST NEWSLETTER

# May



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

Our Dads and Kids event was held on the 20th April and was a huge success!! Thank you to the Ministry of Social Development & MoTown Barbers for their amazing support. And to all the amazing Dads and their beautiful children who showed up to have a great time as one big community.



**FAMILY  
VIOLENCE  
IT'S NOT OK**

**IT IS  
OK TO ASK  
FOR  
HELP**

**My father gave me the greatest  
gift anyone could give another  
person, he believed in me.**

Jim Valvano



## **Official Signing of the Memorandum of Understanding**

**Christchurch  
City Council**

Between the Aranui Community Trust and the Christchurch City Council.  
Tuesday 15th May 2018 Aranui Wainoni Community Centre 5pm to 6pm.

What is a MOU? This is an agreement between two or more parties. It expresses a convergence of will between the parties, indicating an intended common line of action.

**The Aranui Community is invited to attend this milestone event.**



The Manly Sea Eagles are coming to Aranui in June  
Keep an eye on our Facebook page to find out how you  
can be part of the action.



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 June

Items due: 20th May by emailing Tracey

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

**Newsletter available 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.



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. all for the cost of a smile and a positive attitude. Big ups to Alex for his time and kind heart.

# 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 May 10th**

**11am until 12:15pm**

**@ café 53 on Hampshire Street, Aranui**

**Homemade Pumpkin Soup.**

**Lifelong learning skill this month, we are making Panikeke!!**

**You are welcome to join us for lunch, learn a new skill and  
hang out together as a community.**



**Samoan Language Week**  
**27 May - 2 June 2018**

**E iloa 'oe i lau gagana,  
Your language speaks volumes of you.**

## Friday afternoons with Cheyenne.

This term we will be making use of the new basketball courts beside the Aranui Wainoni Community Centre every Friday from 3pm until 4:15pm, Cheyenne our Kiwisport Activator will be on the courts teaching basic basketball skills to children aged 7yrs—12yrs of age.

Send the kids down to learn Basketball skills such as how to dribble, passing, shooting and defense. It's a cool opportunity for our kids in the community to hangout in a productive way, make new friends and advance in good sportsmanship and team building.



Brekkie on the Go - will be back this month for all the School children walking to School via Hampshire street. A good breakfast leads to a great day. A big thank you for making this all possible goes out to The Green Grocers on Pages Road & Iron Bridge Real Estate.

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)





## 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.**



**\$6 Bags and \$12 bags**

**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!!**

**Contact Aranui Community Trust on 963 7070, for any enquiries.**

**Aranui Community Walking Group.**

**We meet every Monday morning outside the  
Aranui Library @10:30am**

**We take a brisk walk at your own pace around  
the community which usually take 45min—1hr  
Then back inside the Aranui Library for a hot  
cup of tea and great conversation.**

**All ages and abilities welcome.**

**Ben Rarere Roadworks during the month of May**

**What: Installing a new discharge pipeline**

**Where: From 5 Ben Rarere to Aldershot St intersection**

**When: 26th April and should take 3 weeks**



**Why:** The new pipeline is required to discharge  
water during the construction and operation of  
the new water supply pump station.

*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 hope and opportunities, where people stand tall.**



**Measles Alert:** - With several cases of measles reported recently in Canterbury and elsewhere in the country, it is important that parents be mindful of the risks of measles. Measles is a serious and highly infectious disease.

Families are encouraged to make sure they and their children are fully immunised against measles and be aware of measles symptoms. Immunisation is the best protection, you need to have 2 MMR (measles, mumps, rubella) vaccinations. The MMR is available from your doctors and is free to eligible people.

Anyone who suspects they could have measles should avoid contact with other people and should phone their GP, Healthline on **0800 611 116** or call 0800 IMMUNE for advice. B. Harper, Public Health Nurse



### 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!**

Selina and Jenny Beecroft a Mother and daughter in the Aranui community donated to us lots of amazing gifts of toys, stationery and beautiful blankets. Most of the gifted items were brand new and the rest was in great condition. These donations went out to the children in the community and other community members. Thank you again for thinking of us Selina and Jenny. You are both AWESOME!!

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

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



Happy Mother's Day

**Social Netball - 65yrs +**  
**Are you interested in playing**  
**social netball one day a**  
**week?**

**Pre organized friendly games**  
**Meet other members of your**  
**community**

**Have fun while being active**

**Please Text Pam on**

**Ph: 0272254418**

**All welcome.**



At the 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**.

This month the ladies all enjoyed an outing to the Harewood Tavern for lunch and of course some extra time was spent browsing the shops in Bishopdale.

**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.

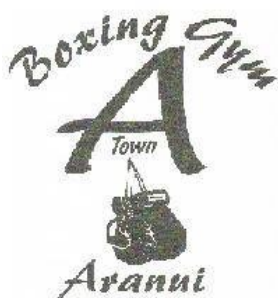
Below are just a few different options for all ages, fitness levels and whanau involvement.

	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
	Basketball I skills and drills	Friday's 3:00 pm - 4:15 pm	Basketball Courts 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**



**Do You Know Your Rights At Work?** - Your employment agreement is a record of the conditions of work that you have agreed to, and if you are an employee you must have a written employment agreement. It's the law.

To speak to one of our knowledgeable volunteers, call 0800 367 222 or come see us at the Loft Eastgate Mall every Tuesday 11am - 2pm.

## 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

## MONDAY

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

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

Green Prescription by Appointment	1:00 pm - 3:00 pm
Ara Institute of Canterbury	10:00 am - 1 pm

## FRIDAY

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

**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. Adrienne Keir is on site here at ACTIS every Monday from 12pm until 2pm. Come in with any questions or concerns you may have regarding your benefit.

You can also contact Adrienne by calling 03 379 8787 or 028 415 5982.

### Free Reading and Writing classes for adults

To find out more or to sign up call 0800 242476

Euchre - For all ages

Every 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  
03 9637070  
For more info



In my heart are many memories  
Of the loving things you've done  
And today I want to tell you  
That I'm thankful for each one

There is a special memory  
I'd like to mention too.  
Ever since I can remember  
I remember loving you.



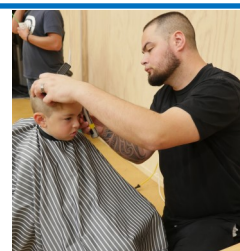
Every Thursday from  
10:00 am until 1:00 pm,  
there will be helpful staff  
from Ara here at ACTIS, to  
hook you up with every-  
thing you need to know  
about starting a course at the Ara institute  
of Canterbury



No appointments necessary, just rock on  
up to see what's on offer.

MO TOWN  
BARBERS

MO TOWN BARBERS  
15 WOODLANDS PLACE, ARANUI  
PHONE: 027 365 8270



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. Check out your options below for ways to responsibly get rid of your rubbish.

- <http://www.ecocentral.co.nz/>
- <http://www.simspacemetals.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 13 June**



## 2018 - Dates to Remember

**Free Community Lunch:** Thurs 10th May 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 **13 June**

**Euchre** 4th Wednesday of the month- **1:30 pm - 4:00 pm, in the Heartland space.**

**Memorandum of Understanding** - Tuesday 15 May, 5pm until 6pm, Aranui Wainoni Community Centre, All welcome to attend.

**Manley Sea Eagles** coming to Aranui early June.

**June  
23rd  
12pm**

**HOPE  
WALK<sup>TM</sup>  
CHRISTCHURCH  
2018**

**HAGLEY  
PARK  
NORTH**

**SPEAK UP**  
*Stand together*  
**STOP  
BULLYING**

**18 MAY WEAR SOMETHING PINK**  
**To Support STOP BULLYING.**

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

**Rachael Fonotia**

**Manager**

03 963 7972

021 216 7177

rachael@actis.org.nz

**Tania Kaa**

**Partnership Community Worker**

03 963 7095

021 906 330

**Sera Thompson**

**Administration and Heartland**

03 963 7070

Fax 03 963 7076

sera@actis.org.nz

**Toe Smith**

**Partnership Community Worker**

03 963 7078

021 617 161

**Sheree**

**Reception**

03 963 7070

trina@actis.org.nz

**Daniel Hay**

**Partnership Community Worker**

022 043 8460

daniel@actis.org.nz

**Tracey Hunter**

**Connectedness Coordinator**

03 963 7079

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**Cheyenne Thompson**

**Kiwisport Activator**

03 963 7070

cheyenne@actis.org.nz

**Bobbie Campbell**

**ECE Coordinator**

03 963 7077

bobbie@actis.org.nz

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.