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ARANUI COMMUNITY TRUST NEWSLETTER

June



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



Official Signing of the Memorandum of Understanding



The memorandum of understanding between the Aranui Community Trust and the Christchurch City Council happened in May at the Aranui Wainoni Community Centre.

This signing is really cool whānau its basically the council saying that they love working with us and see importance in what we do in the Aranui community.



Our Free Community Lunch - was a hit again last month. Our life long learning skill for the month of May was how to make Panikeke.

A big thank you to Eric who volunteered his time to come and teach us the skill of making these delicious little Samoan treats, fair to say they were enjoyed by all.



How to make Panikeke Samoan Pancake

1. Heat up a pot of canola oil
2. Mix together a tin of pineapple and add self raising flour. You want to have the mixture doughy not sticky.
3. Using a teaspoon and being careful of the heat plop the mixture into the hot canola oil.
4. Your dough should float to the top of the hot oil. You may need to turn the heat down.
5. Cook in the oil until golden brown, take out and enjoy. Pineapple can be swapped for ripe mashed banana.

Website: 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 July

Items due: 20th June by emailing Tracey

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

Friday afternoons with Cheyenne.

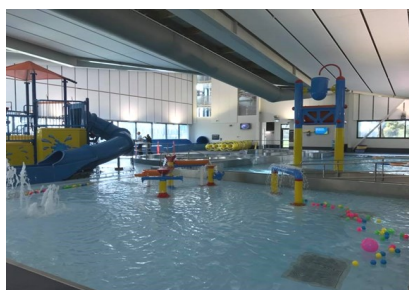
This term we will be making use of the new basketball courts beside the Aranui Wainoni Community Centre every Friday from 3pm until 4:15pm, Cheyenne our Kiwisport Activator will be on the courts teaching basic basketball skills to children aged 7yrs—12yrs of age.

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.



Taiora QE2 - The ACTIS Staff attended the official opening of the new Taiora QE2 indoor recreation and sports center.

And wow man this place is amazing!! It has a steam room, sauna room, a hydro slide, cool kids area, gym etc. Its pretty cool to have the swimming pools back on the East.



Eastern Masters Rugby League - Housie Fundraiser - Woolston Workingman's Club

Thursday Nights - 7pm

Proceeds going towards International Tournament in the UK 2021

Contact Heather for more info 021 023 07219

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.

New members will need to fill out a quick and easy application form and provide 2 forms of ID (address & photo) as proof of living within the Aranui community. 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.



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!!

Aranui Community Walking Group.

Have decided to take a break from walking due to the cold mornings.

However they would like to stay together socially so have come up with a great alternative.

**Board games every Monday morning, 10:30am until 11:30am @ ACTIS
See you there.**

Breezes Road Baptist Church

Wednesday Welcome

10am - 12:30pm

A relaxed place to meet people, play cards or table games, do puzzles or adult coloring in, or sit back and enjoy the company.

Morning Tea and lunch provided.

All welcome.

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



Learner Driver programme (FREE Course)

- @ Nga Maata Waka - 250 Pages Road, Aranui.
- Open to 16 to 20 year olds
- Learning tools provided



Please note a \$20 deposit is required to confirm your enrolment. This is then used towards your Learners License test booking fee of \$93.90.

Phone: 03 382 6628



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!

Fraser from the Salvation Army on Portsmouth Street has been our number one supporter in the last couple of months with kind donations of Milo which we are able to provide at our Brekkie on the Go and crackers used at our community lunches. Thank you Fraser you are awesome!! We appreciate your partnership with working together thank you for all you and your staff do for the community.

Happy Birthday Ron.

Ron one of our community members turned 92 years old during May. His friends at the Tuesday morning indoor bowls helped him celebrate with a surprise morning tea.

Ron has had his drivers license since he was 15yrs on, he loves the company and friendships he has made at indoor bowls and says dancing keeps him fit and healthy.

Happy Birthday Ron, from your community.



0800 HEYBRO (439 276)

Launching June 5th
This number is setup for men who feel they're going to harm a loved one or whanau member

We are here to support 24/7 to listen and to help.

So give us a call next time you are on the edge.

<https://www.hewakatapu.org.nz/>



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

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.

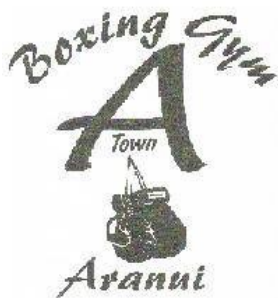
Below are just a few different options for all ages, fitness levels and whanau involvement.

	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
	Board Games All ages	10:30 am	Meet at ACTIS	Free	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 NEW TIME!	Tuesdays 10:30 am 12:30 pm	Aranui Wainoni Community Centre	1st session free \$2 per person	Call ACTIS on 963 7070
	Basketball skills and drills	Friday's 3:00 pm 4:15 pm	Basketball Courts Wainoni Park	Free	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



**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**

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 Activator 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
	Board Games, meet at ACTIS	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
WEDNESDAY	Tenants Protection Association (Fortnightly)	9:30 am - 11:30 am
	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	1pm - 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 Wednesday

1pm - 4pm

In the Heartland area at ACTIS



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

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

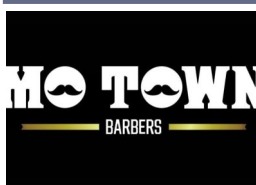


Brekkie on the go in the month of May

It's pretty cool to see our kids first thing in the morning on their way to School. To see their smiles and the different personalities that make them awesome in their own unique way. Their beautiful manners and appreciation as we dish them up some hot breakfast to start their day.

Some of the kids chose to have some brekkie here with us while others choose to take it away and save it for lunch time. Either way it's a great start to the day for our tamariki and for us as staff.

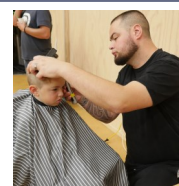
A big thank you goes out to Ironbridge Real Estate, Fonterra and a kind person named Miriama from Facebook for their donations to make these brekkies successful.



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 14th June 53 Hampshire Street, (Café) **11:00 am - 12:15 pm**

Community Walking Group: This group has decided to stop for the winter months. However those that would like are welcome to meet at ACTIS every Monday, 10:30am to play board games indoors.

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 & 11 July**.

Euchre Wednesdays - 1pm - 4:00 pm, in the Heartland space.

Under 5's Play Morning: - Thursday 7 June, 10am until 12pm, Aranui Wainoni Community Centre

Under 5's Play Morning.



With the support from the Ministry of Education, the Aranui Community Trust are hosting another free Under 5's play morning. This will be held **on Thursday 7 June** at the **Aranui Wainoni Community Centre** from **10am until 12pm**.

There will be pony Parties and other fun interactive activities for your under 5 year old. There will be loads of information from Registered Childcare services within the Aranui community.

If you were apart of our last under 5's play day you will know the fun we have instore for you guys.

Look forward to seeing you and your little one on **Thursday 7 June**



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

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Partnership Community Worker

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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.