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ARANUI COMMUNITY TRUST NEWSLETTER

September



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

Aranui Community Trust - Community Lunch - the 2nd Thursday of the month - 11am until 12:15pm

Our August Community Lunch was a hoot with Bronwyn, a community member donating her time and skill to teach us rock art. This was cool and rather relaxing, it felt like mediation' said one Mum.

The rock art wasn't everyone's thing but the homemade vegetable soup defiantly went down well. As for those that were wondering, yes there were TV camera's - world famous in Aranui. CTV are doing a little half hour Doco on the many ways that ACTIS host community meals.

Every month to accompany our lunch we like to add a life long learning skill, if you have a skill you would like to share with the community, please get in touch with us.

Our Next Community Lunch is - Thursday 13 September @Cafe 53 Hampshire Street, Aranui



Your ACTIS Crew got invited to check out the new premises for the Anzac Fire Station situated on Anzac Drive. Man its flash as!! A big thank you to the fire crew for installing **FREE** smoke alarms around the community, if you would like to access this service pop into ACTIS and we'll get you sorted. Watch this space to find out when about the ANZAC Fire Services community open day.



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 October

Items due: 20th September by emailing Tracey

tracey@actis.org.nz

Newsletter available 14th of each month.

BE IN TOUCH

The most fun you'll have this summer!

Get involved at your local Touch Competition

Aranui Junior Touch

Term 4 Friday 19th Oct – 7th December 2017 (no games will be played on the 16th Nov due to Show Day)

VENUE – Wainoni Park

Friday afternoons from 4pm

Mixed (yrs. 3-4, 5-6, 7-8) and boy's/mixed yrs. 9-10

REFEREE UPDATE: All teams are to supply a nominated referee to referee their games (half a game each)

Team entry is \$60 per team

To register a team please visit the Aranui Junior Touch website:

<http://www.sporty.co.nz/aranuijrtouch>

For more details, please contact: Sheree Rangihuna sheree@actis.org.nz
Ph: (03) 963 7070 Mobile: 027 789 0815

Christchurch City Council 



IT IS **OK** TO ASK FOR HELP

0800 456 450
www.areyouok.org.nz

Looking for a warm friendly place to visit?

Ambrosia Cafe

309 Breezes Road

Tuesdays and Fridays 10-12
with toasted sandwiches for sale

17AFFIRM 2018 STALL REGISTRATION

AFFIRM FAMILY FESTIVAL

Saturday Dec 1st 2018

Registration closes

7th Sept 2018 by 4pm

Registration forms can be requested by emailing sera@actis.org.nz or rachael@actis.org.nz

Proudly supported by Touch Canterbury.

www.touchcanterbury.co.nz

admin@touchcanterbury.co.nz
[facebook.com/touchcanterbury](https://www.facebook.com/touchcanterbury)
ph (03)3236102



Friday after School activities with

Cheyenne, Wainoni Park or

Basketball Courts

3:00pm – 4:00pm



MOTOWN Barbers

15 Woodlands Place, Aranui or Ph 027 365 8270.

This photo was taken from our Dads & Kids event held in April where Luke & his brother Scott kindly donated their time and talent to support the Aranui community.

Meme Mini Cabs, private hire,
tours \$2 per km,

4 persons max

Phone or text 022 152 1955

Safe Reliable & Affordable



Welcome to Father & Child Trust

Happier Dads and Families

Upset? Confused? Suffering loss in your role as a father?
...or just need more information about being a dad?

We provide a variety of programmes, resources and support for Dads including our Why Dad booklet - 10 week correspondence course, Teen Dad support and anger management courses

<http://fatherandchild.org.nz/> Ph: 03 982 2440

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.



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

**And will start back up on
Monday 3rd September.**

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 hope and opportunities, where people stand tall.



CALLING FOR VOLUNTEERS TO SUPPORT THE LEARNERS LICENCE DRIVING COURSE IN ARANUI

Date: Fri 5 Oct, Fri 12 Oct, Fri 19 Oct, Fri 26 Oct, 2 November

Time: Every Friday from 12pm to 3pm

Location: Aranui Wainoni Community Centre, 31 Hampshire St, Aranui



You would be helping the course participants to achieve their Learners Licence. It would be ideal if you could volunteer your time for the entire course but we would also appreciate any time you could volunteer.

To register as a volunteer for this course please phone the Aranui Community Trust on 03 963 7070.

Spaces for the Learners Licence Drivers course are now full.

Senior Spring Dance

Friday 21st September

6pm until 8pm

Aranui, Wainoni Community Centre



The Senior Spring Dance is a FREE event open to community members 50years +
Numbers are limited to this event. Registrations can only be made by either calling your host the Aranui Community Trust on 03 9637070 or popping into our Office at 37 Hampshire Street, Aranui.
37 Hampshire Street, Aranui.

Registrations for Senior Spring Dance can be made by calling ACTIS on 03 963 7070 or popping in to see us.



MINISTRY OF
SOCIAL DEVELOPMENT
Te Manatū Whakahiato Ora



Keeping our Tamariki safe from fire. **FREE** smoke alarm Installation.

As a part of the Fire and Emergency New Zealand's Home Fire Safety Visit programme, smoke alarms and installation are available for free.

The Fire Services will also check existing alarms and install extra ones to ensure your safety.

To suss this out come into ACTIS and fill out a few details, and we'll get you sorted for smoke alarms.

Free Counselling Service @ the Women's Centre

Getting a Counselling Appointment:

Monday to Friday 9.15 am - 2.30pm

There is no criteria for accessing our counselling service. All you need to do is come in or ring us to let us know you want to start the counselling process. Phone 03 371 7414 or 0221055308
support@womenscentre.co.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, outgoing 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 <https://www.youtube.com/watch?v=2cBiHg88JEs&t=387s>

Keeping active over the winter 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
Zumba	Zumba	Monday nights 7:30pm	Aranui/Wainoni Community Centre	Gold Coin Donation	Fitness X Christchurch
	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	Tuesdays 10:30 am 12:30 pm	Aranui Wainoni Community Centre	1st session free \$2 per person	Call ACTIS on 963 7070
	Skills and Drills with Cheyanne	Friday, starting term 3 3:00 pm 4:15 pm	Basketball Courts Or 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

Gold coin donation to attend



Depression Support, Janet Robson of
Depression Support network is available
if you are finding life tough and need to talk to someone.
call 03 366 8083 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.

Housing New Zealand
Housing New Zealand Corporation

Tenancy managers Darryl Freeman and Tamsyn Edwards are at Heartlands every Tuesday and Thursday 9.00am - 4.00pm



Aranui Heartland Service

Phone: 963 7070, 37 Hampshire Street

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

MONDAY— FRIDAY

Kiwisport Activator Mon 8.30 am -1.30 pm Wed 12.00 pm - 5.00 pm

Thurs 11.30 am - 4.30 pm Fri 12 pm - 4.00 pm

**Fridays ACTIS closes
at 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

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: 03 332 1700

Housing New Zealand Corporation

9:30 am - 4:00 pm

Maori Land Court Contact: 03 962 4900

By Appointment

Mums and Bubs coffee group (Aranui Library)

10:00 am - 11 am

Indoor Bowls \$2 cost per person

10.30 - 12.30 pm

WEDNESDAY

EQC, Earthquake Commission

1pm - 3pm

NZ Fire Service last Weds of each month

10:00 am - 2:00 pm

Euchre— Every Wed except on Foot Clinic day

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

9:30 am - 11:30am

Housing New Zealand Corporation

9:30am - 4pm

FRIDAY

Kiwisport Activator

12:00 pm - 4.00 pm

Partnership Community Worker

9:00 am - 5.00 pm

B4 School Checks (By Appointment)

9:00 am - 3.00 pm

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.

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 & then you will receive a foot massage

Unfortunately we are unable to offer this service to those with diabetes. Next Foot Clinic 12 Sept & 10 Oct

Every Thursday from 9:30am until 11:30am, @ ACTIS on Hampshire Street.

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.



There are spaces available in the New Jammers for the Aranui StarJam workshop (Vibrant Vocals) This is for anyone ages between 6—25 yrs who lives with a disability. StarJam workshops provide a safe space to be yourself, make friends, build your confidence & learn new skills.

Vibrant Vocals - singing and dancing on Monday evenings, 6:30pm - 8pm. Contact Jo to get involved.
Christchurch@starjam.org or Ph 021 782 766

Wainoni Park—Stormwater Basin

There will be landscaping happening around the new stormwater basin on Wainoni Park beside ATown Boxing gym. Works will start on September 3 for about 6 weeks. These works will help prevent erosion of the basin and provide a cool recreation area for our community.

Gambling Harm Awareness week - 3 - 9 September

The theme of this year's Gambling Harm Awareness week is **"Take time out from gambling, put time into whānau."**

Need help? Call 0800 664 262

<https://www.pgfnz.org/ghaw2018.html>

Te Kura Tawhito - The Old School - 140 Seaview Road, New Brighton.

Accessible family health to families. - Gold Acupuncture

New Brighton, Community Clinic - is a clinic which provides low cost, sliding scale treatment for people in need.

Sophie Gold is a registered acupuncturist and also a recognized ACC treatment provider offering low cost health care at the Old School. The community clinic is every Thursday 12pm until 2pm with Bookings essential.

Phone Sophie Gold on Ph 0224734528.

EQC - Do you have an open claim with EQC? Do you need support with understanding the process around your current claim? Or do you require general information about your claim?

If yes, come and seek answers from members of our EQC settlements team who will be at Aranui Community Trust/Heartland area every Wednesday, 1pm until 3pm starting Wednesday 5th September. No appointment needed, just pop in between 1pm and 3pm to see how we can help you out with those EQC claims.

37 Hampshire Street, Aranui, Christchurch. Phone 03 963 7070.

2018 - Dates to Remember

Free Community Lunch: Thurs 13 Sept 53 Hampshire Street, (Café) **11:00 am - 12:15 pm**

Community Walking Group: Starting back up 3 September.

Free Community BBQ - Thurs 27 Sept - 12 - 1pm location TBC

Indoor Bowls: Every Tuesday 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. Call 963 7070 bookings essential, next date **Wed 12 Sept**

Euchre Wednesdays - 1.00 pm - 4.00 pm, in the Heartland space.

**IT IS
OK TO ASK
FOR HELP**
0800 456 450
www.areyouok.org.nz

Blanket Bank

Located @

105 Brighton Mall

Phone: 388 9920



Euchre - For all ages, beginners welcome.

**Every Wednesday
1pm - 4pm,**

In the Heartland area at ACTIS

**Women's Bible Reading
Group. @Aranui
Community Centre.**

Thursday's 10am - 11:30am



**Emergency Food Bank,
St Ambrose Church,
309 Breezes Road
Tues, Thurs, & Fridays
10am - 12pm,
Phone 03 3886699**

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

Rachael Fonotia

Manager

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021 216 7177

rachael@actis.org.nz

Tania Kaa

Partnership Community Worker

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tania@actis.org.nz

Tracey Hunter

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03 963 7079

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Sera Thompson

Administration and Heartland

03 963 7070

Fax 03 963 7076

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Toe Smith

Partnership Community Worker

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Cheyenne Thompson

Kiwisport Activator

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Sheree Ruri

Reception

03 963 7070

sheree@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.**