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ARANUI COMMUNITY TRUST NEWSLETTER

October



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

In its 3rd year the senior spring dance, hosted by your ACTIS Whanau was another successful night out for our senior community members. With rock n roll dancing and a great band, everyone was treated to using china tea cups and enjoying a delicious supper. The night was filled with laughter, dancing and connecting with other community members and neighbours.

A great bunch from the Palm Grove Residential home in Shirley had been looking forward to this night out for sometime now. One resident named Shirley who is 95 years old has attended all 3 senior spring dances and is not shy to kick her heels up on the dance floor. A big thank you also goes out to Ebony and Sarah from the Aranui Library for volunteering their time to help us with this fun event. See you all again next September.



Free Kids Rides
Running Races
Health & Wellbeing
Entertainment
Kids Tent
Food Stalls
Local Talent
Photo Booth
Face Painting
Hip Hop
9:30am - 3pm

17 AFFIRM

1 December 2018
Wainoni Park, Aranui



Free Event
No Alcohol
Family Friendly
No Dogs
Bring a picnic
Smokefree
Chilled Day
Eastside
Good Vibes
Community
9:30am - 3pm



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 November

Items due: 20th October 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



Pregnancy Help Canterbury
Has moved to the Old central New
Brighton School.
Ph: 03 385 0556 or 022 530 2463

**Looking for a warm
friendly place to visit?**

Ambrosia Cafe
309 Breezes Road
Tuesdays and Fridays 10-12
with toasted sandwiches for
sale

AKO - Playgroup

Mums and Bubs meets
every Thursday

10am until 11am

Aranui Wainoni Community

Centre

Morning Tea Provided

All Welcome.

**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

Early Childhood Education Enrolment Coordinator

Do you or someone you know need some help to enrol your child into Early Childhood Education?

Ph: 03 963-7070

Or pop into ACTIS and talk to Bobbie

37 Hampshire St, Aranui

Check us out on Facebook—Aranui Community Trust

<https://www.facebook.com/AranuiCTIS>



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.
Meets every Monday outside the Aranui Library**

10:30am start

**A walk at your own pace around the Aranui
Community.**

Back at the Library for a cup of tea and natter.

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.





WHITE RIBBON EVENT



Friday 23 November

Ripene Ma Reserve

5pm until 6:30pm

Corner of Hampshire Street & Wainoni Road

A Family friendly evening for all of the community to come together to support a safer community.



Cheyenne our Kiwisport Activator enjoyed a great day out with students from Banks Ave Primary School competing in their annual Athletics day for the years 4- 6 students. Heaps of fun was had with the relay races especially the relay that involved, teachers, students and parents. Cheyenne seen some awesome skills and beautiful sportsmanship displayed during the day.



How cool would it be if we were introducing Jordan Taufua from the Canterbury Crusaders as our new receptionist here at ACTIS? Yeah it would be cool but nah we don't have Jordan on reception he just came in to have a chat with Lana from Ara Institute of Canterbury so we nabbed a photo. Cool ah.

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

Helpful staff from Ara are 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 ACTIS see what's on offer. - 37 Hampshire Street, Aranui



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**.

Free Counselling Service @ the Women's Centre

Monday to Friday 9.15 am - 2.30pm - Phone 03 371 74 14 or 022 1055 308 - support@womenscentre.co.nz

There is no criteria for accessing our counselling service. All you need to do is come in or call us to let us know you want to start the counselling process.

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

**Fridays ACTIS
closes at 4.00 pm**

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

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

12pm - 2pm

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

Indoor Bowls \$2 cost per person

10:30 - 12:30 pm

WEDNESDAY

Euchre— Every Wed except on Foot Clinic day

1pm - 4:00 pm

Foot Clinic—2nd Wed of each month (By Appt)

1pm 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 - 4:00 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 10 Oct & 14 Nov

St Ambrose Church - Elderly Care Group

Thursdays 9:30am - 12:30pm

A structured programme of exercise & activities designed to support mental & Physical well-being for safer independence at home.

A light lunch is offered at a small cost and transport is available.

The cost is \$2.50 and the group is open to people over 65 years of age.

REUNION for all FREEZING WORKERS

All ex Freezing Workers are invited to attend our reunion, including Meat Inspectors, Bosses and Managers.

All welcome.

BOWER HOTEL

Sat 17 Nov, 2pm - 6pm

For full details & enquires phone Hooch/Wobbley on 022 6319 793

Mental health week 8—14 October

With Mental Health Awareness week being during the month of October it's a good time to remember the importance of connecting with your local GP, taking time out for yourself, knowing the services available to you and staying in touch with friends and Whanau.

Toe and Tania at the Aranui Community Trust are here for you, whether it's a cup of tea and a listening ear, or to advocate on your behalf ie unmet health needs or WINZ. We are here to support you, enable you and give you the confidence and encouragement to know that everything is going to be ok. We all need support at some stage in our lives and it is ok to ask for help. If you would like some support from one of our Partnership Community Workers give us a call on **03 963 7070**



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.

2018 - Dates to Remember



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

Annual General meeting (AGM) - 17 Oct - 5:30pm—6:30pm @ Aranui Wainoni Community Centre. All community members welcome to attend.

Foot Clinic 2nd Wednesday of each month: From 1:00 pm at Heartlands, Aranui Community Trust. Call 963 7070 bookings essential, next date **Wed 10 Oct**

Aranui Junior Touch Starts 19 Oct, Wainoni Park, 4pm kick off

Fast 5 Social Netball starts 24 Oct @ Haeata netball Courts, 6pm kick off.

**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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Sera Thompson

Administration and Heartland

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Cheyenne Thompson

Kiwisport Activator

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Sheree Ruri

Reception

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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.