



# Neighbourhood News

Issue 1 2023

Mairehau & St Albans Community Update

In December of last year, the Neighbourhood Trust teamed up with Kia Kori Waitaha - Play in Canterbury to provide a special treat for families in need. Instead of just the usual eatable treats, last year's hampers included a play pack full of sporting equipment. This all came about from a conversation between Don and Jimmy Sinclair at the Light party in October, where they discussed wanting to encourage whanau outside, to play and get active. We heartfully thank Kia Kori Waitaha - Play in Canterbury, for helping us spread some Christmas cheer. The play packs proved to be a great addition to the Hampers, and we are very thankful to those that helped us achieve this.

Kia ora koutou katoa

Brought to you by Neighbourhood Trust;  
the community arm of St Albans Baptist Church  
nht.org.nz @NeighbourhoodTrust



Neighbourhood  
Trust

# Noteworthy News

Recent highlights at Neighbourhood Trust

## Introducing Maree ...

As the new year began the Neighbourhood Trust welcomed a new staff member to the team. Maree is working as the new Golden Connections Programme Coordinator after the departure of Dawn Hastings. Although it was tough to see one of our team leave, we look forward to seeing the impact that Maree will have on the Golden Programme. Stepping into the role Maree has shown true dedication to the Golden, as she stated, "I am really excited about making the programme for our Golden their own, giving them a voice as to what they would like and, where possible, enabling this to happen". We wish Maree well in her new position and can't wait to see what she has instore for the Golden Programme.



## Connecting with our Community



## Community Grown Kai

In the last Neighbourhood News, there was a piece about the opening ceremony of the garden which occurred on Saturday 5<sup>th</sup> November. On that day, prior to the opening ceremony, a bunch of volunteers got stuck in and planted seedlings throughout the garden. Within about 6-7 weeks we had the first items ready to be harvested – some lettuce, silverbeet, peas, courgettes, and cucumbers. Not a lot, but it was the beginning of seeing a dream come to fruition. Since then, we have been harvesting some kai which now includes tomatoes, jalapenos, rhubarb, beetroot, runner beans, broad beans, and green beans.

So, what do we do with them? Some of the produce is offered to volunteers when they are working in the garden. If something is ready to be picked, and you've put in some work to keep the garden working, then it is only fair that you are offered some produce as a way of saying 'Thank You'. Most of our produce is taken to The Whanau Centre on a Tuesday when we are distributing Kai Boxes. (Check out the Kai Support section of this newsletter) Some of the boxes we distribute contain fresh fruit and veggies, while others have non-perishable pantry items. When people come, they can add other food items, like our fresh produce, to their box. The additional harvested items from our garden go back to the community to support those in need.

Another part of the Mairehau Neighbourhood Garden dream is for people to come along and get involved. It doesn't matter if you know little or nothing about growing food. There are others of us there to help you. We believe that building food-growing skills in the community is a good solution to taking more control over your food security. We all know the stories of expensive fruit and vegetables in the supermarket, so why not eat produce that you have grown and harvested with your own hands? We plan this year to hold several workshops to build skills like propagation, planting, pruning, harvesting, preserving & bottling, composting, and more.

The garden is a productive teaching and learning space, but it is also beautifully designed as a place to sit and relax. Pop along with a coffee, sit with a friend, and simply enjoy it. It feeds the body and the soul.



## OSCAR Programme



After School Care now available for Mairehau Primary, St Francis of Assisi, Ouruhia, St Albans Primary and St Albans Catholic.

Located at, St Francis of Assisi and Mairehau Primary.  
Ages 5-13

For more info, contact:  
Roana on 0277019382,  
Or [childrens@nht.org.nz](mailto:childrens@nht.org.nz)



## April Holiday Programme

School holidays are almost here! So make sure you book with our OSCAR Programme. Our April Holiday Programme has a transportation theme, which will include a trip to the Air Force Museum. The Programme will be filled with activities such as crafts, baking and sports.

To find out more about what we do you can visit our website:

<https://www.nht.org.nz/holiday-programme/>

# Golden Connections

## Social events and services for over 60 year olds

Are you over 60 and wanting to meet new people and enjoy getting out?

Golden Connections is based at the McFadden Centre (64 McFaddens Rd) and provides a range of activities.

**For bookings or a programme contact Maree,**

**E.Golden@nht.org.nz | M.0221952589**

### ACTIVITIES

#### Monday Mornings, fortnightly Foot Clinics

We always have space to fit another person in so if you would like to have your feet soaked in a spa, your nails cut and a relaxing foot massage contact Maree for an appointment.

Cost \$15, bring your own hand towel.

### SPECIAL EVENTS

#### March 20, 1pm-3pm St Patricks Day Aafternoon Tea

Fun social time celebrating all things Irish. Yummy food & good company. Wear something green and keep a look out for the lucky shamrock.

Booking essential. \$5 donation  
Contact Maree, [0221952589](tel:0221952589)

#### April 24, 12pm Movies & Toasties

Movie will be decided closer to the time—so either come along for a surprise or contact Maree the week before to find out what the movie will be.

Cost \$2 per toastie & \$2 for movie.

#### Fridays, 1pm - 2:30pm Strength & Balance

Low impact, circuit class designed to improve your balance, strength and mobility whilst having fun!  
Cuppa & baking with some time to chat afterwards.

\$2 donation to cover costs.

#### April 3rd, 1pm Speaker

Come along and hear Maree talk about her life and experiences. You can also share some ideas for future Golden activities.

\$2 Donation

#### May 8th, 1pm Coronation High Tea

A right royal occasion that you don't want to miss. Dress in your finery or red, white & blue to celebrate the coronation of King Charles III.

Booking essential. \$5 donation  
Contact Maree, [0221952589](tel:0221952589)

# What's Happening...

## In Our Community

### Delivery Changes

The Christchurch City Council has announced new bylaws which will affect the delivery of the Neighbourhood News.

If junk mail is distributed to mailboxes marked "no junk mail", or similar, those responsible could face a fine of up to \$20,000.

Because of this there will be changes to our delivery system. We will no longer deliver to "no junk mail" mailboxes.

However, if you have a no junk mail sign and would still like to receive the Neighbourhood News you can contact [Comms@nht.org.nz](mailto:Comms@nht.org.nz), or call 027 710 0042.

This bylaw is set to take effect around June, so make sure you contact us before the next delivery.

If you have any further questions about this you can contact, Samantha by emailing, [Comms@nht.org.nz](mailto:Comms@nht.org.nz)

## THE WHĀNAU CENTRE

### KIWI DADS

Neighbourhood Trust Community Development Worker, Don is available to spend time over a coffee to chat with Dads about their struggles in parenting, their dreams for themselves and their children and to offer encouragement, support & advice.

Contact Don

**E.** [community@nht.org.nz](mailto:community@nht.org.nz) | **M.** 027 956 9202  
+ check out their Facebook Group @KiwiDadsChch

### JOB SEEKER SUPPORT

We offer CV and Cover Letter support for those who are seeking to find work.

Would you like to create a CV or improve your current one?

Get in touch with Sarah to book an appointment by emailing [operations@nht.org.nz](mailto:operations@nht.org.nz).

## THE WHĀNAU CENTRE RESOURCES

We have a range of books, CDs, DVDs and other resources on a wide range of parenting topics at the Whānau Centre that you are welcome to come and read, browse or borrow. If you're interested in something specific, please let us know!

Neighbourhood Trust  
community hub:

49 Nancy Ave, Mairehau



### KAI SUPPORT

We have kai boxes available for households in the local area who need some assistance. Visit [nht.org.nz/kai-box/](http://nht.org.nz/kai-box/) to request some kai. This will be available to pick up from the Whānau Centre on Tuesdays for people who have requested one.

If you have an urgent need, or are struggling to access the website **phone Sarah on 027 710 0042**



## About

A special thank you to the funders of Neighbourhood Trust

### WHY YOUR LETTER BOX?

Kia ora Neighbours,

We are delivering the Neighbourhood News to letterboxes in our community. However, you can contact us at [comms@nht.org.nz](mailto:comms@nht.org.nz) if you do not want to receive further publications.

From your  
Neighbourhood Trust



Neighbourhood News is an initiative of Neighbourhood Trust, the community arm of St Albans Baptist Church. We support the people of Mairehau and St Albans to build vibrant, connected communities, where every person can reach their potential. Neighbourhood Trust partners with other like-minded organisations to offer programmes, classes and events that create connections, support local people, and build on community strengths.

**P.** 355 6522 **E.** [comms@nht.org.nz](mailto:comms@nht.org.nz) **W.** [nht.org.nz](http://nht.org.nz)



NHT is pleased to be a "Good Cause" on fundraising platform, Upstream NZ. If you're looking for service providers for your home or business, check out [www.upstreamnz.co.nz](http://www.upstreamnz.co.nz) for available suppliers and choose NHT as your "Good Cause". Each invoice generated will see the supplier give a percentage back to charity. This is a great way to support NHT and local business.



The St Albans Baptist Church family are committed to creating an environment in which people love God, love one another and use their God given gifts. Join us each Sunday at 10am at 64 McFaddens Road, St Albans.

**P.** 355 6522 **E.** [office@sabc.org.nz](mailto:office@sabc.org.nz) **W.** [sabc.org.nz](http://sabc.org.nz)  
**A.** 64 McFaddens Road, St Albans



# Regular Neighbourhood Activities



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## MONDAYS

### GOLDEN ACTIVITY

#### Time Varies

Contact Maree,  
Golden@nht.org.nz  
or 0221952589

## WEDNESDAYS

### MAIREHAU NEIGHBOURHOOD

### GARDEN

#### 11am - 1pm

All are welcome to come and work in our garden for as long as you can manage. Check FB page for any changes to work times. Contact Don, community@nht.org.nz, or 027 956 9202

Facebook @NHTGarden

## FRIDAYS

### STRENGTH & BALANCE CLASS

#### 1pm every Friday

A Low Impact circuit class for ages 60+  
Finishes with a cuppa after. \$2 donation.  
Contact Sarah,  
operations@nht.org.nz or 027 710 0042

## TUESDAYS

### KAI BOX PICK UP

#### 12:30 - 2:30pm

Visit [nht.org.nz](http://nht.org.nz) and click on Request Kai Support (Top of page)

### CRAFT GROUP

#### 10am - 12PM

SABC Redwood Lounge  
Contact: Christine 981 5134  
Sharon 027 473 1846 or  
Anita 352 9272

## THURSDAYS

### SABC YOUTH

#### 7pm - 9pm

Contact Seb  
youth@sabc.org.nz

## SUNDAYS

### ST ALBANS BAPTIST CHURCH SERVICE

10am - 11:45am  
Contact Murdo  
churchmanager@sabc.org.nz

03 355 6522

## HOW CAN YOU HELP?

If you like what you've seen & would like to support us head to [www.nht.org.nz/giving](http://www.nht.org.nz/giving)