



Nature Play in the Red Zone

By Celia Hogan

When I was a child, we used to go to my grandparents' bach in the Marlborough sounds and as a group of cousins we would head off into the bush or down to the beach to play every day.

The memories that stand out the most are memories of hut building in the bush, fishing off the wharf and creature hunting in the mud at low tide.

The play was simple, it was carefree, we hung out as a group of many different ages, we assessed risks as we went and there were no adults in sight!

Fast forward a few years and things are different. Don't get me wrong, children are still getting outside, although it's much less than previous generations and it's having an impact on our children's development.

Most people know that spending regular time outdoors is important to the overall wellbeing of ourselves and our children, but the default with children tends to be playing sports.

There is definitely a place for playing sports but we also need to make time for outdoor play or as it is more commonly known these days, nature play.

With our lives being evermore busy and scheduled, nature play becomes an important part of a child's development.

Nature play provides opportunities for child led, unstructured play which enables imagination and creativity to grow. It is wonderful at building resilience,

developing problem solving abilities and improving overall mental health and wellbeing to name a few.

Nature play is a very simple concept, but it can be lost when we are too structured with our children's leisure time.



What it looks like is going to a natural space with your children, like the red zone for example and not having a set purpose. Let the children lead, let them explore, let them experience what it is to feel carefree and happy.

You might not get very far, or you might end up on a mini expedition. It doesn't matter. What matters is that children are given the opportunity to play

in nature where they get to choose how they want to play.

They might look for bugs, climb trees, make huts, roll in the grass, collect acorns, play with sticks, look for fish in the river, jump in puddles or swing on one of the swings that the council haven't cut down...yet.

The Red Zone is such an incredible asset to those in the east and Christchurch as a whole. I encourage you to go and explore it as a family and give your children the gift of time, freedom, nature and play – all in one place.

Celia is CEO of Little Kiwis Nature Play

www.littlekiwisnatureplay.com

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Layout: Kristine Spoor.

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The RCN is now available online:
www.aveburyhouse.co.nz/newsletter.html

Contact us at: rcn@aveburyhouse.co.nz or ring Avebury House: 03 381 6615.

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"When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment, and I told them they didn't understand life."

-John Lennon

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Richmond School Swimming Pool

By David Hollander



Sorrell, Photo., GROUP OF LADY MEMBERS OF THE RICHMOND AMATEUR SWIMMING CLUB. Christchurch. Alexander Turnbull Library, Wellington, New Zealand. / records/2661379

The photo above was published over 100 years ago in New Zealand Illustrated Magazine, 1 January 1900. The image was used to illustrate an article "Amateur Swimming in New Zealand" and offers an early glimpse of a major local amenity in Richmond. The pool was located adjacent to the original Richmond School grounds, now Richmond Green, on Cumberland St (now Pavitt St).

In the 1925 Richmond School Jubilee booklet, there is a note about the swimming pool:

The School Swimming Bath, built in 1892 as a result of united effort and much liberality on the part of the people of the District, as well as the hearty co-operation and financial assistance of the Education Department, Board of Education, City Council, Fire Insurance Association and other organisations, has proved of great value to the School and District not only in teaching the art of swimming but also from the financial aspect, it being the source from which expenditure for many improvements to the School premises and equipment has been met.

According to contemporary newspapers, a swimming club was formed soon afterwards and there are newspaper reports of swimming carnivals being held at the pool at least until 1919. Does anyone know anything about the Richmond Swimming Club?

The pool seems to have been a major attraction for many people in and around Richmond. In the Richmond History Group collection at Avebury House is a type-written note by Ailsa Cormack recording her memories of the pool:

The water was from under-ground with no heating, so could be cold at the beginning of the season, and about the middle of the season when

Continued on Page 7.

Remembering Mr Grantham

By David Grantham

Dad, Mr Grantham (Tom to his teaching associates, Elmer to his friends and family) arrived from England with Mum and my two oldest sisters on the Rangitata in August 1947. They camped for some months at Aranui Camping Ground in Pages Road as there was an acute housing shortage (sound familiar?). Dad, an accountant by profession, looked for work for some time, then secured a job out of the Ballantyne's fire tragedy in November that year. Two auditors died in the fire so a position became available at their firm of Stewart Beckett.

Always having the desire to be a teacher, he jumped at an opportunity almost two years later. The baby boom was gearing up and teachers were in short supply. The Emergency Training Course (commonly known as the Pressure Cooker Course) was introduced – a one-year course. Dad entered Teachers' College at the age of 38 in September 1949. After graduating, he spent a year and a half at Linwood North School, followed by a little over 3 years at newly established Bamford School. He began teaching at Richmond in September 1955.

He was a stickler for at least two of the three 'r's – reading and 'rithmetic, especially tables, but was always one for a bit of an adventure. He never owned a car – the pushbike was his chosen means of transport. He took pupils regularly biking to the ice skating rink in Centaurus Road and on at least one occasion (1963) a group on the steam train to Arthurs Pass. Other trips were to the Law Courts and Addington Sale Yards, where they sold livestock. He borrowed a penny-farthing bike from one of the local bike shops to show the pupils. His father had built one as a pupil at school at Harrow in 1880. Some lunch hours he'd bike up town to the produce markets in the Cashel/Barbadoes Street area and bring back to school a wooden case of oranges or bananas, perched on his carrier. Other times he'd take pupils to the market so see the process. We had a goat at home (156 Aldwins Road – the site of today's WINZ office) to help keep the grass down on the half acre section. An annual trip was for Heidi to trot along beside Dad's bike all the way up Linwood Ave and Stanmore Road to have a school visit.

School photos were a bit problematic. He hated having

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his photo being taken and wouldn't appear in any class ones. Trying to worm his way out of staff photos was an impossibility. Classes could often have 40-50 pupils. Three teachers from my school at Linwood Ave – Mr Kent, Mr Doreen and Mr Maslin, ended up at Richmond – Mr Maslin (my Std 4 teacher) becoming headmaster. Dad never aspired to being, what was known back then as first assistant or a headmaster – he just liked teaching kids... and produced six of his own! He often took his own class for Bible in Schools and coached cricket and soccer teams but derisively labelled rugby 'hand ball'.

If the Oldfriends website is anything to go by, he is fondly remembered by two generations of pupils. An advert in the Chch Star 1 May 1976 announced that there was a farewell to Mr T E Grantham two days later on the Monday. The occasion would have been an ordeal as he shied away from publicity, but 'Granny' as some pupils nicknamed him, was about to retire. A stint of over 20 years as a teacher at Richmond was coming to a close. He was happy to go – the two-storeyed classroom block had been demolished the previous year while open plan classrooms were becoming the vogue and he hated the idea. A failed experiment then - with today's open plan – the only thing we learn from history is that we never learn anything from history.

Forty years teaching or the age of 65, was retirement age. A few years later Dad developed Parkinson's Disease and he died (while riding his bike) in May 1983 – three days short of his 72nd birthday.

Footnote: The archive at Avebury House will be getting all Dad's old school photos. He labelled the backs of the class ones with names, including those who were absent, had left or hadn't arrived at photo day. So if you were in his class in odd numbered years mostly, but also 1956 or 1974, and didn't throw a 'sickie' that day, your picture should be included. There are also staff photos and some sports teams photos – the latter unnamed on the back.



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A Passion for Fitness

By Dee Owers



Hi! My name is Dee and here's how I got into being a fitness trainer and why I love it!

I originally qualified as an 'Aerobics Instructor' with the Christchurch YMCA last century, yes, all the way back in 1997. I taught a few classes but just didn't feel confident to lead, (I used to be quite shy!), so it slid to the backburner. I still attended gym every day, participating in group fitness classes as well as outdoor activities, many of which I still love today. I was a regular open water swimmer, did half and full marathons, and was a passionate runner and short course triathlete.

I was working in corporate world when the February 2011 earthquake hit the central city, and like many others I had my life tipped upside down, literally and figuratively.

My employer lost their building and relocated from the central city to South Hornby. I commuted by bike, but after being knocked off not once, but twice, my husband said, "Quit that job, you'll get killed getting there!" Life really is too short and precious, so I left and we took a much-needed overseas trip for a couple of months - some respite from our damaged home and devastated Christchurch.

Upon my return I was unemployed for the first time in my life! Eeek.

I picked up some part-time jobs but then answered an ad for a position at the brand new Anytime Fitness in Shirley. The owner saw that I was a qualified instructor and asked if I'd be keen to teach again. I started running group fitness classes and that's how I found my job for life - what I was meant to do.

I now contract out to many fitness facilities and community groups in Christchurch. And I continue to raise the bar on my own qualifications and skills. I am qualified to teach Pump (Barbell class); Boxfit; Abs, Butts & Thighs (ABT); Spin classes; Older Active Adult Exercise; HIIT (High Impact Intensity Training); Stretch & Release; Aquasize; Basic Mat Pilates; Circuit and I run Bootcamps too!

I also run Eastside Training Squad and Eastside Dogwalking Services.

My passion is to help others get and stay healthy so they can enjoy physical activity. To have their bodies and minds functioning well, no matter what age, how active they are, or what their financial situation is.

In my free time you'll find me on my mountain-bike, off-road trail running, kayaking, sailing, paddle-boarding, scuba and free diving, winter skiing, travelling and generally enjoying life with family and friends. Oh, and joining in Group Fitness classes when I can!

I would love to see you at Avebury House for a class. Or if you're interested in Eastside Training Squad Boxfit, HIIT or Bootcamp classes check out my facebook page or get in touch with me on **0272515475**.

I do one-to-one training at very reasonable prices per session.

I love meeting new and interesting people and creating fun, challenging and safe class formats with motivating music - it's what I do!

Dee Owers runs Gentle Exercise Classes (\$5) at Avebury on Monday mornings at 10.30am; and a basic Pilates (\$6) class on Wednesdays 6:45p.m. starting on September 11th.

Tuition
Clarinet, Sax, Flute, Guitar, Bass, & Piano—Experienced local teachers. Phone Nicola & Ivan (03) 385-3856 .
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Sweet Tart	\$17.50

Boxes of individual tarts

4 x Savoury	\$20.00
6 x Sweet	\$20.00

Vegan options available! Steph can also do baking parties and classes for all ages.
Pick up at Avebury House on Fridays.
To order or for more info contact Steph at **lafrenchtarte@gmail.com**

Festival of Adult Learning Schedule, 2 - 7 September 2019

ALL CLASSES ARE FREE! More details on our facebook events pages. Some classes **require booking**.

For Avebury House ph: 381 6615 email: admin@aveburyhouse.co.nz

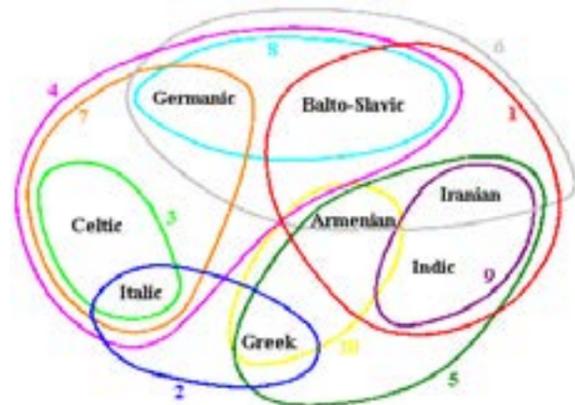
For Richmond Community Garden ph: 02102487149 email: coordinator@richmondcommunitygarden.co.nz

DATE & CLASS	TIME	PROVIDER	LOCATION
MONDAY 2ND SEPT			
Hazel-weaving for garden beds	11AM – 1PM	Cathy Allden	Community Garden
Relaxation Techniques	1PM – 2PM	Kathy Hughes	Avebury House
Pilates for Beginners	2PM – 3PM	Dee Owers	Avebury House
TUESDAY 3RD SEPT			
The 'Soil Food Web'	10AM- 11AM	Mary Tingey	Community Garden
Yoga Basics	10.30AM – 11.30AM	Alison Cousens	Avebury House
How to make a Planter Box	11:30AM – 1:00PM	Paul Smith	Avebury House
Relaxation techniques	7.30PM – 8.30PM	Kathy Hughes	Avebury House
WEDNESDAY 4TH SEPT			
Volunteering at the Garden	10AM – 1PM	Cathy Allden	Community Garden
Men's Shed	10AM – 12PM	Paul Smith	Avebury House
How to Quilt	1PM – 3.30PM	HUGs All Round	Avebury House
THURSDAY 5TH SEPT			
Grow Your Own Lunch	11AM – 1PM	Mary Tingey	Avebury House
How to Marmalade	1.30PM – 3.30PM	Cathy & Julie Crook	Community Garden
Pilates for Beginners	2PM – 3PM	Dee Owers	Avebury House
FRIDAY SEPT 6TH			
How to Worm Farm	9.30AM – 1PM	Cathy Allden	Community Garden
Men's Shed	10AM – 12PM	Paul Smith	Avebury House
Relaxation Techniques	10AM – 11AM	Kathy Hughes	Avebury House
Pastry Basics	6.30PM-8.30PM	Stephanie Rhoades	Avebury House
SATURDAY 7TH SEPT			
How to Compost	10AM – 12PM	Hamish Kelland	Community Garden
A Taste of Culture – mini festival of our cultural diversity	10.30AM – 1.30PM	Julia de Groot & friends	Avebury House
Making Seed Bombs	11AM – 12PM	Emma Woods	Community Garden
Pastry Basics	11AM – 1 PM	Stephanie Rhoades	Avebury House
Basic Massage Techniques (massage buddy required!)	11AM – 1PM	Csilla Shea	Avebury House
Floristry Taster	12.30PM – 2PM	Maree McGovern	Avebury House
Mosaics with Pam	2PM – 5PM	Pammie's Mosaics	Avebury House
SUNDAY 8TH SEPT			
Earth-building techniques	1PM – 3.30PM	Kerry Mulligan	Community Garden

Mind Yer Language: Anyone for PIE?

By Tanya Didham

Once upon a time there was a ‘made-up’ language called Proto-Indo-European, usually abbreviated to PIE. If you’re a fan of etymology, or the origin of words, you will have come across it. It is hypothesised to have been spoken from around 6,500 years ago, originating (perhaps), in the region between the Black and Caspian Seas. English, Russian, Hindi, Swedish, Italian, Persian, et al, are among dozens of languages that descend from this ‘reconstructed language’. It is the parent of more familiar parents such as Latin, Greek, Vedic Sanskrit, Slavic and Celtic. Reverse-engineered from the many languages it spawned, no actual evidence of PIE exists, except that these languages require a common, extinct ancestor.



There are upwards of 30 independent proto-languages being studied/invented around the world. Unique language families such as proto-Mayan, proto-Afro-Asiatic and proto-Austronesian; where proto- means ‘first’ or ‘original’, as in ‘proto-type’. The Greek proto-, is from PIE too, it comes from **per* meaning ‘before’ (the asterisk is what lets you know it’s a reconstructed word). Many of these ‘first languages’ have subcategories of their own. Indo-European has ten, including proto-Celtic, proto-Balto-Slavic and proto-Germanic - the progenitor of our own language tree. As well as English, nine other branches still live on that tree, including German of course, Dutch, Icelandic, Norwegian and Faroese.

Proto-Indo-European is the most well-researched, and the world’s most widely spoken, language family. The late neolithic people who settled and began farming those ‘East European’ steppes, spread their hypothetical language far and wide as they domesticated horses for riding and invented the wheel. From Europe to India to Iran, it formed the basis of many dialects and languages as pockets of populations became geographically separated, but the mother-language itself - PIE - is thought to have died out by 2500BC. RIP PIE. The Unknown Language.

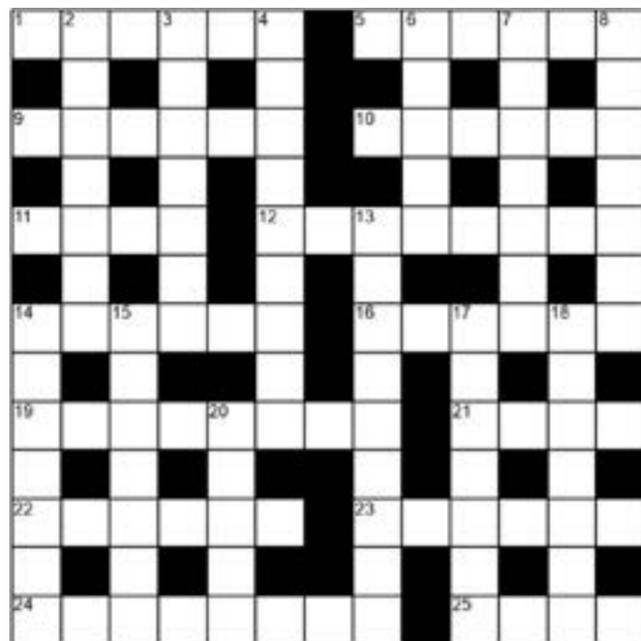
Puzzle Cryptic Crossword

Across

1. Please change to an unconscious state. (6)
5. Stuff of importance. (6)
9. Golden arrangement is a severe trial. (6)
10. A second-class street overseas. (6)
11. Broken disk may cause loss of control. (4)
12. Part of the final term in algebra is...well, final. (8)
14. River crossing could be on the cards. (6)
16. The press appears to be an article short and confused. (6)
19. A foreigner, initially, is gracefully expressive — that’s rich! (8)
21. Weapons kept up one’s sleeves. (4)
22. A French clay mixture — it’s madness! (6)
23. Where Dutch courage comes from. (6)
24. Hanging causes anxious uncertainty. (8)
25. Evildoer travelled by horse, perhaps. (4)

Down

2. Sportsman who may come to blows. (7)
3. Cockney — he made repairs and removed errors. (7)
4. Many go to the north-east to get plastic. (9)
6. Part of egg-white used for mounting stamps, photos, etc. (5)
7. Beat a lightweight cat preceded by Tony Robinson initially. (7)
8. Rides about 550 result in cryptic clues. (7)
13. Furniture item may be pure at first...it certainly has a good name. (9)
14. They made the best ale in Liverpool. (8)
15. Fashionable, loud, soldiers they may be, but they are really just children. (7)
17. Stapler may be used to fix wall covering. (7)
18. Sheep lost blood as he walked about. (7)
20. Relation may run clean away in part. (5)



Solution for August’s Crossword:

Across: 1.Extrapolate 8.Exploit 9.North 10.Tidy 11.Allegro 12.Spy 13.West 15.East 17.Bed 19.Hipster 20.Slur 23.South 21.Kneecap 25.Essentially.

Down: 1.Events 2.Tepid 3.Atom 4.Outlay 5.Annulled 6.Enrages 7.School 12.Stitches 14.Espouse 16.Chosen 17.Broken 18.Trophy 21.Local 22.Peri.

Delta’s Big Move

By Robbie Thomson

From Richmond Mission to Delta Community Support and Church

Mrs Florence Smith spotted the swampy acre on the corner of Petrie Street and North Avon Road from the top of a tram as she was going home from church one Sunday morning in 1911. She described it as “that lonely place”. It would not be lonely long. A hall (later North Avon Baptist Church, recently demolished) became the home of the Richmond Mission. Led by Florence and her husband David, the mission would provide succour, including services to prisoners and their families, to the community until 1984. [Reference Mary Petersen: *To the Glory of the Lord who called them to serve: The history of the Richmond Mission, Christchurch, 1911-1984*; North Avon Baptist Church, 1995].

Packing up and moving at the end of August and reopening in the new building with a special church service on the 1 of September, and full scale of Delta community services on the 2 September, Delta Community Support and the Delta Community Baptist Church look forward to many years of continuing service to the local community. These events mark the completion of Stage 1 of the rebuild of Delta community support and the Delta church. Stage 2 of the rebuild will begin later in September and will include the demolition of the current Delta building and commencement of construction of the Crossway Community Church building. Once stage 2 is completed, the two buildings, Delta and Crossway will together form the new North Avon Community Centre.

Celebrations

There will be an open week at Delta 14 -20 October so the community can become acquainted with the new community facilities and the chapel. A community partners event for local community agencies will be held on Friday 18 October and a family friendly event on Saturday 19 October. On

From page 2.

the pool was closed, drained and refilled, until the filtration plant was put in, after which it was only filled at the beginning of the season.

The pool was 25 yards long with a width of 13 yards (these are to the best of my recollections) with a shallow end for the smaller children. I remember having to swim three widths non-stop supervised by an adult before being allowed to go down to the deep end to swim, as the pool sloped gradually down to a depth where you could not touch the bottom while swimming. This also allowed for a diving board which was removed in later years because of the amount of room which had to be allowed for people diving off the board.

The original sheds were along one side of the pool, complete with roof and the original entry was down at the deep end. However, when later upgrades were done the entrance and office, with the boys’ dressing sheds,

Sunday 20 October there will be a church service in the new chapel at 10:00am followed by lunch. Senior Pastor Mary Allan says everybody in the community is very welcome to come along. Pastor Mary is looking forward to the new chapel space. “It is a welcoming, space, a place to reflect and to worship”. One of the chapel’s windows facing North Avon Rd, will have a stained - glass window showing in picture and colour what Delta is all about. “It depicts the Christian values that lie in the heart of everything we do at Delta”, Mary says.



Mary in what will be the new chapel.

During the pre move clean out, a Bible used by the Richmond Mission and signed by Mr and Mrs Smith was discovered, and is being restored. “This Bible will be placed in the new chapel to remind us of the past as we look to the future”, Mary says.

Also coming up

October is Adult Learning Month. Delta will continue to offer adult learning opportunities in the new building – such as Grow Your Own Free Lunch, Explore, and budget advice.

and filtration plant, were built on an extension outside the original wall on the park side and the original sheds had the roof removed and became the girls’ sheds. The toilets also remained on this side.

The pool was popular with local children as it was opened after school, early evening and on weekends by parents and locals on a roster system, with an entrance fee of 6d or a season ticket of 15/-. Many a time the pool was filled to capacity with swimmers, with those children under-7 having to be supervised by a parent while they were in the water. Many a child probably learnt to swim and dive at this pool and I am sure many a friendship was made while swimming at the pool.

It appears the pool was demolished in the 1980s. The site is now a vacant block immediately west of Sun Ning Takeaways. If anyone has memories of the pool, we would love to hear from you.

What's on in Richmond

AVEBURY HOUSE,

9 Eveleyn Couzins Avenue.

Phone (03) 381-6615

The office is open every day from 9 a.m. to 2 p.m., except Fridays (close at 1 p.m.)

Monday

Chit chat Club: 10–10:30

a.m. The Chit Chat Club is for the older adults (55+) in our community to get together and have tea and a catch up.

Gentle Exercise: 10:30–11:30

a.m. Gentle exercise class with a tutor who guides you through an exercise routine designed to keep those muscles moving! \$5/session

Loopy Tunes: 11:30a.m.

A pre-school music and movement group.

Richmond Community Garden:

From 9:30 a.m. onwards.

We welcome volunteers, be they seasoned gardeners or newbies, to help create a beautiful veggie garden for our community to enjoy! Also meets Wednesdays and Saturdays.

Tuesday

Yoga: 9:00–10:00 a.m. Join us for a good stretch! Beginners welcome. \$6/session.

Also Thursday evening.

Men's Shed: 12 noon–4:00 p.m.

Wednesday

Hugs All Round Quilting Group:

1–3 p.m. We make quilts for children who need an extra hug. Join us to learn more about quilting; this includes machine and hand-sewing.

Shake and Relax: 6:30 p.m.

8-week course. Practice calming your body and mind in a supportive group. Check Facebook for details & dates.

Pilates: 6:45p.m., \$6. A basic pilates course run by Dee Owers. Course starts 11th September.

Thursday

Yoga: 6–7 p.m. Join us for a good stretch! Beginners welcome. \$6/session.

Friday

Men's Shed:

10:00 a.m.–2:00 p.m.

Stitch Group: 10:00 a.m.–2:00 p.m. Bring a project and have a cuppa! Fortnightly. Koha.

Saturday

Yoga: 11a.m. - 12 p.m.

Beginners welcome. Runs until 5th of October. \$6.

CHRYSTAL PALACE,

12 Chrystal Street

Come belly dance with Soul Star Tribe: all ages, backgrounds, and fitness levels welcome!

All classes \$10 casual. For more information, contact Sam:

027 6525 993.

Saturday

Gypsy Caravan Beginners, 10am

DELTA COMMUNITY TRUST,

101 North Avon Road (Entrance off Petrie St)

Ph: (03) 389-0212

Delta will be closed (and no programmes will be running) for the week of 26th – 30th August so we can move to our new premises.

Free bread, Monday–Friday:

10:00 a.m.–2:00 p.m., as available.

Monday

Advocacy: 9:30 a.m.–12 noon.

Food Bank: 10 a.m.–2 p.m.

Free, some criteria apply.

Footprints Café: Coffee, rolls

& toasted sandwiches,

10 a.m.–1 p.m. Items as priced.

Addington Net: Computer & tech help for all. 10 a.m.–12 noon.

Tuesday

Budget Advice: 9 a.m.–3 p.m.

by appointment.

'New Beginnings' Course: 1p.m.

– 3p.m. The course will focus on healthy living.

Wednesday

English for Speakers of Other

Languages (ESOL): During term

time. Wednesdays, 10 a.m.–12 noon. \$2 at C3 Church, 269 Hills Rd. Pre-schoolers welcome.

Food Bank: 10 a.m.–2 p.m.

Free, some criteria apply.

Footprints Café: Coffee, rolls

& toasted sandwiches,

10 a.m.–1 p.m. Items as priced.

Fruit & Veggie Co-op: \$12/\$6

a bag. Pay weekly in advance each Wednesday, great value.

Friday

Delta Inn: 2-course community meal. Every Friday 12 noon, \$3.

Food Bank: 10 a.m.–12 noon, & 1–2 p.m.

Free, some criteria apply.

Shirley International Playgroup:

During term time, 9:30 a.m.–11:30 a.m. at the Shirley Hub, 69B Briggs Road.

For mums & under 5's from refugee & migrant backgrounds – playgroup & English class. \$2/session or \$10/term.

Gardening: 10:30 a.m.–4:30

p.m. Mary welcomes interested

volunteers to help her in the Delta vegetable garden.

Impact Young Adults

Programme:

Ages 18–36 with disabilities.

6–8 p.m. Contact Natalie:

Natalie@deltatrust.org.nz

NORTH AVON BAPTIST CHURCH

Delta House, North Avon Community Centre, 101 North Avon Road (Cnr North Avon Rd and Petrie St)

Sunday Services: Every Sunday at 9.30 a.m., Delta Community Trust building (cnr of North Avon Rd & Chrystal St).

All are welcome.

HOLY TRINITY AVONSIDE,

168 Stanmore Road,

Ph 389-6948

Services:

Parish Eucharist - 9.30 a.m.

Each Sunday - A contemporary sung Service from A New Zealand Prayer Book featuring a wide range of hymns.

Holy Communion - 10 a.m.

Each Thursday

Morning Praise - 11 a.m.

3rd Sunday of each month

A time of prayer interlaced with songs of praise.

Activities Group is held every Thursday at 1 p.m.. Come along and knit, cross-stitch, do some form of craft, play a board game or just chat. Everyone is welcome.

Association of Anglican Women

(AAW) meets every fourth

Saturday of the month at

10.30 a.m. We start with a

hot drink before listening

to an interesting speaker or

undertaking some activity

together.

Exercise Class is held every

Thursday at 11am. All abilities

are catered for, sitting and

standing. The class focusses on

flexibility and fun. It takes 1 hour, cost is \$5.

Foot Clinic every six weeks. You

start with a foot spa and cup of

tea/coffee. Our registered nurse

will clip nails and give any advice

on the care of your feet. Then

you have a foot massage. \$10.

Wednesday Cafe meets every

second Wednesday of the month

from 11.30 a.m. until 1 p.m.

Everyone is welcome to come

and enjoy friendly company,

listen to a speaker or take part

in a fun activity and join us for

lunch. There is a small cost

for lunch and raffle tickets are

available.

Everyone is welcome to any or all of the sessions!! For any further information phone the office on **389 6948** or email **office@holyltrinityavonside.nz**

SHIRLEY RECREATIONAL

WALKERS

Mondays & Thursdays:

Meet at Shirley Community Centre site, cnr Shirley Rd & Chancellor St, 9:30 a.m. Walks around Christchurch. All ages welcome. For more information and a copy of the programme, contact Sue **(03) 981-7071** or **027 775-4635.**

SHIRLEY LIBRARY, 36 Marshland

Road (by the Palms Mall).

Phone (03) 941-7923

Monday

Activity Zone: 3:45–4:45 p.m.

For 6–10-year olds. No charge.

Table Top Games: 11:00 a.m.–5:30 p.m. Play tabletop board games. A different game each week. Free.

Tuesday

J.P. Clinic: 10 a.m.–1 p.m.

Weekly. No charge.

Storytimes/Wā Korero: For over two-year-olds. 10:30–11 a.m.

Weekly during term time.

No charge.

Reading to Dogs: 3:30–4:30 p.m.

For age five plus. No charge,

but book in advance.

Wednesday

Scrabble Club: 1:30 p.m. to 3:30

p.m. No obligation, just come

along and join our friendly group.

All materials are supplied. Free.

Babytimes/Wā Pepi: 2:00–2:30

p.m. For under two-year olds.

Seed Swap at Shirley! 6 & 7 September. You don't need to bring anything to swap if you don't have anything on hand. If you have any donations, please drop them off at Shirley Library before Friday 6th September.

Chinese Language Week – running Mon 23rd to Sun 29th Sept. During this week we will have a themed Storytimes, an 'Introduction to Mahjong' class, and a 'Chinese Language Taster' class

Thursday

Babytimes/Wā Pepi: for under

two-year olds. 10:30–11 a.m.

Weekly during term time.

Technology help drop in

sessions: 3:30–4:30 p.m.

Come along to our drop-in

sessions for help with email,

searching the internet, and

general computer queries.

No bookings required. Free.

Friday

Culture Exchange: 3:30–4:30

p.m. A group where you can

make new friends, practice

English and learn about NZ. Free.

Saturday

Super Saturday Storytimes:

2–7-year olds. 11–11:45 a.m.

No charge.

Magic: The Gathering: First

Saturday of the month.

For 8–18-year olds. From 1 p.m.

No charge.