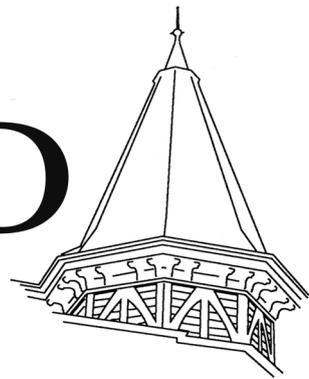


RICHMOND

COMMUNITY NEWS



Avebury House: 9 Eveleyn Couzins Avenue

Phone: 381-6615

Email: rcn@aveburyhouse.co.nz

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Issue 133

Buddhist Compassion at Delta

By Tony McMahon

Tzu Chi (meaning '**compassion and relief**') has been actively engaged at Delta Trust since 2011, providing free nutritious vegetarian meals on Tuesday evenings for low income families affected by the earthquakes of 2010 and 2011. In addition, every Christmas Tzu Chi volunteers have prepared a special event and given away food parcels to the diners, so that their Christmas experience would be more joyful.

The Taiwan Buddhist Compassion Relief Tzu Chi Foundation is a non-profit, non-governmental, charitable organisation, founded in Hualien, Taiwan by Dharma Master Cheng Yen in 1966.

Tzu Chi has been actively engaged in the Four Missions of Charity, Medicine, Education and Humanist Culture, expanding to International Relief, Bone Marrow Donation, Environmental Protection and Community Volunteerism for more than half a century.

Buddhists are inspired to put aside the equivalent of approximately (NZ) 2 cents of their grocery money each day into a bamboo money bank. The Tzu Chi Foundation now has branches in nearly 60 countries, has assisted over 90 nations and has more than 10 million members worldwide. They go to wherever there is international need and do what they can to support the local people. Their generosity and kindness to marginalised people at Delta has been greatly appreciated over the last eight years.

Earlier this year Delta asked some Maori wardens to be present at the meals to provide some security, as Delta staff do not attend on a regular basis. Rawinia, one of the wardens, says that their presence "gives a sense of security to diners. Any conflict between diners has been resolved very quickly. The diners appreciate the resulting warm, safe place and love a chat and being listened to. Many are a little lonely and we help to make them feel at home."

Martin, a Delta volunteer, is one of the regular diners. He also helps to set up the tables. Martin says "The meals are always very nice and well-presented.

The six Tzu Chi volunteers are always very polite. It is amazing that they give of their time every week for so long." He says that, "There are an average of up to 50 diners, particularly on the warmer nights."

"Eric, who is the on-site manager of the Tzu Chi volunteers, says that "they are very happy to serve. The diners are very kind too, and some of them help us often, especially Martin."



From left to right, Maori Warden Brian, a volunteer and Eric from Tzu Chi, and Martin, a Delta volunteer

Master Cheng Yen encourages the Tzu Chi volunteers "always to love everyone and to give selflessly without expecting anything in return." They are "to find joy in giving, one compassionate act at a time."

Delta, and everyone who comes to their meals, hope that they will continue their selfless service for several more years to come.

Richmond Community News is brought to you by Avebury House Community Trust and the following people:

Editorial: Tanya Didham.
Layout: Kristine Spoor.

Many thanks to our team who deliver the RCN to 2000 households and businesses throughout Richmond.

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**.

Disclaimer: Views and opinions expressed in the Richmond Community News are not necessarily those of the editor or Avebury House Community Trust. No responsibility is accepted for incorrect information contained in advertisements or editorials. Advertisements for publication are accepted in good faith and publication of an advertisement does not imply endorsement by Avebury House Community Trust.

CORRECTION: In July's edition I mistakenly numbered the D-Day landing troops at just 24,000. In fact Operation Overlord, commencing June 6th 1944, saw some 156,000 American, British and Canadian forces landing on five beaches, along an 80km stretch of coastal Normandy. It was one of the largest amphibious military assaults in history. My apologies and thanks to David Grantham.

Delta is Moving!

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.

We open again in our brand new building (next door at **103 North Avon Road**) from **Monday, 2nd September**.

Please note the Sunday church services will begin in the new building on **Sunday, 1st September**.

RICHMOND RESIDENTS' and BUSINESS ASSOCIATION – A Summary of the Strategy

By David Duffy

After reflecting on our activities and achievements in our recently completed first year in operation, the committee has completed a strategic plan for 2019/20 that establishes the areas we want to prioritise. These include an emphasis on a comprehensive urban plan for the Richmond area and working on having a continuing influence in discussions as the Council regains control of the District Scheme. Interlocked with these two foci is the influence of development programmes for the Ōtākaro-Avon River corridor. In addressing these issues we intend to gather as much information as we can, study existing information and develop ideas and plans that, eventually, will culminate in approaching Council to establish collaborative project groups. They are long term commitments but there will be short term situations to address as we work towards the longer term view.

There are a number of issues that the committee has been working through and there will be continued commitment to maintaining progress

in these areas. These include: improving Richmond Village; the Richmond Road Repair Programme; Dudley Creek landscaping maintenance; Petrie Park improvements; traffic speed reductions in residential areas; continued development and maintenance of our website <http://wearerichmond.co.nz/>; enliven Spaces projects; and the Keep N.Z. Beautiful programme.

We have also endorsed our commitment to working alongside and supporting our neighbourhood organisations: Delta; E.E.E.; Heritage Trail; Riverlution; Avebury House; Richmond Community Garden; Banks Avenue School - community use of Spartan Room/gymnasium/all-weather fields complex.

Other 'background' areas which we will maintain a watch over and react as necessary are: No 10 Shirley Road - long term plan for this site; reinstating



Petrie St upgrade

the Medway St bridge; and the River Rd reconstruction.

Please remember that our monthly general meetings are held at Avebury House on the fourth Tuesday of every month. Come along and share your thoughts and ideas! Have you joined our mailing list or our facebook page to keep yourself up to date with what we are doing?

David is the Secretary of the RR&BA, you can contact him at: david.f.duffy@gmail.com

Farewell and Thank You Gillian

By Bill Cornelius

Gillian Sheard of Avalon Street passed away on Friday July 12th. Despite ill health Gillian was a tireless worker for the Richmond area.

One of Gillian's major projects was to advocate for safety upgrades for the Stanmore Road Richmond pedestrian crossing. She door-knocked residents and called on local businesses gathering over 500 signatures in support.

Council officers really met their match when they came back to Gillian and reported the crossing may need to be removed, **"When I heard they were going to get rid of it, I got really annoyed, I said oh no you are not"**.

Eventually her efforts were rewarded when with the support and assistance of Councillor Deon Swiggs, \$15,000 was allocated for the crossing safety upgrades.

The Richmond community shared her joy in seeing the improvements completed just weeks prior to her passing. The crossing is Gillian's legacy to the Richmond community, thanks to her efforts lives will be saved.

The residents of Richmond have much to thank Gillian for, she was totally committed to neighbourhood support, and she was our carer following the devastating earthquakes of 2010 and 2011. I can still picture Gillian walking the streets on her own all hours of the day

and night ensuring people had drinking water and other essentials. She looked after the lonely and gave encouragement to the distressed. She ensured we were aware of communications and information from a range of authorities. She organised meetings to enable those living on their own to connect with the broader community. During these very stressful times Gillian gave her all, she couldn't have given any more to a community she obviously loved so much.

A few months ago Gillian called by and told me her health was deteriorating and that she had been told she did not have long to live. She brought tears to my eyes during our chat for her focus was not on herself, but on the projects she had underway and her concerns for the future of Richmond.

At times her work within the community must have been very frustrating but undaunted by rejection and disappointment she never gave up. I am sure Gillian never once stopped to think, 'what can the community do for me', she was always giving to her community.

Never afraid to speak up Gillian Sheard added much to the tapestry of life in Richmond.

Thank you Gillian.



Gillian's Crossing

Photo credit Martin Hunter, The Star



P.O. Box 26-036 Phone 389-5778

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Meals
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Need to get in touch with your local MP?

Email Poto Williams at:
poto.williams.mp@parliament.govt

"I love those who can smile in trouble, who can gather strength from distress, and grow brave by reflection. 'Tis the business of little minds to shrink, but they whose heart is firm, and whose conscience approves their conduct, will pursue their principles unto death"

- Leonardo da Vinci

From Hungary to Avebury

By Tanya Didham & Csilla Shea



Csilla (pron. Chilla) was born in a pretty town in southern Hungary called Szeged. First studying as an accountant, Csilla moved to London in 1999 living off her accounting skills and picking up nannying jobs. She was still there in 2006 when a young man named Evan from Makikihi showed up on his O.E.

“I learnt Swedish Massage in London at Kensington and Chelsea College and got qualified in 2007. I’d always loved the idea of helping people so I started to work in London as a therapist for Victoria Beckham’s make up artist!”

Together Csilla and Evan lived in London and travelled through South America, eventually making their way back to NZ by 2009. Csilla worked as an accounts administrator for Haeta College, but also set up a massage business from their Hills Rd home. **“People come with aches and pains or just in need of some well deserved relaxation. I like healing with touch which I believe is a very human and natural form of care.”**

Following the earthquakes, Csilla now lives in Dallington with Evan and their two children who attend Banks Avenue School. **“I love the Avon River where I jog and bike a lot with our dog Sniff who is a beagle, and I enjoy the beauty of the surrounding area and the Richmond Gardens.”** Indeed it was a friend from the community garden who first suggested Avebury House as a place where she could find a welcoming space and provide good quality, affordable massages to local women. Avebury could see the mutual benefit and we struck a deal. Playing on her name, she decided to call it ‘ChillOut Massage’.

“So in April I started doing Swedish Massage/Aromatherapy Massage upstairs here at Avebury House. I consider myself very lucky to be part of this community where I can feel at home now after 10 years, and do what I love.”

Csilla works almost exclusively with female clients and by appointment only.

She charges just \$35 for a back, neck and shoulder massage [about 30 mins]; and \$55 for a full body Swedish massage [an hour].

Use of aromatherapy oils costs a little extra.

To book a massage or enquire, please email Csilla at kacsil@googlemail.com or phone 021 252 9323. You can also find ‘ChillOut Massage Therapy at Avebury’ on Facebook.

Tuition

Clarinet, Sax, Flute, Guitar, Bass, & Piano—Experienced local teachers. Phone Nicola & Ivan **(03) 385-3856.**

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The Riverlution is Underway!

By Jane Ash and Tanya Didham

Wednesday July 10th saw the opening of Riverlution Community Gathering Space and Cafe on River Road, a partnership between Richmond Community Garden and Greening the Rubble.

A good turn out of community members, gardeners, council members, sponsors and supporters enjoyed home baked goodies, Tre Fratelli Fried Pizza and coffee from Coffee Skills. Speeches acknowledged the support and contributions to the project, before a raffle, donated by North Avon Pharmacy, was drawn. The winner - Councillor Sally Buck!



Hayley Guglietta addressing the crowd.

Long term, however, the real winners are the people of Richmond and Christchurch. This is a project which truly reflects and helps to shape a unique identity for Richmond and Christchurch. It is sure to attract visitors to the area whilst continuing to deepen local connections. 'Riverlution' is a broader vision to re-invigorate the neighbourhood by utilising red-zoned land. This is the first project to adopt the name but it's building on several years of mahi, a dedicated and growing team of community members and the continued support of local businesses.

Greening the Rubble (GtR), with support from Christchurch City Council, contributed to the project through site design, construction and project management.

Jane Ash, Community Activator for GtR, remarked, "We are incredibly lucky to have been part of this project and to support community-led initiatives.

Each community we work with is completely unique. The qualities that have shone through for me while working in Richmond are *exuberant*, *innovative* and *driven*. Here is a neighbourhood building a legacy and showing us that the grassroots is greener.' Community Gardener Morgane worked on the landscape construction with GtR's Jordan Hampson. "I have learnt a lot of new skills,' she said, 'many of which will help me in life beyond the project. I think many other members who have been involved feel a similar way... It is, will and has been a real boost for this community in so many facets.



The opening of Riverlution Community Gathering Space.

Shared space, community gatherings, events and more. We all look forward to the next steps in bringing this project to life!

The Community Gathering Space is designed to house a community cafe, stage 2 of the project which is set to arrive in time for summer. Until then we hope to see Coffee Skills selling coffee to activate the site and get the word out.

Richmond Community Garden Trust Chair, Hayley Guglietta, says "**The Community Cafe is an opportunity for us to become more sustainable as an organisation, offering a bumping space for our community to use, as well as activate the Te Ara Ōtākaro, the Avon River Trail, with a beautiful place to start and finish or just come and enjoy a coffee.**"

Watch this Space... This awesome, Community Gathering Space.

Get together with your neighbours this summer!

Want to organise a neighbourhood gathering? The City Council supports Neighbourhood Week by offering funding to get your party off the ground. But you need to be quick! Applications close on Friday 16th August. Visit: <https://ccc.govt.nz/news-and-events/whats-on/show/18>

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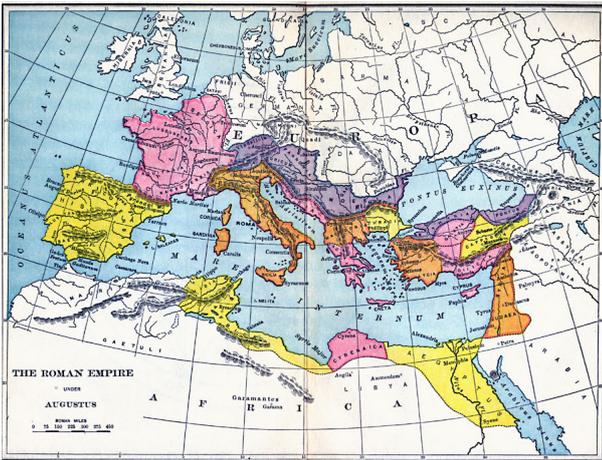


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Mind Yer Language: The Most August Month...

By Tanya Didham

Last month, Iulius 'Kaiser', aka Julius Caesar was posthumously declared a god and had his birth month named after him. Marc Antony spearheaded that reward, and he fully expected to be named successor. However the will named Julius's great nephew, Octavian, as sole heir. As a 16-year-old Octavian had campaigned with his great uncle in Spain. *Sidebar:* The peninsula was known to the Romans as *Iberus*, to the Greeks before them as *Iber*. But the language of origin was lost to the more permanent invader, Rome's Latin. It wiped out a dozen languages of the peninsula, (which was renamed Hispania), and the modern Spanish language took root.



The Roman Empire of Augustus

In 44BC when Caesar was assassinated, Octavian was still completing his military training in Albania. He rushed back to Rome and, at just 18, became Caesar's successor.

But Marc Antony was not about to hand over the keys to the kingdom. They fought bitterly for two years before forming a shaky triple dictatorship. The third wheel was the high priest of Rome, the *Pontifex Maximus* [literally the 'highest bridge' i.e. between god and mortals]. Their agreement included avenging Caesar's death; divvying up the 'empire' (essentially a wide ring around the Mediterranean, and now without those pesky British Isles!); and removing anyone from power they deemed 'treasonous'. Between them they ordered the deaths of some 300 senators and around 2000 'lesser' aristocrats.

Octavian began styling himself as "*Imperator Caesar divi filius*": Commander Caesar, son of the deified one. The senate forced his big sister Octavia to marry Antony for a truce, despite being heavily pregnant with her first husband's child; and that Antony was living in Egypt with Cleopatra. In 30 BC Octavian invaded Alexandria prompting Antony & Cleopatra to commit their famous double suicide. He also murdered Julius Caesar's 17-year-old son by Cleopatra; the original 'Caesarion' [then pron. Kai-zah-ree-on]. So began the *Roman Pax*. The Roman Peace Augustus was famous for.

In 27BC, the senate finally gave Octavian the title 'Augustus'. 'Illustrious one'. From the Latin *augos*, meaning to increase, we also get 'augment' and 'august' in the sense of 'majestic' or 'held in high regard'. An apt title for Rome's first emperor. But it wasn't until 19 years later, in 8BC that Caesar Augustus, then in his 50s, renamed the month Sextilis, 'Augustus'. He chose Sextilis because he associated it with good fortune and memorable victories, especially his 'August' invasion of Alexandria.

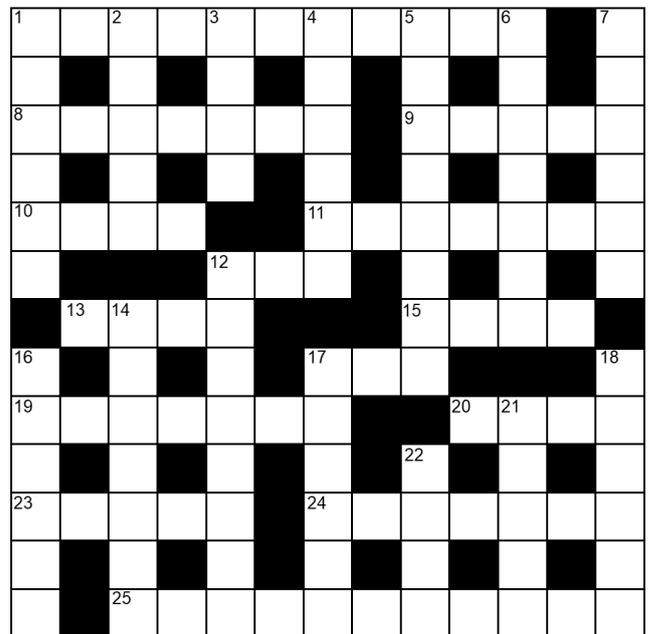
Puzzle Crossword

Across

1. Predict from past experience. (11)
8. Adventure. (7)
9. Direction. (5)
10. Neat. (4)
11. Quickly. (Mus.) (7)
12. Secret agent. (3)
13. Direction. (4)
15. Opposite of 13. (4)
17. Cot. (3)
19. Fashionable young person. (7)
20. Insult. (4)
23. Opposite of 9. (5)
24. Patella. (7)
25. Fundamentally, at heart. (11)

Down

1. Happenings. (6)
2. Lukewarm. (5)
3. Tiny division of matter. (4)
4. Expenditure (6)
5. Cancelled. (8)
6. Infuriates. (7)
7. Educational establishment. (6)
12. Sutures. (8)
14. Advocate. (7)
16. Selected. (5)
17. Shattered. (6)
18. Prize. (6)
21. Concerning neighbourhood. (5)
22. Fairy. (4)



Solution for July's Cryptic Crossword:

Across: 1.Convent 5.Alamo 8.Error 9.Decaf 10.Pie 11.Evolution 13.Nation 15.Scones 18.Nightmare 19.Ode 21.Those 23.Thing 24.Patio 25.Rapiers

Down: 1.Cheep 2.Nerve 3.Eyrie 4.Tripod 5.Aid 6.Auction 7.Offends 12. Uncle 13.Non-stop 14.Tugboat 16.End 17.Manner 19.Oxide 20.Edges 22.Ego 23.Tap



ZoZo's Hair

- Zoe does barbering
Tue-Sat. (*barber*)
- Juanita does hair colour work
Tue and Fri. (*colour specialist*)
- Catherine does ladies cuts
Wed and Thurs. (*hairdresser*)

03 381 4105

330c Stanmore Rd, Richmond



Festival of Adult Learning

Ahurei Ākongā

invites you to join in our regular activities, such as Gentle Exercise, Hugs All Round Quilting Group, and Delta's Grow Your Own Lunch. But we are also running some extra TOTALLY FREE activities including:

- Making preserves with Cathy and Julie in Avebury's kitchen: Wednesday 4th, a.m. and p.m sessions.
- Pilates basics with Dee: Dates TBC
- Learn How to Yoga: Dates TBC
- Make a tart from scratch with Chef Steph: Friday 6th, 6.30p.m. & Saturday 7th 11a.m.
- A Taste of Culture – can you say 'hello' in Korean?: Date TBC
- Bring a friend for Massage Basics with Csilla: Saturday 7th at 11a.m. And again at 12 midday

During the first week of September the Adult Community Education Aotearoa team are putting on their Festival of Adult Learning. Avebury House and Richmond Community Garden have loads of FREE workshops for you to come and try something new!

From **Monday 2nd of September**, Avebury warmly

- Making cool stuff – at the Men's Shed: Monday 2nd, Tuesday 3rd and Thursday 5th
- Relaxation Techniques with Kathy: Date TBC

And at the Gardens:

- Volunteering in the garden – Wednesday 4th & Saturday 7th, from 10 a.m.
- Earth-building: Date TBC
- How to compost and worm-farm: Date TBC
- Foraging for edibles: Date TBC
- Weeds and Seeds: Date TBC
- Pruning and propagation: Date TBC
- Know your natives: Date TBC
- Hazel weaving Garden beds: Friday 6th
- Making Seed Bombs: Saturday 7th
- Nature play for grown-ups!: Date TBC

Not all times are confirmed yet, so watch our Facebook page for more details. If possible please book your interest to attend so we don't overfill classes!

Email admin@aveburyhouse.co.nz or call **381 6615**.

And for the community garden email:

coordinator@richmondcommunitygarden.co.nz or call **0210 248 7149**.

Local Body Elections

By Deon Swiggs

Local government elections are coming up this October. This is the time where you can pick who you would like to represent you on Council, Community Board, at ECAN and on the CDHB. It is important to make sure you vote and have your say as the people who are chosen in the elections will be making decisions on your behalf about the immediate needs and future needs of the city. This year will be the first year we can vote for full ECAN representation and given the issues with water security and quality it is very important to make your vote count. Also, this is a time where people can step up and seek to be elected for any of the positions.

Over the next year the city council will be spending \$1 billion on things ranging from major infrastructure upgrades to small grants to community groups. Councillors every year set a budget which sets the project and operational priorities

and community boards play an ever increasing role in influencing where that money is spent locally. From next month community boards will also have increased ability to make final decisions on matters that are important to their local areas. It has never been more important to ensure you both vote for members you want on the community board but get involved in helping identify and set those priorities for what you want done.

An issue that affects Richmond and where the next council will have a lot of influence over will be the future use of the residential red zone and the ownership and governance arrangements. There is an enormous opportunity in this space and we need to get it right. The work of the Richmond Community Gardens shows an example of how community input can create spaces for community input, to do things, hold events and support collective

hope and wellbeing. If this vibe is to grow across the red zone then community must be at the heart of the decisions and our future council needs to lead.

You do not have to be a rate payer to vote, all you need to do is make sure your enrolment details are up to date and over the next few months get engaged with those who put their hands up, ask questions and consider what it is that is important to you when you vote come October 12.

To enrol or check your details are correct visit: <https://www.vote.nz/>

Deon is the incumbent City Councillor for Christchurch Central.



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.

Thursday

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

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.

CRYSTAL 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,

105 North Avon Road.
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.

Wednesday

English for Speakers of Other Languages (ESOL): Starts 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

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.

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.

Online banking class – Kiwibank will teach people from any bank the basics of online banking. Bookings are required. These can be made within Shirley Library, or by calling 03-941-7923. Thursday 15th August, 2-3pm No charge.

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

Cards Club 1.30–3.30 p.m.

No charge.

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.

Mahjong Group: 2–4 p.m. Play Mahjong at Shirley library! For beginners and advanced players alike. Registrations required.

RoboFun for Adults: Beginning Saturday 10th August, 10–11 a.m. Gives adults a chance to play with and learn to control several different robots.

No bookings required. Free.