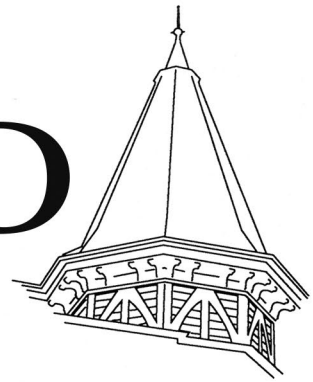


RICHMOND

COMMUNITY NEWS



Avebury House: 9 Eveleyn Couzins Avenue

Phone: 381-6615

Email: rcn@aveburyhouse.co.nz

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Issue 199



Gardening for Climate Resilience

Creating a No-Water Garden in Christchurch

Members of the Canterbury Horticultural Society and Avebury House Community Trust met on a fine, late July Sunday for some light planting and a spot of afternoon tea. Signing a Memorandum of Understanding (MOU) makes official our partnership to reinvent Avebury's back garden as an incredible climate resilience exemplar. We can't wait to see the next iteration of this space, and if learning about imaginative, drought-resistant gardening sounds interesting to you, you're very welcome to join working bees. Follow the Society's facebook page or email Jenny at office@chsgardens.co.nz

The Art of Letting Go - Facing Change and Uncertainty with Courage

High Tibetan Lama's First Visit to Christchurch



A rare and enlightening experience for Christchurch residents as His Holiness the 7th Kyabje Yongzin Ling Rinpoche makes his first-ever visit to the city this August.

Recognised by His Holiness the Dalai Lama as the reincarnation of his own revered teacher, Ling Rinpoche carries forward a lineage

of profound scholarship, compassion, and wisdom. This visit is significant not just for those with an interest in the wisdom of Tibetan Buddhist masters, but for anyone seeking clarity and courage in these uncertain times.

Ling Rinpoche is a living bridge to an ancient tradition. His teachings offer something for everyone, whether you're curious about improving your own life circumstances or seeking deeper insight into Buddhist philosophy. There are also weekend teaching sessions which delve more deeply into traditional Buddhist teachings and spiritual blessings, please see below for event info.

PUBLIC TALK: AUGUST 29, 5.30PM @ CHRISTCHURCH TOWN HALL

The Art of Letting Go - Facing Change and Uncertainty with Courage.

Explore how to view change and uncertainty as opportunities to develop clarity, compassion, and appreciation of life. Ling Rinpoche's teachings speak directly to the human experience, making Buddhist wisdom accessible and enriching for everyone.

Don't miss this extraordinary opportunity to sit in the presence of a teacher shaped by the very heart of the Dalai Lama's lineage. General admission is \$25, with discounts for students, Gold Card- and Community Services Card-holders. A Generosity Ticket option allows you to purchase a second ticket for someone with financial barriers. For more information and tickets for the public talk or the weekend teaching events, please visit Humanitix.com. <https://events.humanitix.com/an-extraordinary-christchurch-opportunity/tickets>

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 volunteers who deliver the RCN to 2800 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.



The Wit of Sam

One minute you're young and fun, and the next, you're turning down the car stereo so you can see better...



Whoever came up with the spelling for 'receipt' was an 'idiot'.



I get more housework done in the 10 minutes before someone comes over, than I do the entire rest of the week.

Illustration by Stephane Terris

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E: katharineabeaumont@gmail.com

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& Ivan **(03) 385-3856**.

RCN - Bringing the Good News

The great response to our request for feedback really has us thinking about how we can maintain delivery for everyone. One reader suggested a model we hadn't thought of - running an annual donation drive along the lines of Wikimedia. If you would like to make a donation towards our newsletter costs you can deposit directly into our account using reference 'RCN'.

Our account is Avebury House Community Trust,
03 0859 0356982 000.

There will be no unannounced changes but targeted delivery is still an option, so PLEASE LET US KNOW if you want to keep receiving a hard copy in your letterbox. Email admin@aveburyhouse.co.nz or phone **03 381 6615**, 9am - 1pm during the week.

Nothing is Broken - Kintsugi with Ema Frost, Saturday August 9

Ema Frost brings her incredible Kintsugi workshop back to Christchurch for two sessions at Avebury House on Saturday August 9th.



Learn the ancient Japanese art of repairing precious items with liquid gold. Bring your own broken treasure or use one of Ema's, either way you will take it home with you, along with the knowledge to further your own Kintsugi adventures. It can be applied to pottery, glassware, stone and even wooden items.

When: Saturday 9th August, 10:30am–12:30pm OR 2:00–4:00pm

Where: Avebury House, 9 Eveleyn Couzins Ave

Cost: \$175

Bookings essential via [Ema's website](#).



We Are Richmond meets every 4th Tuesday of the month. Next meeting is Tuesday, 26 August 7-9pm at Avebury House. Everyone welcome!



Allan the Appliance Guy will collect *for free* scrap metal, old appliances, computers, dvd players etc. No printers pls. Call him on 027 756 2718.

Precious Plastics - the Riverlution is spreading!



RICHMOND
COMMUNITY GARDEN



Recycling those awkward plastics that can't go in the yellow bin, the Riverlutionary Precious Plastics initiative has now rolled out 12 recycling stations across the city! The original, designed by Morgane and built by Matty at the Avebury Shed, opened in the community garden back in 2019.

The re-imagined stations began appearing in 2021 and can be found in various iterations from Sumner Hub to Kaiapoi Community Garden! [Check the website for locations.](#)

Bring your clean #2 and #5 plastics smaller than a yoghurt pottle, including lids and caps, and sort them by colour for local recycling.

What's on at the RCG?

Riverlution Park Run - every Saturday at 8am. Leaves from Riverlution Cafe, 50 B Vogel St.

Introduction to Foraging - Saturday August 16, 10.30am-1.30pm

Foraging salads and teas with Inga! Registration is essential, \$25pp or \$40 per family (2 adults), children free and animals are welcome. Fungi Farm, by the Eveleyn Couzins Ave car park.

Repair Revolution at the Eco Hub - Tuesday August 19, 5.30-7.30pm

Every third Tuesday of the month, Repair Revolution is there to help fix your broken stuff! 46 A Vogel St

Keep up with all Richmond Community Garden goodness via their e-newsletter. Email [Morgane](#) to subscribe.

Olive Oil Update



During this year's epic olive drive, together we collected a massive 995 kilos of olives and pressed 89.7 litres of beautiful, fresh, local olive oil! Thanks to the aroha, energy, and generosity of our community this wild idea has turned into a true grassroots success. Let's make it an even tonne next year!

Limited bottles of this local green gold will be available at the Little Shop from mid-August. Get yours at the Eco Hub, 46A Vogel St.

CHANGES AT DELTA COMMUNITY TRUST



Delta Shifts from Food Bank to Strengthening Community Connection
"From a parcel at the door, to a place at the table."

Local charity Delta Community Support Trust is turning a new page — one that fosters deeper connection, stronger relationships, and lasting impact for the Christchurch community.

After decades of delivering thousands of food parcels each year, Delta has announced a transition away from its traditional Food Bank model. In its place, the organisation is investing in a more sustainable and empowering approach centred on shared meals, practical skill-building, and wraparound support services.

General Manager Grahame Burgess says the shift follows a strategic review prompted by rising costs, changing funding priorities, and a desire to make a greater, long-term difference in people's lives.

"We're still here — and we're not stepping back, we're stepping in, in a new way," Grahame says. "We want to move from short-term crisis response to long-term

community resilience. That means using food as a tool for connection and growth, not just a handout at the door."

At the heart of Delta's new model is its growing community café, where locals can enjoy warm, low-cost meals in a welcoming space. The café is part of a broader support network that includes advocacy, budgeting advice, foot clinics, digital coaching, and programmes designed to build confidence and independence.

"This is about more than food," says Grahame. "It's about restoring dignity, building relationships, and walking alongside people to create real, lasting change."

As Delta looks to the future, the team is inviting feedback from the community. "We'd love to hear your thoughts on unmet needs or ideas for new initiatives," Grahame adds. "Pop into Delta for a chat, or contact us at reception@deltatrust.org.nz. Your voice can help shape what comes next."

The new approach will roll out in the coming months, supported by Delta's dedicated funders, donors, and volunteers — and a shared vision of a community where everyone has a place at the table.

In Memoriam

Lois Elizabeth Daly (nee Tucker) 1942 – 2025

A fond farewell to a local who lived her life to the full. At Avebury we remember Lois as a positive, thoughtful, energetic woman; always ready with a smile and a wry story, her compassion and love of community clearly motivated her. Our deepest condolences to all who knew Lois, and a special thank you to John for allowing us to print his remembrance of his wife.

Lois was born in Christchurch in 1942. She attended Waimairi Primary School, Christchurch Girls High and Canterbury University. After completing a BSc she was one of the first New Zealanders to be awarded a scholarship to the East-West Centre where she completed her Masters degree in Zoology at the University of Hawaii. Lois then taught Biology at St Cuthbert's College in Auckland for a year before completing a PhD in Physiology at the University of Canterbury. Between these achievements she travelled extensively in Europe, Asia and mainland USA. She taught piano, learned to play the pipe organ, and represented both Canterbury and the University in badminton. After a spell of European travel she taught at an Inner London Comprehensive School, worked as a cook for a wealthy family, and completed a Post Doctoral Fellowship at Darwin College, Cambridge. Returning to a lectureship at Canterbury she met me, John Daly, and we were married in 1973. The following year we returned to England eventually winding up in rural Lincolnshire, living 'The Good Life' on a smallholding with goats and



chickens, growing organic fruit and vegetables. In 1985 we returned to New Zealand and bought a slightly larger property near Oxford with sheep as well as goats. During these years Lois kept our enterprise afloat teaching Human Biology at local colleges. She also taught many WEA and University extension courses in gardening, nutrition and health. In 1995 we moved to Dallington and Lois continued her part time teaching at the University, the Polytech and at the College of Natural Medicine. Following the earthquakes she reached out to her neighbours, sharing their experiences in a booklet she published, 'Stories from Dallington: A Year of Quakes in a Christchurch Suburb'. In 2019

we moved to Richmond where we enjoyed being close to the city centre but also surrounded by lots of green spaces. In recent years Lois organized a group at Avebury House, encouraging people to write stories from their earlier years for their children and grandchildren. This group now continues under its own steam. A smart, funny, kind-hearted woman, Lois will be deeply missed.

Richmond's October Fest - Get these on your calendar!

On **Saturday October 18, 10am-2pm**, **Spring Fair** is going to be bigger and better than ever. From the Riverlution to Avebury House, Spring Fair is a brilliant day out with the carboot on Vogel St, stalls and games through the community garden and the playground, the Vintage Market on Avebury's lawn, entertainment and food. But as well as welcoming back the fabulous Christchurch Horticultural Society and the Christchurch Archaeology Project Avebury House is also celebrating its 140th birthday!

If you would like to join the Carboot Sale email coordinator@richmondcommunitygarden.co.nz

If you have a community stall or an idea for a fun activity email secretary@wearerichmond.co.nz



Then on **Saturday October 25th, 10am-12pm**, **Halloween** returns to Avebury! Games, treats, and surprises, aimed at kids 4-10 years, this will be more 'fun' spooky than 'scary' spooky. We have a lovely UC intern who is taking on the organising of this - thank you Jenna, we can't wait!

Stepping Back, With a Full Heart

By Hayley Guglietta

With a full heart and a few tears, I stepped down from the *We Are Richmond* committee at our Annual General Meeting in July. It wasn't an easy decision—this mahi has been a major part of my life since we founded the group back in 2018. But with my campaign for Council now underway, it felt only right to step aside to preserve the integrity of our team and the trust we've built around promoting local democracy.

We Are Richmond was born out of hardship. After the earthquakes, our suburb was left shaken structurally, physically and emotionally. A third of our population had gone, six schools were closed, businesses struggled, and broken infrastructure became our daily reality. We felt ignored by those in power.

In response, we created something different. Not just another residents' association, but a heart-led, hands-on community group that worked *with* the people, not just *for* them. Our mission was to amplify voices, rebuild trust, and ensure Richmond was at the decision-making table.

Seven years on, I couldn't be prouder of what we've achieved together.

We connected with thousands of incredible locals who reminded us of the true power of community. We brightened corners of our suburb—from Swanns Road to Petrie Park, Medway Street, Richmond Village, and even the tattoo shop—by supporting placemaking and small projects that mattered.

We engaged deeply. We listened, surveyed, flyered, emailed, and showed up—whether it was at Council chambers or community hui. We stood shoulder to shoulder with neighbours on tough issues like housing intensification and social integration, always advocating for respectful, people-centred solutions.

We held institutions to account—especially around roading, cycleways, and flood mitigation through the Dudley Stream. We rolled up our sleeves on projects from Civil Defence planning to local events, and partnered with schools, businesses, and other community organisations to create meaningful change.

This work has been one of the great honours of my life. While stepping back from the committee is bittersweet, I am filled with gratitude. *We Are Richmond* will continue to be a powerful force because of the many hands and hearts that continue to shape it.

I'm not going far—you'll still see me around, just wearing a different hat for now. Thank you for walking this journey with me. Richmond is stronger, more connected, and more resilient because of *all* of us.

Please reach out if you have questions, would like me to drop by or want to get involved: **Ph: 03 9290576**,
E: hayley4central@guglietta.co.nz



WEDNESDAY SEPT 3
SAVE THE DATE
to meet and hear from **Central Ward - Councillor Candidates** standing for **Local Body Elections**

Rotary
Christchurch Sunrise

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Hosted by Chch Sunrise Rotary, in conjunction with **We Are Richmond** (formerly Richmond Residents and Business Association) and supported by **The Borough - Richmond Club**

Registrations open in August, limited places available

sunriserotary.org.nz

The Rotary logo is a yellow gear with a blue hand holding it. Below the hand is a stylized graphic of a building or structure.

Puzzle



Sort the list of 16 words into 4 groups of 4. The words in each group have something in common. That something could be any aspect of the words, such as their meaning, spelling or how we use them.

Group 1

kiwi	Dalmatian
duck	dragon
grape	magpie
panda	hike
march	evade
stroll	zebra
dodge	wander
passion	avoid

Group 3

Group 2

Group 4

Mind Yer Language: The Last Resort?

By Tanya Didham

How did a ‘resort’ go from being a last refuge, to a holiday destination with a poolside bar?

Following the grisly defeat of the last Anglo-Saxon king at the iconically embroidered Battle of Hastings, ‘resort’ entered English with the ensuing French language invasion of the 1100s. It comes from ‘re-’, meaning ‘again’, and ‘sortie’, from the same root as ‘surge’, meaning ‘rise up’. We still use *sortie* today, to describe small but bold military attacks. The verb ‘to resort’ meant to go somewhere and replenish or receive assistance. It doesn’t seem much of a stretch for that to become a place where you go for rest and recreation, but it was not until the 1700s that a ‘resort’ became a noun, like a ‘spa’. ‘Spa’ was a medieval Belgian town famous for its healing springs; well-travelled Brits brought the word home in the 1600s and applied it generically to places like Bath. Originally just a freshwater spring, ‘spa’ has now broadened to include anything from hot waxes to juice diets and brow-lifts.

To be fair, recreational travel was not commonplace in the Middle Ages, what with the feudalism and wide-

spread poverty. The best you could hope for was an Old English *hāligdæg* - literally ‘holy day’ - though this was less a day of fun and more a day of religious observance. ‘Holydays’ didn’t start to loosen up until monarchs decided to create their own secular days of festivity - celebrating their royal selves, obviously.



‘Vacation’ shares a root with ‘vacant’ and ‘vacuum’, another French import via the Latin *vacatio* meaning ‘exemption’ or ‘freedom from duty’. Used formally by universities and courts in recess, as in, ‘the court is in vacation’, it wasn’t until the rise of workers’ rights

in the 19th century and a new class of leisure-seeking Americans, that a ‘vacation’ became a fun thing you did on your time off. Decades later, the home-based, more budget-friendly ‘stay-cation’ was coined, popular after the 2008 financial crash, and repopularised after covid.

The ‘last resort’ is from an archaic French legal term, *en dernier resort*: the highest court or monarch whose decision was absolute. The final refuge for downtrodden victims or the wrongly accused has transformed into an undesirable, bottom-of-the-list option!

Walks: stroll, march, wander, hike; Black and white: Dalmatian, panda, zebra, magpie; Fruit: kiwi, grape, passion, dragon; Avoid: duck, avoid, dodge, evade

Puzzle Answers:

Youth Parliament & Brooklands Lagoon

With the 2025 local elections on the horizon, Richmond residents have a great opportunity to help shape the future of our neighbourhood. From maintaining our much-loved parks to improving local infrastructure and services, the choices we make together matter.

If you've recently turned 18, moved into the area, or just haven't checked your enrolment details in a while, now's the time to visit vote.nz to make sure you're ready to have your say.

Someone who recently had her say is our very own Christchurch East Youth Parliament MP, Emma Grace. Emma Grace joined 123 other Youth MPs to deliver speeches in Parliament, and she's keen to hear from other young people from the east.

If you're a rangatahi in our community, check out her survey on Instagram at [@emmagrace_youthmp25](https://www.instagram.com/emmagrace_youthmp25).

And finally, we're heading outdoors again soon for the next Walk the Talk- this time exploring one of our region's most unique coastal areas. Join us on Saturday 23 August at 10.30am at the Blue Lagoon Drive

carpark for a guided walk-through Brooklands Lagoon and Te Rauakaaka Regional Park. We'll be joined by environmental researcher Peter Langlands and Councillor Joe Davies, who'll share insights on estuary and saltmarsh ecosystems, post-quake transformations, and the ongoing efforts to protect these taonga. Bring your

walking shoes and binoculars (and please leave dogs at home this time- we'll be spotting birdlife).

It's a great chance to connect with nature and each other, plus we'll round it off with a free sausage sizzle. Keep an eye on the facebook event for updates.

See you there!



Ngā mihi
Reuben Davidson
MP for Christchurch East
chcheast@parliament.govt.nz
03 382 0288
0800 MP EAST (67 3278)
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What's on in Richmond



AVEBURY HOUSE,
9 Eveleyn Couzins Avenue.
Phone (03) 381-6615
The office is open Mon to Fri
from 9 am to 1 pm.

Monday

Men's Shed: Contact Ian at 027 555 8368.

Chit chat Club: 10–10:30 a.m.

For the older adults (55+) to get together and have a catch up.

Gentle Exercise: 10:30–11:30 a.m. A tutor will guide you through a routine designed to keep those muscles moving! \$5/session.

Pilates: 10:30am \$10/session. Bookings required, contact **0272515475**.

Yoga: 6pm. \$10/session.

Tuesday

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

Tai Chi: 10:30 a.m. \$10/session

Small White Teapot Group: Haiku group meets every 4th Tuesday of the month at 12pm. Contact Barbara at **021 171 8622**.

Pilates: 5:30pm \$10/session. Bookings required, contact **0272515475**.

Wednesday

Pilates: 10:30am, 5:30pm & 6:30pm. \$10/session. Bookings required, contact **0272515475**.

Write Your Own History: Every 2nd and 4th Wed of the month. 10 a.m. –12 noon. Please email to confirm at grahamandlois@xtra.co.nz.

grahamandlois@xtra.co.nz.

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.

Thursday

Pilates: 10:30a.m. \$10/session.

Bookings required, contact **0272515475**.

Yoga: 6–7p.m. \$10. Evening yoga. Join us for a good stretch! With Dakota.

Sunday

Yoga, Pilates & Kids Yoga: Timea is back 3rd August.

SHIRLEY LIBRARY,

36 Marshland Road (by the Palms Mall).
Phone (03) 941-7923

Tuesday

JP Clinic: 10am–1pm.

Wā Kōrero: Storytimes: 10.30–11am
Suitable for ages 2–5. Free.

Dungeon Delvers: 3:45pm - 5:15pm. 10-16 years old. Registration required.

Wednesday

Wā Kōrero-Storytimes - 10:30 - 11am.
Suitable for 2-5 years old.

Craft Collective: 11am-12pm. Come along to our Craft Collective sessions and have a go at something new. Free.

Scrabble Club: 1:30pm–3:30pm

All materials are supplied. Free, no bookings required.

Dungeon Delvers: 3:45pm - 5:15pm. 10-16 years old. Registration required.

Sensory Craft for Pēpi:

11–11.30am. Suitable for ages 0–2. Free.

Thursday

Wā Pepi: Babytimes

10.30–11am. Suitable for ages 0–2. Free.

Me Kōrero Tatou (Te Reo Language Group):

1.30–2.30pm. Suitable for all ages. Free.

No bookings required. All skill levels welcome.

Code Club @ Shirley: 3:45pm - 5:15pm.

9-11 years old. Registrations required.

Friday

Cards at Shirley: 1.00–3.30pm. Free. No bookings required.

Saturday

Family History Help: 10.00am–Midday

1st and 3rd Saturday of the month
Ran by the Canterbury Genealogy Society.

Free. No bookings required.

Saturday Storytimes: 10:30am-11:30am.

Mahjong Club: 1.00–3.30pm

Free. No bookings required.

SHIRLEY COMMUNITY TRUST & SHIRLEY VILLAGE PROJECT

www.shirleycommunitytrust.org.nz
03 981 5521

www.shirleyvillage.org **021 157 7846**

TTO = Term time only

Neighbourhood Centre: 17 Acheson Ave

Community Hub & Barista Training:

Mon & Wed 10am - 2pm TTO

Employment & Services Support:

Weds, 11am - 1pm

Sewing Circle: Fortnightly Thursday

12-2pm. Shirley yellow bin weeks.

MacFarlanes on the Park Cafe:

Fridays, 9:30 - 12pm, TTO

Walking Group: Friday 10am, TTO.

Women's Group: Fortnightly Thursday

12.30pm, Shirley red bin weeks. TTO.

Park Centre: 19 Acheson Ave

Sparkling Stars: Mon, 9:30am, Music & movement for under 5s. \$3/family.

TTO.

Nurse-led Foot Care Clinic: Approx

monthly on Tuesday 9:45am.

Appointments essential.

Call 0226218269. \$15.

Knit & Knatter Group: Fortnightly

Wed, 10am. Shirley yellow bin weeks.

All Age Community Kapa Haka:

Wednesday 5.15-6.15pm, TTO.

Te Reo Māori Class: Wednesday 6.30-

7.30pm, TTO.

Groove & Move: Seated Exercise

Sessions. Fortnightly Wednesday,

Shirley red bin weeks & weekly

Thursday 10am. TTO.

MacFarlane Park Community Garden (off Jebson St)

Listening Post: Monday 2:30-4pm.

Afternoon tea. TTO.

Children's Gardening Club: Tuesday

3.15-4pm, TTO.

Gardening: Thursday 1pm (Term 2 &

3).

Shirley League Club 33 Briggs Rd.

Shirley Tool Shed: Saturday 9-11am.

\$30 annual membership.

RICHMOND COMMUNITY GARDEN

Riverlution EcoHub,

46A Vogel St

Garden Days: Monday

- Wednesday & 3rd Saturday of

the month from 10am. to 1pm.

We welcome volunteers to help create a beautiful veggie garden for our community to enjoy!

Riverlution Eco Hub: Mon-Fri,

9:30am-4pm & Sat, 10am-1pm.

Repair Revolution: Every

3rd Tuesday of the month at

5:30pm.



EASTERN COMMUNITY SPORT & RECREATION,

Email: Kate@easterncommunity.co.nz

Ph: 027 728 3005

Catchball: 10:30am, Tues, starting 4 th of

February, First time free.

Free Football Dropin for Children: 3-4pm at

Avon Hub Tuesdays. Suitable for 8+ years.

Pickleball session: Tuesdays 9-10:30am \$7.

Use the book a class option at

www.pay2play.co.nz to save your spot.

Pickleball session Sunday mornings:

10-11:30am \$7

Dance Fitness: Tuesdays, 7pm, \$7/class

Eastern Chargers Junior Basketball League:

4:30-7pm, Fridays. For 5-8 years old. Term

time only.



DELTA COMMUNITY TRUST,
101 North Avon Road (Entrance
off Chrystal St)

Ph: (03) 389-0212, Free phone

0800233582.

www.deltatrust.org.nz

Delta regret to announce they will be closing their food bank service as of July 30th. All other services will remain in place.

Monday Café: Every Monday except public holidays. 10am-12.30pm \$2 Hot Toasties , Tea & Coffee 20cents

Friday Drop-Inn café: Every Friday except public holidays. 10am-12.30pm. Choice of 2 mains only \$2, Dessert \$1, tea & Coffee 20cents.

Free Budgeting Advice and Advocacy:

Please ring for an appointment.

North Avon Community Centre

Filipino Playgroup: Every Wednesday 9:30am-12:30pm (Except Public & School holidays) For more information contact Jo jo@odt.org.nz or **021-1151657**