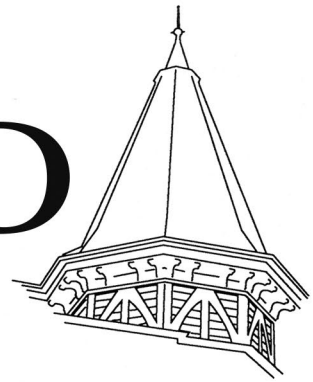


RICHMOND

COMMUNITY NEWS



Avebury House: 9 Eveleyn Couzins Avenue

Phone: 381-6615

Email: rcn@aveburyhouse.co.nz

Vol. No 23 No. 7

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Issue 200

Delta Celebrates 30 Years of Community Connection



Delta Community Support Trust marked a special milestone last week, celebrating 30 years of service, connection, and care in the Richmond community.

Over 80 people gathered at Delta to take part in the anniversary celebration, which not only reflected on Delta's past but also looked forward to its future. Guests were treated to a vibrant showcase of Delta in action; the Evergreen Club delighted with their Spring Fling event, while the Friendship Link group led a lively Circability class, demonstrating the joy and inclusion at the heart of Delta's work. Our community cafe was open serving a celebratory lunch and our Support Services staff hosted an information stall to showcase the work they undertake around community advocacy and budgeting.

Two of Delta's original members, Tony McCahon and Mike Coleman, were special guest speakers. Both gave heartfelt reflections on Delta's beginnings, sharing moving stories about how the organisation has supported and strengthened the local community over the decades. They also spoke warmly of the importance of continuity, acknowledging current General Manager Grahame Burgess for carrying forward Delta's founding vision and

values into the future.

Grahame said the event was not only a celebration of history but also of the people who make Delta what it is today. *"Delta has always been about walking alongside people, building connection, belonging, and hope. This celebration shows that after 30 years, that heart is still very much alive, and it's exciting to think about what comes next."*

As part of the event, Delta launched its van appeal to replace aging minibuses that carry older people, disabled members, and community groups across Christchurch. These vehicles are vital for keeping our community connected, safe, and active.

The day was capped off with cake, conversation, and a strong sense of gratitude for the thousands of lives touched by Delta over the past three decades.

If you would like to help Delta put a new community minibus on the road, please donate today, every little helps – find out more: givealittle.co.nz/cause/miles-of-smiles-a-new-minibus-for-delta

By Grahame Burgess, Delta's General Manager

THANK YOU CHRISTCHURCH CASINO!



Earlier this year, we discovered our recently purchased gazebos had been stolen! We were gutted as the Vintage Market had saved up their stall fees to buy them for us and we'd only used them twice! The thieves got away without the covers but replacing the frames was completely out of our budget. So we asked for help. Enter the Christchurch Casino, who when asked replied simply, 'Yes, we can help with that', and within just a few days they had given us the full replacement cost - amazing!

Thank you Christchurch Casino for pitching in when we needed you!

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

Being cremated is my last hope for a smokin' hot body!



Welcome to adulthood, where you'll be constantly tired except for when it's time to go to sleep.



Did you hear the invisible man went to the doctor? He's still waiting to be seen.

Illustration by Stephane Terris

Tuition

Reading, Writing, Spelling, Maths (Y1-Y12)
Qualified local teacher, individual programmes, great results.

P: 021 197 8383 or

E: katharineabeaumont@gmail.com

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

Deadly Deals Book Sale – 20 September

Book lovers! Don't miss the Ngaio Marsh House & Heritage Trust's **Deadly Deals Book Sale on Saturday 20th September, 10am–2pm at Avebury House, Richmond.**



Browse hundreds of bargain books – from crime, mystery, and thrillers to a wide range of other genres. Enter the prize-filled raffle, enjoy coffee from Speedy Bean, a sausage sizzle, and the buzz of a great community event. Proceeds support the preservation of Dame Ngaio Marsh's historic Cashmere home and legacy. For more details, visit our Facebook page: <https://facebook.com/ngaiommarshhouse>

Spring Fair & Heritage Festival - Saturday Oct 18, 10am-2pm



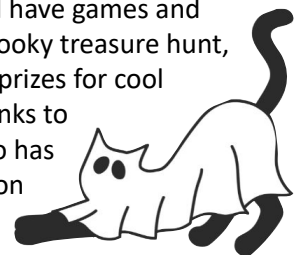
Richmond Community Garden - Avebury House - We Are Richmond - Want to join?

Yes our big, beautiful, local celebration of Spring's return is coming soon - would you like to be part

of it? Do you have a talent you'd like to share, or a local not-for-profit stall with an activity? Contact Morgane on admin@richmondcommunitygarden.co.nz or Rachel at secretary@wearerichmond.co.nz. Want to join the carboot? Email Cathy at coordinator@richmondcommunitygarden.co.nz

Halloween at Avebury – Sat Oct 25, 10am–12pm

We're bringing Halloween back to Avebury House! Aimed at kids up to age 10, we'll have games and activities, 'trick or treating', a spooky treasure hunt, a bewitching photo booth, spot prizes for cool costumes and more! A huge thanks to our wonderful intern Jenna, who has joined us to get this event back on our calendar - we can't wait!



Vintage Market @ Avebury House – Sunday 14 Sept, 10am–2pm



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.

Avebury House - Celebrating 140 Years!

A History of Avebury - Wed 29 Oct, 6pm



This year we are marking 140 years of Avebury House. A rare, public heritage treasure in the east, we know it was built in the 'mid-1880s', but as the exact build date is not recorded, we're going with 1885 - making the house 140 this year! The history of the

house is on display at Spring Fair, but as an added birthday treat our History Group volunteer, David Hollander, will give an illustrated talk on the house on **Weds 29 October, 6-7.30pm**.

Richmond History Group has a rich collection of images that will feature in this fascinating 45-minute talk. Following there will be time for questions, a tour of the house and some light refreshments. We'd love to see you!

This is a For Koha event, we suggest around \$10. All monies raised will go to Richmond History Group. Seating is limited, so please do book in with us by email at admin@aveburyhouse.co.nz or call 03 381 6615 during office hours, 9am - 1pm during the week.

Ronnie Gardiner Method at Avebury - 4 weeks from 9 September



Roger is excited to be introducing the Ronnie Gardiner Method to Christchurch. Using music and speech alongside easy movements, the Method has helped thousands embrace a happy, healthy lifestyle where rhythm is life and life is rhythm.

The course consists of four 50-minute sessions, once a month, starting on **Tuesday September 9th @ 2.10pm**. Just \$10/session to learn about this fascinating method.

Please register your interest by emailing Roger at pilatesroger@gmail.com or you can text/call him on 021 208 9196.

Rest and Restore Mini Yoga Retreat 14 Sept @ 3pm - Avebury House

Treat yourself to one of Timea's mini yoga retreats at beautiful Avebury House. The theme for this session will be love and kindness which are the qualities of the heart chakra (Anahata). Come along and experience a blissful event where you are invited to completely relax and be at ease. Designed to slow us down and allow deep rest, afterwards you will feel lighter, livelier and rejuvenated.

Includes some self-massage, restful yoga poses and guided relaxation. Please wear comfortable clothes, bring water, a blanket, pillow and yoga mat (if you have one).

Spaces are limited, please contact Timea on 021 295 0037 for further details.



Catch, Play, Laugh, Repeat

Catchball – Where Fun, Fitness & Friendship Collide!

Catchball is a social 6-a-side team sport for women, similar to volleyball but the ball is caught instead of being hit. It's fast, it's friendly, and it's designed so anyone can join in—no scary dives, no sore wrists, just plenty of laughs and movement.

Already a hit in 51 countries, Catchball is one of the fastest-growing women's sports in the world. It began in Israel, inspired by the U.S. game Newcomb, and landed in New Zealand seven years ago in Nelson. Six Nelson teams now battle it out each season.

Our Canterbury story began in 2023 when Antje Schmidt, a former Nelson player, brought the game home to Lyttelton. Eastside joined in 2024, and we're aiming to launch our third team next year.

Why do women love it? Because it's inclusive. Whether you're super sporty, haven't played in years, or have never tried a team game before, you'll fit right in. Play at your own pace, enjoy a great workout, and stick around for the social buzz afterwards.

Try it for free, then it's \$65 per term or \$10 casual during school terms – start any time during the term!

Eastside Avon Hub - Tuesdays 10:30am to 12:00pm

Lyttelton Recreation Centre - Thursdays 5:45 pm to 7:15pm

Catchball isn't just a sport. It's fitness without pressure, friendships without awkwardness, and community without barriers. Find us on Facebook at www.facebook.com/CanterburyCatchball or email us at contact@canterburycatchball.nz

Canterbury Catchball is ready for you. Are you ready for us?

Get Amongst Democracy – Local Body Elections 2025



Hi-de-hi campers,
it's your WAR council
here encouraging
every eligible voter in

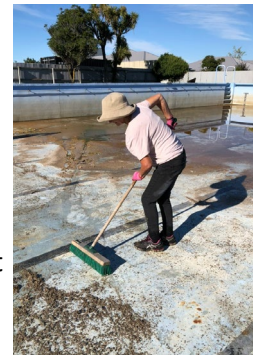
Richmond to get off the couch and vote this September/October... Actually, you don't even need to get off the couch – it's a postal ballot!

Why bother? Because if you don't vote you lose all your complaining rights.

Why is it relevant to me? Simply because the make up of our new council and community board will determine whether our needs in Richmond are well represented at the Council table, or not.

Many volunteer organisations and service providers in our community seek funding from Council to operate. Locally we have Richmond Community Garden; Avebury House; Delta Community Support; We Are Richmond; Riverlution Café & Eco Hub; and various others providing everything from frontline support to food sustainability, homegrown events like Matariki in the Zone and Richmond Gala, and volunteer power for projects like the refurbishment of Te Oraka Shirley Community Pools. We recommend a read of the Central Ward Community

Profile here: ccc.govt.nz/culture-and-community/statistics-and-facts/community-profiles) - it was produced by CCC for this election, and it shows how much the community gets done on the smell of an oily rag. Without the funding to support it, all that good work is at risk.



Every local body election is about one thing: **LOCAL REPRESENTATION**. Who do you want to represent you and your community at the council and community board tables? WAR may have a natural bias, with one of our own in the running, but it is up to each of us to research the candidates - decide for yourself who best represents the future Christchurch you want to see - then cast your votes.

See you at the Meet the Candidates evening, Richmond Club, Weds 3 Sept @ 5.45pm!

Nga mihi nui ki a koutou
Your WAR Council (We Are Richmond)
Murray James, Chair

Hayley Guglietta 4 Council - Meet me in the Park!

Pop down for a chat in one of our local green spaces:

Thurs Sept 4th, 11am Richmond Community Garden

Fri Sept 5th, 5pm Petrie Park

Sat Sept 6th, 4:30 Richmond Green

Tues Sept 9th, 5pm Richmond Green

Wed Sept 10th, 3pm Avebury House Front Lawn

Thurs Sept 11th, 11am Richmond Community Garden

Tues Sept 16th, 4:30pm Avebury Playground

Sat Sept 20th, 11am 10 Shirley Road

Mon Sept 22nd, 4:30pm Richmond Green

Wed Sept 24th, 11am Richmond Community Garden

Thurs Sept 25th, 11am Avebury Playground

Thurs Sept 25th, 4:40pm Petrie Park

Find out where I stand on the issues on my website <https://guglietta.co.nz/hayleys-vision>



This is a paid political advertisement.

Hayley Guglietta

for Central



hayley4central@guglietta.co.nz

(03) 929 0576

www.guglietta.co.nz

Scan to follow me on Facebook!



WEDNESDAY SEPT 3 SAVE THE DATE

to meet and hear from **Central Ward - Councillor Candidates** standing for Local Body Elections



**WEDNESDAY SEPT 3
AT 5.45PM FOR 6.15
THE JUNCTION ROOM,
RICHMOND CLUB**

- Hear **Candidate individual statements and presentations**
- Participate in a **moderated Q&A session**

Light finger food provided, bar service available

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



At Richmond Community Garden in September

RICHMOND
COMMUNITY GARDEN

Zero Waste Walnut Tapping Workshop - Sat, Sep 6 at 10:30 AM. With Inga from Foraging and Growing Corner. www.facebook.com/events/1113569877470037/

Monthly Fungi Whānau at Fungi Farm - Sun, Sep 7 at 10:30 AM. Sharing a love of learning about mushrooms each month! www.facebook.com/events/1428519288583833/

Air Layering + Grafting Zero Waste Workshop - Sat, Sep 13 at 10:30 AM. Part of the Festival of Adult Learning. www.facebook.com/events/695632376722221/

Hazel-weaving for Garden Beds - Sat, Sep 13 at 10:30 AM. Part of the Festival of Adult Learning. www.facebook.com/events/1434270348028389/

Repair Riverlution - Tue, Sep 16 at 5:30-7:30 PM. Fixing things every 3rd Tuesday of the month! www.facebook.com/events/951490613692274/?event_time_id=951490630358939



Volunteers are welcome to join gardening sessions every Monday and Wednesday 10am - 1pm, and also every 3rd Saturday of the month.

Saturday Morning Fever!

Join DJ Mojo
Risin at Richmond
Community
Garden for
the very first
Riverlution
Boogie - Morning
Garden Dance Party! Saturday
October 4th, 10-11.30am



Get your mid-morning groove on with an outdoor dance session. Whether you're fresh off the Park Run, browsing the Riverlution Farmers' Market, or popping in for a Riverlution coffee, enjoy some toe-tapping goodness among the trees. This is a ticketed event, find info here: www.facebook.com/events/735448272630205

This could become a regular dance gathering — come help us kick it off in style!

AVON BONSAI SOCIETY SPRING SHOW

Saturday Oct 4th 10am-5pm & Sunday Oct 5th 10am-4pm
Horticultural Society
Kiosk, Christchurch
Botanic Gardens



Our public annual show marks the beginning of Spring, showcasing our club's best bonsai trees, from Maples to Pohutukawa and Kowhai to Larch. Various styles will be on display and competition trees judged by last year's winner. Plus there's great raffle prizes, and a People's Choice Award so be sure to vote for your favourite tree! Members will be on hand to discuss all things bonsai, including tips and upcoming classes.

SHIRLEY
Spring Market

.....

SATURDAY 20TH SEPTEMBER

10am - 12.30pm

**Outside the
Neighbourhood Centre
17 Acheson Ave**

A variety of stalls -
Food / clothes / plants / gifts
bouncy castle and more

For more info, contact Sharyn: 022 621 8269

shirley
community trust

2025 LOCAL ELECTIONS - WHO'S REPRESENTING US?

Voting papers will arrive by mail between 9 - 22 September. You have until noon on Saturday 11 October to get your votes in.

Visit Council's website for further information on how to vote in 2025: ccc.govt.nz/the-council/how-the-council-works/council-elections

Check you are enrolled to vote here: vote.nz/enrolling/enrol-or-update/enrol-or-update-online/

Council elections are held by postal vote every 3 years. You are asked to vote for Mayor; a local ward Councillor; and two community board members. You will also be able to vote for two ECan Councillors. Seal your completed papers in the return post-paid envelope and post by **Tuesday 7 October**. OR drop it into one of the **orange voting bins** at Council service hubs and other community locations before noon on October 11. Nearest to Richmond are *Shirley Library and Woolworths at The Palms*; and *Linwood Library and Woolworths at Eastgate*.

With limited space we are only including bios for Central's five Council candidates, but others we have listed alphabetically and encourage you to seek more information. Local politics affects our daily lives hugely, but voter turnouts are very low. Winning margins can be just a handful of votes, which means yours really counts!

If you are not able to complete a postal vote independently due to disability or have not received your voting papers by Sept 22, please contact the Elections team at elections@ccc.govt.nz or phone **03 941 8999**.

What is a Community Board?

Community Boards are another way for Council to reach out to communities.

Richmond is covered by the Waipapa Papanui-Innes-Central Community Board. It consists of two community members from each ward, and the three ward councillors. Their main roles are to:

- Represent and act as an advocate for the interests of their communities.
- Consider and report on matters referred to them by Council.
- Maintain an overview of services provided by Council to the community.
- Communicate with community organisations and special interest groups in their area.
- Hold regular public meetings where anyone can speak about a local issue or project they want help with.

This election, Central has five candidates running for its two positions. Below are their names and email contacts as listed on the Council website. *NB If you are in the Papanui or Innes Wards, your candidate options will be different.*

Sunita Gautam (Labour) sunitagautam3010@gmail.com

John Miller (Labour) john@johnmiller.co.nz

Mace Reid (Independent) macereidcentral@gmail.com

Tom Roud (Alliance Party) tomforccc@gmail.com

Vivian Wang vivianwangchch@gmail.com

You can find the full list of confirmed local body candidates at [electionz.com. https://www.electionz.com/LGENominations/2025/ELT60CH25_candidates.htm](https://www.electionz.com/LGENominations/2025/ELT60CH25_candidates.htm)

The next Waipapa Papanui-Innes-Central Community Board meeting is scheduled for 11 September. Keep up to date via the Council's website. <https://letstalk.ccc.govt.nz/waipapa-papanui-innes-central-community-board>



Voting for the Environment - ECan Candidates

Richmond is now in the Christchurch Central/ Ōhoko ward



for ECan; but please note if you are in Shirley, Dallington, St Albans or Avonside, you are still in Christchurch North/Ōrei. [You can check your ward by entering your address here.](#)

Below are the names of our Central ECan candidates, listed alphabetically. Space limitations mean we can't share all their bios, but looking after our environment is important, so find out more about these candidates on ECan's website and choose two you can support. www.ecan.govt.nz/about/your-council/local-elections/candidate-information#e33356

Benjamin Alexander (Independent)

Ross Boswell (Independent)

Lindon Boyce (Independent)

Alexandra Davids (I CLEAN RIVERS)

Nettles Lamont (Independent - Gets things done)

Genevieve Robinson (Independent)

Alan (Huijian) Wang (Independent)

Our Central Ward Council Candidates

Hayley Guglietta (Truly Independent) hayley4central@guglietta.co.nz www.guglietta.co.nz



I have lived and worked in Richmond for over 30 years and I've spent over a decade rolling up my sleeves in Christchurch Central, creating cool community spaces like the Richmond Community Garden and Ōtākaro Orchard, running major events, and shaping long-term strategies for a more resilient, connected city. From regenerating red zone land to founding the Riverlution Eco Hub, I've turned big

ideas into lasting outcomes.

With a Master's in Business Administration and experience running a successful IT business, I know how to read budgets, ask the right questions, and invest wisely for long-term value. I bring both governance expertise and grassroots know-how — understanding how policy plays out on the ground. I'm standing as an independent because I believe local decisions should be made by locals, not party lines. I'll work with anyone who shares a vision for progress. This is my home. I'm committed to transparent leadership, environmental regeneration, and practical action that improves life for all of us.

Raf Manji (Independent) rafmanji@gmail.com



I'm a former 2 term Councillor who was Chair of Finance from 2013-2019. I oversaw the post-earthquake financial recovery including the city insurance claim, cost-share agreement with central government, the SCIRT project and acquisitions of LPC and Enable. I've chaired the Student Volunteer

Army Foundation, been a Trustee for Pillars and the Christchurch Arts Festival and volunteered for Refugee Resettlement and Christchurch Budget Services. I've sat on Local Government Working Groups for Funding, Risk and Localism and the board of Christchurch City Holdings Ltd. Since Leaving Council, I acted as an advisor to the Christchurch Foundation on support for the survivors of the 15 March Terror Attack, led The Opportunities Party (TOP) into the 2023 General election and more recently have been a non-resident Fellow at the AsiaNZ Foundation.

Jake McLellan (Labour) jakemclellan@icloud.com



For nine years I've served our community, the last six as your Councillor. I live beside the new Parakiore Recreation & Sport Centre, went to school locally, and have lived in Phillipstown, Linwood, Richmond and the

CBD. Together we've faced planning battles, advancing transport projects like the shuttle, and unexpected challenges like Brian Tamaki's occupation of Cranmer Square. I believe strongly in tackling inequities wherever I find them. That's why you hear me advocating for a revamp of Linwood Village and securing the future of the Phillipstown Hub. I take seriously the trust you've placed in me and work daily for all residents. This term I've stepped up on Council's economic development agency Audit & Risk Committee and social housing trust; safeguarding finances, supporting economic growth, and protecting our most vulnerable.

Mace Reid macereidcentral@gmail.com



I am running for both Councillor and community board in the central ward. I want to bring back the shuttle service. With the stadium nearing completion, the city is going to need to look at viable transport solutions for large events, and I would be very interested in testing rail and bus options. Rates should be kept as low as practical, but committing to a hard cap may lead to cuts to necessary services.

Tom Roud (Alliance) www.tomroudforcouncil.org



I am running a "two ticks" campaign for both Council and Community Board. I have been working in the central city in libraries for the last seven years. I am a union delegate, and in my spare time play in a local band. I grew up in Christchurch, went to Hillmorton High School and the University of Canterbury. My family have roots in Woolston dating back to the 1880s. My interest in politics

stems from my first experiences in unionism in my teens, where I learnt the power of ordinary people working together to achieve a better outcome for themselves. From there I've had a keen interest in progressive politics, and would like to see a more ambitious approach taken in Local Government that serves and supports residents both now and for future generations.

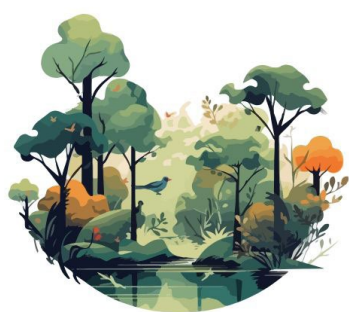
These candidate bios were curated by the Victoria Neighbourhood Association and we thank them for allowing us to share them here. We also checked with the candidates that it was ok for us to use them. No one paid to be included.

Mind Yer Language:

The Forest and the Trees

By Tanya Didham

‘Wood’ comes from the Old English *wudu*, via Norse and Proto-Germanic. It could refer to a single tree, a whole group of trees, or the stuff trees are made of - a wood of wood in a wood! It also held the sense of being ‘wild’ when added as a prefix, such as *wudufugol* ‘wild foul’ and *wudu-honig* ‘wild honey’. Following the 11th century Norman invasion, English received the misunderstood ‘forest’ came to English. The French used this word in reference to royal hunting grounds, set aside for the pleasure of the King. It’s thought to come from the Latin phrase *forestem sylvam*, which traces its way back to the 8th century ‘Capitularies of Charlemagne’.



The capitularies or ‘ordinances’ of the Frankish king, and later Holy Roman Emperor, Charlemagne, set aside the *forestem sylvam* for royal sport. It’s the *sylvam* part that means ‘trees’. You might know it from Tolkein’s ‘silvan’, tree-dwelling elves; and in place names like Transyl-

vania, meaning ‘across/beyond the forest’, and Pennsylvania, literally meaning ‘Penn’s Wood’. The *forestem* part just means ‘outside’; in this case, outside the manicured gardens, was the *forestem sylvam* - the ‘outside trees’ - for the King’s hunt. ‘Forest’ actually shares the same root as ‘foreign’. On a side note, the Emperor’s ‘capitularies’ have that *capita/capital* prefix, from the Latin *caput* for ‘head’. To ‘capitulate’ a document, simply meant to draw up a document with ‘headings’. Over time, so many of these ‘capitulations’ were terms of surrender, that by the 17th century the word ‘capitulate’ had changed to mean ‘give up’! On a side, side note, the original meaning still comes down to us in the word ‘chapter’.

‘Tree’ shares its origin with ‘true’ from the proto-Indo European root, **deru*, meaning ‘steadfast’. From this we also get ‘durable’, ‘dryads’ (tree nymphs), and ‘druids’!

Puzzle

Find these baby animal words in the letter grid.



- | | |
|-------|------------|
| cub | nymph |
| fry | cygnet |
| kid | eaglet |
| pup | kitten |
| calf | piglet |
| cria | puggle |
| joey | leveret |
| fawn | tadpole |
| foal | duckling |
| lamb | hatchling |
| spat | spiderling |
| chick | |
| larva | |

L	A	M	B	R	T	C	K	C	I	H	C
E	O	M	S	U	L	E	M	T	D	A	R
V	I	H	A	T	C	H	L	I	N	G	I
E	L	G	G	U	P	Z	K	G	N	T	A
R	D	K	I	T	T	E	N	I	A	N	X
E	N	U	J	G	E	B	L	D	W	E	J
T	H	O	C	Q	T	R	P	A	E	B	F
G	E	N	U	K	E	O	F	A	R	L	F
Y	I	Y	A	D	L	O	K	S	A	V	O
E	R	M	I	E	G	I	D	C	P	I	A
F	X	P	F	T	I	V	N	M	L	A	L
E	S	H	P	U	P	C	Y	G	N	E	T

Awaken Your Senses - Colour Workshop

Experience the Energy of Colour — Body, Mind, and Spirit

From the clothes you instinctively reach for to the hues you surround yourself with at home, colour is constantly shaping your mood, your energy and even your relationships.

This is not just another colour theory class. You’ll leave feeling energised, enlightened, and equipped with practical tools to bring more colour, clarity, and

confidence into your everyday life.

Date: 13 September

Time: 10am - 4:3pm

Venue: Avebury House, 9 Eveleyn Couzins Ave. Richmond

Get your ticket: events.humantix.com/awaken-your-senses

uniquestyle.co.nz



Pizza and Coastal Landscapes!

This month I've been out and about visiting a number of Kindergartens in the East. It was valuable hearing from staff and parents about the issues that matter most to them, and always a privilege to see the incredible mahi our early childhood educators do every day to support tamariki.

As a pizza lover, I couldn't say no to the chance to help judge the Richmond Club's recent Design Your Own Pizza promotion. A big thanks to Club GM Jimmy and Executive Chef Mike for having me along – and to the top three finalists for the delicious tastings of their creations!

We also had another fantastic Walk the Talk event, exploring the unique coastal landscapes of Brooklands Lagoon and Te Rauakaaka Regional Park. Under clear eastern skies, we were joined by a large group of locals keen to learn more about this special environment.

A huge thank you to our brilliant speakers—environmental researcher Peter Langlands, CCC Ranger Yvette Williams, and ECan Councillor Joe Davies—who shared

their passion, knowledge of saltmarsh ecosystems, the area's post-quake transformation, and the efforts underway to protect its biodiversity. Their insights sparked some great conversations along the way.

The free sausage sizzle at the end was a hit too—kai always tastes better after a good walk and talk! Keep an eye out for details of our final Walk the Talk for the year, coming up in November.

And, as always, if you have any issues or concerns you'd like to discuss with me or my team, please get in touch.



Ngā mihi
 Reuben Davidson | MP for
 Christchurch East
chcheast@parliament.govt.nz |
 03 382 0288 | 0800 MP EAST (67
 3278)
 Funded by Parliamentary Service





COMPLIMENTARY HOUSE CLEAN

List and sell your property with Charlotte and receive a complimentary professional clean of your home prior to settlement, saving you a task and ensuring your move goes as smoothly as possible.

Get in touch now for an obligation free appraisal of your property.

"I cannot recommend Charlotte enough, from the moment we signed up to settlement of our property, she continually communicated with us. Her knowledge and understanding of the process was exceptional and made us feel at ease." - L Slater



Charlotte Heaslip | 027 386 0667 | charlotte.heaslip@bayleys.co.nz

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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.

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**.

Sunday

Yoga: 9am, \$10/session.

Pilates: 10am, \$10/session.

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

Parkling 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 – 12:00pm Tuesdays
term time only. First time free, [contact@
canterburycatchball.nz](mailto:contact@canterburycatchball.nz)

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.deltatruster.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. Lunch served at 12noon.

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**