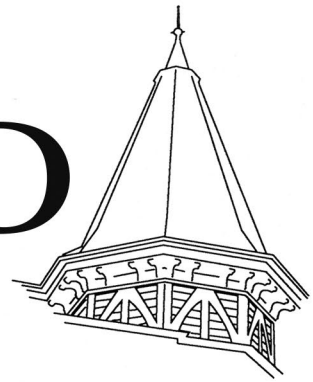


# RICHMOND

## COMMUNITY NEWS



Avebury House: 9 Eveleyn Couzins Avenue

Phone: 381-6615

Email: [rcn@aveburyhouse.co.nz](mailto:rcn@aveburyhouse.co.nz)

Vol. No 24 No. 2

March 2026

Issue 205

## Richmond Welcomes Flourish, a Disabled-Led Community Café

If you love your kai made with aroha and served with infectious smiles, visit Flourish — Delta’s disabled-led community café right here in Richmond.

For nearly thirty years, Friendship Link, Delta’s Day programme for adults with intellectual disabilities, has brought connection and fun to our community. Since July, members have been busy in the kitchen building skills in cooking and hospitality, nurturing creativity, and growing in confidence — all in preparation for Flourish.

Last month, we officially opened our doors, and we warmly invite our Richmond neighbours to come in and experience it for themselves.



Step inside and you’ll feel the energy immediately — it’s real and contagious. There’s a steady hum of conversation, the rich aroma of homemade dishes crafted with care, and a team who radiate warmth and quiet pride in their work.

For Friendship Link members, Flourish offers an opportunity to develop independence and friendships in a safe and supportive environment. For the wider community, the café is a welcoming place to gather, enjoy good company, and celebrate inclusion while helping reduce barriers and fostering a stronger sense of belonging for everyone.

Our doors are open every **Wednesday, 11am – 12.30 pm, at 101 North Avon Road.** We’d love to see you there.

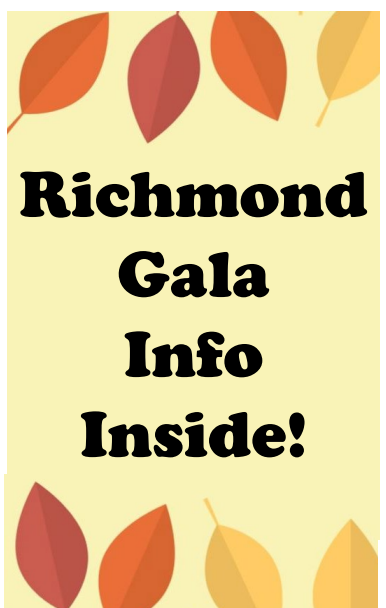
## Delta’s Foot Clinic: Caring for Our Community



*Take a step towards better foot health — your feet will thank you!*

Delta’s nurse-led Foot Clinic offers a relaxing foot spa, expert nurse-led nail care, and gentle foot massage, helping prevent infections, pain, and mobility issues. Delivered by a Registered Nurse, our trained team ensures safe, hygienic, and compassionate support, including practical guidance to maintain foot health between visits.

The Foot Clinic runs every six weeks, by appointment only, on **Mondays, 12–2.30pm, at 101 North Avon Road.** Cost is just \$15 and spaces are limited. To book call Delta on **03 389 0212.** Next clinic is Monday, 9th March.



## Richmond Gala Info Inside!

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](http://www.aveburyhouse.co.nz/newsletter.html)

Contact us at: [rcn@aveburyhouse.co.nz](mailto: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

**Patient:** Doctor, I feel like everyone hates me!

**Doctor:** That's ridiculous, everyone hasn't met you!

• • • • •

**What's the easiest way to get straight As at school? Use a ruler.**

• • • • •

**I miss the old days, when bills didn't have my name on them.**

Illustration by Stephanie Terris

## Tuition

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

**P:** 021 197 8383 or

**E:** [katharineabeaumont@gmail.com](mailto:katharineabeaumont@gmail.com)

**Piano, clarinet + saxophone, guitar + bass, music theory:** Tuition at your tempo! Music lessons for all ages and stages with In Tune Music Studios NZ (027 606 4023 or [nicola.intune@gmail.com](mailto:nicola.intune@gmail.com)).

## New Tai Chi Class at Avebury!

Roger's regular Tai Chi class at Avebury House is getting a bit full so it's time to create a new beginners' class! Friday mornings at 9.30am, starting on **Friday April 10th**, Roger will welcome beginner students to learn the healing art of Tai Chi. *To enquire or save your place, contact Roger directly on 021 208 9196, or email [admin@aveburyhouse.co.nz](mailto:admin@aveburyhouse.co.nz)*



## Climate Resilience Garden Working Bee

**Avebury House, Sunday March 8, 10am - 12pm**

Wondering how to make your garden more resilient in the face of our changing climate? The Canterbury Horticultural Society have been busy working on their plans and secured some funding for plants, so they are about to have their first working bee of 2026! They'd love your help preparing Avebury's back garden on Sunday March 8, between 10am and 12pm.

*Drinks and nibbles are provided so please let Jenny know if you'd like to come along. You can email her at [office@chsgardens.co.nz](mailto:office@chsgardens.co.nz)*

## Women's Catchball

Try it for free, then it's just \$65/term or \$10 casual per session – and you can start any time!

Eastside Avon Hub - Tuesdays 10:30am to 12:00pm  
Papanui Graham Condon - Tuesdays 6:00pm to 7:30pm  
Lyttelton Recreation Centre - Thursdays 6:00pm to 7:30pm

*To learn more, visit the Canterbury Catchball website [www.canterburycatchball.nz](http://www.canterburycatchball.nz) or email: [contact@canterburycatchball.nz](mailto:contact@canterburycatchball.nz)*



**We Are Richmond meets every 4th Tuesday of the month. Next meeting is Tuesday, 24 March, 7-9pm at Avebury House. Everyone welcome!**

[www.facebook.com/share/1sH3gvNU4Tm2Vlf4/](https://www.facebook.com/share/1sH3gvNU4Tm2Vlf4/)

# From Rubble to Resilience: Adventure Ave 15 Years On

By Hayley Guglietta from Avon Ōtākaro Network

On February 22nd, Ōtautahi Christchurch paused to mark 15 years since the earthquakes that reshaped our city's landscape and our collective sense of place. The red-zoned land along the Ōtākaro Avon River may be a daily reminder of what was lost, but now also of what grows when community leads regeneration.

Adventure Ave is a powerful example of this transformation - a tamariki-led nature play and learning space developed by the Avon-Ōtākaro Network in partnership with Pareawa Banks Avenue School.

In the months and years following the earthquakes, Pareawa Banks Avenue School remained on its damaged site awaiting relocation, so access to nearby red-zoned land was critical. What began as informal visits to an empty landscape evolved into a deep relationship between the school and the land. Tamariki were not just visitors, they became designers, kaitiaki, and advocates. Hands-on involvement in planting, track building, and creating play features, gave students a sense of

ownership; restoring love to a place that had once symbolised loss.



Adventure Ave offered relief from construction fences and cracked asphalt: a space to move, to imagine, to connect with nature, and to begin processing the upheaval that disrupted so many young lives. But it also offered a template, a precedent for community engagement. As the city continues to shape the future of the red zone, Adventure Ave stands as a reminder that

regeneration is not only about infrastructure, but about inclusion. It shows what is possible when we trust our young people to lead, listen to their aspirations, and create opportunities for them to actively participate in the rebuilding of their city.

15 years on, Adventure Ave is still a treasured play space and outdoor classroom, but more than that, it is a legacy of resilience - a promise that the next generation can and should help guide what comes next.



## New Brighton Museum - New Look and Old Tram Tracks!

You may have noticed we love history here at Avebury House and if you do too, we encourage you to visit the revamped New Brighton Museum at 8 Hardy St. A newly-sealed carpark and renovated interior make it so inviting, an exterior paint job is on the way, and there is a cool new addition to their entranceway! During recent road works on Marine Parade, some old tram tracks were dug up and the workers thoughtfully brought a section into the museum. You can now find it installed by their front door, alongside an old 1890's hitching post! Explore this little treasure trove and sign up to their fascinating newsletter to keep up with what's on, including Golden Oldies movies every Monday, and a monthly exhibit - the March one is all about those beautiful godwits - soon leaving for their northern migration.

A year's subscription to the New Brighton Museum e-newsletter is just \$15. You can contact the team at [secretary@nbmuseum.org.nz](mailto:secretary@nbmuseum.org.nz)



## Rest & Restore You – Sat March 21, 3–5pm

Allow yourself to unwind at this blissful yoga event where qualified yoga and Pilates instructor, Timea, will guide you through gentle movements and breathing techniques that encourage the nervous system to relax deeply.

*Avebury House, Saturday March 21, 3-5pm. Bookings are open and spaces are limited, so get in touch with Timea directly to find out more! Ph: 021 295 0037*

Facebook: <https://www.facebook.com/events/1394327808579546>



# March Means Gala!

Join us at Richmond Gala, Saturday March 28, 10am - 2pm  
46A Vogel St - 9 Eveleyn Couzins Ave

The teams from Richmond Community Garden, We Are Richmond and Avebury House are excited to share a fantastic line-up of fun stuff for the whole family at Richmond Gala! A celebration of summer and the harvest, looking ahead to autumn, the Richmond Community Garden are showcasing the garden's bounty with their own produce for sale; the Annual Preserves Competition [see p5]; and, for the first time this year, the Wonky Veg Competition! [see p5]. You'll also find the Riverlution Cafe and Farmers' Market open for business; the eclectic Carboot Sale; sausage sizzle; live DJ; folk-dancing, and loads of interactive community stands from Precious Plastics to the Avon Ōtākaro Network; Cat Rescue to Urban Trapping; and Trees for Canterbury to Supergrans!



We Are Richmond continue the fun and games in Avebury Park playground with the ever-popular Eastern Community Sports sack races; Shirley Library Van & Storytime; Playdough and Music with Casa dei Bambini; or have a go at Disc Golf with local champion, Sarah Wadsworth. Local MP Reuben Davidson and his team are bringing their Chocolate Wheel; catch up with Pareawa Banks Avenue School, Stables Montessori, Neighbourhood Support, Sunrise Rotary Club, Te Oraka Community Pool Project, and the fabulous Stormwater SuperHero Trailer! Plus the Fairy Collective will have candy floss and face painting!

Avebury House will have the crafty crafters market on the front lawn, while volunteers serve our signature Devonshire Tea in the house. Canterbury Horticultural Society will be joining us with their amazing Climate Resilience Garden project, and we can't wait to share the work of our wonderful University of Canterbury intern, artist Xinran, who has made us a fun new photobooth

stand! Along with live music from Christchurch City Chorus, Garden City Orchestra, and more, we've invited some of your favourite food vendors including Colocho Empanadas; Hungry Potato; Mama's Kitchen; Jarrod's Woodfired Pizza; Marg's Little Cup of Joy; fund-raising stalls Kirilous Egyptian & Goli's Afghani Food; plus sweet treats from Real Fruit Swirls Ice Cream and the irresistible Sweet As Waffles!



It's going to be a huge amazing day and we can't wait to see you all!



Copiers ■ Printers ■ Document Solutions ■ IT  
Kyocera ■ Samsung ■ Fuji Xerox  
03 366 2217  
www.kmbe.co.nz



## RICHMOND GALA PRESERVES COMPETITION



Richmond Community Garden is ready to receive your delicious homemade preserves for the annual Gala Preserves Competition. From now until Friday March 27th, bring your jams, pickles, chutneys, drinks, and vinegars to the Riverlution Hub on Vogel St.

*Prize-winning Categories are:*

Jams & Jellies

Pickles & Chutneys

Drinks & Vinegars

People's Choice—the community chooses their favourite!

So label your jars, bring your favourites down to the community garden on Vogel St for our discerning judges, and celebrate the love of preserving with us. We can't wait to see - and taste - your creations! Any questions, email Morgane at [admin@richmondcommunitygarden.co.nz](mailto:admin@richmondcommunitygarden.co.nz)

[co.nz](http://richmondcommunitygarden.co.nz)

## Walking Festival - RS197 Boundary Walk

CCC's Walking Festival runs from March 28 to April 19, and Avebury House is offering a self-guided walk back through time, following the old boundary of Rural Section 197 - a 50-acre riverside block purchased by Englishman Dr John Gundry in 1851. Avebury House now sits on a small piece of the south-east corner, but walk the easy 30-40 minute route and discover how this little corner of Richmond has changed over time. Being self-guided, this walk can be done any time during the festival.



Simply collect a map from Avebury House, either during Richmond Gala on March 28, 10am–2pm, or pop into the office (upstairs) any weekday morning, 9am to 1pm, until April 17. Keep up via our facebook event: [www.facebook.com/events/25244085045267319](https://www.facebook.com/events/25244085045267319)

Looking at life from a different perspective makes you realize that it's not the deer that is crossing the road, rather it's the road that is crossing the forest.

*-Muhammad Ali*

## INAUGURAL WONKY VEG COMPETITION AT GALA!

### Gargantuan Marrow

You know the old 'one day it's a zucchini, next day it's a submarine' scenario? Take this opportunity to celebrate your gardening faux pas and be crowned Majesty of the Marrow! Start ignoring them now and grow your winner!

### The Longest Bean

Be it runner, French, yard long, butter, scarlet, borlotti, winged, get measuring your *Phaseolus vulgaris* (Latin for beans). Enough said.

### Funkiest-shaped Vegetable

Who wants to only eat perfectly-shaped veg? Boring! Here at Richmond Community Garden we embrace diversity. Bring your wild, wondrous and wacky vegetables for our judges to peruse.



*Bring the unusual fruits of your labours for judging on Gala Day, Saturday March 28, between 10am and 11am - drop off is at the Hub. Winners announced at 1pm!*

## Homegrown Precious Plastics - Give-A-Little!

Single-use plastic waste is one of the biggest environmental challenges facing our communities — yet it is an incredibly durable and reusable commodity, so why not harness it?



The Riverlution Eco Hub has been recycling awkward things like plastic lids for years, but now they are saving up for the machinery that will allow a small-scale community recycling hub on-site! Plastic will be sorted, shredded, melted, and remade into items like garden tools, signage, learning resources, and future community products. It's hands-on, educational, and empowering — and it saves plastic from landfill. Can you give a little?

*Every donation helps turn plastic waste into opportunity — for people and for the planet. Please give a little at <https://givealittle.co.nz/cause/turning-plastic-waste-into-community-resources>*



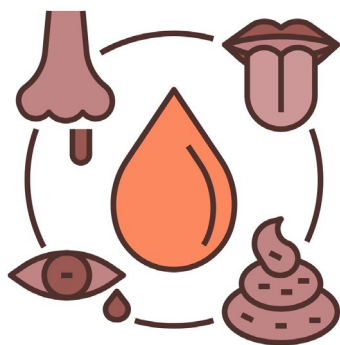
**Allan the Appliance Guy will collect \*for free\* scrap metal, old appliances, computers, dvd players etc. No printers pls. Call him on 027 756 2718.**

# Mind Yer Language: Temper, Temper

By Tanya Didham

'Tempus' is the way-back Latin basis for that most common of nouns: 'time'; but it is also the root of many more familiar words. To the Romans, 'tempus' originally meant something like a 'season' or a stretch of time. We still see that meaning in words like temporal, the forebear of temporary. These are pieces of current time

that pass. And that maybe we measure.



Tempo gives us that other sense - measuring the rate or speed of music or even life in general. From this meaning we also get words like 'temperate'

and 'temperament', because they are 'measured' or 'tempered' in their extremes. In 16th century physiology, the 'temperament' was an even balance of all four 'humours' in the body - blood, phlegm, yellow bile, and black bile. An imbalance of these essential fluids would make us more sanguine, phlegmatic, choleric or melancholic! Our 'temper' was more like our 'temperament' and only became more associated with a 'bad' temper in the 1800s.

A 'temperature' (similar to a 'mixture') was also something that had been mixed to equal proportions - of hot/cold/moist/dry. The term became more specifically applied to measuring hot and cold in the late 1600s.

Weather and time have often been closely linked in language, a 'tempest' started out as just a 'period of weather', picking up the wild and woolly connotations in the 11th century. 'Monsoon' is another example. The original Arabic 'mawsim' meant 'of the season', morphing via Portuguese sailors into the favourable sailing winds that came around every year, but which for India, meant a lot of rain!

The 'tempering' of a sword (or chocolate) means carefully measuring in heat and other substances to harden the steel (or chocolate) - practically a mystical art. 'Temple' is also thought to come from the measurement root, in relation to measured, sacred geometry. Temptation, on the other hand, is completely unrelated.

# Puzzle

Find these March-ing words in the letter grid.



- |        |         |         |
|--------|---------|---------|
| amble  | saunter | tiptoe  |
| hike   | stomp   | traipse |
| march  | stride  | trek    |
| plod   | stroll  | waddle  |
| prance | strut   | wander  |

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



**HERE TOITŪ**  
Strengthen Weave Empower

## Is your health impacting your work? We can help.

Here Toitū is a **no cost** support service provided by Pegasus Health in partnership with the Ministry of Social Development.

**Here Toitū Responding Early** supports people who are:

- Aged 16-64 years
- Currently in work
- **Managing a health condition or disability that is impacting their work or placing their job at risk**

This support can include:

- Working with you to improve your health and well-being
- Advocating for health needs within the workplace
- Attending employer meetings as a support person
- Utilising MSD products and services
- Searching for alternative employment if required

**Talk to your GP or contact us:**

Toll Free Phone: **0508 437 786**

Email: [HereToitu@pegasus.health.nz](mailto:HereToitu@pegasus.health.nz)

Website: [www.pegasus.health.nz](http://www.pegasus.health.nz)



# Let's Walk the City-to-Sea!



Kia ora Richmond, as promised, here are the details for our first Walk the Talk of the year! On Saturday 7 March, we'll be exploring the gateway to the City to Sea Pathway (Templar St entrance), which begins right here in Richmond and follows the Ōtākaro Avon River for 11km all the way to New Brighton.

We'll be joined by Ashley Campbell, ECan Councillor and founding member of both the Avon Ōtākaro Network and Greening the Red Zone. Ashley will share insights into the early campaign to return this area to nature, as well as the ongoing commitment needed to support environmental restoration. Stay on after the walk for a free sausage sizzle and a cuppa. Keep an eye on my Facebook page for updates and more speaker announcements.

You may have heard that six NZ Post agencies are proposed for closure across Christchurch East. One of these is the postal service at Bin Inn on the corner of Stanmore / North Avon Road. If you'd like to show your support, please pop in and sign the petition. Patrick intends to appeal the decision, knowing how important this service is to the local community.

As always, if you or someone you know needs support, please don't hesitate to reach out- my team and I are here to help. The office is open weekdays from 10am-4pm, and we're always happy to chat.

Ngā mihi

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



## Gluten Free Food Festival

### Lincoln Events Centre

- 10 & 11 April

Packed with inspiration, learning, and great local products the Gluten Free Food Festival features:

- Experts on coeliac disease
- Two Raw Sisters cooking demonstration
- practical advice for living well gluten-free.

The Expert Seminar Series is hosted by Coeliac New Zealand. Pre-register to book a free space. Visit: [coeliac.org.nz](http://coeliac.org.nz) to find information and book tickets.

## 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](mailto:charlotte.heaslip@bayleys.co.nz)

WHALAN AND PARTNERS LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008

**PROUD TO BE A RICHMOND LOCAL**



**ALTOGETHER BETTER**

Residential / Commercial / Rural / Property Services

# 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](mailto:grahamandlois@xtra.co.nz).

[grahamandlois@xtra.co.nz](mailto: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.

Alexander Yoga: 6pm. Bookings required. Contact Teresa 02102671668.

Saturday

Yoga: 9am, \$10/session.

Pilates: 10am, \$10/session.

**SHIRLEY LIBRARY,**

36 Marshland Road (by the Palms Mall).

Phone (03) 941-7923

Tuesday

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

JP Clinic: 10am–1pm.

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](http://www.shirleycommunitytrust.org.nz)

03 981 5521

[www.shirleyvillage.org](http://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!

Riverlution Eco Hub: Mon-Fri,

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

Repair Revolution: Every

3rd Tuesday of the month at

5:30pm.

Crafternoons: Tuesdays, 12pm

Riverlution Market: Saturdays,

9am

Yoga: Sundays, 8am

**EASTERN COMMUNITY SPORT & RECREATION,**

Email: [Kate@easterncommunity.co.nz](mailto:Kate@easterncommunity.co.nz)

Ph: 027 728 3005

Catchball: 10:30am – 12:00pm Tuesdays

term time only. First time free, 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](http://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 Years 5-8. 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](http://www.deltatruster.org.nz)

A Place for Community, Connection & Care: Delta is a welcoming community hub where individuals, whānau, and neighbours can come together for connection, support, and a sense of belonging.

Monday Café: Every Monday except public holidays. 10am-12.30pm \$3 Hot Toasties , Tea & Coffee 50c.

Friday Drop-Inn café: Every Friday except public holidays. 10am-12.30pm. Choice of 2 mains only \$5, Dessert \$3, tea & Coffee 50c. 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](mailto:jo@odt.org.nz) or 021-1151657