

July 2019

TENANT TABLOID

Winter Edition

Social Housing

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Welcome to our Tenant Tabloid

A SEASONAL PUBLICATION FILLED WITH
SENSATIONAL STORIES, SHORT ARTICLES &
LOTS OF PHOTOGRAPHS

Many a time we get to witness what amazing talented tenants you all are and this tabloid is a way we can celebrate that. Thank you to our tenants who have contributed to our Winter 2019 edition. Sharing your stories may inspire our readers in their journey.

Hi everyone,
I hope you are all keeping well in this chilly season with lots of hot cups of tea and coffee! Thank you to those who I've met for the articles in this Tenant Tabloid Edition. It has been really lovely meeting you and listening to your great stories.
Stay warm and take care, Amanda



I hope you are all staying warm in winter and keeping well. During winter its important to wash your hands more so than ever which helps to keep away the flu. Recently we have completed the cleaning of the bathroom vents so they should be all working well. We are starting to roll out heat pump filter cleaning so I will be sending you a letter advising you of the date and time. In the meantime if you have any maintenance issues please contact me so I can get our tradesman on to it.
Winter is a lovely time to wrap up warm and watch something on TV or go to the movies. We have been lucky so far that we have not had much rain and on a warm day its nice to get out and go for a walk.
Regards, Kathryn

Hi everyone, welcome to our third edition of the newly renovated Tenant Tabloid! I really hope you're all getting some enjoyment out of it, we love celebrating your skills and achievements! please let me know if there is anything you would like to see in the Spring edition or if you would like to feature in it :)
Keep warm, Indi



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~ Home Sweet Home ~

As part of our Home Sweet Home, we welcome Kim, one of our newest tenants with having moved in only a month ago. She lives with her lovely cat Millicent who is 9 years old and looks very much at home already. Kim has started to settle in; there are pictures on the wall and pet themed items making the place feel homely.

Even though Kim is from Christchurch, she did not know her new local area well initially. However, she is pro-active and has met her neighbours and has begun exploring and looking out for good shops.

Kim is really enjoying her new home and says that there is good light with lovely trees surrounding her unit. She says the bright outlook makes her feel good and enjoys sitting in her courtyard with a cup of tea. She has even decided to give up smoking which is great news and really wants to focus on making it home. Although she hasn't done much gardening before, she is looking forward to the challenge of growing a herb garden. We hope to see the fruits of her labour in the garden competition at the end of the year!



THANK YOU TO ALL OF OUR TENANTS
WE APPRECIATE THE CARE YOU TAKE
LOOKING AFTER YOUR HOMES

Winter Home Hints

- **Reduce dampness** - Cooking, showering and drying clothes indoors all creates moisture in your home, causing dampness. A damp, mouldy home can be harder to heat and cause respiratory illnesses. To minimise dampness, dry your clothes outside when possible (if you can't then at least dry them in a room with the windows open), use extractor fans when cooking and showering, and remove condensation from windows/doors daily.
- **Let in fresh air** - Even when it's cold outside, open windows during the day, if only for a few minutes, to remove moisture from your home and let in fresh air.
- **Keep your home warm** - The World Health Organization recommends keeping your home heated to 18°C. Try and retain heat by keeping out draughts by using draught stoppers around doors and windows. Open your curtains in the morning to let the winter sun warm your home and close your curtains as the sun goes down to try and retain some warmth.
- Keep warm by wearing warm layers of clothing, such as woolen jumpers, hats and singlets. Wrap up warm when you're outside, including jackets and gloves.
- Hot food such as porridge for breakfast and soup for dinner helps to keep you warm from the inside. For a cheap and easy pick-me-up, drink a cup of hot water (you can add a slice of citrus fruit to give it some flavour and extra health benefits!).
- Take a hot water bottle to bed and add extra layers, such as a woolen blanket to your bed. Dress in warm pyjamas and keep your feet warm with socks.



Comcare's Main Contractors

Trevor & Jo from Aynsley Enterprises
Dave, Adrian & the team from CM Construction
Gary from High Profile Cleaning - Carpets & Windows
The team from Crest Clean
Bridgit & the team from Minions & Me - Cleaning
Glen & the team from Let's Grow Gardening
After hours - Switched On

★ Creative Corner ★

MEET JAMES AND HIS CLEVER CREATIONS!



James has always been creative so when someone suggested going to the Menzshed, he thought he'd go along and give it a go. For the past year, James has been making all sorts of fantastic woodwork pieces which usually take him a couple of months to complete at a time. James says he enjoys working with other people and gives credit to those who have helped him make these masterpieces. He usually works in a small group of 3 to 5 people and has gradually learnt to use the machines. He says it has become a lot easier over time. When James talks about all the items he has made, you can see his creativity in play; everything ranging from a remote control holder to a bespoke drawer made to fit perfectly under a side table. He has cleverly thought about making items that he has a need for and can use at home. One of the loveliest pieces is a toy red car which is striking and a very unique item. James says he likes to do the best job that he can and doesn't like to rush things.

So what is his latest project? A bird feeder! James took a book out of the library for inspiration and found a grain dispensing bird feeder he wanted to make and has just finished it. James also recommends going to Step Ahead - he has been going since 2010 and attends activities twice a week. His advice to anyone out there who is interested, 'just go along and give it a go!'.

We can't wait to see what you make next with those skills James!

MEET JEANETTE AND HER CREATIVE CARDS

Stepping into Jeanette's home, you instantly see her passion for card making. There are neatly labelled boxes of embellishments (sparkles, ribbons, cardboard etc.) and tools stacked in her living room.

It all started 4 years ago when Jeanette decided to get into crafts and whilst in the library, she came across card making in a magazine she liked. Over the next couple of months, she continued going to the library to read the rest of the magazine series for some ideas. Even now, she still buys a card magazine once a month to keep up with the latest trends.

Jeanette is mostly self-taught but has also gradually learnt techniques and now owns specialised machines that can do all sorts of great things. She makes approximately one card a day and finds it fun and relaxing. She has always had a creative flair as she used to make her daughter's dance costumes. Luckily all those old ribbons and sparkles which she kept has come in handy again!

Jeanette has attended a couple of card making classes which were \$25 for 2 hours. She says that it can be quite expensive and long but that it needn't be. She advises that it can be done cheaply and that The Warehouse sells a lot of affordable sets of papers and stickers. When each pay day comes around for her, she says she spends a few dollars on a set to add to her collection.

Jeanette usually makes cards for people who know her and they are for all occasions although every so often, she may get a specific card request such as a wedding for example. She gives a selection to St John's Ambulance as a donation and to her hairdresser for her salon so you may see them around!

Keep up the lovely work and creativity Jeanette!



Noel, Comcare's Resident Gardener



I coordinated a garden Horticulture programme at Hillmorton, Lincoln Green for many years. Gardening there was a form of relaxation and creativity as well as darn good exercise. For me it has always been an indulgent passion, escape and great fun to see plants grow and to harvest, eat and create wonderful dishes with.

Mmmmmmm the dead of winter is a good time to tend to a little maintenance, digging in some compost always pays dividends later on. compost can be purchased at garden centres, but of course can be costly. Leaves collected over Autumn can be piled in an out of the way place to break down and become leaf mould, a great additive to your soil, there are various places around the city where horses are kept or pastured, horse poos are also a great inexpensive or cheap option for compost. Tools can be cleaned and if you have some oil then lightly oil with an old rag, if you have no oil an inexpensive cooking oil will suffice.

Now is a good time to sow onions and shallots. Silver beet can be planted and eaten through winter. Spring onions are available at nurseries and some supermarkets sell packets of plants wrapped in newspaper, usually located at the end of the fruit and vegetable department. Perpetual spinach will grow over winter and the young leaves are delicious in a salad. Broad beans can be sown now they will give you a handsome crop in late spring early summer, simply blanch them in boiling water and then bag and place in your freezer to use whenever required.

If this is your first garden, I would still keep it simple and concentrate on having fun and getting to know yourself as a gardener!

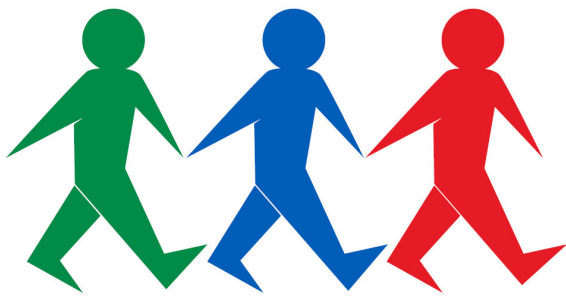
To do all this you will need some tools, these again can be purchased from hardware stores and garden centres but can be costly. Second hand shops or the eco centre sometimes have second-hand well-made tools, essentially a spade, a fork a hoe and a rake are the essential tools that you will need.

If you don't have a garden area you can use containers either wooden or plastic, the old city council green recycle bins are great for this purpose. There are also community gardens around the city in Packe Street, 188 Strickland Street, Kua Ake Te Ao 93 Stanmore Road and many more just google community gardens.

I find it satisfying to harvest something from my own garden in the middle of winter and then cooking it whilst you watch the rain fall and the sun go down.

Happy Gardening
Noel

Step Ahead Trust



Step Ahead Trust is an organisation that provides activities for people who experience a mental illness. Step Ahead has a huge variety of activities available.

Our Members can choose the activities they would like to attend and also give us suggestions on programmes or activities they would like to have available.

If you would like to learn new skills, take part in outdoor activities or make some friends, then read on.

Meet Chris O'Brien – the Step Ahead Out-doors Guy

Chris started working at Step Ahead the month after the February 2011 earthquakes, so he was thrown into a really challenging situation. The Step Ahead house was badly damaged so Chris' first months were spent working out of the detached art space and portable containers. With a lot of the normal Christchurch facilities closed or damaged, lots of energy and innovation was needed so members could take part in fun activities and a safe place to visit.

Chris started his working life as a Geologist doing mineral exploration but soon moved into water resource management at the Northland and then Bay of Plenty Regional Councils. After 10 years working as a hydrogeologist, he changed careers in 1993. He went secondary school teaching making the most of his degrees in science and a Secondary School Teaching Diploma. In 2004 Chris moved to Christchurch where he taught mathematics, science and I.C.T.

After over 15 years in the classroom, Chris changed careers again and began his role at Step Ahead Trust. This was partly fuelled by his love of the outdoors and the opportunity to combine this with the opportunity to help others enjoy physical activity. He enjoys taking members tramping and there is not much of Canterbury that he has not covered in his walking. With over 200 tramps in areas as far afield as Arthur's Pass, Banks Peninsula, the Canterbury Foothills and as far south as the Rangitata River valley. He also takes many other physical activities at Step Ahead including, mountain biking, golfing, swimming, skiing, gym and kayaking. Chris also runs the Men's Groups, is involved in helping members with technology and has been leading music groups.

A new activity at Step Ahead that Chris has pioneered is tubing down the local streams and rivers. This involves floating down the river in a blow-up tractor tube, lots of fun! Recently he and a friend completed a trial run down the upper tributaries of the Styx River which didn't end so well. The river became a small stream and then turned into a bog that made getting out quite tricky. Just when they thought they were clear they were attacked and stung by wasps! Needless to say, this was NOT a place to take Step Ahead members.

Chris enjoys the congeniality of the people at Step Ahead and relishes watching the members develop confidence in the outdoors. He also likes working with the other staff at Step Ahead and seeing the difference they make in the members lives.

Another string to Chris's bow is his love of music and ability on the guitar. At the recent members mid-winter lunch Chris joined the Step Ahead band with Grace and Michelle and had the members singing and dancing in great style.

Chris has two interesting tramps planned for July (one on the Banks Peninsula and the other in the Craigieburn range.)



If you are or would like to be a Step Ahead member, Chris would like to invite you to join/come along to enjoy the physical and social activities that we provide.



Sewing Group (\$1.00)

Step Ahead Trust



Every Friday afternoon the three lounges at Step Ahead Stanmore Rd are taken over by the energetic sewing group. With two over lockers, several sewing machines, a knowledgeable Tutor and Step Ahead staff in attendance there are very few projects that can't be completed.

Members bring along their garments that have been ripped or damaged, some have broken zips, some have hems that have dropped and others just need a button added. Some members are competent sewers already and are onto larger projects such as making a skirt or item of clothing from scratch. The sewing group buzzes each week with all the projects. It's also a place where members can sit quietly and knit or chatter and take in the warm and inviting atmosphere.

Even if you have never done any sewing you are welcome to join. Our friendly Tutor has lots of materials and ideas to get you underway. Oven mitts are one of these beginner projects and are a great way to learn to sew straight lines! We have a member making a large quilt so no project is too big or small. Another of our members makes a play costume to wear at the annual Armageddon event each year. Sewing is also on the programme on every second Thursday at our Puriri St, Riccarton premise.



Check out this editions insert for Step Ahead's West & Stanmore Road April activity calendars - they are filled with lots of fun and exciting activities such as art, sewing, quizzes, walking groups, swimming, day trips and much more! starting at \$1.00 per activity.



Are you interested in becoming a member at Step Ahead?

If you are:

- aged 18-65 years
- experience a diagnosed mental illness
- are able to attend and participate independently

We would love to hear from you!



Membership Application Process

1. Come and have a look around at one of our two locations, a lovely old villa at 167 Stanmore Road or our other house is at 9 Puriri Street in Riccarton. Please phone prior to coming on 03 389 4001 or 0800 688 732 to make a time.
2. When you come in we will chat with you about what's involved, the way we work, you can look at the programme and generally get a feel for What Step Ahead Trust can offer you. You are also welcome to bring a support person if you wish.
3. Next we would like you to attend an activity independently, (that is, without a support person). You will need to attend at least one activity to get a feel about whether Step Ahead is right for you. You are welcome to attend several groups or activities to help you decide.
4. Then come in for a membership conversation. This is a chat to find out some personal information about you, what your interests are and your personal goals. A support person is welcome to attend.
5. Your health professional will confirm that you meet the criteria for a membership.
6. You will receive a letter about your application and if you wish to join there is a \$10.00 annual fee.

Please note: To ensure the safety and well-being of members and staff, Step Ahead does not accept people who exhibit violent or aggressive behaviour, have active alcohol or other substance abuse issues or are unable to attend and participate independently.

Filled Cajun Capsicum

Ingredients:

1 Capsicum (colour of choice)

Filling: this mix will be enough for 4-5 servings

*Halve the filling recipe or store in containers in the freezer if you cook for 1-2 people.

Olive oil

120g of chicken (optional)

1 can of corn kernels (drained)

1 can of diced tomatoes

1 can of red kidney beans (drained)

1 cup of frozen green beans and baby carrots (or vege of choice)

2 Slices of red onion, finely chopped

1 handful of spinach

Cajun spice to taste

Small amount of grated Edam cheese (or I have used Nutritional Yeast as a vegan/dairy free option found in the spices section of the supermarket).

Side Salad: (1 serve)

1 leaf of finely chopped iceberg lettuce

1 slice, finely chopped red onion

½ tomato, chopped

Lite Balsamic dressing



Method:

1. Preheat oven to 180 degrees.
2. Cut capsicum in half, removing centre with seeds but leaving stalk intact.
3. Season capsicum with salt and pepper, roast in oven for 30-40 minutes
4. Heat frying pan with a dash of oil, chop chicken into small pieces and cook in pan.
5. While chicken is cooking chop the salad ingredients and mix together. Add some balsamic dressing if desired.
6. Once chicken is cooked, add veges, red kidney beans, and corn kernels.
(*if using frozen veges defrost in microwave first)
7. Add canned tomatoes, red onion, spinach and Cajun spice.
8. Once capsicum is roasted, as desired, fill with the Cajun mixture.
9. Add cheese (or nutritional yeast on top) and put in the oven until cheese is melted.



Use food labels to make healthier choices

Aim to eat wholefoods rather than packaged food as much as possible but use this guide to help make better choices with packaged food.

Energy = kilojoules = calories

Chose products with less energy to promote health and support weight loss

Chose high **protein** products to aid in muscle growth/repair & keep us full

Keep **saturated fat** intake low, and avoid **trans fat** to reduce risk of physical health conditions

Chose foods lower in fat, but keep in mind to include some good fats within each meal which are **monounsaturated** and **polyunsaturated fat**

Avoid added **sugar** which is often found in foods which are refined carbohydrates and highly processed

Nutrition Panel		
Servings per package:4 Servings size: 180g	Per serving	Per 100g
Energy	The per serving column displays the quantity of the nutrient per serving. The serving size is always stated at the top.	Use the per 100g column to compare the nutrients within different products to make the healthier choice!
Protein		
Fat (Total)		
- Saturated fat		
- Polyunsaturated fat		
- Trans fat		
- Monounsaturated fat		
Carbohydrate		
- Sugar		
Sodium		

Chose products with less sodium as high sodium may increase your blood pressure

Tips:

1. The ingredient list orders items in order of highest amount to lowest amount with the product. Choose products with nutritious foods listed first rather than sugar.
2. Chose products where you recognise the foods in the list. Those ingredients with long scientific names are not usually good for us!
3. Chose products with a higher star rating, these consider all the information on the nutrition panel and the nutrients provided versus unhealthy fats, sugars and sodium.
4. Buy store brand products to save money. We pay for colourful, fancy looking packaging.

CHICKEN FRIED RICE

by Richard

Ingredients:

500g Chicken Breast
1 1/2 cups cooked rice
1 onion

Mixed vegetables (frozen or fresh, whatever you prefer)

Method

Chop chicken into small chunks and fry in a little butter until brown and cooked through
add chopped onion and cook for a few minutes until soft
add the cooked rice and veges to the pan and heat through

Serve and enjoy!



Activelinks

Here at Activelinks, we can support you to get active and find a positive relationship with physical activity. Our support with exercise can be anything from one-on-one walking, swimming or going to the gym, to attending groups such as badminton, gym, tennis or aqua jogging.

We also facilitate an 8 week Activelife course, 4 times a year, which provides practical skills around nutrition and cooking.

If you would like to be involved in our service, you can self-refer or be referred through your GP.

Alternatively contact Tracey Munro-Callis on 03 377 7020 ext. 401 or 021 383 007 for more information.



Activelife Course

- > The course is held at 111 Fitzgerald Avenue upstairs and the focus is on encouraging small groups to learn about healthier living in a fun and supportive environment
 - > We support participants to make small changes to eating, drinking and activity, and to maintain these changes for the long term
- > The course promotes foods and activities that look after health and a healthy relationship with food
 - > After an education session, the group prepares and cooks lunch for themselves gaining confidence and ideas in the kitchen. We focus on affordable foods
 - > There are also some taster activity sessions and a supermarket tour
- > Education topics include food label reading, mindful eating, food groups for nutrition and meal planning
 - > There is no cost and we are keen for referrals to be committed to the 8 weeks duration

GYM

Monday, Wednesday & Friday
1:20pm - 2:20pm
City YMCA
\$2

If you are wanting to work on your cardio, weights or general fitness, we can support you. Come on down and we can develop a program that suits you. Must bring along a drink bottle, towel and covered shoes.

FUN DANCE

Monday 11am - 12pm
City YMCA - dance room
Gold coin

Great way to have FUN and burn calories!
You won't even know you're working out

BADMINTON

Thursday 10:30am - 11:30am
Canterbury Badminton Stadium
Gold Coin

All equipment supplied.
Fun and friendly group
ideal for people of all levels.

WALK GROUP

Wednesday
10:30am - 11:30am
Hagley Park - Meet by the BBQ near the tennis courts
FREE

Walking group often splits into 3 different groups to cater for all abilities and speeds. 30 minutes to 1 hour walking.
A great way to meet people and to have a walk through the park.

TENNIS

Tuesday 2pm - 3pm
North Hagley Park
FREE

Tennis rackets are supplied.
This group is ideal for people of all levels, beginners or competent players.
Lots of fun out in the fresh air

AQUA JOGGING

Tuesday 1pm - 2pm
Graham Condon
Wednesday 10:30am - 11:30am
Taiora QEII
Thursday 1pm-2pm
Jellie Park Indoor Pool
Gold Coin

This group is ideal for people of all levels, from those wishing to learn how to aqua jog to those who do it regularly



Activelinks have recently been doing bi-monthly hill walking groups for clients. The next hill walking group is on the 18th July heading up the Bridle Path and walk up to the Gondola.

They have also done the Harry Ell Track and Rapaki Track, it's a social group with an aim to support Activelinks clients to see more of the accessible outdoor tracks which Christchurch has to offer and explore the positive effects nature has on our mental health.

Meet Dean who completed the Activelife course!

Dean attended the Activelife course which is an 8 week comprehensive course run by 2 Activelinks facilitators. It aims to educate people on how to live well through understanding better eating habits and physical activity.

Dean says it changed his whole outlook on eating and although he had initial concerns of it being too serious, he found it fun. He says the two co-ordinators were really helpful and that it wasn't necessary to study too much.

He also says that there was a good group of people on the course which he made friends with and it was great that it aims to improve health.

Dean showed me some great recipes in his Activelife booklet and his favourite two dishes that he learned to make are Corn Fritters and Tomato & Baby Beetroot Salad. Dean is so enthusiastic and inspiring. He is very proud of completing the course and recommends others to do it stating 'it's beneficial but really fun which is the main thing!'





Alan's advice, (which Alan says is not very peer!!!), "Know that there are supportive services with committed people out there – people who will walk with you, encourage and challenge you with the best intentions for your best outcome. The team at Jobconnect will give you all the support on your vocational journey and you won't be left alone. Break barriers down, grow and take those next risky steps."

Jobconnect Criteria
if you are all these there is a high success rate of gaining employment!

- Ages 16 to 65
- Diagnosed Mental Illness
- Living in Canterbury
- Motivated to Work

The team at Jobconnect understand that Job searching can be a lonely time and are here to encourage you and offer you moral support. Louise says "We will be with you every step of the way! We won't do it for you – but we will be with you!"

Contact Jobconnect

Phone: 03 377 2903

Email:

jobconnect@comcare.org.nz

Website:

<http://www.comcare.org.nz/wh-at-we-do/jobconnect/>

jobconnect
the supported employment service

Alan is our Peer Supporter within the vibrant and passionate Jobconnect Team and has served in the role for nine years. Here he highlights the difference between his role as a Peer Supporter and the Employment Consultants.

Employment Consultants assist with the practical aspects of finding employment, study or volunteering. Peer Support is about, "being with people to assist them to understand what is happened in their mental health journey and the challenges that have resulted in their vocational journey. Then it is exploring how can the person break down the barriers and move forward to those next steps." He works with those contemplating their vocational journey and finds it a great privilege to walk alongside someone's story.

Alan worked in the freight forwarding industry for 35 years but following a restructure at his company, he decided to apply for the role as Peer Support in the Jobconnect Team. His own experiences with mental health in his youth, coupled with being drawn to other people's stories meant that he wanted to use those experiences whilst working. He is humbled by the sharing of stories, hearing about dreams, hopes and struggles and aims to support others 'make sense of it, move forward and hold a candle of hope'. He says, 'the best part is the building of relationships and learning from others.'

You definitely get a sense of the passion he has in supporting others!

Alan runs the NEXT STEPS course which is a 6-week peer run course. It's about understanding one's mental health journey and what it has meant in the vocational context. It aims to look at what job may be best suited for you, trauma, self-care, barriers/strengths and how to understand fears and anxieties. Most importantly, it aims to help people find their voice.

We can support you with the following:

- Help you to work out what you want to do
- Assist you to phone MSD and find out what you can earn
- Help you with researching and finding vacancies
- Source job positions
- Help you analyse job advertisements and job descriptions
- Compose our CV by spending time with you to learn what strengths you have
- Help you write your cover letter
- Help with your application
- Support you at your interview
- Help prepare you with Mock Interview Scenarios
- Help with phone calls
- Offer you ongoing support for up to 1 year

Clothing for your new job

Dress for Success – refer for women who need business dress clothing
Men – Comcare Jobconnect have a free giveaway for smart shirts & shoes
Support you in your appointment at MSD to apply for Transition to Work Assistance

Transport barriers to get to your new employment

If you have no petrol until pay day or no bus fare available on your Metro Card, Jobconnect offer practical solutions to get you on your way! Options include: Someone from Jobconnect will pick you up and drop you to work on your first week so you can get petrol for your car the next week.

The team can refer you to BUY CYCLES who have free second-hand cycles (you'll need your own lock and helmet).

Job Rescue

If you are currently employed and struggling with any issues – Jobconnect offer a support service to work with you and your boss to sustain your employment.

Jobconnect is a free service funded by MSD and the CDHB
Weekly meetings for 1 hour over a 1 month period





Kaitiaki O Rowley

Symbolising whānau and whānaungatanga
Family, relationships and working together

MONDAY

The Rata Room: Craft Group 10am - 12pm

Gardening Group: 10.30am - 12.30pm

Lounge: Tough Love 7pm - 9pm

TUESDAY

Walking Group: 9am - 9:30am

The Rata Room: Hagley Adult Literacy 9.30 - 12.30pm

Projects: Community Woodworking Shed 10.30pm - 12.30pm

Resource Room: Computer Classes 10am - 12pm

Employment Clinic 1pm - 2pm

Lounge: Legacy/Man up 7pm - 8:30pm

WEDNESDAY

The Rata Room: Music under 5 group 9:30am - 10:30pm

Projects: Stone Carving 10pm - 12pm

Lounge: Vege Co-op 10am - 1pm

Network Monthly Meetings 12pm - 1pm

THURSDAY

Mobile Library fortnightly: 12pm - 12:30pm

Hagley adult literacy classes: 9:30am - 12:30pm

FRIDAY

The Rata Room: Te Reo Classes 1:45pm - 2:45pm

Projects: Stone Carving 10am - 12pm

Lounge: Komatua Senior Group 10am - 12pm



Fruit & Vege Co-Op
\$14 a bag full of goodness

Our Mission

*To create innovative solutions to meet
community challenges and to build strong,
equitable and sustainable neighbourhoods
through education, engagement and
collaboration.*

The Rowley Resource Centre has been nestled in the Rowley Avenue, Hoon Hay community for over 25 years. This is a community-based centre that focuses on enabling community development and growth through the provision of services, facilities, courses and community-led groups for the improvement of lives in the community.

The Rowley Resource Centre acts as a learning facility, a community hub, and a meeting place. The centre offers classes and free services including a phone, photocopier, internet, and computers for the community. The staff works alongside the community to advocate, connect and support individuals and family groups. This may include acting as a support with various government agencies, including but not exclusive to health care providers, Housing NZ & tenancy managers, CDHB, WINZ and work providers. We liaise and support the various churches, schools and learning centres in Hoon Hay. Our facility is owned and governed by the Rowley Resource Centre Incorporated Society, the centre is available for groups to use for the purpose of community development.

We are available for learning groups, community groups or for meetings. Dependent upon the purpose of the group this may be at a minimal to no charge.



2	1							
4			8	3			9	
		6		4	5	8	7	
1	2	9	5			6		7
5		4			6	9	8	1
	8	3	9	5		2		
	4			2	3			8
							6	9

<http://1sudoku.com>

n° 12038 - Level Easy

6				1	4		7	8
	2	9						
		1	8	5			3	
3	9	2	4			7		6
1		4			6	2	8	3
	1			9	5	8		
						3	6	
5	8		3	4				9

<http://1sudoku.com>

n° 14697 - Level Easy

				9			5	
8			6		5	7	1	
6			3		7			
2	6		9			3		
	9	1		3		5	2	
		5			1		9	4
			4		6			5
	4	6	1		3			2
	2			8				

<http://1sudoku.com>

n° 13537 - Level Easy

9		7		8				1
	6			4	1			7
8					3		4	
	9				4	2	5	
1			8		2			3
	2	8	6				9	
	7		2					9
6			4	7			1	
4				1		7		2

<http://1sudoku.com>

n° 123987 - Level Easy

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Complete the Sudoku's, cut out this page and send it into us by the 22nd of July to be in with a chance to win!

Name _____

Address _____

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Post your entry to:

Indi Reid

Comcare Trust

PO Box 22004 Christchurch

or

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