

October 2019

Spring Edition

TENANT TABLOID

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 Spring 2019 edition. Sharing your stories may inspire our readers in their journey.

Hi everyone, I hope you are well and are enjoying the Spring season. We welcome our new part-time Tenancy Manager Jade Orton this month who will join our current Tenancy Manager Kathryn Smith in overseeing our portfolio. Hopefully you will all get a chance to meet her over the coming months. Also, many thanks to those who have responded to the Tenant Feedback Survey, we really appreciate the time you have taken to give your feedback and comments. In this edition, we have added a feature to show you some results having collated all of your responses. I hope you enjoy growing the sunflowers and we look forward to seeing them in the Summer! - Amanda



Springtime has finally arrived and its good to see more people out walking. Even a good time to spring clean the house and on the lovely days its nice to let some fresh air into your home. It can be nice to sit in the park and watch the world go by and look at the lovely spring flowers coming through. They say that exercise is one of the best ways to improve your mental health, no matter what your age or fitness level. I am looking forward to catching up with you all over the next few months and if your complex is wanting a BBQ before Christmas please let me know and I will arrange one. - Kathryn



Hi everyone, I would like to take this opportunity to introduce myself as the new part time Tenancy Manager. My hours of work are Monday-Thursday 8:30am - 2:30pm. I will be working alongside Kathryn and look forward to meeting you over the upcoming months! One of my roles includes gathering stories to put into the Tenant Tabloid which is released every three months. Please get in touch if you have any interests or achievements that you would like featured or if you know of anybody, feel free to put their name forward! In the meantime, enjoy the longer and lighter evenings and the warmer weather as we step into spring! - Jade



Comcare's opening hours

**Monday - Friday
8:30am - 5pm
03 377 7020**

**For anything urgent outside of these
hours or on public holidays you will need
to contact after hours on
0800 309 409**

Amanda Foo
Community Housing Manager
022 060 6616

Kathryn Smith
Tenancy Manager
027 613 1774

Jade Orton
Tenancy Manager
021 0292 0602

Indi Reid
Community Housing Administrator
03 377 7020 Extn. 500

~ Home Sweet Home ~

Jackie has been living in her Comcare home for three and a half years and she currently lives with her 8 year old cat called Puss. From spending some time at Jackie's home, it is clear to see that Puss is a very friendly and playful cat! Jackie says Puss is a great support as having her around always lifts her mood.

As soon as you step inside Jackie's home, you get a sense of how homely it is. The hallway has some lovely ornaments which instantly welcomes you as you enter and there's a waft of incense that engulfs and relaxes you. In the living room, there are striking paintings hanging on the wall from Dunedin and there are various ornaments ranging from elephants to Buddhas carefully placed around the room. Jackie informs us that elephants represent hope and happiness, and Buddhas represent peace and meditation.

Jackie says that she is glad to live in a nice place as it is a modern, one-storey unit with a small garden and no lawn. She enjoys the inside/outside style of living as there is a large ranch slider between her living room and courtyard. She gets beautiful winter sun so it is bright in her living room throughout the year. We notice that Jackie's home is kept tidy and she mentions that she receives no external help with the housework but manages it herself. She says that it can be 'up and down' and that the housework doesn't always get done. She states that it's important to keep at it and do little bits at a time. She focuses on completing one household chore a day, for example washing the dishes, and says she feels really good after completing it.

It's great to see Jackie really enjoy her home and make it her own!



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

Planned Annual Maintenance

Just to give you all an update on where we are with our Planned Annual Maintenance; five months ago, we started to undertake our yearly maintenance works on our social housing portfolio. All cleaning of the spouting and bathroom fans have been completed and we are currently in the process of heat pump and extractor fan servicing and also behind oven cleans. We have completed most properties and aim to finish by the end of this month. Thank you to all of our tenants for your patience whilst this has been carried out.

If you have any specific maintenance issues, please continue to contact our Tenancy Managers Jade and Kathryn.





Creative Corner



TRACEY'S FABULOUS FABRICS

As you can see from the photos, Tracey is an amazing dressmaker with fantastic skills. Having watched her grandmother sew from an early age, Tracey would use her grandmother's scraps of material to make clothes for her dolls. This passion followed her as she became older and she eventually studied at the Fashion Design School in Christchurch where she earned pattern drafting and sewing.

Since then, Tracey has dabbled in costume design having done some stints with the Canterbury Opera and The Court Theatre. She has also made and sold her dresses at a friend's shop. Her interests for dressmaking are the Rockabilly type dresses for plus size women and her creative skills do not stop there. She has found a place online where she can design her own fabrics and then get them sent to her. She states that it's surprisingly the same price as buying already printed fabrics but the only downside is that it takes a longer time for them to arrive.

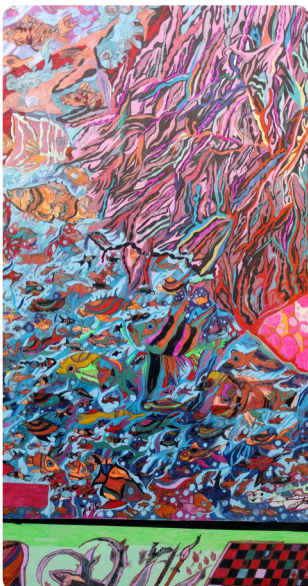
It's great to see Tracey's own creativity that she has put into designing her own fabrics, they are truly unique. She currently sews children's uniforms and clothes part-time for a company. She would love to have her own vintage label one day but says that whereas she used to make dresses for other people, nowadays, she makes them for herself. She says she enjoys making something and finds it relaxing and productive. What a joy it is to see such skills at work!



CARMEN'S AMAZING ART

Since the age of five, Carmen has had an undeniable flare and passion for art. She specialises in using gel pens to produce her work and says each piece takes upwards of 100 hours each. This year, Carmen received a Creative Grant to publish some of her work in the art exhibition. The exhibition, which is held in October this year, will display three of Carmen's pieces. These pieces represent compassion and love towards the Muslim community after the devastating incident earlier in the year. Carmen's hope is to raise money to donate to the Muslim community, specifically to the children and providing shoes and raincoats. She then plans on gifting the original art pieces, which are currently being displayed at Philipstown Primary School, to the Muslim community.

Seeing Carmen's artwork up close is something spectacular. The intricate details and technical skill is beyond amazing along with how well Carmen has been able to express her passions and imagination into art! Simply remarkable. The first art piece was a boat sailing through the ocean. This photo represents freedom of speech and finding peace through life's journeys. Its such an incredible piece with a rustic and raw feel. Amazing work Carmen!



Tēnā Koutou Katoa

With the weather finally warming up it's time to start turning over the soil and getting those Spring crops planted.

Time to Plant:

Asparagus, beetroot, bok choy, beans, broccoli, cabbage, carrot, cauliflower, celery, peas, radish, rhubarb, silver beet, spinach, onion, parsnip, lettuce.



Tips:

- If you're growing from seed, start tomatoes and cucumbers under glass
- Some crops are better sown straight into the garden like peas, beans and carrots
- Prepare potato beds ready for planting by digging over the soil to a depth of 30cm
- Next, add plenty of compost
- If planting seedlings, protect them from slugs and those annoying little bugs
- Cut the bottom and top off a milk or fizzy bottle and place over the seedling
- You could even cut the bottom off your old plant containers
- Keep an eye out for weeds. As soon as the soil warms up, everything including weeds will start to grow
- If you are going to buy Strawberry plants, the one's the plant shops have at the moment are Spring one's that only grow to around medium size. Summer one's are the jumbo's you have on your Christmas Pavlova's 😊

Happy planting!

Hei Konei Rā

Wanita from Comcare

There was a concern mentioned from one of our tenants in the Tenant Feedback Survey about getting rid of unwanted cats on your property, here are a few tips on how to deter cats from your gardens:

- Scatter fresh orange or lemon peels, cat's don't like strong citrus scents
- Wet coffee grounds, which you may be able to get for free from coffee houses and fast food chains
- metal pans filled with vinegar

TENANT FEEDBACK

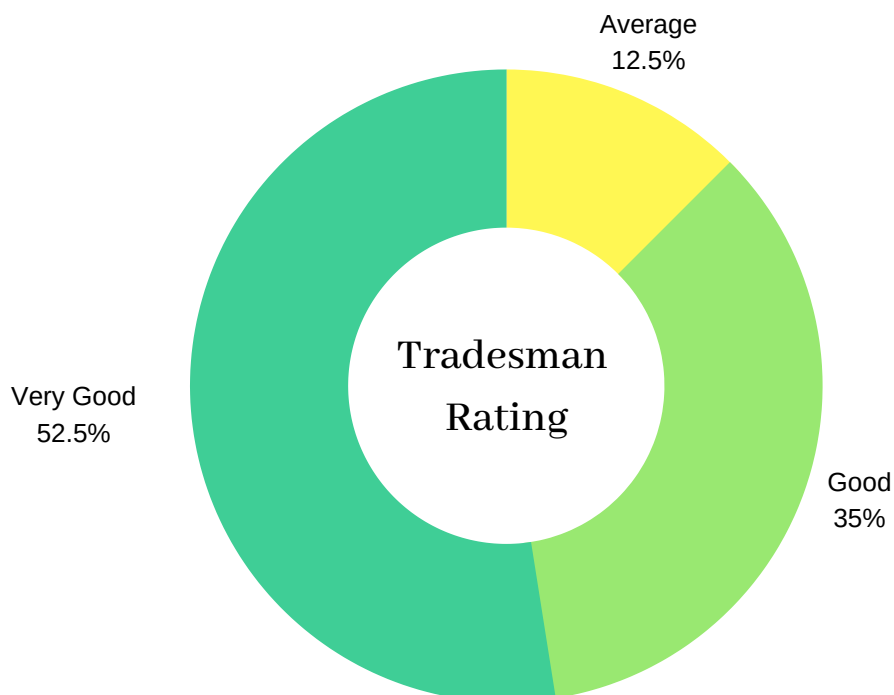
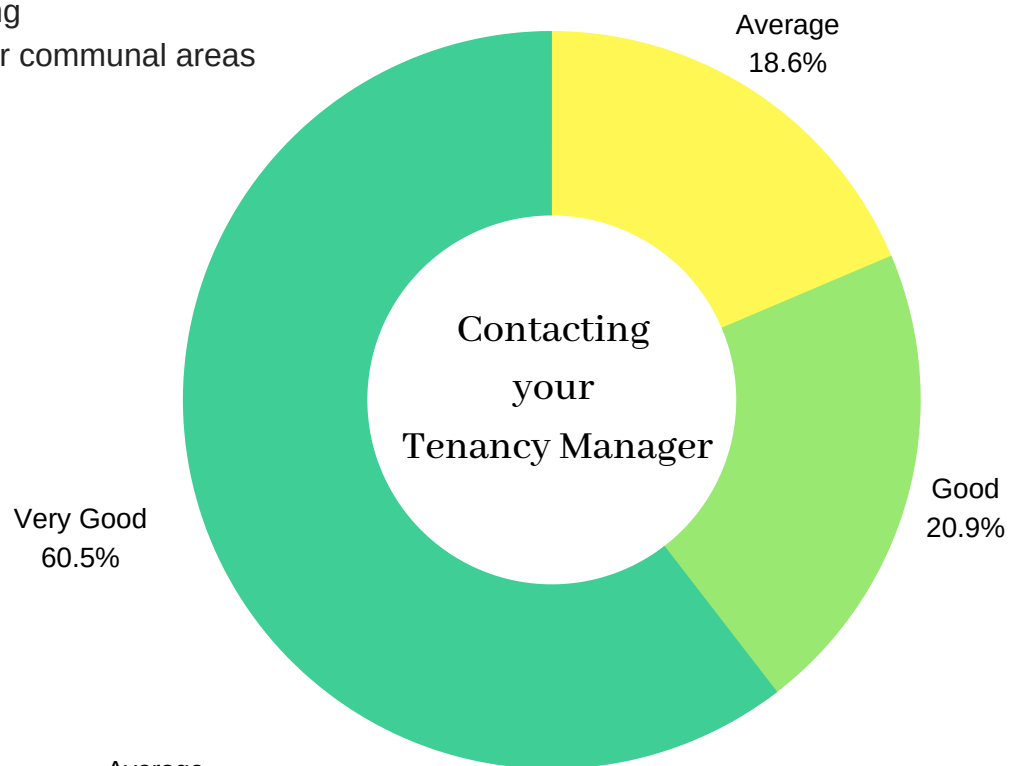
2019

Thank you very much to all those who responded to the survey. Where you have given suggestions and your details, we have aimed to send out acknowledgement letters about any information you may have requested. If there has been issues that have not been resolved, our Tenancy Manager Kathryn will have hopefully been in contact to follow up.

We have compiled the feedback and have featured here a variety of questions and their collective responses.

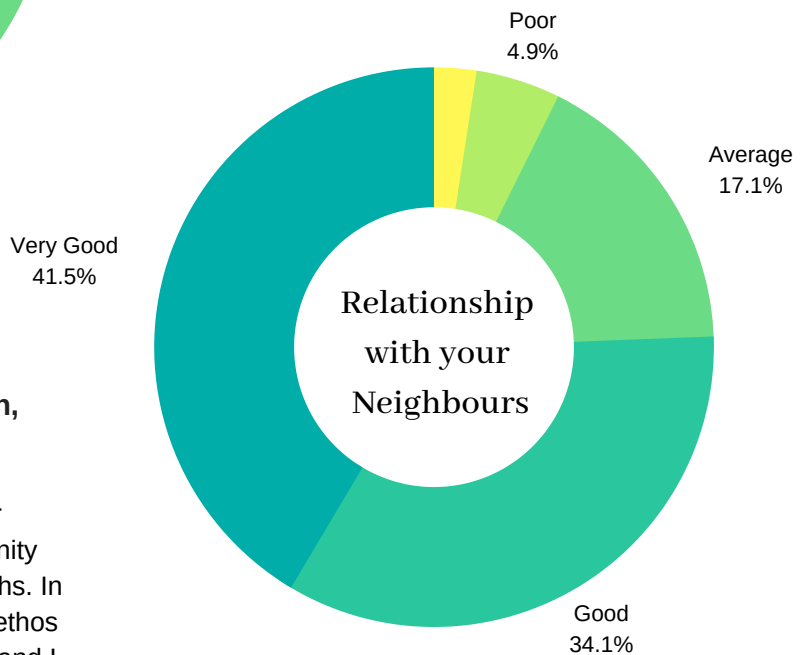
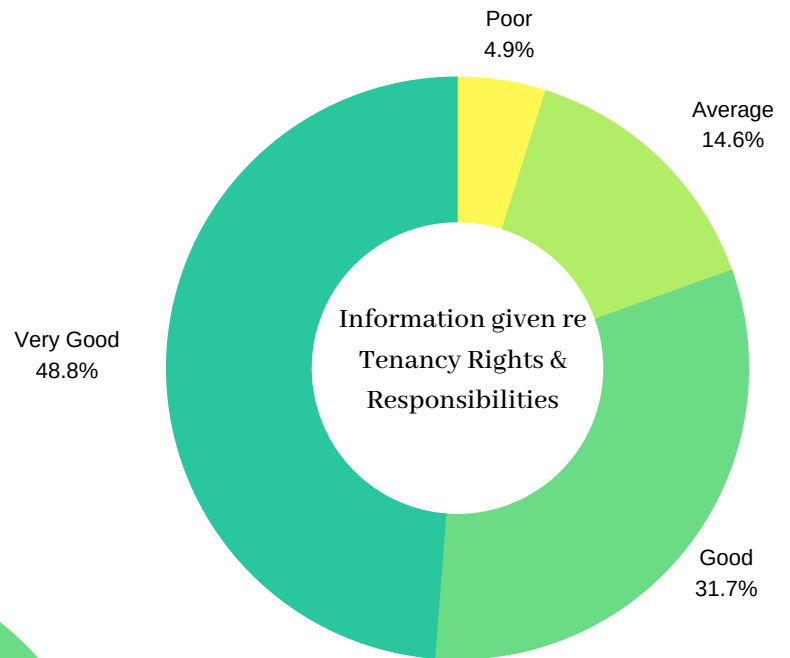
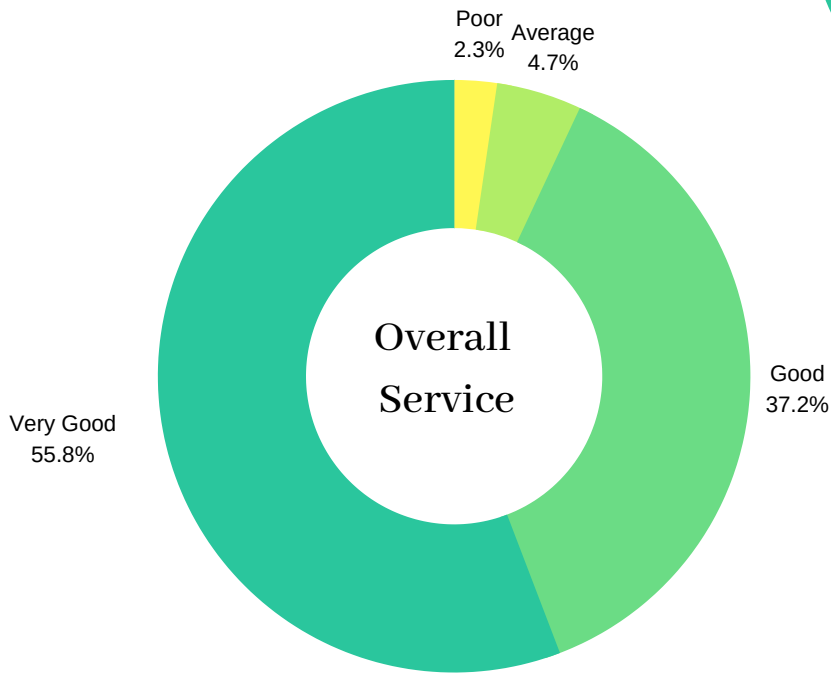
Here are some suggestions that have been put forward to us:

- Knowing Tenancy Rights and Responsibilities
- A working group like gardening
- User friendly ideas for outdoor communal areas
- Bike sheds
- New carpet



TENANT FEEDBACK

2019



In response to an anonymous letter that was sent in, please find below my response:

Approximately a year ago, the Community Housing Manager Carmen Lynskey left the organisation and an acting Community Housing Manager was in place to cover for a couple of months. In mid-November 2018, I came on-board. The philosophy and ethos of the work we do should not have changed during this time and I would be keen to have a discussion if there are any concerns surrounding this.

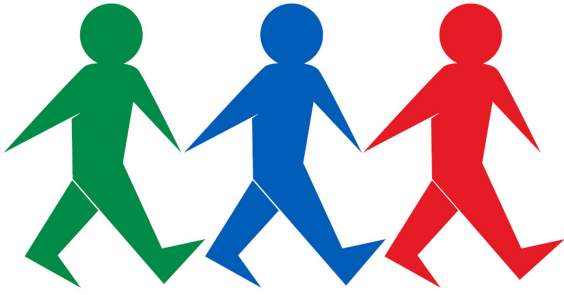
We follow the Residential Tenancies Act and our Tenancy Managers represent Comcare as the landlord and carry out our responsibilities as per the RTA. These have been detailed on this page for reference.

With regards to ideas for improvements and suggestions, these are considered seriously by myself as the Community Housing Manager and by our Tenancy Manager. Depending on the suggestion, we factor in whether it is requested by other tenants, suitable for the location and financially viable. In some cases, the suggestion might be one we can apply to future developments.

If anyone has any concerns that they feel cannot be discussed with their Tenancy Manager, I am happy to have a discussion with you. Please feel free to contact me on 022 060 6616 or a.foo@comcare.org.nz.

Thanks, Amanda Foo, Community Housing Manager

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.

The Friendly Face behind the phone at Step Ahead

While the activity coordinators at Step Ahead are the rock stars of the Trust that everybody knows, there are a small group of people behind the scenes who make sure the place runs like clockwork.

When you ring or visit Step Ahead you will most likely come across Kylie. Kylie has been at Step Ahead answering the phone and doing admin for over 10 years. Trying to find a title for the role she does is difficult, once she was probably the receptionist, but after 10+ years it is much more difficult to explain her importance and exactly just how much she does at Step Ahead.

Kylie is the friendly voice on the phone, she organizes the Newsletters, prints the programmes, pays the accounts, posts on Facebook, makes posters, prepares invitations, orders supplies and a million other things that help keep the Trust running in such an efficient manner. Kylie enjoys spending any spare time at work (and that is hard to come by) chatting to the members and over the years has built great rapport with lots of people. She always has a sympathetic ear and as she always knows more about what's happening around Step Ahead than almost anyone else, is a great person to ask about events for the month ahead.

If you would like to book in for a programme, pay for a special activity, change your address or any other administrative thing please give Kylie a call



Step Ahead Trust



Wednesday Nights at Step Ahead

Each Wednesday night Step Ahead schedule in a fun night out. One week it is a delicious home cooked meal in the Stanmore house followed by all sorts of entertaining activities. Karaoke is a firm favourite where some of our talented people take the stage. It is also great fun for those who just enjoy a good sing along, as everyone receives an enthusiastic response from the others present. Quiz nights are also very popular with groups trying to outdo each other for the top spot for the night.

Other activities could be a movie, talent quest, charades or Board games. Whatever happens there is always a warm and welcoming group of people and lots of comradery. Every second Wednesday night we pile into the vans and head out to a local restaurant. We load up, usually in two vans, and head to a restaurant which can be as far away as Kaiapoi, Hornby or Tai Tapu, to have a meal and social time. We search for places that have a great atmosphere and good prices. There are several favourites that get visited more than once a year. Members are always dropped off at their homes after evening activities as buses can be difficult to manage at that time of day.



Check out this editions insert for Step Ahead's Puriri Street & Stanmore Road October 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!
Some groups have a minimal cost.



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.

PUMPKIN OR CARROT CAKE

by Rae

Ingredients:

2 eggs
1 cup oil
1/2 cup brown sugar
2 1/2 cups flour
2 tsp baking powder
1 and a half tsp baking soda
1 tsp cinnamon
1 tsp mixed spice
1 tsp vanilla essence
icing

Optional Extras:

1/2 cup coconut chips
1/2 cup sultanas or dried apricots or dates

Method:

Mix all the ingredients together and then add either 1 cup mashed pumpkin or 1 cup grated carrots. Bake in the oven at 190 degrees for 35-40 minutes or until cooked through

Ice with lemon icing/frosting or sprinkle with icing sugar to decorate



Healthy Swap Ideas

from Laura, our Avelinks nutritionist

Some of the foods we habitually consume and are often conveniently ready to eat can have hidden sugars, fats, and sodium levels which affect our heart health, energy levels and blood pressure, often leading to disease and not feeling our best selves.

Below are a few healthy substitutes which are more nutrient dense. They may also provide higher protein, fiber and healthier fats which protects against physical disease, provides us with energy to sustain our day to day lives and our future health. Try giving a few of these a go!

Less healthy option	Healthy substitute
White Bread	Wholemeal Bread
Sour Cream	Greek Yogurt
Potato chips	Wholegrain crackers
Dip	Hummus
Takeaway Pizza	Sushi or homemade pizza
White flour	Wholemeal flour
Dried Fruit	Fresh or Canned fruit
Toasted Muesli	Natural Muesli
Coconut Cream	Coconut Milk
Tasty Cheese	Edam Cheese
Fizzy drink	Soda water with lemon
Deep fried chips	Roast potato/kumara
Pies	Homemade Cottage Pie
Vegetable Oil	Canola oil
Fruit flavoured yogurt	Natural/lite yogurt with added fruit/nuts
Muesli bar	Fruit/vegetable sticks and peanut butter
Cream cheese	Cottage cheese



Eat Healthy

Better Living



Be Active

Laura's Chickpea and Lentil Curry

Ingredients:

- 1 cm cube ginger, grated
- 3-4 cloves garlic, chopped
- 1 Tsp olive oil
- 1 can diced tomatoes
- 1 can lite coconut milk
- 1 can rinsed and drained chickpeas
- 1 can rinsed and drained lentils
- 1 Tbsp or more to taste, curry powder
- 1 Tbsp or more to taste, cumin
- Salt and pepper, to taste
- 2 handfuls spinach (or frozen spinach)
- 3 large mushrooms, chopped
- 1 ½ cups frozen green beans
- 1 carrot, grated



Method:

1. Finely chop garlic and grate ginger
2. Put oil in pan and put on medium heat
3. Add ginger and garlic and fry for 4 minutes
4. Add lentils and chickpeas, and coconut milk, Stir
5. Add mushrooms, green beans, spinach and carrot and stir through
6. Add curry powder, cumin, salt and pepper
7. Simmer for another 5-10 minutes and serve. Garnish with more spinach if desired

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.

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.

AQUA JOGGING

Tuesday 1pm - 2pm
Graham Condon
Wednesday 10:30am - 11:30am
Taioira 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

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

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

Meet Robert and his new home

In July of this year, Robert decided that he required a higher level of care and with the support of his Tenancy Manager, Kathryn, he viewed some rest homes and settled on one in Linwood. We've come to check in on Robert and see how he is doing. Upon seeing him, Robert is cheerful and sprightly. We sit in the living room area and he tells me how friendly the people and staff are and how he can have a joke with them. He says he has made friends and that there is an activities schedule which includes exercises, games and occasional outings. His favourite activity is golf in the big lounge every Friday.

Robert says he is extremely well looked after and fed! He usually has breakfast in bed, lunch and dinner in the dining room and supper in his room. They also have morning and afternoon tea! In addition to this, he says they assist with the washing, clean his room everyday and change the bed sheets every week. His room is very homely with some of his ornaments carefully laid out near the window.

Asking if he misses anything from his old place with Comcare, he says it's his cat Missy. This is evident from the pictures he has of her on his bedroom wall but says that he knows she is well looked after by the new tenant. Other than that, he still visits her and his friends who live nearby as he still lives in the same area. He uses his walker to visit them and also to the supermarket closeby. He states that he feels like he gets out more than he used to. Robert was a tenant with us for over 20 years so it is great to see him flourishing in a new environment. He says that the staff have always been nice from Comcare, especially his Tenancy Manager Kathryn and to all the other tenants, he says that he has enjoyed their company.

We wish you all the best in the future Robert!





Jobconnect Criteria

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

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

Jobconnect is a free service funded by MSD and the CDHB

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 7020

Email:

jobconnect@comcare.org.nz

Website:

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



We can support you with the following:

- Help you to work out what you want to do
- Assist you to contact MSD to find out what you can earn and to apply for Transition to Work Assistance
- 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

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 may be able to pick you up and drop you to work for a few days until 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.





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.



RUSSIAN GIANT SUNFLOWER COMPETITION



Grow your sunflowers to the tallest and you could be in to win one of four double passes to the movies at Hoyts cinemas!

Make sure to plant them soon to give plenty of time for them to grow. Kathryn will be out to pick the top 4 on 29th January 2020

To Enter:

Please text Kathryn on 027 613 1774 by the 11th November to let her know you would like to enter

How to sow:

Choose a sheltered, well drained site in full sun. Sow these seeds direct where to grow in a well prepared seedbed. Sow 2 seeds 30-40cm apart and to a depth of 1cm

Care for seedling:

Keep seedbed evenly moist during the germination period of 7-14 days

Hints & Tips:

Can grow up to 3 metres tall, so will need some sort of support like a stake or prop up against a fence. Takes about 80 - 120 days for sunflowers to mature