

Neighbourhood

News

Issue 2. 2025 Mairehau & St Albans Community Update

Welcome to the second issue of the Neighbourhood News for 2025! The colder months bring a sense of peacefulness to the NHT office with staff continuing with their everyday initiatives. These initiatives are located at the back of this newsletter, and we encourage you to reach out if you are interested in attending. During these cold months it can be a tough decision to venture out the door, but we always strive to make sure our Initiatives are a warm, friendly and comfortable atmosphere for our community. From social events for our Golden Community, CAP Money Course and Game On! (Dads Parenting Course) we hope that there is something that peaks your interest. We specifically wanted to highlight our Golden Connections Programme for over 60s, which has some amazing events planned for June and July. If you know someone that might be interested, please pass this newsletter on as Golden Connections is truly a great way to connect with others and have some fun.

WHY YOUR LETTER BOX?

Kia ora Neighbours, We are delivering the Neighbourhood News to letterboxes in our community that are not marked "No Commmunity Newspapers" or similar. However, you can contact us at **comms@nht.org.nz** if you do not want to receive further publications.

Kia ora koutou katoa



Noteworthy News

Upcoming Events at Neighbourhood Trust

Golden Connections

Social events and services for over 60 year olds.

Are you over 60 and would like some light entertainment and interaction with others your age?

Golden Connections is based at the McFadden Centre (64 McFaddens Rd) and provides a range of activities.

Foot Clinic

Mondays, By Appointment

Foot Clinic provides a foot spa, nail cut and a relaxing foot massage. Bookings are essential so contact Don, as there are limited spaces.

Cost \$20

June 9th, 1pm

Quiz

This month there are a couple of public holidays: King's Birthday (2nd) and Matariki (20th). Come along for a general knowledge guiz related to these themes. Cuppa and afternoon tea to finish

Cost \$2

July 7th, 12pm **Meal - Midwinter Christmas**

Come in from the cold of winter and enjoy a heart-warming meal with a Christmassy theme. Dress up if you like. Numbers will be limited so you will need to book. Bookings close 3rd July.

Cost \$15

For bookings or a programme contact Don,

M: 027 956 9202 E: golden@nht.org.nz

Strength & Balance

Fridays, 1pm - 2:30pm

Low impact, circuit class designed to improve your balance, strength and mobility whilst having fun! Cuppa & baking with some time to chat afterwards. \$2 donation to cover costs.

June 23rd, 1pm **Board Games**

Come and play a range of board games. There's Rummikub, Scrabble, Bananagrams, and a bunch of other games if you're feeling adventurous. Cuppa and afternoon tea to finish.

Cost \$2

July 21st, 1pm Speaker - Lauren Moulton

Lauren is a Community Connector from The Loft at Eastgate, Christchurch, The Loft is a collaborative hub where agencies work together to remove barriers, ensuring people can easily access the care and support they need. Cuppa and afternoon tea to finish.

Cost \$2



Golden Meal on St Patricks Day.

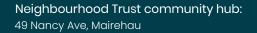
Mairehau Neighbourhood Garden Update

Thank you Christchurch Airport!

We are incredibly grateful to have received funding from Christchurch Airport Community Fund for a watering system at the Mairehau Neighborhood Garden. Thank you very much to Christchurch Airport for helping us keep the Mairehau Neighbourhood Garden refreshed and healthy. Keep an eye out in our later editions of the Neighbourhood News to learn more about the installation of the new watering system.



THE WHĀNAU CENTRE



CAP Money Course

Our next course will begin on June 3rd and run over four Tuesday evenings from **6:50-8:30pm**. They will be held at the Whanau Centre, 49 Nancy Avenue, Mairehau. To register, go to the CAP website: www.capnz.org and select 'Find a CAP Money Course'. Enter 8052.

Contact Jan,

E: cdw@nht.org.nz M: 027 710 0022



Neighbourhood Trust is based at: 64 McFaddens Rd, St Albans

Game On!

Game On! seeks to support men by promoting active and involved fathers and provides a space to discuss the skills needed to be a better Dad. Our upcoming course will begin on the 16th of July and run over six Wednesday evenings.

Contact Don.

E: community@nht.org.nz *M:* 027 956 9202

A special thank you to the funders of Neighbourhood Trust.

















Regular Neighbourhood Activities



WEEKLY

GOLDEN ACTIVITY

Mondays - Time Varies

Social events and services for over 60 year olds, including Foot Clinic, meals, trips, movies and much more. *Contact Don for a programme, M:* 027 956 9202 *E:* golden@nht.org.nz

KAI SUPPORT

Wednesdays 12:30 - 2:30pm, Whanua Centre Kai Support is available for households in the local area who need some assistance. Visit nht.org.nz and click on "Request Kai Support". Bookings Essential. Contact Sarah, E: operations@nht.org.nz M: 027 710 0042

STRENGTH & BALANCE CLASS

1pm every Friday, McFaddens Centre

A low impact circuit class for ages 60+ Finishes with a cuppa. \$2 donation.

Contact Sarah,

E: operations@nht.org.nz M: 027 710 0042

TERMLY

CAP Money Course

A revolutionary, free money management course that teaches people budgeting skills and a simple, cash-based system that really works.

Contact Jan for dates,

E: cdw@nht.org.nz M: 027 710 0022

WOMEN'S CONNECTIONS

Tuesdays 12-2pm, Whanua Centre

Each week we have a lot of fun together as we enjoy a simple meal, along with a creative activity, visiting speaker or outing. Come and join us! **Contact Jan**,

E: cdw@nht.org.nz *M:* 027 710 0022

MAIREHAU NEIGHBOURHOOD GARDEN

Thursdays 10am - 12pm, McFaddens Centre
All are welcome to come and work in our
garden.Check Facebook @NHTGarden for any
changes to work times.

Contact Don.

E: community@nht.org.nz M: 027 956 9202

OSCAR

Before & After School Care

Monday-Friday 7:30-9am & 3-6pm

Holiday Programme

8am-5:30pm School Holidays

Contact Roana, E: childrens@nht.org.nz

Game On!

Parenting Course for Dads (6 weeks)
Game On! seeks to support men by promoting
active and involved fathers and providing a space
to discuss the skills needed to be a better Dad.

Contact Don for dates,

E: community@nht.org.nz M: 027 956 9202