



# Neighbourhood News

Issue 1, 2026  
Mairehau & St Albans Community Update

Firstly, we hope you and your whānau enjoyed a restful and joy-filled Christmas break. Our initiatives took a short pause over the holidays, but we're excited to say everything is now back in full swing. This year, we're looking forward to deepening our connection with our community in Mairehau and St Albans. We want to make sure our programmes are reaching more of our neighbourhood, so everyone has the opportunity to connect, grow, and feel supported. We've seen firsthand how small moments of connection can make a big difference, and we're excited to create more of those moments together this year. Our door is always open, and we look forward to connecting more with you and your whānau.

Kia ora koutou katoa

## WHY YOUR LETTER BOX?

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

Brought to you by Neighbourhood Trust;  
the community arm of St Albans Baptist Church



Neighbourhood  
Trust

[nht.org.nz](http://nht.org.nz) | [@NeighbourhoodTrust](https://www.facebook.com/NeighbourhoodTrust) | 64 McFaddens Rd

# Christmas Hampers 2025

Every December, we put together Christmas Hampers for whānau in our community who might need a bit of extra cheer during the festive season. Last year we were able to prepare over 20 hampers thanks to the generous support of Ray White New Era Property Management on Innes Rd and their Giving Tree. We know this time of year can be stressful, so we do our best to offer support wherever it is needed. Creating these hampers has become a meaningful part of the Christmas season for the Neighbourhood Trust, as we work together to bring a little cheer, joy, and love to whānau in our community.



## Initiative Spotlight

### Building connections one recipe at a time – The Neighbourhood Cook

Our Neighbourhood Cook Initiative is still fresh within our community, building on its debut last year. We have personally seen how learning, laughter and good food encourage connection, so this year we will be running our courses more regularly. Our Neighbourhood Cook courses are for everyone, whether you are a beginner, a busy parent or someone who simply enjoys cooking, there is a place for you in our kitchen. Join us in small friendly groups where you will get step-by-step instructions, recipes to take home and a shared tasting at the end. All ingredients are provided so all you need to do is show up ready to get hands on in the kitchen.

We'd really love to have you join us. Come along, bring a friend and make something delicious with us! Contact Jan, **M:** 027 710 0022 | **E:** [cdw@nht.org.nz](mailto:cdw@nht.org.nz)

**Tasty Time Savers**  
Wednesday 11<sup>th</sup> of March  
11am-1pm, 64 McFaddens Rd

Prepare several meals at once by utilizing overlapping ingredients. This allows you to create a range of recipes, which can then be quickly reheated for dinner throughout the week.

**Garden to Table**  
Monday 30<sup>th</sup> of March  
11am-1pm, 64 McFaddens Rd

We will be creating another simple, tasty meal using food from the Mairehau Neighbourhood Garden.

**Bookings are Essential**

## Game On! Growing Stronger as Dads, Together

You may have seen the fliers and ads about Game On, but are still wondering what actually goes on. We often hear of a parenting course and think that it's just for those who are struggling with parenting and need to learn new strategies. An elite athlete doesn't stop training just because they're really good at what they do. They're constantly exploring new ways, new ideas to gain that extra edge to their craft that sees constant improvement. Likewise, being a dad is not a case of learning once and letting parenting run its course. Whatever stage we are at as dads, it is worth putting time in to fine-tune our awareness and understanding of what it means to be a great dad. Here's a taster of the first 3 weeks of the course.



Our kids learn a lot from our example, so Game On is about identifying in ourselves what we are doing and how that teaches our kids how to conduct themselves. Our six topics reflect this too, with each week's topic building on the week before. Week 1 asks the question, **"What do I want for my kids?"**. We dream about the kind of qualities we want for our kids – which may include things like character traits, how they treat others, what success looks like. Week 2 builds on this and asks the question, **"What kind of dad do I want to be?"**. If in week 1 we said that we want our kids to be kind, for example, then how are we modelling/demonstrating this to our kids? We also think about the dad we had growing up, not from a position of blame, but of understanding, what have we carried over into our parenting. Does this match what we want for our kids or not? Week 3 is on **'Communication'** and encourages us to think about how we communicate to our kids in a way that we would want them to express their thoughts and emotions. One thing we do in our final week is that we have a meal together where everyone brings something to the table – a practical and symbolic action which reflects the culture of the group.

If you have any questions, please do not hesitate to **contact Don**,  
**M:** 027 956 9202 | **E:** [community@nht.org.nz](mailto:community@nht.org.nz)

**A special thank you to our Funders.**



Thank you to **Wilks Charitable Trust** and **St Joans Trust** for supporting our Golden Programme!

# Regular Neighbourhood Activities



Neighbourhood  
Trust

## WEEKLY

### GOLDEN ACTIVITY

**Mondays - Time Varies**

Social events and services for over 65 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 - 2pm, Whānau Centre**

Kai Support is available for households in the local area who need some assistance. Visit [nht.org.nz](http://nht.org.nz) and click on "Request Kai Support".  
**Bookings Essential. Contact Sarah,**  
**E:** operations@nht.org.nz **M:** 027 710 0042

### 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

## 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,**

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

### Tuning Into Kids

This programme focuses on strengthening the connection between parents/caregivers and their kids. When kids and parents develop skills in effectively communicating about emotions, family relationships are stronger. **Contact Jan, E:** cdw@nht.org.nz **M:** 027 710 0022

### WOMEN'S CONNECTIONS

**Tuesdays 10:30am - 12pm, 64 McFaddens Rd**

Women from the community learning together through connection, fun & support. We explore topics together, go on outings and have guest speakers. **Contact Jan,**  
**E:** cdw@nht.org.nz **M:** 027 710 0022

### MAIREHAU NEIGHBOURHOOD GARDEN

**Thursdays 10am - 12pm, 64 McFaddens Rd**

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

### STRENGTH & BALANCE CLASS

**1pm every Friday, 64 McFaddens Rd**

A low impact circuit class for ages 65+  
Finishes with a cuppa. \$2 donation.

**Contact Sarah,**

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

### 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