



Neighbourhood News

Issue 2, 2026

Mairehau & St Albans Community Update

Here we are again – Term 2 is well under way and with it comes the knowledge that winter is just around the corner. At this time of year, we like to start planning for fun events in spring, such as our Annual Light Party. Having something to look forward to gives us all a bit of motivation to get through those colder, wetter months.

In this issue, we continue our Initiative Spotlight with **Tuning in to Kids®**, where you'll find a closer look at what's on offer and hear some fantastic feedback from recent participants. This issue is packed, and we hope our more in-depth articles help us connect further with individuals and groups across our community. So, sit back, relax, and enjoy the read!

WHY YOUR LETTER BOX?

Kia ora Neighbours, We are delivering the Neighbourhood News to letterboxes in our local community that are not marked "No Community 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

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

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



Neighbourhood
Trust

Thank You Volunteers!

You are the heart of our Community.

In 2025, over 85 community members generously volunteered their time and energy to support the Neighbourhood Trust. These volunteers became an extension of our team, helping us continue to grow and meet the individual needs of our community in meaningful ways.

With **National Volunteer Week** taking place from the **14th – 20th of June**, we want to shine a light on the incredible impact our volunteers have and take time to celebrate all that they do.

Each year we make it a priority to personally acknowledge our volunteers with a heartfelt thank you. This year, while we will still be doing that, we're adding a little twist. Throughout June, we'll be sharing the voices of our volunteers on our social media **@Neighbourhood Trust**, giving them the opportunity to reflect on what volunteering with the Neighbourhood Trust means to them. We encourage you to take a look and help share the meaningful difference they make.

If you have thought about wanting to get involved within the community, volunteering with us could be great way to start. Whether you have a little time to give or are looking for a more regular way to contribute there are several ways to get involved and help make a difference. If this is you we would love to hear from you! **E: comms@nht.org.nz**



And to all our Readers, National Volunteer week is the perfect opportunity to say thank you! If you know a volunteer whether they support us or other local organisations, take a moment to share your appreciation. A simple message of thanks can mean a lot.

Local Craft Group

Running at 64 McFaddens Rd on Tuesdays at 10 am.
Enjoy some refreshments as you take some time to be creative and connect with others



Volunteer Lunch Dec 2025.

Initiative Spotlight: Big Feelings, Better Conversations - Tuning in to Kids®

Parenting can be hard work. At times we can feel overstretched and challenged. While advice on practical matters can be easy to find, it's often the harder moments like supporting our children through big emotions that can make us feel out of our depth.

The **Tuning Into Kids** programme strengthens the connection between parents/caregivers and children through emotion coaching. When families build skills for noticing, understanding, and talking about emotions, relationships are strengthened and children feel more secure. The programme also supports parents/caregivers to understand and manage their own emotions—so they can model and guide healthy emotional communication at home.

Across the sessions we explore emotional intelligence and meta-emotions, parenting styles and their impact, empathy, and how to tune into your child's emotions. You'll learn practical ways to help children identify and name feelings, respond supportively, and build connection. These skills can strengthen trust, improve communication, and help children feel accepted and heard.

Tuning in to Kids® is a free, 6-week parenting programme run by Neighbourhood Trust and St Albans Baptist Church. It focuses on emotional regulation and emotion coaching for parents/caregivers of children aged 5-12.

If you have any questions or would like to register for our Term 3 in-person course, please contact Jan M: 027 710 0022 | E: cdw@nht.org.nz

"It has given me great insight into how we can better ourselves as parents and different strategies to try in order to support our tamariki. Highly recommend to everyone" - **Recent Participant**

"The best thing I took away from the session each week was ways to manage emotions using breathing techniques such as tracing my fingers and becoming a wet noodle. I displayed these to my children, especially my 6 year old and he has really showed improvement after I started this program" - **Recent Participant**

A very special Thank You to all our Funders and Supporters!





Neighbourhood
Trust

Regular Neighbourhood Activities

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 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 7:00-9am & 3-6pm

Holiday Programme

7:30am-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