



**MARLBOROUGH  
DISTRICT COUNCIL**

# COMMUNITY NEWS JUNE 2015



**Work and Income**  
Te Hiranga Tangata

*A service of the Ministry of Social Development*

## For more information



Call **0800 559 009**



Visit [www.workandincome.govt.nz](http://www.workandincome.govt.nz)

## From Budget 2015—More Support for Low Income Families, from April 2016

These changes will take effect in April 2016\*. Until then, payments and obligations stay the same.

- Benefit rates for families with dependent children will increase by \$25 a week after tax (per family), resulting in an average gain of \$23 per week in the hand after adjustments to other support such as Accommodation Supplement and Temporary Additional Support.
- Very low-income working families (receiving the minimum family tax credit, and In Work Tax Credit) will get \$24.50 more a week from Working for Families, approximately matching the increase in benefit rates.
- Low- to middle-income working families (not on a benefit) will get up to \$12.50 a week more from Working for Families, depending on their income.
- Low-income families will be eligible for a higher \$5 rate of Childcare Assistance for pre-school and out-of-school care.
- Beneficiaries receiving Sole Parent Support will need to reapply for their benefit every year.
- Sole parents, and partners of beneficiaries, will be expected to look for part-time work when their youngest child turns three.
- People required to look for part-time work will be expected to look for around 20 hours work a week.
- Student Allowance rates for families with children will increase by \$25 a week after tax.

In early 2016, Work and Income will contact families affected by the changes. \*Changes to Childcare Assistance take effect on 4 April 2016. All other changes take effect from 1 April 2016.

## National Volunteer Week

National Volunteer Week (NVW) 2015 is held from 21 and 27 June and is a fantastic chance to celebrate the invaluable knowledge, skill and time contributions given by Aotearoa's past and present volunteers. This year's theme is "There is a place for you to volunteer" or "he wahi mohou hei tuao" which highlights the diversity of volunteer opportunities, volunteers themselves, and the impacts of volunteering. Volunteer-involving organisations use NVW to thank their volunteers and encouraging people to join their volunteer communities. Regardless of how much or how little skills, time and experience one has to offer, there will always be a place to volunteer. For more information, promotional posters and volunteer certificates visit [www.volunteeringnz.org.nz/national-volunteer-week](http://www.volunteeringnz.org.nz/national-volunteer-week).

Marlborough House  
21 Henry Street, Blenheim 7201

Ph: 03 577 9388

Email: [vm@volunteermarlborough.org.nz](mailto:vm@volunteermarlborough.org.nz)

Web: [www.volunteermarlborough.org.nz](http://www.volunteermarlborough.org.nz)



There is a **Place**  
For You  
to Volunteer

NATIONAL VOLUNTEER WEEK

#NVW2015

21-27 JUNE

**NVW**  
**2015**



**MDC**

Seymour Street Ph.: +64 3 520 7400  
PO Box 443 Fax: +64 3 520 7496  
Blenheim 7240 Email: [mdc@marlborough.govt.nz](mailto:mdc@marlborough.govt.nz)  
NEW ZEALAND [www.marlborough.govt.nz](http://www.marlborough.govt.nz)



## ORGANISATION INFORMATION

### Marlborough Youth Trust (MYT)

MYT was established in 2009 with the intention of providing a service to the young people of Marlborough.

The Trust works collaboratively with the youth of Marlborough, and organisations with an interest in supporting youth, to support access to services; help with navigation of services; the implementation of activities such as CACTUS and PCT; and through coordinating youth events such as Half Way Day, International Marshmallow Day and the Water Skirmish.

### Youth Development Centre

The Trust's ultimate goal is the establishment of a multi-use/multi-user community youth development centre that meets the needs of young people, and that can be operated as a co-share facility in partnership with other youth service providers and groups within the community.

The project is supported by MDC, and currently sits within their 3-5 year work plan. This gives the Trust the opportunity to further develop ideas for the centre, and engage with youth, the community, youth organisations and other organisations with an interest in supporting young people, to ensure the centre is sustainable and answers the needs of local youth.

The vision for the centre is a drug and alcohol free venue offering the opportunity for group interaction and entertainment, indoor concerts and specialist events, adventure based activities and learning, dedicated arts and music studios, social worker support and access to health and social services, and also the possibility of a youth run café.

A feasibility study for the centre was carried out in 2013/2014 and can be found on our website: [www.myt.org.nz](http://www.myt.org.nz)

### Youth Development Coordinator

Jodye Tomalin was employed by MYT in April 2015 to help bring together the vision for the Youth Development Centre.

Jodye is working to connect with Marlborough youth, as well as all agencies in the region who work with and support youth in any capacity. The aim is to become a 'resource centre' for youth, to help point them in the right direction to get the support they need. It is fantastic to see the amount of work that is being done with youth, MYT really want to be able to build on and support that work, and potentially identify gaps that we can work to fill in the long term.

We also run various events for youth through the year, our next event being a scavenger hunt around Blenheim for half way day on June 21<sup>st</sup>. As part of my role I will be reviewing the events we run, whether they are catering to what youth want to be taking part in, and how we can work to build on and improve those.

Feel free to pop in and see us at any time at our office – 6A Arthur St, the old Caterpillarz kids clothing store. We have tea and coffee and an awesome comfortable couch to relax on! Generally the office is staffed Monday to Thursday, but I will definitely be out and about in the community too.

Contact details are: [info@myt.org.nz](mailto:info@myt.org.nz)

Ph. 03 579 3143 (Comes directly to my mobile) or 027 522 2243.

Looking forward to seeing you soon!

## TRAINING/WORKSHOPS



### Dementia Essentials—Thursday 2 July 2015

Dementia Essentials is a one day course for carers and other health workers in the community whose occupation brings them into regular contact with people with dementia. We rolled this out for the first time in April this year and the great response showed us it was worth holding it again in July.

The value of understanding dementia is considerable for the staff caring for the people who live with this illness. This can include front line workers, such as community care workers, rest home care workers, nurses, practice nurses, allied health staff, workers and field officers whose work includes supporting people with dementia and many other people who deliver health care and/or other services to older adults.

These workers have demanding, and valuable jobs. Sometimes, they have not had the opportunity to receive sufficient information and education that will empower them to provide effective and appropriate dementia care. This course is designed for people to build their confidence when working with people with dementia.

#### What the course will cover:

- What is dementia?
- Symptoms of dementia
- Improving communication
- Behaviours that reveal needs
- How environmental factors can impact on people with dementia
- How physical factors can affect people with dementia
- The effect of psychological issues such as depression, and delirium
- Strategies to cope with common changes in behaviours.
- How loss and grief impacts on a person with dementia
- Sharing the care with families
- Recognising elder abuse
- Looking after yourself

**Date:** Thursday 2 July 2015  
**Times:** 10.00 am – 3.00 pm  
(Includes 3/4 hour for lunch)  
**Cost:** \$30.00 per participant  
**Place:** Alzheimers Centre,  
8 Wither Road, Blenheim

All those who attend will receive a Certificate of Attendance to use in your portfolio. There are limited places, so please let us know as early as possible if you would like to attend, and also if you have any dietary needs. We will run further courses based on demand. For further information about this course or if you would like to know more about our other services please contact:

**Chrissy** or **Anthea** Telephone: (03) 577 6172.

# TRAINING/WORKSHOPS



## Course Programme Term 2 June-August 2015

REAP House 19 George Street, Phone 5787848 Email: [admin@reapmarlborough.co.nz](mailto:admin@reapmarlborough.co.nz) [www.reapmarlborough.co.nz](http://www.reapmarlborough.co.nz)



### Subsidised pathway courses for those aged 16 - 29

<p><b>Introduction to Oil Painting</b>  <b>Where:</b> REAP House  <b>When:</b> Weekend 6-7 June  <b>Time:</b> 10.00am-4.00pm  <b>Tutor:</b> Tony Roche  <b>Cost:</b> \$120.00</p> <p>Here is an exciting opportunity to learn how to paint step by step using oils. Tony is a passionate, professional artist of 30 years. All equipment supplied. Come along and surprise yourself. Bring your lunch.</p>	<p><b>Smooth Operator - Barista</b>  <b>Where:</b> CPR Headquarters Wymen St  <b>When:</b> Thursday 11 June (2 weeks)  <b>Time:</b> 7.00pm-9.00pm  <b>Tutor:</b> CPR Staff  <b>Cost:</b> \$90.00</p> <p>Put your finger on the pulse. This course will take you through the art of making a consistently great CPR coffee, from the grind to the cup.</p> <p><b>Hospitality pathway</b></p>	<p><b>Visual Travel Diary</b>  <b>Where:</b> REAP House  <b>When:</b> Thursday 18 June  <b>Time:</b> 10.00am-3.00pm  <b>Tutor:</b> Jan Thomson  <b>Cost:</b> \$80.00</p> <p>Learn how to journal your travels with local artist Jan Thomson. Jan will teach you a range of techniques including sketching and collage - this will be a "fun workshop" to give you the tools you need to help you record your memories"</p>	<p><b>Introduction to Digital Photography</b>  <b>Where:</b> REAP House  <b>When:</b> Thursday 18 June (3 weeks)  <b>Time:</b> 7.00pm-9.00pm  <b>Tutor:</b> Rachel Marfell  <b>Cost:</b> \$80.00</p> <p>This course is for absolute beginners to give you confidence in using your camera and finding your way around the menu. You must bring your camera manuals and have your camera fully charged. If your manual is via a disc, this must be printed out before the course starts.</p>
<p><b>Introduction to Relaxation Massage</b>  <b>Where:</b> Clinic, 84 Old Renwick Road  <b>When:</b> Friday 26 June (2 days) 7.00pm-9.00pm  <b>Time:</b> Saturday 9.00am-4.00pm, lunch break at 12.00  <b>Tutor:</b> Kate Harper  <b>Cost:</b> \$90.00</p> <p>This is a hands-on practical entry level course. Learn how to do a basic relaxation massage for family and friends. Bring two towels, a single sheet and a pillow. Massage balms available for purchase.</p>	<p><b>Healthy Artisan Bread</b>  <b>Where:</b> Foundry Kitchen, Wesley Centre  <b>When:</b> Saturday 27 June  <b>Time:</b> 10.00am-2.00pm  <b>Tutor:</b> Annette Michna-Konigstorfer  <b>Cost:</b> \$70.00</p> <p>Annette is passionate about the variety and tastes of 'real' breads. Learn the tips and secrets to making delicious, nutritious breads and crackers with grains, seeds, nuts, wholemeal and fibres and then take them home.</p> <p>Bring an apron and some lunch to share.</p> <p><b>Hospitality pathway</b></p>	<p><b>Tasty Healthy Cooking</b>  <b>Where:</b> Foundry Kitchen, Wesley Centre  <b>When:</b> Saturday 27 June  <b>Time:</b> 10.00am-4.00pm  <b>Tutor:</b> Tracy Pannell  <b>Cost:</b> \$100.00</p> <p>Are you trying to lose some weight or would just like to cook a little more healthily? This class will show you how to prepare healthy meals for all the family, tasty salads, meats and vegetables using local and fresh ingredients.</p> <p><b>Hospitality pathway</b></p>	<p><b>NZ Sign Language Level 1</b>  <b>Where:</b> REAP House  <b>When:</b> Monday 20 July (10 weeks)  <b>Time:</b> 7.00pm-9.00pm  <b>Tutor:</b> Debbie Balcombe  <b>Cost:</b> \$100.00</p> <p>Do you want to learn how to communicate with deaf people and the hearing impaired? An exciting opportunity to start learning NZ Sign Language with fun group activities.</p> <p><b>Communication Pathway</b></p>
<p><b>Winter Pruning</b>  <b>Where:</b> 8 Stafford St, Grovetown  <b>When:</b> Saturday 1 August  <b>Time:</b> 10.00am-4.00pm  <b>Tutor:</b> Allan Thomas  <b>Cost:</b> \$65.00</p> <p>Bring along secateurs and loppers and learn how to prune fruit trees. This is a hands-on, informative course. Bring something for a shared lunch.</p>		<p><b>Do you need some extra help with maths and reading?</b></p> <p><b>FREE</b></p> <p>Learn a new skill while improving your reading and maths, with baking bread, Maori Weaving or Pasifika Weaving. Taking names for term 3 now. Unit standards may be available. Contact REAP, Marlborough to register your interest and for more information.</p> <p>Maori Weaving with Bev Maata Hart                  Bread Making with Annette Michna-Konigstorfer                  Pasifika Weaving with Tiani Latu</p>	

<h2>Picton Courses</h2> <p>Subsidy available for Picton and Queen Charlotte Sounds residents. Is it time to learn something new for 2015?</p>		<h2>Youth Opportunity Programme</h2> <p>Build a qualifications based CV for your son or daughter. Subsidised courses for youth ages 16-29</p>	
<p><b>Cooking with Wild Food</b>  <b>Where:</b> TBC  <b>When:</b> Saturday 13 June  <b>Time:</b> 10.00am-3.00pm  <b>Tutor:</b> Beth Barnes  <b>Cost:</b> \$60.00</p> <p>Beth will share her delicious prize winning pesky pest recipes and show you how to turn a nuisance into nutrition. Tasty dishes that will amaze you.</p>	<p><b>PADI Open Water Course</b>                  This is a certified diving course. There will be pool dives and four sea dives under the supervision of your PADI instructor.                  Bring in your PADI Open Water course certificate for May, June or July 2015 and collect a \$60.00 subsidy. Book your spot with  <b>Blenheim Dive Centre 578 0331</b></p>	<p><b>Introduction to Guitar</b>  <b>Where:</b> REAP House  <b>When:</b> Tuesday 2 June (4 weeks)  <b>Time:</b> 7.00pm-8.30pm  <b>Tutor:</b> Janice Thompsett  <b>Cost:</b> \$60.00</p> <p>A fun course for absolute beginners. Bring your own guitar and be surprised with your talents. Hard work, good fun, great tutor.</p>	<p><b>Introduction to Maori Art and Design</b>  <b>Where:</b> REAP House  <b>When:</b> Thursday 4 June (4 weeks)  <b>Time:</b> 6.30pm-9.30pm  <b>Tutor:</b> Paora Mackie  <b>Cost:</b> \$60.00</p> <p>This course consists of familiarisation of generic Maori designs and their application. It will be mostly drawing with some crayon and paint.</p> <p><b>Visual art and design pathway</b></p>
<p><b>P Passenger Licence</b>                    Do your P Passenger course on June 24, bring in your certificate and collect a \$60.00 subsidy.                  Contact Grant Ingersoll, Master Drive Services 5794305</p>	<p><b>Work Place First Aid</b>                    We can help you to get your First Aid Certificate with Triple one Care. Courses in Picton on Friday 29 May or 26 June. Bring us your certificate and we will subsidise your course.                  Contact Nine Scott 5737189 to book a spot.</p>	<p><b>Introduction to Jewellery Making</b>  <b>Where:</b> REAP House  <b>When:</b> Wednesday 17 June  <b>Time:</b> 1.00pm-3.00pm  <b>Tutor:</b> Joan Clark  <b>Cost:</b> \$35.00</p> <p>Learn the basics of jewellery making. A necklace, bracelet and earrings. Great gift ideas. You'll be hooked!</p>	<p><b>Tasty Sushi Making for Beginners</b>  <b>Where:</b> REAP House  <b>When:</b> Wednesday 1 July  <b>Time:</b> 10.00am-12.00pm  <b>Tutor:</b> Ailsa Carey  <b>Cost:</b> \$35.00</p> <p>Come along and see just how easy it is to make this tasty nutritious food in a fun small group atmosphere.</p>
<p><b>Firearms Licence With Mountain Safety</b>                    Contact Picton Police Station for further details and to make your booking.</p>	<p><b>Learner Driver Licence Course</b>                  Sponsored by: Supporting Families, REAP Marlborough, and Marlborough District Council</p> <p>Solid courses are provided to prepare young learning drivers for a successful outcome. You will need access to a number of documents including an original birth certificate and proof of address. For more information or to register for a course contact Sandra or Lyn on 577 5491</p>	<p><b>Work Place First Aid</b>                    We can help you to get your First Aid Certificate with Triple one Care. Courses in Blenheim Tuesday 26 May or 30 June. Bring us your certificate and we will subsidise your course.                  Contact Nine Scott 5737189 to book a spot.</p>	
		<p><b>Restricted Driver Licence Course</b>                  Sponsored by: Supporting Families, REAP Marlborough, and Marlborough District Council</p> <p>Solid courses are provided to prepare young drivers on their Learners Licence for a successful outcome through the Graduated Licence process. You will need access to a number of documents including your licence, an original birth certificate, and proof of address. For more information or to register for a course contact Sandra or Lyn on 577 5491</p>	

## TRAINING/WORKSHOPS

### Lunchtime Forum – Communications for your organisation



Are you clear about who your organisation is talking to, when, and what messages they are getting?

Are your audiences reacting in the ways you want them too?

Are your communications planned and consistent?

Is the right information getting to the right people within your organisation in time for action?

If you would like answers to these questions and other communication tips come along to our upcoming lunchtime forum to be facilitated by Tania Jones. The lunchtime forum will be on **Tuesday 9th June 2015 from 11am to 1pm** at **Marlborough House, 21 Henry Street**. Bring your lunch along, have a chat and listen to our speaker from 11.15am onwards. If you have questions or to RSVP please contact Volunteer Marlborough on 577 9388 or email

[vm@volunteermarlborough.org.nz](mailto:vm@volunteermarlborough.org.nz).

### Strategic Planning and Succession Planning Workshop

Do you know what you want your organisation to look like in 2, 5 or 10 year's time? Do you have a big picture plan?

Does your organisation rely on just one or two people to make all the decisions or do all the work? Do you worry that your organisation is 'dying out' with no-one new coming through?

If you want to know how to prepare for the future our upcoming two session workshop on **Wednesday 17th June 2015** on Strategic Planning and Succession Planning are a must do for any organisation moving into the future. From Volunteers and Managers to Board or Committee members, these workshops will be beneficial to all. Please contact Volunteer Marlborough on 577 9388 or email [vm@volunteermarlborough.org.nz](mailto:vm@volunteermarlborough.org.nz) for more information or to register.

## VACANCY

### **DISTRICT ADVISOR PERSONAL ADVOCACY TRUST**

The Personal Advocacy Trust is recruiting a District Advisor for the Marlborough area. The primary role of a District Advisor is to lead a team of Personal Advocates (volunteers) who provide advocacy through ensuring the welfare and rights of people with intellectual disability who are members of the Trust. You will be responsible for recruiting, training and supervising the volunteers. This is a part time position for approximately eleven hours per month depending on the number of members assigned. You need to be comfortable with disability and have good organisational skills. Computer and email desirable.

Contact: Charle 579 2279

## FUNDING

### **The Canterbury Community Trust**

**Next closing date:**

**5 June—Social Services**

**24 July—Education**

For more information contact by email: [enquiry@commtrust.org.nz](mailto:enquiry@commtrust.org.nz), phone: 0508 266 878 or website: [www.commtrust.org.nz](http://www.commtrust.org.nz)

### **Courageous Conversations Workshop 16 and 17 June - Nelson**

Gain the tools and confidence to face up to sticky situations and resolve conflict through a structured 'courageous conversation'

#### **Overview:**

In this workshop you will learn to communicate with confidence in difficult situations that require clear honest communication that ends with an agreement for behavioural change. You can expect to be more comfortable communicating with someone who you have a difference with while preserving your relationship. You will learn practical, tried and true methods to break through tricky situations and prevent further conflict. You will overcome your own barriers to facing up to a difficult discussion.

If you are a leader, you will be taught how to have a conversation that addresses under par performance, preserves important relationships, and has the best chance of producing a lasting agreement.

So if you want to build your knowledge and confidence to deal with challenging people, bullying, personality clashes, communication breakdowns, or miscommunications.

#### **Skills taught:**

- Get to know what makes people tick by knowing your own values, their values and how your values clash.
- Learn how to have a conversation values-based conversation, rather than have an 'I'm right-you're wrong, you're to blame' argument. Learn to discuss perspectives, expectations, values, and style clashes.
- Practise meta-communication to greatly increase your chances of being heard and reducing defensiveness in others. Ensure the person you are talking to is in the best frame of mind to discuss issues that concern you both.
- Learn to listen respectfully to those that are different to you without necessarily agreeing with them – untangle complex situations by fairly examining alternative points of view to your own.
- Bring out the best in others and increase your influence by consciously sending a positive 'relationship' alongside your 'content' message.
- Learn to have a cool headed response, keep calm, composed and respectful, rather than react to people, especially to those people who press your buttons or who are reacting badly.
- Apply steps for receiving feedback or criticism so that you keep a level head and preserve your key relationships by communicating respect and appreciation at all times.
- Keep things on track with a structured approach to having a difficult discussion.
- Overcome your personal barriers, and inner dialogues (self-talk) that prevent you from having a focused conversations with staff or colleagues about behaviour that is having a negative impact or you, them or others.

Contact Cher Willisicroft, Conflict Management Ltd, 718 Cable Bay Rd, RD1, Nelson, 7071., email [cher@conflictmanagement.co.nz](mailto:cher@conflictmanagement.co.nz)

# TRAINING/WORKSHOPS

**New for 2015**  
Lunchtime Law  
at the Library

Community Law  
Marlborough  
*Te Ture Uaunga me te tui whānui*

Free legal education  
held at the  
Marlborough District Library  
From 12.10 to 12.50pm

Every 2nd and 4th Wednesday of the month  
All Welcome

June Programme Lunchtime Law at the library	
<b>Traffic Infringements &amp; Offences -</b> Driving and New Alcohol Law Rights of Police <b>Presenter: CLM Caseworker</b>	Wednesday June 10th 12.10-12.50pm
<b>Limited Licence Application</b> What you need to know about an application for a limited licence. <b>Presenter: CLM Caseworker</b>	Wednesday June 24th 12.10-12.50pm

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All Welcome

July Programme Lunchtime Law at the library	
<b>Divorce (Dissolution)</b> How does it work ? <b>Presenter: Laurie Murdoch</b> Associate Lawyer Gascoigne Wicks	Wednesday July 8th 12.10-12.50pm
<b>Relationship Property</b> What you need to know about division of joint property <b>Presenter: Laurie Murdoch</b> Associate Lawyer Gascoigne Wicks	Wednesday July 22nd 12.10-12.50pm

## GENERAL

MYT PRESENTS  
**ANNUAL YOUTH HALFWAY DAY**

**Scavenger Hunt**

Bring your team of 3-4 and go on a scavenger hunt around town.

**LIZ DAVIDSON PARK SUNDAY**  
**21ST JUNE 2015**  
1-4pm Sunday

**Prizes to be won**

Contact Deedee on 027 470 5073 for more information.  
Find us on facebook [www.facebook.com/marlboroughyouthtrust](http://www.facebook.com/marlboroughyouthtrust)  
Transport from Seddon, Picton, Rai Valley & Havelock can be arranged.  
Contact [deedee@adminhelp4u.co.nz](mailto:deedee@adminhelp4u.co.nz) by 12th June to book.  
Please bring a can donation to go to Johns Kitchen  
Sponsored by: The Marlborough Youth Council and The Edge

Food & Drinks for sale

THE EDGE 1049  
My Voice  
MAY 2015

## NOTICES

### Starting a business? Get it right from the start

Come to a free seminar or workshop at Blenheim NMIT campus to learn about business tax obligations including working smarter with our online tools and services; income tax; expenses you can claim; good bookkeeping tips and much more...

#### Introduction to Business Seminar

Thursday 18 June 2015 - 10.00 am – 12.30 pm

#### GST Workshop

Thursday 18 June 2015- 1.30 pm - 3.30p m

#### IR3 Completion Workshop

Friday 19 June 2015—10.00 am – 12.00 pm

#### Employer Workshop

Dates to be available shortly

#### Rental Income Seminar

Dates to be available shortly

Workshop dates from 1 July will be available on our website by the mid-June 2015 [www.ird.govt.nz](http://www.ird.govt.nz)

Keyword: workshops. Booking is essential due to room capacity. Please email [advisory.nelson@ird.govt.nz](mailto:advisory.nelson@ird.govt.nz) or

Phone: 0800 377 774 to register your interest or to request more information.



### Steady & Stable Falls Prevention Programme

Stable & Steady is a free four week programme for 1 1/2 hours that helps to build your confidence and knowledge about how to avoid falls. If you are 65 years and over and can answer yes to any of the questions below, you have a risk of falling.

#### Are you at risk of falls or falls injuries?

1. Have you had a slip, trip or fall in the past 12 months?
2. Do you have a fear of falling?
3. Are you on four or more medications?

**Don't wait till it's too late. A few simple changes now can make all the difference.**

For more information contact: **Emma Philips - Falls Prevention Coordinator**

Phone: (03) 5206200 or email:

[falls@marlboroughpho.org.nz](mailto:falls@marlboroughpho.org.nz) or visit our website:

[www.marlboroughpho.org.nz](http://www.marlboroughpho.org.nz)

# NOTICES



Parents of Teenagers support meetings last Tuesday of every month, come and meet with other parents for coffee and cake, call SF for find out more 03 5775491.

Parents Support Group, for families supporting children with ADHD, ADD, Autism, behavioural problems, Spectrum Disorder and related conditions, first Tuesday of each month. All welcome for more info contact SF Marlborough 03 5775491.

**John's Kitchen, an initiative of Crossroads Trust, operates from 2 Redwood Street.** Look us up on Facebook under 'John's Kitchen' and become one of our friends.

**UPCOMING:** The process is well-advanced to start on our renovations; OUT goes a storage room, IN goes a disability-access toilet, a shower unit and a laundry. These will then be available to those who need them.



**IN THE MEANTIME:**

Monday to Friday mornings 8.00 am to 1.30 pm and Wednesday afternoon: Drop-In Centre, Koha Cafe, Urban Harvest and Bread Distribution. Breakfast is available to those who call in before 9.00 am.

Wednesdays 5.30 pm: John's Kitchen 2-course Community Dinner. All are welcome.

Tuesdays and Thursdays 10.00 am: Board games mornings. Meet new friends.

Fridays at 10.10 am: Sit-And-Be-Fit class. Gentle exercise to music.

Donations of excess vegetables and fruit from private gardens are most welcome. Anything that can't be used in our kitchen is made available to the public through our Urban Harvest initiative.

We have a play area for children. Visit our Koha Cafe, relax over a drink, and let your child(ren) use the play area. Wairau Community Clinic referrals are taken for newcomers to the district who are not yet registered with a doctor.

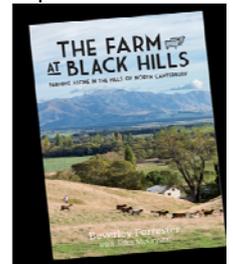
Marlborough Provincial Rural Women NZ invite you all to attend an evening with Bev Forrester, from Black Hills Hawarden. Bev was a runner up in the inaugural Enterprising Rural Women Award and won the 2006 New Zealand Century Farm and Station Award. Learn about her Black Hill sheep and what she has done with the Yarn.



From Fleece to beautiful Fashion on the catwalk. Garments on display. Yarn to order. Promotional Videos to see. Bev has also written a book which will be launched, she is happy to sign copies.

Vintners Retreat Hotel Friday 24 July at 5-30 pm Tickets costs \$25.00 per person includes canapes No Door sales, Cash Bar Fundraiser for Nepal.

Contact the Secretary 03 5729 149 or email. melva@soundsreflection.co.nz www.blackhills.co.nz



citizens Advice Bureau are looking for more people to train as volunteers. Anyone interested please contact the Bureau Monday to Friday between 9.30am and 4.00pm to put your name on our training list.



Big changes coming soon at the Riversdale Community House, watch this space. New opening hours, a new coordinator and a fresh new group. Don't be shy, contact us for all you birthday parties or come along to see what a great safe space we have.

**Community Newsletter**

These newsletters go out bi-monthly. The next one for 2015 will be August 2015. Information about services you provide, upcoming events, training opportunities etc are welcome. Please get your items to Lyne Reeves at Council by **Wednesday 22 July for the August issue.** Email to: lyne.reeves@marlborough.govt.nz.

**Community Workers' Group Inc.**

This is the group that:

- Organises the monthly Networking Meetings held on the second Monday of every month. 12.00 noon –1.30 pm at the Marlborough Community Centre, 25 Alfred Street.
- Organises this Community Newsletter. Your organisation can put information and articles into it.
- Makes connections with networks in other communities and nationally through our membership of New Zealand Council of Social Services.

Meetings coming up: in 2015:

- **Monday 8 June 2015**
- **Monday 13 July 2015**

**Stepping Stones "Mothers Supporting Mothers"**

Every Thursday 10am till Noon. excluding Public holidays. A positive group of mothers helping each other through the varying faces of perinatal mental distress, anxiety and depression.

For more information please contact Samantha 027 8143931 or email: [2015steppingstones@gmail.com](mailto:2015steppingstones@gmail.com)

**Synergy**

Youth Mentoring Programme  
WORKING TOGETHER. ACHIEVING MORE



**Due to a number of people who couldn't attend group mentor training in May, another training session is planned for Sunday 7 June.**

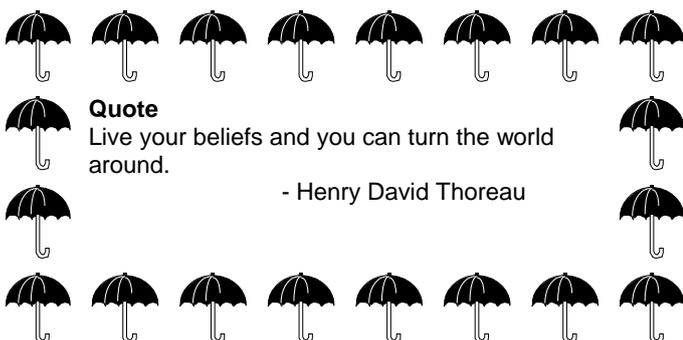
*"Mentoring cures opportunity deprivation..."*

*"Taking action one person at a time does make a difference."*

**There are still children on our waiting list who need a buddy. Please, take this opportunity to bring more hope and happiness into their lives.**

**For info/application forms please contact:**

**Nancy Sherwood at Family Works (Presbyterian Support) 577 9005 x709 nancys@psusi.org.nz**



**Quote**

Live your beliefs and you can turn the world around.

- Henry David Thoreau