

COMMUNITY NEWS

April/May 2024



Community News | Welcoming Communities | Health & Wellbeing | Age Friendly Marlborough | Volunteer | Youth | Funding | Council | Community Organisations | Events & Notices | Venues



**MARLBOROUGH
DISTRICT COUNCIL**

The Community Newsletter is compiled by the **Marlborough District Council Community Partnerships team.**

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 www.marlborough.govt.nz

 MarlDistCouncil

 15 Seymour St, Blenheim 7201

Contributions to this newsletter are welcome, and can be emailed to the above email address.

If you wish to receive an electronic copy of the Community Newsletter via email or no longer wish to receive a hard copy, please contact us.

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MDC Community Partnerships

Paint the town pink

Everyone in the community sector is well aware of Pink Shirt Day, which is on Friday 17 May. But something different is happening in Marlborough across the week of 13 – 19 May.

Paint the Town Pink was conceived to amplify the messages celebrated on Pink Shirt Day. We want to turn Te Tai Ihu and Te tau Poutini (top of the south and West Coast) Pink for a week to encourage more courageous conversations in our community around bullying and we can work together to stop bullying, celebrate diversity and promote kindness and inclusiveness.

It's about creating a place where we all feel safe, valued and respected, regardless of gender identity, sexual orientation, age, ability, religion or cultural background.

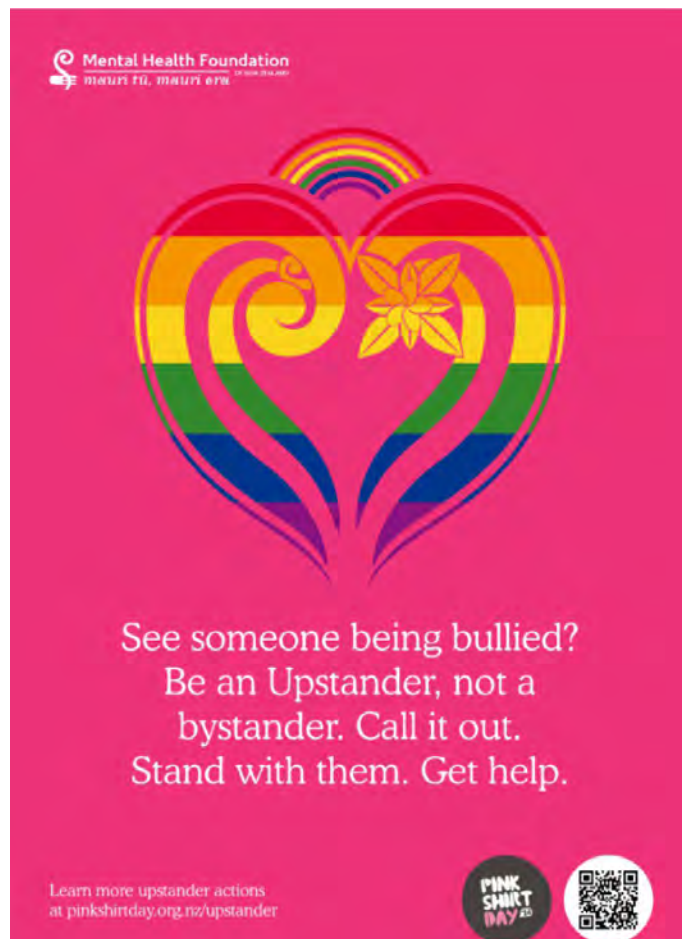
Kōrero Mai, Kōrero Atu, Mauri Tū, Mauri Ora –
Speak Up, Stand Together, Stop Bullying!

What is Pink Shirt Day?

Pink Shirt Day began in Canada in 2007 when two students took a stand against homophobic bullying after a new Year 10 student was harassed and threatened for wearing pink. These students bought dozens of pink shirts and distributed them to their classmates to wear the next day. The word got out online and hundreds of students showed up in pink, some from head-to-toe, to stand together against bullying. It has been celebrated in Aotearoa since 2009.

Pink Shirt Day aims to reduce bullying in Aotearoa by celebrating diversity in all its forms and supporting workplaces, communities, and schools to be safe, supportive, welcoming and inclusive of all people.

We know bullying can have serious and ongoing impacts on people's mental health and wellbeing. Many studies show that people who are bullied are more likely to experience mental health issues, such as depression, anxiety and even suicidal thoughts.



As with any health condition, mental health problems can affect a person's work and cause substantial costs to organisations (BusinessNZ, 2013).

For workplaces, it's their legal responsibility under the Health and Safety at Work Act 2015 to manage risks to mental health and wellbeing just like they do any other health and safety risk (Wellplace.nz).

How can you become involved?

- Wear Pink!
- Have courageous conversations in your workplace and around the table at home about standing up to bullying
- Call bullying out

- Paint your shop windows pink
- Run a competition with staff on best pink gear
- Make and share pink food
- Resources and more information is available through the official website <https://pinkshirtday.org.nz/>

What can your organisation do to get onboard!?!?!?

Funding Information Workshops

If you need information about funding options in Marlborough mark 6 + 7 May in your diaries ... these are when the annual Funding Information Workshops will be held. As well as funding advice, there will be a special session on finances for community organisations.

Council recognises the important contribution made by community organisations to the overall wellbeing of Marlborough and its residents and makes funds available through various grants, schemes and funds. Presentations will also be given by external funders on the variety of grants and support available in Marlborough and key messages on how to get your application details right.

The first workshop is in Havelock at 1pm on Monday 6 May, followed by one in Blenheim at 5.30pm. The final workshop is in Seddon at 10am on Tuesday morning (7 May).

Following the presentations and sharing of helpful tools and resources, light refreshments will be provided while the funders make themselves available for a chat.

Registration is essential! The link will be available in April via <https://www.marlborough.govt.nz/our-community/grants-and-awards/funding-bodies>

Youth Week 2024

And last but not least! Youth Week events will be popping up around NZ and Marlborough from 20 – 26 May. This year's theme is:

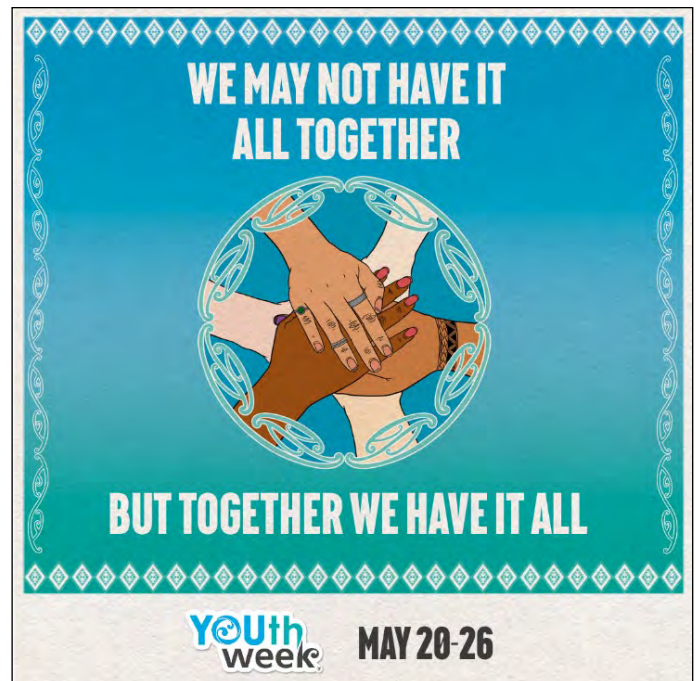
'We may not have it all together, but together we have it all'

'Māwherangi a tama roto ka taka, kāpuia ake ka pūrangiaho'

If you are planning an event (please also list on the website below) or would like to be part of one please contact jodie.griffiths@marlborough.govt.nz or events@myt.org.nz

Closer to the time a list of known events for Youth Week will be circulated.

For more information <https://arataiohi.org.nz/youthweek/>



Welcoming Communities



Unity Week

The Marlborough Multicultural Centre and Welcoming Communities warmly welcomed community members to our second annual event to honour Unity Week. Unity Week is an initiative of the Sakinah Community Trust (sakinahtrust.org), a non-profit organisation led by seven incredible women who lost loved ones in the Christchurch mosque attacks. Unity Week began in Christchurch in 2022 and has grown to events in communities across Aotearoa. This week is a coordinated approach to honour and remember the lives lost while also promoting a socially cohesive society. Unity Week celebrates diversity and what we can achieve when we work together in a spirit of unity that recognises the strengths we all bring.

Our Unity Week event was a special morning tea with shared kai, guest speakers and a performance from the Colombian Folklore Dance Group from



Marlborough kindly hosted by Connect. We shared food from many cultures and learned how to say hello in Fijian, Portuguese, Samoan, Mandarin, Te Reo Māori, Spanish, NZ Sign Language and many more languages before trying out the greetings on new friends. We were also honoured to have Becky Chin and Dr. Shilinka Smith, the co-founders of MRISE (www.MRISE.org) as our guest speakers. Becky shared her inspirational story of arriving as a new migrant in New Zealand and her journey to live the words “ I can, I will, watch me”. The Colombian Folklore Dance Group performance was a beautiful example of celebrating the diversity of Marlborough.

If you would like to know more about the Welcoming Communities – Te Waharoa ki ngā Hapori programme please contact Heather Barnes at heather.barnes@marlborough.govt.nz



Photos supplied by Peanutbutter Vibes Photography

 **Welcoming Communities**
 TE WAHAROA KI NGĀ HAPORI
Heather Barnes
Heather.barnes@marlborough.govt.nz
 0204 043 7144

Donations wanted

The Craft Club is a multicultural group which runs weekly from the Community Hub.

We support our community by making donations for different organisations as well as upskilling our participants.

We are looking for donations of lace, and long lengths or good quality fabric for our storeroom.

If you think you might be able to help us please call or email Michele Cox micheleccox@gmail.com or call 021 300 615.





Volunteers needed
For refugee support

Support our newest
New Zealanders
settle in their new
home

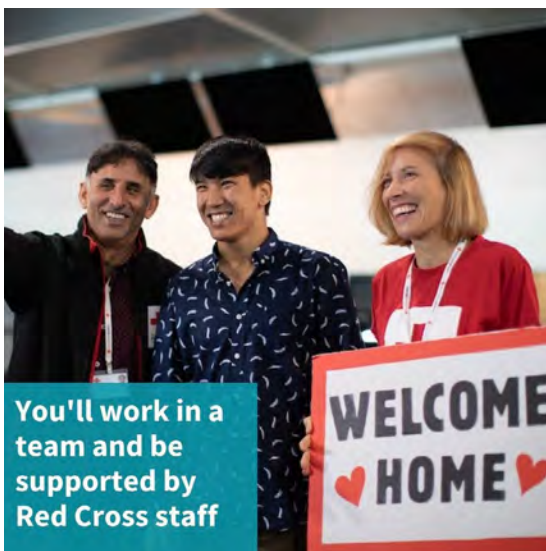
**Join us as a refugee
support volunteer
today**



**You'll help people
navigate life in a
new country**

What this looks like

-  Setting up a home
-  Connecting people with schools, English classes, doctors, and other services
-  Helping people navigate their area using public transport
-  Learning about another culture and sharing your own



**You'll work in a
team and be
supported by
Red Cross staff**



**It's a rewarding
experience, where you
can gain new skills,
and foster an inclusive
local community**

Refugee resettlement
in New Zealand



**In Nelson and Blenheim,
text John on 027 223 5972**

Te Whatu Ora

Have your say on Wairau Hospital access routes

Council is considering making upgrades to improve access to and from Wairau Hospital from the Taylor River Reserve.

The Wairau Hospital Travel Survey has been put together by Marlborough Roads and Health NZ - Te Whatu Ora, Nelson Marlborough.

It seeks to gain feedback from the community on the best route, with safety for users being the primary focus.

Feedback needs to be submitted before 9 April 2024, via this link: <https://forms.office.com/r/5F6f0TNk1V>

Hard copies can be filled in at the Blenheim Health Hub reception and the Wairau Hospital reception.

Marlborough Roads Multi Modal Advisor Charlotte Campbell-Lamerton is also working on several other initiatives to improve overall safety for Marlburians and visitors who choose walking or biking as their primary form of transport.

Alongside the Wairau Hospital access survey, she would like to encourage people to report walking or cycling-related crashes or near misses online at

www.marlborough.govt.nz/recreation/cycling-and-walking/cycling/report-a-crash-or-near-miss

Reports help create a clear indication of 'hotspots' in the region, where road safety could potentially be improved.

"It's about transport choices, and about people who choose to use a bicycle, or walking, as their preferred choice of getting in and out of the CBD," Charlotte says. "It would be brilliant if they had a safe environment - roads are for everyone, not just vehicles."

Charlotte has reinstated a monthly newsletter which will keep subscribers up to date with what's happening in the region in the cycling, walking and roads space.

Formerly known as the Bike Walk Newsletter, the first issue in nearly two years was released this month. Go to www.marlborough.govt.nz/recreation/cycling-and-walking

Health New Zealand
Te Whatu Ora

Marlborough Health and Safety Forum

Future speakers

Please see below our booked speakers for the next few months. All RSVPs to come through to anna@hortus.co.nz

- April: Jo Prigmore – How Fulton Hogan has simplified safety @ Marlborough District Libraries, Meeting Rooms 2 & 3 combined. 10am
- May: Rebekah Lowe – Work well program @ Marlborough District Libraries, Meeting Rooms 2 & 3 combined. 10am
- June: Sergai Davis - Developing a safety culture and creating safety leaders @ Marlborough District Libraries, Meeting Room 3. 10am
- July: Nicky Hewitt – Yoga Marlborough, Venue TBC. 10am
- August: Sergai Davis - Incident excellence, Venue TBC. 10am
- September: ACC, Venue TBC. 10am



Harakeke
Know-how, Connect

FREE COMMUNITY CONNECTEDNESS HARAKEKE HUBS

HAVE A CUPPA, CHAT, & MEET NEW PEOPLE

DISCOVER GROUPS & SERVICES

Te Kahu o Waipuna Blenheim Library
(15 High Street, Blenheim)
Tuesday 23 April 24
10:30am - 12:00 noon

Te Kahu o Waipuna Blenheim Library
(15 High Street, Blenheim)
Tuesday 21 May 24
2.00pm to 3.30pm

Peorus Community Lounge
(Behind Havelock Takeaways on Main Road)
Second Tuesday of the month
3:00 - 4:30pm

More info?
harakekehubs@gmail.com

EVERYONE WELCOME

Hato Hone St John

Need transport to get to your medical appointments?

St John Health Shuttle equipped with wheelchair hoist and purposed built steps for easy access, with our well-trained volunteers to take you to any health-related appointments in Marlborough.

Area covered: Blenheim, Picton, Seddon, Renwick, and Havelock

Time: Monday to Friday (except public holidays)

Charges: Health Shuttle is run by St John volunteers

Koha/donation is highly appreciated to help cover operation costs

For more information or to make a booking
0800 103 046

Bookings required by 3:00pm the day prior to transport

2 trainee counsellors at CARE Marlborough running Wellbeing Chats on Tuesdays 12:30-1:30pm.

Are you 18 years and over, living in Marlborough, and have or have had a mental illness?

Do you feel frustrated that you are not being listened to or you are being treated differently due to your mental health?

CARE Marlborough is a free community based Mental Health support centre that includes the Mental Health Advocacy Service and the Day Activity program which promotes recovery and wellbeing.

The Support Centre is open 7 days a week 10am-2pm

26 Percy St, Blenheim
Phone: 03 578 0302
Cell Phone: 0275754750
Email: manager@carem.nz
www.carem.nz

Ministry of Social Development

Annual General Adjustment in April 2024

On Monday 1 April, benefit, NZ Super, and Student Allowance rates are increasing. Income and asset limits for some financial supports will also go up. This is due to the Annual General Adjustment.

These changes are being made to keep up with increases in the cost of living/inflation or net average wage.

With these changes, more people may qualify for things like Accommodation Supplement, Disability Allowance, childcare assistance, help with urgent and unexpected costs, and Community Services Cards. From 1 April, people can use the [‘Check what you might get’](#) tool to see what’s available to them.

The rate for [Guaranteed Childcare Assistance Payment](#) (GCAP) for young parents is also increasing, to match the rate of Childcare Subsidy.

If clients’ income has increased, their Income Related Rent or emergency and transitional housing contributions may also change. Go to [Changes to other payments if your main benefit goes up](#) for more information.

More details are available on the Work and Income and StudyLink websites.

[Changes to benefit rates from 1 April 2024 - Work and Income](#)

[Changes to payments from 1 April 2024 - StudyLink](#)

Clients will be able to view their new rates in

MyMSD and students in MyStudyLink from Monday 1 April.

Flexible Childcare Assistance changes coming soon

Changes are also being made to Flexible Childcare Assistance. From 1 April, more people can get help with the cost of informal childcare if they’re working or in employment-related education or training during times they can’t access childcare programmes.

Go to the [Flexible Childcare Assistance](#) page on the Work and Income site, from 1 April, for more details about the changes.

Support in the community

The Family Services Directory lists financial planning, childcare, and other community services for people and whānau. Visit the Directory online. If you’re a community provider and want to register or update your details, go to Information for Providers.

[Family Services Directory](#)



Toi Ora Art for Wellbeing with Emma Toy



Connect with others and explore the use of art making to support your wellbeing in a safe and welcoming group.

Join local therapeutic art facilitator Emma Toy as she guides you through simple, beautiful art exercises that are uplifting and encourage relaxation.

**Free Term 2 classes begin Wednesday 1 May 2024
1:30pm - 2:30pm**

**Cancer Society Marlborough
76a Maxwell Road, Blenheim Central**

**Materials will be provided.
All experience levels welcome.**



For expressions of interest or to book:



**marlborough@cancersoc.org.nz or
dallacel@cancersoc.org.nz**



03 579 4379



**Cancer
Society**

Te Kāhui Matepukupuku
o Aotearoa

Careerforce

Free mental health support for South Island based learners

Kia ora

Are you currently supporting someone enrolled in a Careerforce programme who may be facing challenges with their mental health during training?

Recent research conducted within Te Pūkenga's work-based learning division revealed that 30% of participants reported dealing with mental health issues (S. Bartlett, 2023).

We're here to help! Careerforce is extending support to those enrolled through a short-term pilot programme. Our Mental Health Training Advisor, Cindy Mullens, is available to provide assistance to individuals on their learning journey.

Introducing Cindy Mullens

"As a registered nurse, beginning my career in Mental Health and Addictions shaped my professional path, teaching me the importance of authenticity and understanding life's challenges. I firmly believe there is no health without mental health. I'm dedicated to helping others maintain their integrity while pursuing their academic goals. With a genuine approach, I prioritise building connections and resilience. If you require assistance or wish to learn more, please don't hesitate to reach out."

To get in touch with Cindy, your learners should visit our web page www.careerforce.org.nz/MHSupport and complete the form. If you're completing the form on your learner's behalf, please ensure you have their consent.

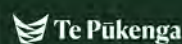
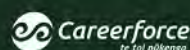
We have also sent an email to South Island based Careerforce learners.

Remember that learners can also access a free counselling service from professional employee assistance provider Vitae <https://vitae.co.nz/Te-Pukenga-wbl/>. The Vitae confidential counselling service is available 24/7.

Our objective is to foster a positive and supportive learning environment where Careerforce programme participants* feel comfortable seeking confidential support for their mental health and wellbeing.

Those who meet the criteria can now access additional support through this pilot programme. Cindy offers mental health assistance via phone, text, email, Microsoft Teams, or in-person within Dunedin City Boundary. Her availability is from Mondays to Wednesdays.

**This pilot excludes Gateway learners*



0800 277 486
info@careerforce.org.nz
careerforce.org.nz

GOT A MINUTE?

to take part in a positivePAUSE!

We invite you to take part in our menopause survey, aimed at gaining valuable insights into the experiences of individuals navigating through this transformative phase of life. Your input will help to shape future support and resources.

Take the survey



use your
camera to scan
the QR code

answer the
questions

click submit

Contact us at info@marlboroughpho.org.nz for more info

Or visit:

<https://forms.office.com/r/TN5WHrRMZy>



Recreation Aotearoa

Outdoor Recreation Accessibility Survey

Recreation Aotearoa and the Department of Conservation (DOC) are conducting an online Outdoor Recreation Accessibility Survey to understand the experiences of people with disabilities in the outdoors.

We're asking people with disabilities, tāngata whaikaha Māori, whānau, friends and support persons to tell us about their aspirations and experiences in outdoor recreation. We would like to hear:

- What experiences people with disabilities have had in outdoor recreation, including barriers to participation
- What outdoor recreation activities people with disabilities would like to be doing
- What prior information is needed to prepare for recreation activities

Why this survey is important

Very little research has been done in Aotearoa New Zealand about either the wishes or the experiences of people with disabilities and tāngata whaikaha Māori in outdoor recreation. As a result, providers of outdoor recreation spaces and opportunities lack the understanding needed to

design and develop better services for people with disabilities.

What your feedback will be used for

Information shared through this survey will provide invaluable insights, which can be used to help deliver better outdoor recreation spaces and opportunities for people with disabilities and tāngata whaikaha Māori.

The survey will help to inform:

- Providers of outdoor recreation spaces and opportunities to better design and develop services for people with disabilities.
- The development of Recreation Aotearoa Accessible Outdoors Guidelines.
- A coordinated approach to displaying and better sharing accessibility information about places and trails in Aotearoa.

About the Outdoor Recreation Accessibility Survey

It's essential we hear directly from people with disabilities and/or their whānau, friends and support persons.

This survey is voluntary and all responses and

information will be kept confidential.

The survey will take between five and 20 minutes to complete, depending on your responses.

The survey will be open until 5:00pm on Friday April 12 2024.

All completed surveys will be eligible to win a \$500 Visa Prezzy® Card. The winner will be notified by email after 12 April 2024.

Online Survey

Complete the Outdoor Recreation Accessibility Survey Online.

People with disabilities, tāngata whaikaha Māori, whānau and support persons can complete the Outdoor Recreation Accessibility Survey on Survey Monkey: Outdoor Recreation Accessibility survey.

https://www.surveymonkey.com/r/Outdoor_Recreation_Accessibility_Survey_2024

For users of screen-readers and assistive technologies, please use https://www.surveymonkey.com/r/Outdoor_Recreation_Accessibility_Survey_2024_SRV

Participate by phone or email

If you need assistance, or would like to provide your survey responses by telephone or email, contact Katie:

Mobile phone: 027 359 4381

Email: katie@nzrecreation.org.nz

NZ Relay services

People who are Deaf, hard of hearing, speech-

impaired or deafblind are welcome to call Katie to participate in the survey using NZ Relay services.

More information

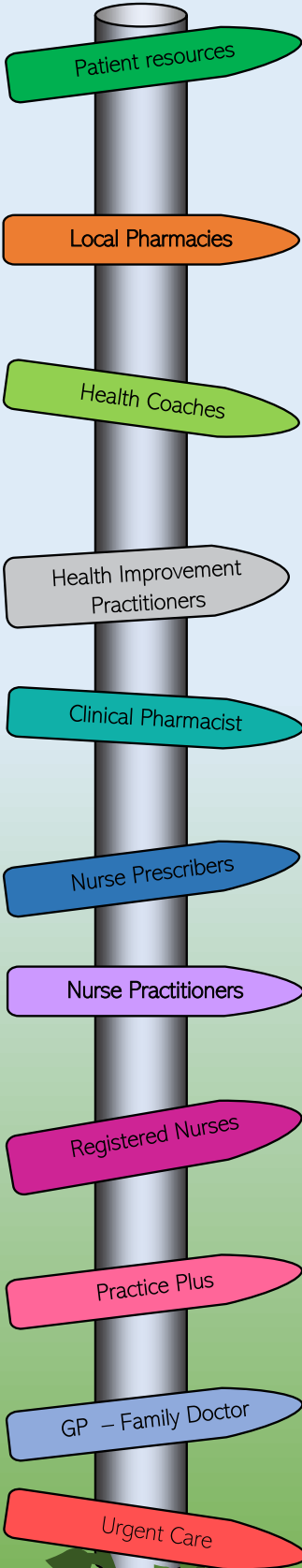
If you have any questions or need assistance, please contact Katie Owen by phone 027 359 4381 or email katie@nzrecreation.org.nz.



Department of
Conservation
Te Papa Atawhai

Recreation
Aotearoa
Te Whāi Oranga

<https://www.nzrecreation.org.nz/>



Healthify website is one place for New Zealanders to find health information and self-care resources.
<https://www.healthify.nz>

Pharmacists are qualified to provide advice and treatment for:

☞ Athletes Foot	☞ Covid vaccinations and antivirals	☞ Head lice	☞ Sore throats & earache for less than 3 days
☞ B12 injection	☞ Dry skin, nappy rash, small patches of impetigo (less than 3 areas), abrasions, bruises, insect bites & sunburn	☞ Mouth ulcers	☞ Smoking cessation
☞ Constipation	☞ Emergency contraception	☞ Pregnancy vaccinations	☞ Thrush (between ages 16 to 65)
☞ Cold Sores		☞ Pain relief	☞ UTI (between ages 16 - 65, not pregnant)
☞ Coughs and Colds		☞ Piles	☞ Warts & verruca's
☞ Conjunctivitis for those aged over 2 years		☞ Flu vaccinations	
☞ Contraceptive pill		☞ Hay-fever	

Our Health Coaches offer advice, support and help navigate you towards community support: (All consultations are free of charge)

☞ Quitting smoking	☞ Advice on benefits, housing, home care, children's and older people's services, family support.	☞ Help and advice on financial matters, benefits such as WINZ and job seeking
☞ Drugs & alcohol support	☞ Exercise tips and support	☞ Diet and lifestyle support
☞ Pre-Diabetes advice		
☞ Setting health goals		

Our Health Improvement Practitioners can help with: (All consultations are free of charge)

☞ Anxiety	☞ Lifestyle changes	☞ Social Isolation	☞ Stress/Burnout
☞ Mental Health	☞ Depression	☞ Sleep problems	

Clinical Pharmacists at your GP can:

☞ 3-6 monthly medication reviews	☞ Assist with patients wishing to potentially decrease their medication	☞ Offer education session for patients on their medication
☞ Offer advice on any medication problems/queries	☞ Blood pressure	☞ Long term conditions management

Our Nurse Prescribers and Community Nurse Prescribers can:

☞ Prescribe and treat minor ailments such as rash/spots, wound infections, eczema etc.	☞ Long term conditions	☞ Treat minor ear & eye infections
	☞ UTI & STI checks + treatment	☞ Blood pressure reviews
	☞ Diabetes check + treatment	

AND can help with multiple medical conditions including:

☞ 3-6 monthly med reviews	☞ Driver's licence medicals	☞ Long term conditions clinic – review conditions such as: Asthma, COPD, Heart Failure, Gout, Cardiovascular disease
☞ ACC injury assessment + registration	☞ Women's health (contraception, menopause, breast concerns)	
☞ Eczema + other skin conditions		

Our Registered Nurses are able to do:

☞ Blood pressure checks	☞ Contraception	☞ Travel consults + vaccination
☞ Wound management	☞ Spirometry	☞ Ear Suctioning
☞ Child Immunisations	☞ Infusions	☞ Other vaccinations
☞ Cervical Screening		

Practice Plus is:

☞ Same day clinical appointment	☞ Weekdays 8.30am – 10pm	☞ For enrolled, un-enrolled & international people
☞ Prescriptions sent to your Pharmacy	☞ Public Holidays 8am – 8pm	

Our GP's can:

☞ Assess and treat all ailments, conditions and diseases.	☞ Steroid Injections	☞ Long-Acting Reversible Contraception removal + insertions, such as IUD's & Implants
☞ Minor surgeries etc.	☞ Sports medicine	
	☞ Medicals	

Urgent Care can:

☞ Urgent health care appointment	☞ Accident and injury treatment	☞ 8am to 8pm daily
☞ GP & Nurse visit	☞ X-Ray services	
☞ For patients who cannot see their GP	☞ Visitors to Marlborough needing treatment	

***Not available in all Practices**

Credit: Civic Family Health Care

Greypower Marlborough

March wrap up

Grey Power Marlborough has been busy in March. Partnered with Marlborough District Council, two seminars have been held covering presentations from many organisations including Ministry of Social Development, entitlements in retirement, through to Community Law, Enduring Powers of Attorney and Wills. These sessions were well attended with many people coming to both seminars.

Grey Power is looking at holding more seminars later in the year so if there is a subject you think will be interesting and helpful for people aged 50+ please contact the President on 021 053 8707 or president@greypowermarlborough.co.nz

We also hosted a Prostate Cancer awareness evening that was extremely well attended with 70

men and women coming to hear all aspects of the prostate journey for men, their family and whanau. Urologist, Andy Malcolm, gave a very down to earth presentation which was easy for laymen to understand followed by many presenters that a patient may see through their prostate journey. Murray Eyles is the Prostate Cancer Support Group Coordinator in Marlborough. Murray can be contacted through marlborough@prostate.org.nz



25 Alfred Street, Blenheim 7201

Phone: 03 578 4950

<https://www.greypowermarlborough.co.nz/>

Older Persons Seminar

Every 4th Thursday of the Month
St Christopher's Church Hall
92 Weld Street, Redwoodtown

Guest Speakers & Entertainment

Community News . Quizzes . Jokes . Socializing
10am – 1pm Morning tea & light lunch provided
Cost \$6

Donna Wahrlich
Eldercare Coordinator
donna@stchristophers.co.nz or 027 385 2333
fb St Christophers Community Eldercare

Community Eldercare

Steady As You Go (SAYGO)
Gentle Exercise & Balance Class for Seniors
Every Tuesday 11:30am-12:30pm, St Christopher's Church Hall
Stay for a cuppa & chat afterwards. Cost \$3
92 Weld Street Blenheim.

AGE CONCERN
Stretch & Breathe
Gentle Stretching & Balance Class for Seniors
Every Wednesday 10am-11am, St Christopher's Church Hall
Stay for a cuppa & chat afterwards. Cost \$3
92 Weld Street Blenheim.

Keep U Moving
Gentle Walking Exercise in the hall for Seniors
Every Thursday 11:30am-12:30pm, St Christopher's Church Hall
(Except 4th Thursday in each month)
Stay for a cuppa & chat afterwards. Cost \$3
92 Weld Street Blenheim

Older Persons Seminar
4th Thursday each month at St Christopher's Church Hall, 10am to 1pm
Interesting speakers, entertainment, community news, quizzes, jokes
Morning tea & a light lunch provided. Cost \$6
92 Weld Street Blenheim

Supported by:
MARLBOROUGH DISTRICT COUNCIL

Donna Wahrlich Eldercare Coordinator
027 385 2333 or donna@stchristophers.co.nz
fb St Christophers Community Eldercare

MORE STABLE MORE ABLE

FALLS PREVENTION

“SO YOU KEEP YOU DOING THE THINGS YOU LOVE”



When: Thurs 28th March, 1-3pm &
Friday 31st May, 1-3pm

Where: Stadium 2000, Kinross St, Blenheim

Refreshments & snacks provided

Book in: Contact Ange Baker, Falls Prevention
Ph: 021 790 415



WHO CAN ATTEND:

Anyone wanting to improve their strength & balance

ABOUT THE SESSION:

A **free** 2hr session for anyone at risk of or has had a fall

TOPICS INCLUDE:

- Maintaining independence
- Causes of falls
- Strength/balance exercises
- Bone strength
- Making your home safer
- Eating well

BOOK IN - CONTACT

Falls Prevention
Ange Baker
Cell: 021 790415
Email: angela.baker@nbph.org.nz

**LIVE STRONGER
FOR LONGER**

PREVENT FALLS & FRACTURES

Age Concern Marlborough

Come along to our Steady As You Go Classes

One third of people over the age of 65 fall each year. One Third! That's a significant number. Falls are also the most common cause of injury in older people. Do you want to reduce your likelihood of having a fall by 30%? Yes? Why not! Come along to our Steady As You Go classes.

They are low impact, fun, social classes that go for 1 hour. The cost is \$2 per class.

We have classes running in both Blenheim and Picton.

Ring the office on 03 579 3457 to find out what class suits you best. We would love to have you come along!



Friendship group

What a great turnout we had at our Friendship Group! This month we ran a workshop by Mel Keenan from Westpac Bank. She talked to us about scams and keeping safe online. It was a real eye opener to the types of scams that are circulating at the moment and how to protect yourself. Our Friendship Group members also enjoyed a wonderful cuppa, morning tea and catch up. If you want, or know someone that would like to come along to our Friendship Group then please contact the office on 03 579 3457 we would love to see you there!



Total mobility scheme

Did you know that if you have an impairment that prevents you from driving, Age Concern Marlborough can help you get a taxi card issued from the Marlborough District Council. This card gives you discounted taxi fares!

If you think you might be eligible, ring the office at Age Concern and we can take you through the process to get your free card.



Age Concern Marlborough
Room 5/25 Alfred Street
Blenheim 7201
T: 03 579 3457

E: admin@ageconcernmarlb.org.nz

Age Concern Marlborough

Board members wanted

Age Concern Marlborough Inc is looking for new people to be part of our local governance board.

We are a registered charity looking for people with experience and knowledge, especially in these areas:

- Strategic planning
- Fundraising and marketing
- Financial management
- Community health and welfare

Age Concern is affiliated to Age Concern NZ Inc, and our role is to support older people in the community to ensure they are respected, supported, empowered, and valued. We rely on

grants, contracts, and donations to deliver our services.

Our board members meet monthly, usually for one to one and a half hours on a Thursday at 4pm. There are occasional extra meetings and some delegations.

The role is a voluntary one and in return for your contribution you will receive the satisfaction of helping your community and the friendship of like-minded people.

Please send a letter expressing your interest and a brief outline of your experience to: admin@ageconcernmarlb.org.nz

Join us as a volunteer visitor and make a difference



Our visiting service volunteers come from a wide range of backgrounds and age groups.

Age Concern is committed to ensuring that our volunteer visitors have a rewarding, safe, and enjoyable experience.

Having a regular visit is something to look forward to and makes a real difference to the health and happiness of an older person.



Age Concern Marlborough

Room 5/25 Alfred Street

Blenheim 7201

T: 03 579 3457

E: admin@ageconcernmarlb.org.nz



Envirohub Marlborough

Seeking volunteers for Earth Day: Picnic in the Park 2024

Each year Envirohub Marlborough hosts Earth Day: Picnic in the Park - a celebration of our wonderful natural world and all the awesome environmental and conservation efforts that go into protecting it throughout our region.

And we need your help to make this happen!

We are seeking the following volunteers:

- Set-up (8am to 10am)
- Pack down (3pm to 4:30/5pm)
- Zero Waste dishwashing trailer and service
- Envirohub Marlborough tent and stall
- Children's activities/tent

We usually request a commitment of around 2-3 hours, but any help you can offer is truly appreciated!

Keen? We'd love to hear from you!

Email info@envirohub.co.nz to volunteer. See page 37 for event flyer.

Earth Day: Picnic in the Park is a full family day of earth friendly fun awaits at Pollard Park in Blenheim, to mark international Earth Day, organised by Envirohub Marlborough.

This annual zero-waste community picnic, which includes local musicians, awesome giveaways, environmental activities, tips about how to be environmentally sustainable at home and information about Marlborough's fantastic environmental projects is a must on the Marlborough Events Calendar.

Bring your own picnic, a blanket to sit on and enjoy Earth Day sustainably. Entry is free!



14 Auckland Street, Picton
E: info@envirohub.co.nz
www.envirohub.co.nz



Blenheim Citizens Advice Bureau

CAB's new Youth Tool Kete

Our friends at CAB have launched an exciting new website for youth – the CAB Youth Tool Kete www.youth.cab.org.nz!

It contains info and support for heaps of the issues rangatahi face in dealing with 'adult' life in Aotearoa – starting tertiary study, getting a job, going flatting, buying a car, getting ID and more.

Using this Youth Tool Kete can empower young people to know about our rights and responsibilities. It also connects us into the CAB service for those times when help from a real person is what we really need! You can access the CAB's free, independent, confidential service and can kōrero with a trained CAB advisor over

the phone on 0800 367 222, 03 578 4272, email at marlborough@cab.org.nz or pop into 25 Alfred Street, Blenheim.

This is an awesome go-to online information resource for young people when you have a question or need help with something, but don't know where to start.



Citizens Advice Bureau
25 Alfred Street, Blenheim 7201
T: 03 578 4272



Kōrero MAI
KŌRERO ATU
MAURI TŪ, MAURI ORA
SPEAK UP, STAND TOGETHER, STOP BULLYING
FRIDAY 17 MAY 2024



Kia ora,

How's your calendar looking? 📅 Have you marked the date of Pink Shirt Day 2024 yet? This year, it's **Friday 17th May** – the day Aotearoa will come together to celebrate difference, and raise funds to empower, equip, and educate tangata to take on bullying.

It all began in Canada when a student experienced homophobic bullying for wearing pink. The next day, two classmates took action – buying and distributing pink shirts, inspiring others to wear them and take a stand.



17 years later, here we are - and the kaupapa is important now more than ever.

In Aotearoa, we have the third highest rate of school bullying out of 36 OECD countries, and 91.3% of workers have experienced at least one form of bullying in the past 12 months. Our rainbow, ethnic and disability communities experience even higher rates of bullying.

This needs to change. And with your support, it can. ❤️

Very soon, our free Pink Shirt Day resource packs will be available to order – which will help you make the most of the kaupapa. Our revamped digital toolkits will also go live, otherwise known as the official Pink Shirt Day handbooks.

Child Psychotherapy Study Group presents:

An experiential one-day workshop with
Child & Adult Psychotherapist Heather Chambers:

ADULT EXPLORATION OF ATTACHMENT INTERVIEW



Tues May 21st, 2024, 8.30am – 4.30pm \$180.00 incl morning and afternoon tea
St Peter's Church, Founders Park, 87 Atawhai Drive, Nelson or
Weds May 22nd, 2024 in Blenheim (venue to be advised)

Limited to 14 participants

In this workshop a unique, and very effective structured therapeutic interview is taught and practiced over one day. The therapy brings the adult client into partnership with the therapist and as detectives together they search for insight, meaning and understanding of what makes the person “tick” in relationships, as a partner and/or parent. It helps adults to become masters of their own relational experiences, both in their care of children and as partners in their adult relationships. Individuals and couples are quickly brought to increased understanding of their relational systems, increasing choices and reducing hurts and “mistakes of meaning and blame.” The approach is respectful and allows curiosity and interest. Shame and guilt are reduced.

The workshop involves learning through experience and practice, utilizing the person's own history in pairs.

The Interview is well practiced and there is enthusiastic feedback from within NZ and Sth Australia.

Developed, practiced, and taught by Heather Chambers, Child and Adult Psychotherapist (now retired).

Ref: Heather Chambers (2012). Adult Exploration of Attachment Interview in Family Therapy. Australian and New Zealand Journal of Family Therapy, 33, pp 309320

**Registration fees can be paid to The Child Psychotherapy Study Group via Direct Deposit to:
38-9025-0056589-00 Please ensure you put your family name as code, and AEAI as reference.**



The Kiwi Can Corner



Respect / Manaakitanga

This week we're moving on to exploring respect for others and how we enhance each other's mana and sense of self.

Why not tie this in with what you talk about at home this week?

- What does it mean to be kind? How do you think this connects in with respect?
- What are some ways you can show respect and help your family and friends?
- When you show kindness, how does it make you feel? How will the other people around you feel?
- Who are the most respectful people you know? Why? What do they do to demonstrate respect?
- What are some ways we can show respect at a game or sporting event? What about when we are in the supermarket or a shop?
- "We have to respect everyone". Do you agree? Why - or why not?

Respect Manaakitanga

Means treating people, things and places as important.



Stay in the loop, follow [@GraemeDingleFoundationMarlborough](https://www.facebook.com/GraemeDingleFoundationMarlborough) to find out more



MANAAKI KAI RŌPŪ

COMMUNITY CONNECTION THROUGH KAI



Give

Your time,
your words,
your presence

**TUESDAY 3PM - 5PM
MYSpace**

TUKUA

TE WĀ KI A KŌE, Ō
KUPU, KŌ KŌE TOMU



TRADE SKILLS BUILD CONFIDENCE

Construction skills are in high demand.

If you are aged 15-25 we will help prepare you for an apprenticeship, life-long skills and confidence to enter the construction industry or meaningful work.



WHAT'S IN IT FOR YOU

- NZQA, BCATS levels 1-3
- Foundation Carpentry skills
- Foundation Painting
- Pick-up and drop off service
- On-going support

LIMITED SPACES.
Enrol now for 06 May 2024

Enrol online at
mahiwhakaara.training



Department of Internal Affairs Community Organisation Grant Scheme

The Community Organisation Grants Scheme (COGS) provides government funded grants to non-profit organisations delivering community-based social services and projects that contribute to locally determined priorities.

The COGS Marlborough Distribution Committee wants to hear what's important in the region to help determine local priorities. We would appreciate if you would take 5-10minutes to complete this survey: <https://www.surveymonkey.com/r/XMX73BD>

COGS opens on the 17th April 2024 and closes 15 May 2024. Please see our website for further information around COGS funding: <https://www.communitymatters.govt.nz/community-organisations-grants-scheme/>



**Te Tari Taiwhenua
Internal Affairs**

Funder	Website	Contact
 Te Tari Taiwhenua Internal Affairs	www.communitymatters.govt.nz	Luke Katu Luke.Katu@dia.govt.nz 0800 824 824
 Rātā Foundation	www.ratafoundation.org.nz	Vimbayi Chitaka enquiry@ratafoundation.org.nz 03 335 0305
 MARLBOROUGH DISTRICT COUNCIL	www.marlborough.govt.nz	Jodie Griffiths jodie.griffiths@marlborough.govt.nz 03 520 7400
 Top of the South COMMUNITY FOUNDATION <i>Te Tauīhu</i>	www.topsouthfoundation.org.nz	Kim McGettigan, Admin Officer info@topsouthfoundation.org.nz 027 856 9752
 The Tindall Foundation <i>Contributing to a stronger New Zealand</i>	www.tindall.org.nz	Martina O'Driscoll donations@tindall.org.nz 09 488 0170

Marlborough District Council



John Boswell appointed chief executive

Marlborough District Council has appointed a new chief executive after an extensive national advertising campaign and thorough recruitment process.

John Boswell will join the Council on 1 August.

Mayor Nadine Taylor said she was very pleased to welcome John to Council.

“John joins us after a very successful military career, reaching the position of Major General and Chief of Army, the most senior officer in the New Zealand Army. John wants to continue to serve the public in a positive values-based organisation after his impressive career in the Army.”

“John impressed us straight away with his vision, strategic thinking, leadership skills and extensive experience of running a large, complex, people-focused organisation. He also has a good knowledge of Marlborough’s issues and

opportunities and how local government works.”

“He brings a collaborative and empathetic leadership style as well as strong communication skills which I know will work well for Council and the Marlborough community. He and his wife will be moving to Marlborough, a place they have explored as visitors, and love.”

John’s previous roles include Director of Army Training, Chief Staff Officer Operational Plans and Head of Strategy Management. He holds masters’ degrees in Management, Defence Studies and Philosophy.

Mayor Taylor said 46 applications were received from around New Zealand.

“We had an extraordinarily high calibre of candidates - Marlborough District Council has a great reputation and Marlborough, as we all know, is beautiful, has fantastic public facilities and is just

a great place to live. All councillors were involved in the recruitment and appointment process.”

“My sincere thanks to Mark Wheeler who is retiring. Mark has been an outstanding chief

Kaihautū joins Council

Johnny Joseph has joined Council as Kaihautū, responsible for facilitating partnerships with iwi and promoting collaborative and positive engagement with Māori within the Marlborough region.

Mayor Nadine Taylor warmly welcomed Johnny to the Council at a mihi whakatau this week.

“Council’s relationships with its iwi partners are extremely important and Johnny will support us to strengthen and grow those relationships.”

“Council works with iwi in many different ways and we need to build our capability and develop practical frameworks for how we work together.”

“Johnny will provide guidance within Council so that our interactions are positive, respectful and mutually beneficial.”

Wairau born and bred and father of six, Johnny has worked as a Biodiversity Ranger Supervisor at DOC and General Manager for Te Rūnanga o

Wheelie bins are here

New wheelie bins – which replace plastic rubbish bags – are being wheeled out in Marlborough.

From Monday, 4 March, wheelie bins will be delivered, area by area, to households in Marlborough. Delivery will continue until all areas have been covered and in time for the 1 July launch of the new service.

Please keep using your rubbish bags until the end of June – wheelie bins will not be emptied until the new service launches on 1 July.

The first area to have wheelie bins delivered is Dry Hills and the area between Alabama Road and Wither Road and west to Howick Road.

Wheelie bins will be delivered to the kerbside where residents should place them for collection when the new service rolls out.

Council’s Solid Waste Manager Mark Lucas said there are approximately 36,000 bins being delivered so people should not worry if they think they’ve been missed. If you have not received your bin by the beginning of June please contact Council.

executive since 2015, and prior to that was deputy chief executive and assets and services manager from 1998.”

Toa Rangatira. Johnny has a passion for te taiao (the environment) and is a keen freediver and spearfisherman.



Image: Mayor Nadine Taylor and Johnny Joseph



Rubbish bags will not be collected after 1 July and while Council has a limited supply left, most supermarkets in the region have stopped selling them.

“People can use up their supply of rubbish bags but from 1 July these will not be collected from the kerbside. Council will continue to accept them at transfer stations, the Waste Sorting Centre, or the Resource Recovery Centre, but that option will be removed as demand diminishes,” Mark said.

You can redeem your rubbish bag voucher at Council’s Blenheim or Picton Service Centres or get a rebate until 30 June this year. While stocks last, rubbish bags are available to buy from Council’s Blenheim or Picton Service Centre either individually (\$1.85), in packs of 10 (\$18.50) or packs of 52 (\$96.00).

The new and expanded kerbside collection service covers Blenheim, Grovetown, Havelock, Picton, Rarangi, Rai Valley, Renwick, Seddon, Spring Creek and Tua Marina with household waste

collected one week and recycling the next. Two wheelie bins will be delivered to each household - one for household waste and one for recycling, except glass, which will go into the maroon crate currently used for recycling.

For more information on collection areas and days

[Go to Council's Smart Maps page](#)

If you have questions about the new system

[Go to the FAQs page](#)

Long Term Plan community consultation meeting dates

People will soon get the chance to find out more about Council’s planned expenditure in its Long Term Plan (LTP) 2024-2034. Submissions open from 4 April to 6 May.

The LTP proposes an average rates increase of 12.65 per cent for the 2024/25 financial year, not including Marlborough Sounds roading repairs. The biggest challenge in the ten year plan is how to fund

the \$106M local share of the Sounds’ roads \$234M repair and improvement bill, damaged by storms in 2021 and 2022.

There are a number of ways in which this could be funded, which will be explained in Council’s LTP Consultation Document and at the community drop-in meetings and webinar. These are:

Date	Time	Location	Meeting style
Monday 15 April	5.30pm – 7.30pm	Blenheim Lansdowne Hub 6B Lansdowne Street, Mayfield,	Community drop-in
Tuesday 16 April	2pm – 4pm	Rai Valley The Millers Rest	Community drop-in
Wednesday 17 April	12.30pm – 2.30pm	Waitaria Bay Waitaria Bay Hall	Community drop-in
Thursday 18 April	5.30pm – 7pm	Online webinar	Via Zoom: https://us06web.zoom.us/j/88384985861
Friday 19 April	12pm – 2pm	Seddon Awatere Memorial Hall 1C Foster Street	Community drop-in
Monday 22 April	2pm – 4pm	Linkwater Linkwater Settlers and Memorial Hall 1351 Queen Charlotte Drive	Community drop-in
Tuesday 23 April	5.30pm – 7.30pm	Picton Port Marlborough Pavilion, Endeavour Park Waikawa Road	Community drop-in

Collection and Repurposing of Unwanted Household Goods project

What is the project about?

Marlborough District Council has set up a service for collecting, repurposing, and delivering unwanted household goods to directly connect good quality items with people who need them. The project is designed to support the community, especially those without transport, to keep households goods in circulation and out of the landfill.

What kinds of items can I give?

Items of furniture and any other of household goods in good enough condition to be used by another household. For example; sofas, drawers, beds, working whiteware, dining tables, chairs etc.

What kinds of items can I ask for?

Any items of furniture or other household goods, that we have in stock.

Donating Items

Fill out the online collection form if you have items to give.

[Go to the Unwanted Goods Collection Form](#)

Requesting items

Fill out the online delivery form if you would like to ask for items.

[Go to the Unwanted Goods Delivery Form](#)

When is the service available?

Collection and delivery times are flexible and will usually happen on a Saturday or Sunday.

Where is the service available?

The service is available to people in the Marlborough region, including outer areas such as Renwick and Picton.

Working for Nature/Mahi mō te Taiao grants open

The 2024/25 Working for Nature/Mahi mō te Taiao grant scheme opens for online applications on Monday, 1 April.

In its fifth year of funding, \$120,000 is available for projects from ranging from pest control to restoring wetland areas on public, private or Māori-owned land in Marlborough.

Funding is awarded under three categories:

- Habitat Marlborough – for restoring native habitats, improving biodiversity and freshwater quality
- Protecting Marlborough – for animal and plant

How does it work?

1. Gather up the items you want to give.
2. Register online. Only households registered via the Council website can take part.
3. Someone will call you to arrange a pick-up or delivery time. If you need help to move items let us know when we call you.
4. Move the items to a place where they can be easily collected by the staff if possible.

Please only give items you would be happy to receive yourself.

Minor damage to household items can be repaired.

Do not put out dangerous goods such as faulty electrical equipment.

We definitely do not want rubbish.

The collection staff will not take away items that are broken, soiled, or beyond repair. Project staff will have the final say on the day.

It is your responsibility to deal with any items that do not get collected.

Everyone in Blenheim can use the service but priority will be given to households that do not have access to transport or, who have an immediate need for household goods.

How much does it cost?

This service is free of charge.

Questions?

If you have any other questions about the project email our team:

Email: unwanted.goods@marlborough.govt.nz

pest control

- Environmental Advocacy – a new category for initiatives that promote environmental awareness

The scheme provides the opportunity for groups and individuals to protect and enhance the environment. The maximum cap on a Habitat Marlborough project is \$10,000; Protecting Marlborough is \$15,000 and Environmental Advocacy is \$2,000.

Community groups or community trusts operating multi-year projects are invited to apply for multi-

year funding through the grant, up to the designated category maximum per year.

To be eligible, the trust or group must have a proven history of successfully undertaking environmentally beneficial biodiversity projects.

More information can be found on Council's website via the link below. Applications close at 5pm on

Sunday 30 April, with all applicants notified of outcomes by July 2024.

Paper applications will not be accepted. All online applications should be made at: www.marlborough.govt.nz/our-community/grants-and-awards/working-for-naturemahi-mo-te-taiao

Marlborough Matariki Event Fund closing soon

Are you part of an organisation planning on holding an event to recognise Te Rā Aro ki a Matariki? Council's Mānawatia te Kahui o Matariki/ Marlborough Matariki Event Fund which celebrates and supports the regeneration and sustainability of mātauranga Māori associated with Te Kāhui o Matariki closes soon.

"The fund will support costs integral to holding an event, which includes venue and equipment hire, marketing and promotion and other costs." While there is no maximum for applications, it is likely between \$2,000 and \$3,000 will be awarded to support events.

Priority will be given to events that can demonstrate documented support from iwi and must demonstrate how funding would advance and promote one or more of the three major principles of Matariki.

Applications for the 2024 funding round opened 8.00 am 1 March and close at 5.00 pm Monday 15 April.



Above: Fund recipient last year - the Rangitāne o Wairau Matariki celebration - held at Wairau Bar

[Go to the application form to apply.](#)

For further information please contact Nicola Neilson on Ph: 03 520 7400 or email nicola.neilson@marlborough.govt.nz

Access other Council newsletters for up to date information

Legislation of the Food Act is constantly changing, keep up to date with the latest information we have available by reading our Food Newsletters.

<https://www.marlborough.govt.nz/services/food-business-information/newsletters>

Resource Consent Team newsletters

<https://www.marlborough.govt.nz/services/resource-consents/resource-consent-team-newsletters>

Follow-me Marlborough events newsletters

<https://www.marlborough.govt.nz/recreation/events>

Also keep up to date on any Council public consultations. Everyone's opinion is important!

<https://www.marlborough.govt.nz/your-council/have-your-say-consultations>

Nativity Anglican Church

Here in the heart of gorgeous Marlborough, we are committed to living our lives in response to the gospel (good news) of Jesus Christ. We welcome people of all ages and family groups, and can't wait to share with you what this life changing news is all about.

Cancer Society Marlborough Centre

He Ringa Āwhina 'All people, Every cancer, We're here to help'. 0800 226237

We provide a range of resources and supports throughout the community including peer support and well-being groups. Please contact us if you would like to know more about the Breast Cancer Support Group, Blue Brothers for men living with cancer, Partners Coffee Group, Art of Wellbeing (term two), or Pros Fit and Prostate Support Group. We are also inviting expressions of interest for partners of people living with cancer for peer support opportunities. Please contact the Cancer Society Marlborough Marlborough@cancersoc.org.nz phone: 03 5794379 to connect with our team – Hilary Gill (Volunteer & Finance Coordinator), Kaye Mac Donald (Kaiārahi Hōtaka - Programme Coordinator), Christabelle Grant (Supportive Care) and Dallace Lilley (Supportive Care).

Marlborough Community Vehicle Trust

The Marlborough Community Vehicle Trust provides its members with affordable and readily available transport to and from medical appointments throughout Marlborough and over to Nelson Hospital. The Trust wishes to attract more members and more volunteer drivers. Members pay a one-off membership fee of \$20 and then a small return fee for each journey. Due to very generous sponsorship, The Trust has modernised its fleet of four vehicles over the past six months. Should you need transport assistance or wish to volunteer as a driver please contact the Trust's Co-ordinator, Ian, on Phone 03 574 1311. You can read more about the Trust at www.marlboroughvehicletrust.org.nz.

Age Concern

We work to support the rights, dignity, and wellbeing of our older people. We do this by providing regular seminars and workshops on relevant issues for older people. Social activities including gentle exercise classes and friendship groups. Road safety courses and a visiting service. We also give support to self-neglecting older people in the community, along with other supports. We are staffed by two employees, Bobby Houlahan and Meryl Jones and our office is open 10am-1pm, Monday-Friday.

Renwick Eldercare

SAYGO runs every Thursday 9.30 till 10.30, Cuppa and a bikkie to follow. After Anzac Day SAYGO time changes to 10.00 am.

Any people in Renwick who would like a visit from someone from the Eldercare group can phone Maria Van kuyk on 0274782328.

Monday Club is currently on hold.

St Christophers Community ElderCare Programmes

St Christopher's Eldercare is a non-profit church ministry, we deliver programmes for seniors in our community. These programmes provide a safe place to come and join in gentle exercise classes to keep you moving, be entertained, have fun, and socialise. Exercise classes are 3 days a week, and an 'Older

Persons Seminar' is on the 4th Thursday of each month. We have up 14 dedicated volunteers that help run all programmes. We also run other workshops related to the elderly from time to time.

Contact: Donna Wahrlich 027 385 2333 or donna@stchristophers.co.nz

Nelson Bays Primary Health

I'm Ange Baker Falls Prevention Coordinator for Marlborough from Nelson Bays Primary Health. I enjoy meeting older adults who are keen to stay on their feet, avoid falls and continue to do the things they love. Book in for a Falls Prevention session and find out who in your community can help to keep you strong & balanced."

Mahi Whakaara

Mahi Whakaara, is a trade training organisation. We support our students/taura with a different style of learning with a hands-on approach working alongside BCITO offering NZQA, BCATS level 1-3.

Citizens Advice Bureau

We provide free, confidential, independent information and advice to anyone. We help people know what their rights are and how to access services they need.

We also look after the Marlborough Community Directory <https://marlborough.cab.org.nz/> & have recently launched the Youth Tool Kete www.youth.cab.org.nz.

This website contains information about many of the key issues for young people embarking on those 'firsts' in adult life – starting tertiary study, getting a job, going flatting, buying a car, getting ID and more. It is for helping young people know their rights and responsibilities, and for linking them to the CAB service when they need help from a real person.

a nativity anglican church fundraiser

Glamorous Gowns of the 20th Century

7:30PM SAT, 11TH MAY 2024
NATIVITY CHURCH HALL

An elegant evening not to be missed!
Bubbles, supper, fashion parade, entertainment and a few surprises.
Glam up in evening wear from the past century.
Prizes for "Best Charity Shop Gown" & "Best Dressed Male"

ticket presale: \$75 www.nativity.org.nz
for information visit **03 578 3909**

DON'T MISS OUT

OTHER OPTIONS:
friday rehearsal: \$25 7pm Friday 10th May 2024
sunday display: donation 9am - 3pm Sunday 12th May 2024

Nativity Anglican Church | 76 Alfred St Blenheim | info@nativity.org.nz

Proudly supported by
WAIRAU RIVER

Blenheim Musical Theatre

Jona Panoho
as The Narrator

Spencer Kingi
as Joseph

JOSEPH and the Amazing Technicolor Dreamcoat

MUSIC BY ANDREW LLOYD WEBBER
LYRICS BY TIM RICE

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ON BEHALF OF THE REALLY USEFUL GROUP LIMITED

8th - 18th May 2024

ASB Theatre
Marlborough

Directed by *Samantha Baxter*

Free Community Cooking Class with Carol Boswell

- *Learn to cook meals that are good for you and your wallet
- *Free 8 week cooking course
- *Register by texting your details to 027 575 4750 or email manager@carem.nz
- *Dates and time Tuesdays Starting 7th May through to June 25th 1-3:30pm
- *Location Connect Church 8 Beaver Rd Blenheim



Te Whare Pūtea TRUST KAIKŌURA

Nga ratonga ki te manawa o te whenua
Heartland Services

invite the Kaikōura Community to our ...

Helping you access Government services.
Assisting our community.
How can we help?
We are here!

Free monthly
BBQ

Starting Thursday 11th April 2024
Second Thursday of every month
11am - 1pm

Heartland Services Community Hub,
105 Beach Road, Kaikōura, 7300

Proudly sponsored by

HARRIS FARMS CHEVIOT

To journey together with people in our community

MARLBOROUGH

BRICK SHOW

2024
4th & 5th May

Great Displays, Activities, & Raffles

Marlborough Girls College
21 McLauchlan Street, Blenheim
Saturday 4th May 9am - 5pm
Sunday 5th May 9am - 4pm
\$2 Entry
Cash Only
Under 3 Free

Marlborough BrickShow2024

Proceeds donated to Marlborough Girls Technology Dept.

Free family event, live music, craft market, conservation displays and more.

Zero Waste

Earth Day
PICNIC IN THE PARK

Envirohub MARLBOROUGH

SUNDAY 21 APRIL 2024 10AM - 3PM
POLLARD PARK, BLENHEIM

WWW.ENVIROHUB.CO.NZ | WWW.EARTHDAY.ORG

Brought to you by:

Envirohub MARLBOROUGH | MARLBOROUGH DISTRICT COUNCIL | Environment Hubs Aotearoa | Cancer Society

INTERESTED IN RECORDING MEMORIES AND STORIES FROM YOUR LIFE?

2024 DIGITAL STORY TELLING PROJECT

Everyone has a story to tell. Often people don't know where to start or how to capture memories to share with friends and family. PSUSI is developing short courses to help seniors like you (or the people you work with) starting by using technology which is already freely available.

- NO PRIOR SKILL REQUIRED!
- LEARN BASIC COMPUTER SKILLS
- LOAN CHROMEBOOKS AVAILABLE
- GATHER TIPS AND TRICKS TO HELP CAPTURE MEMORIES

Organisations/Agencies - please contact Tricia or Emily at PSUSI for more information on 03 265 4243 or email emilyr@psusi.org.nz

PROUDLY SUPPORTED BY:

Presbyterian Support Upper South Island | Te Tari Kāunimātua Office for Seniors | Marlborough District creative COMMUNITIES nz

Venues for Hire

Beavertown Hall

- ☎ 03 578 1712
- 🏠 Brayshaw Park, Blenheim
- ✉ info@marlboroughmuseum.org.nz

Canvastown Memorial Hall

- ☎ 03 574 1407

Fairhall Community Hall

- ☎ 03 578 3556
- 🏠 New Renwick Road, Fairhall

French Pass Hall

- ☎ 027 7801247
- 🏠 French Pass

Havelock Town Hall

- ☎ 03 574 2555
- 🏠 61 Main Road, Havelock
- ✉ hcaoffice@havelock.co.nz
- 🌐 www.havelock.co.nz

Havelock Sports Pavilion

- ☎ 03 574 2555
- 🏠 Neil Street, Havelock
- ✉ hcaadmin@havelock.co.nz

Homewood War Memorial Hall

- ☎ 03 579 8232
- 🏠 Marys Bay, Pelorus Sound
- ✉ hopai@actrix.co.nz

Linkwater Settlers and Memorial Hall

- ☎ 03 574 2201
- 🏠 1351 Queen Charlotte Drive, Linkwater
- ✉ jsmith1173@gmail.com

Myspace Youth Centre

- ☎ 03 579 3143
- 🏠 18 Kinross Street, Blenheim
- ✉ events@myt.org.nz

Picton Community Centre Hall

- ☎ 03 573 7289
- 🏠 7 Wairau Road, Picton
- ✉ picton.earlylearning@xtra.co.nz

Port Marlborough Pavilion

- ☎ 03 573 5400
- 🏠 Endeavour Park, Picton
- ✉ manager@endeavourparkpicton.co.nz
- 🌐 www.endeavourparkpicton.co.nz

Rapaura School Hall

- ☎ 03 570 5752
- 🏠 349 Hammerichs Road, Rapaura
- ✉ office@rapaura.school.nz

Rarangi Community Centre

- ☎ 027 2575 683
- 🏠 252 Rarangi Beach Road, Rarangi

Redwoodtown Community Centre

- ☎ 021 108 7637
- 🏠 Weld Street, Redwoodtown. Blenheim
- 🌐 www.redwoodtown-community-centre-hall.business.site/

Renwick Memorial Hall

- ☎ 03 572 8158
- 🏠 39 High Street, Renwick
- ✉ heather@renwick.school.nz

Renwick Sports & Events Centre

- ☎ 03 572 9688
- 🏠 8 Uxbridge Street, Renwick
- ✉ info@renwickeventscentre.co.nz
- 🌐 www.renwickeventscentre.co.nz

Riversdale Community House

- ☎ 03 578 0469
- 🏠 131 Budge Street, Blenheim
- ✉ riversdalecommunityhouse@xtra.co.nz

Spring Creek Hall

- ☎ 03 579 6036
- 🏠 24-26 Ferry Road, Spring creek
- ✉ info@yogaroom.co.nz

St Andrews Church and Hall

- ☎ 03 578 7119
- 🏠 5 Henry Street, Blenheim
- ✉ st.andrews.church@xtra.co.nz
- 🌐 www.standrewsblenheim.org.nz

Tua Marina Hall

- ☎ 03 570 5583
- 🏠 SH1, Tua Marina
- ✉ tuamarinahall@gmail.com

Wairau Valley Hall

- ☎ 03 572 2535
- 🏠 Morse Street. Wairau Valley Township
- ✉ wvcommunityhall@gmail.com
- 🌐 www.wairau-valley.co.nz/wairau-valley-hall.html

Ward Town Hall

- ☎ 03 579 2336
- 🏠 SH1 Ward

Yealands Awatere Memorial Hall

- ☎ 03 575 7975
- 🏠 Foster Street, Seddon
- ✉ awaterecom@xtra.co.nz

