



WHAREORA HOUSE OF LIFE

BARRINGTON COMMUNITY HOUSE

8 Athelstan Street, Christchurch 8024

Phone 337 2731

Whareora is a joint project between St Marks Methodist Church and St James Presbyterian Church. A Trust Board administers the House with representatives from both churches and the community.

Our aim is to provide:

- a welcoming, accepting place
- personal and community support
- an opportunity to share, learn and explore our talents.

Administrator/Community Co-ordinator: Rosemary O'Regan

The office is attended most Tuesdays, Wednesdays and Thursdays from 10.00am - 1.00pm

MAY NEWSLETTER 2012

Winter is in the air and it is a time where we often stay closer to home. It can also be a lonely time for many people so we have arranged a range of activities at Whareora to keep you involved over the winter months.

The **Card Group** starts up again on 7 May and meets weekly on a Monday from 1pm until about 4pm.

Interested in playing **Cribb** during winter? Phone Whareora and leave your name and contact details and we will get back to you with information about start time for this group.

Whareora Book Club

We are looking to set up a **Book Club** based here at Whareora. If this is something that would interest you, you are most welcome to come to a morning tea on Wednesday 23 May at 10am to discuss how it would work and share any ideas you may have. And...don't forget the **Book Swap**, just come in and choose a book or two and return them when you have finished.

Craft /Gift Making Class.

At this class you will be shown a number of simple, inexpensive gifts you can make. Get a head start for Christmas and make it handmade gifts this year.

Date: Wednesday 6 June at 10.00am

Phone Whareora between 10am-1pm and leave our name if you would like to attend.

Accredited Visiting Service Age Concern Canterbury

Do you sometimes feel isolated, lonely, have family who are out of town or who are very busy?. Are you finding the days long when no one calls?. As we age we may experience loneliness and isolation.

Age Concern Canterbury has a wonderful free service that matches you with a trained volunteer visitor who will spend a minimum of one hour a week with you. This could brighten up your day, allow friendships to grow bring a sense of fulfilment to you and your visitor.

Age Concern also provides a range of other services that include:

- **Outings** – For people in their own homes. The minibus service provides regular outings.
- **Home Support** - Gardening, lawn mowing, home maintenance, hairdressing and home help are available at reasonable cost.
- **Community Health and Elder Abuse Service** - Registered nurses offer a confidential service addressing community, social, and personal health issues.
- **Safe with Age Course for Mature Drivers**
Refresh your knowledge of the road code and increase your confidence.
- **Home and Personal Safety Course**
Tips to keep yourself free from harm and safe in your home.

Phone 366 0903 for more information.

What's happening at Whareora

Community Lunches

Friday 25 May
Friday 29 June
Friday 27 July

With Love Writing Group

Meets on the 3rd Wednesday of the month
9.30 am – 11.30 am
Gifting your stories to your grandchildren.

Cards Group

The card group meets every Monday 1.00pm.
All welcome.

Creative Crafts

This group meets weekly on a Tuesday from 9.30am-12.30pm. Crafts include quilting, beading, lacemaking and embroidery. However whatever your craft you are welcome to join with this group and enjoy crafting together. Cost is \$2 a session, morning tea included. Phone Mary Rodgers 338 9303 for further information

Our Shop

The shop is open Monday to Friday 10.00 am - 1.00 pm. *The shop stocks a range of quality used clothing at reasonable prices. New stock is arriving at regular intervals so pop in and have a look.*

We welcome donations of clothing but it must be clean and in good condition.

Sorry but we cannot accept household items, soft toys or electrical goods.

Friendship Group

Meets on Mondays at 10.00am.
This group has speakers, outings etc. New members welcome, just come on in.

Craft Group

Meets fortnightly on Wednesdays 10.00 am – 11.30 am
A chance to enjoy your craft in the company of others, all welcome.

Join a new Toastmasters Club in Spreydon

Do you want to improve your public speaking and leadership skills?. The new Spreydon Community Toastmasters Club will soon be meeting at Whareora. For further information, please contact John 338 3814 or Nicola 942 4125 or email n.robertson@paradise.net.nz
A warm welcome is assured.

Jewellery Making Class

Jan Nicolls from The Bead Hive in Papanui will be running a class in jewellery making at Whareora. She will bring a range of beads and gems, lots of ideas and heaps of fun. The only charge will be for the beads etc that you use.

Date: Wednesday 11 July at 10.00am

This is suitable for anyone, so no previous experience required. This will also be a great activity for mums and children to do together as the class is in the school holidays.

As numbers will be limited, booking in for the class is essential.

Phone Whareora on 337 2731 if you would like to attend.

Red Cross New Zealand

2012 Winter Assistance Grant

The aim of this grant is to assist vulnerable households who are living in homes significantly damaged by the earthquakes, or who have had to move into damp or hard to heat accommodation. The significant damage must include serious compromise to the heating/and or insulation of the home. The grant assists households with their electricity bills over the months of June, July, August and September 2012

The grant is for up to \$400 in total and will be made up of four monthly payments of \$100 which will be paid directly to the electricity retailer.

A vulnerable person can be defined as the applicant or a member of their household who must either be disabled, have a pre existing medical condition, be 65 years or over or who have children who live with them who are under 18 years.

For further information on the criteria and information about how to apply phone 0800 754 7627

Next newsletter available

4 August 2012