WESTERN Community News

YOUR PEOPLE ~ YOUR PAPER

Issue 145 (Hakihea / December 2026)

Delivered to over 19,000 homes throughout Hamilton West



Summer Reading

page 4



Fraser Prize Giving

page 6



Foodbank

page 10



Fresh Space for New Generations

See page 2

Breast screening saves lives

Mobile breast screening services coming to Nawton and Dinsdale
Details on page 3

Time to screen BreastScreen Aotearoa

BreastScreen MIDLAND

Aroha UU Aroha You
breast care, self care

Western Community Centre Opens New Youth Hub: A Fresh Space for New Generations

What was once an old, unused sports changing rooms building, standing for more than 40 years, has now been transformed into our new Western Youth Hub a fresh, modern space where children and youth can hang out, connect with friends, try new things, build skills and access support when they need it.

We're excited to see this space come to life and provide another place for youth in Hamilton West to feel welcome, get involved and call their own.

For nearly 50 years, we've been providing programmes, events, services and support to our Hamilton West community. The Youth Hub is another exciting step forward, giving us even more opportunities to support and engage with local children and youth, create positive experiences and invest in the next generation.

Getting this project across the line has taken an enormous amount of work and support.

Raising $950,000 to make the Youth Hub a reality was no easy task. It took determination, countless funding applications, fundraising efforts and the generosity of many people and organisations. It's been a real community effort, and we couldn't have done it without everyone getting behind our vision.

Hamilton City Council gifted the former changing rooms building to us, giving us the opportunity to create something new.

A big thank you to:

Len Reynolds Trust, Lottery Grants Board, WEL Energy Trust, The Lion Foundation, Grassroots Trust, DV Bryant Trust, Gallagher Charitable Trust, Trust Waikato, SkyCity Hamilton Community Trust, Glenice & John Gallagher Foundation, Lodge Tawhiri, Praxis, Cambridge Drainage and Earthworks, Altrusa International of Hamilton and Hamilton Central Rotary.

A special thank you to Len Reynolds Trust for their support throughout the project. Their involvement went beyond funding, helping bring other funders to the table, advocating for the project and encouraging collaboration.

We'd also like to thank the Livingstone Builders team and everyone involved in the building work for helping bring our plans to life.

A big thank you to Pauly B for bringing our ideas and vision to life through his amazing artwork, creativity and use of colour.

Lots of Little Fires helped us share the story behind the project through video, showing why a dedicated space for young people was needed. We really appreciate their support, and encourage everyone to check out their work on YouTube.

Many individuals have also got behind the project through their own fundraising efforts and generous donations.

Our awesome volunteer Jules has raised thousands of dollars by making pickles using produce from our own gardens and fruit trees. You can even purchase a jar at our reception!

TJ and the Woolley Club have also played their part, raising funds through their creative efforts and collecting donations each week.

A huge thank you to everyone who has contributed in their own way. Every bit of support has helped bring this project to life.

Every contribution, big or small, helped get the Youth Hub across the line. We're incredibly grateful to everyone who played a part.

Built for the next generation

With Nawton Skate Park and the basketball court right next door, and Nawton Primary School and Fraser High School nearby, the Youth Hub is right in the heart of the community,

We want it to be a place where young people can connect, build friendships, try new things and feel part of their community. Young people have been involved from the beginning, helping shape our vision, and they'll continue to have a say in how the Hub develops. It's important to us that they feel proud of the space and can truly call it their own.

After nearly 50 years of supporting Hamilton West, we're excited about what lies ahead. The Youth Hub reflects our vision of thriving, vibrant and self-reliant communities and is something our whole community can be proud of. We look forward to seeing it make a positive difference to local children, youth and our neighbourhood for years to come.

Western Community Centre Team



Bringing Our Community Together This Christmas!

Christmas is just around the corner, and Good News Community Centre, together with local Nawton churches, warmly invites everyone to our annual Kai and Carols Community Christmas Celebration on Sunday 6th December 2026, at 78 Breckons Avenue, Nawton, Hamilton, starting at 5pm. Join us for an evening of Christmas carols, special performances, a delicious Christmas dinner, and plenty of community spirit. This much-loved event is completely FREE and brings together people of all ages to share in the joy of Christmas. Whether you're coming with family, friends, neighbours, or on your own, everyone is welcome!

As another busy year draws to a close, we would like to extend a heartfelt thank you to our wonderful volunteers, funders, supporters, community partners, and everyone who has been part of Good News Community Centre throughout 2026. Your generosity, time, and encouragement continue to make a real difference, helping us provide a welcoming place where people can connect, build friendships, and feel part of our community.

Our office will close for the Christmas break on Friday 18th December 2026 and reopen on Monday 11th January 2027. From all of us at Good News Community Centre, we wish you and your whānau a very Merry Christmas and a safe, happy New Year! We look forward to celebrating with you at Kai and Carols!



The Hitchhikers Guide to Aotearoa

By Vicky Haden-Jones

You've heard the postcard version of New Zealand. Now hear the real stories. Hosted by American adventurer Charlie Ryan, The Hitchhiker's Guide to Aotearoa travels the country meeting immigrants and travellers living the NZ experience – the culture shocks, life-changing moments, unexpected disasters and everything in between. With guests turning the tables to interview Charlie at the end of each episode, no one gets off the hot seat. Honest, unpredictable and full of stories you won't find in a guidebook.



Episodes can be found on Free FM across the Waikato on 89.0FM, livestream via freefm.org.nz or your Google Home or Alexa, just ask your device to "Play Free FM eighty-nine point zero". Or access all our podcasts at freefm.org.nz Apple Podcasts, Spotify and more!

If you're interested in creating your own radio show or podcast, learning about how we work with the community, get started now – read more at https://www.freefm.org.nz/Involved/ or email us at info@freefm.org.nz

We love seeing fresh content from across the community — whether it's in English, Te Reo Māori, or any other language spoken in Aotearoa. If your story isn't being told elsewhere, this is your chance to change that.

Proudly supported by NZ On Air and part of CAMA Community Access Media Alliance. Free FM champions direct, diverse, and meaningful participation in media across Aotearoa.



Tai Chi for Health: Benefits for Every Age

Think tai chi is just for older people? Think again. Tai Chi for Health classes at Western Community Centre offer adults of all ages an opportunity to move, unwind and connect.

Led by certified Tai Chi for Health Institute instructor, classes combine slow, flowing movements with relaxed breathing and focused attention. Beginners are welcome, and everyone learns at their own pace.

Why move slowly? Slowing down gives you time to notice your posture, control your weight shifts and coordinate your movements. You practise moving deliberately, developing body awareness and exploring a comfortable range of movement.

For younger adults juggling work, study and family, tai chi offers a welcome break from screens and busy routines. Learning the movements challenges concentration and coordination, while the unhurried pace encourages focused attention.

Studies suggest tai chi may help reduce anxiety, although further research is needed. Research also shows improved balance and fewer falls in older adults, plus improvements in pain, stiffness and physical function for people with knee or hip osteoarthritis.

You do not need to be fit, flexible or experienced to begin. There is no competition or pressure to perform perfectly. Confidence grows through patient, regular practice.

Wear comfortable clothing and flat, flexible shoes. Enquire at Western Community Centre about class times and joining. Adults of all ages are welcome.

Western Youth Hub Mural

A big thank you to Paul Bradley (Pauly B), our artist, for helping bring our ideas to life and creating such an awesome feature in the Youth Hub. Our youth had real input into the mural concept, sharing their ideas and helping shape what it would look like and what it represents.

The mural at the front brings together strength, wisdom, nature and connection.

The lion is our kaitiaki (guardian), watching over and protecting the space. Alongside him is the toutouwai (New Zealand robin), representing wisdom, guidance and the importance of working together through change.

In Māori pūrākau (stories), the toutouwai guided Māui in his quest to tame the sun and seek immortality. Here, it represents hope, guidance and new beginnings.

Within the lion's mane is a forest, recognising our connection to nature, our ancestry and the roots that ground us.

Together, these elements tell a story of protection, belonging and growth. It's about knowing where we come from, looking after each other and moving forward together.







Save the date for 'Love Nawton'



Valentines weekend. Saturday February 13, 2027. A great opportunity to celebrate this community we call home, and support 'Nawton Central' – our local shopping centre!

After the huge success of this year's 'Love Nawton', we've decided to make it an annual event. Being on the Saturday will be different. The earlier time, 12:00pm-3:00pm, will be different. But you can count on seeing a colourful, interactive space of music, cultural performances, fun activities, prizes, and a free sausage sizzle again. We're also quietly confident, that the first piece of our community - led project - to develop the centre's courtyard - will be officially unveiled.

Nawton Community Collective continues to apply for funding towards developing this courtyard into a welcoming, vibrant hub, that better reflects our amazing community, and connects us with one another and newcomers. The vision includes murals, outdoor tables and chairs, potted trees, and various play elements. Financial constraints have meant the shopping centre has been unable to take this on. So, this is where we come in, collective mahi tahi for the common good!

From community working bees to planting initiatives, from monthly community huis to partnerships such as with the Nawton Shopping Centre - our humble local

Community Collective goes from strength to strength. We're busy organising ourselves into a registered charitable trust too, so that we're better positioned to beautify and better our shared spaces, to strengthen and serve these neighbourhoods we call home.

Back to Love Nawton. Check out the poster. Save the date. Gossip it around. And DO let us know if you or your group would like a slot to sing, dance, juggle, breathe fire or whatever - seriously!

Proudly for Nawton – Noera? Begin by following us on Facebook. Or contact: nawtoncommunitycollective@gmail.com or Eric on 021 751 969 for more details.



Summer Reading is back!

By Shannon Cooper

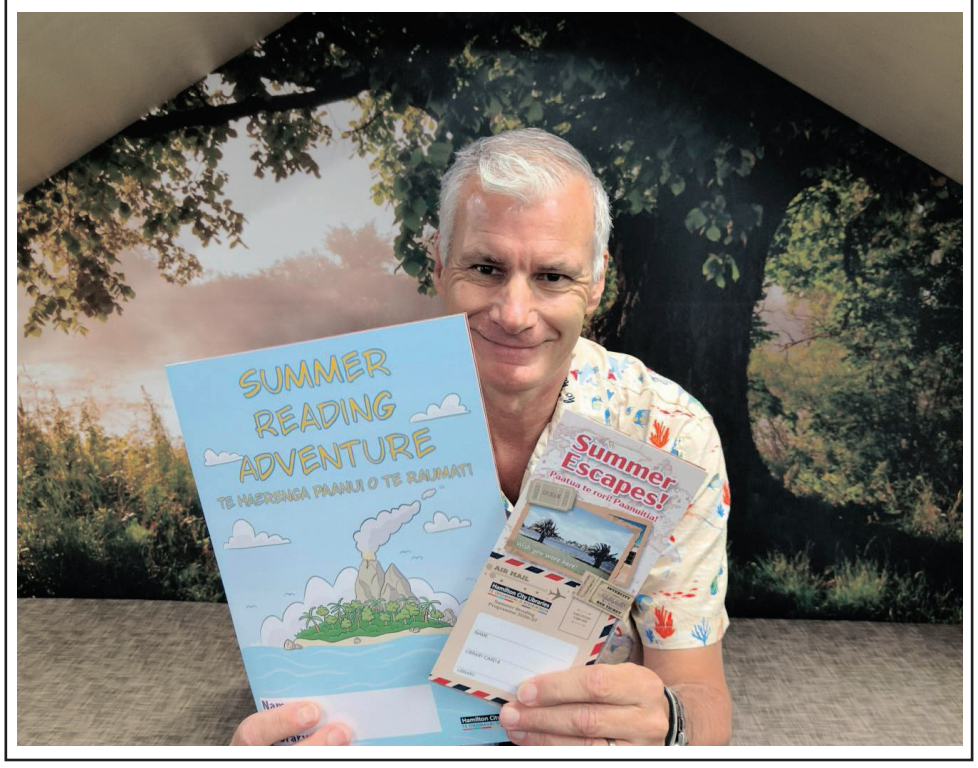
Summer Reading returns to Hamilton City Libraries this December, and this year we're all going on an adventure.

Designed to keep children reading over the long break the popular programme offers a wide range of engaging activities, reading challenges, and events, all aimed at having fun this summer.

This year's theme is all about travel, exploration, and adventure. Younger readers will be heading off on a Summer Reading Adventure, exploring a series of mysterious islands in search of strange and unusual creatures. Each creature has their own collectable card with several to discover over the six-week programme, including a very special rare one!

Teens and adults are included too and get to go on their own Summer Escape, reading their way around the globe, discovering different places, people, and stories along the way.

Both programmes are free to join and there are some amazing prizes to be won. Registrations open on the 10th of December with the big finale party wrapping everything up on the 21st of January. For more information about this year's Summer Reading, including everything happening across the holidays please visit your local Hamilton City Library branch or go to https://hamiltonlibraries.co.nz/



Kiwi Staff & Mahi Support

Connecting People, Creating Opportunities, Building Futures

At Kiwi Staff, we believe everyone deserves the opportunity to succeed in meaningful employment. As a proudly Māori-owned recruitment and employment support business, we're passionate about connecting people with opportunities and helping employers build strong, reliable teams.

We understand that finding the right person or the right job is about more than filling a vacancy. It's about building relationships and creating lasting opportunities.

Through Mahi Support, we go beyond recruitment, offering personalised pastoral care, career guidance, work-ready training and ongoing employment support. We work alongside individuals to build confidence, overcome barriers and achieve sustainable employment.

For employers, we provide practical recruitment solutions and workforce support to help attract, develop and retain great people.

Guided by manaakitanga, whanaungatanga and mahi tahi, we're committed to strengthening whānau and communities through meaningful employment.

Get in Touch

Looking for mahi or need staff? We'd love to hear from you!

Phone: 0800 KS MAHI (0800 576 244)
Email: office@kiwistaff.net.nz
Website: www.kiwistaff.net.nz
Facebook: Search Kiwi Staff Ltd
Visit us: 201 Sandwich Road, Hamilton



WESTERN COMMUNITY CENTER

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SOFT PLASTICS *Kirihou Ngohengohe*
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E-WASTE *Para Tāhiko*
SMALL UN-RECOVERABLE ELECTRONICS

BATTERIES *Pūhiko*
HOUSEHOLD LITHIUM BATTERIES WITH ENDS TAPED

LIDS *Taupoki*
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www.goeco.org.nz

ZERO WASTE KIRIKIRIROA

Fraser Prize Givings 2026

Celebrating Success!

Prize Giving is one of the most significant occasions on our school calendar. It is a time to recognise our students' achievements and for whaanau to share in the pride of their success. On November 5th, we celebrated our Year 11s & 12s in the morning, followed by our Year 13s and Graduates that afternoon.

To our aakonga,

Walking across that stage was about so much more than receiving your graduation certificates; it was a celebration of every step, struggle, and breakthrough over the past thirteen years. Reaching the finish line of high school is no small feat. Whether you earned top honours or simply showed up and lasted the distance, each one of you has achieved something truly worth celebrating.

We at Fraser High are incredibly proud of who you've become, and we will be watching to see where your journeys take you next.

Year 13 Top Awards



Xanthe Matson

Distinction Food Technology, Distinction Mathematics with Calculus, High Distinction Hospitality, High Distinction Accounting, Top Year 13 Accounting Student, High Distinction Chemistry, Excellence in Year 13 Chemistry, High Distinction Physics, Top Year 13 Physics Student, The Peter Hampton Award for Overall Excellence in Level 8 Science, The David Johnstone Charitable Trust Scholarship for Tertiary Study to the value of $6,000, Graduation with Honours, **Russell Cup for the 2026 Dux.**

Year 11 & 12 Top Awards



Jas Yeates

Kay Cup for Academic Excellence in Year 11



Rachel Walmsley

Morrison Cup for Academic Excellence in Year 12



Lennox Boyer

High Distinction English, High Distinction Horticulture, Top Year 13 Horticulture Student, High Distinction Digital Technology, The Brown Cup For Excellence in Digital Technology Level 8, High Distinction Food Technology, Food and Nutrition Award, High Distinction Biology, Travers Trophy For Excellence in Level 8 Biology, Graduation with Honours, **The 2026 Proxime Accessit**.











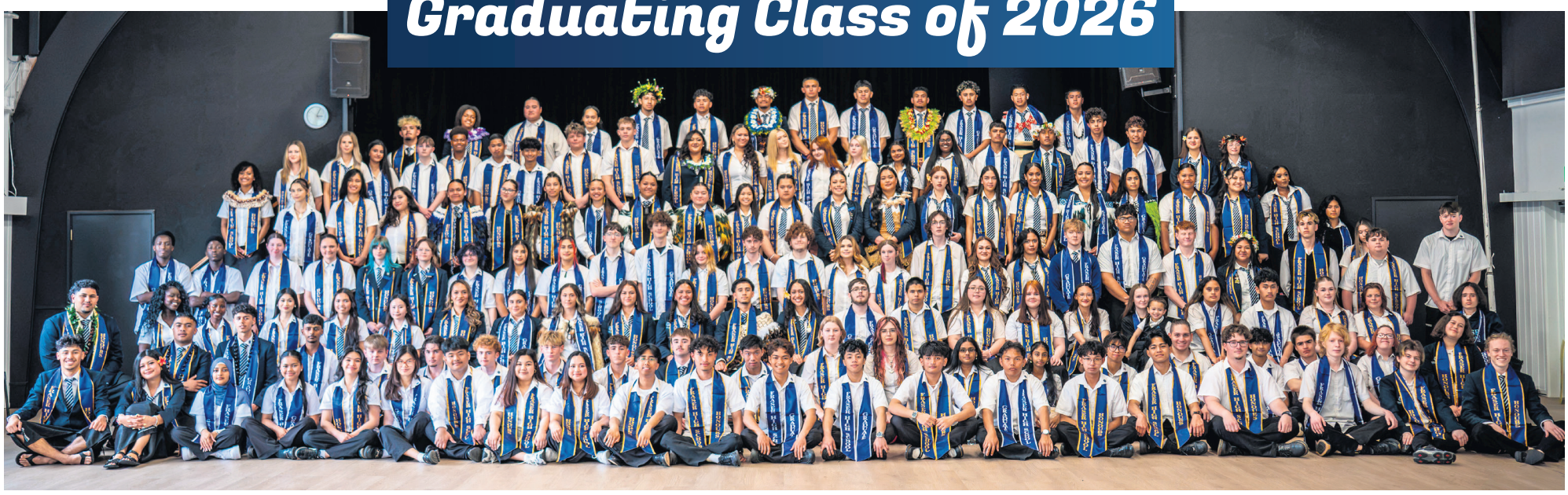








Graduating Class of 2026



Graduation with Honours

Adams Shylah
Ah Mu Avin
Ansell Peyton
Armstrong Koha
Atanoa Czylah
Barrett Harvey
Barry Sophie
Bartolo Tiffanie
Bayucot Josh
Bornman Jordan Riley
Boyer Lennox
Brier Lenya
Buenaventura Kat
Burentarawa Sera
Button Jemma
Caisido Ethan
Caldwell Carma
Camangyan Nina
Castro Mika
Clark Chloe
Cortezano Yuri
Craig Tom
Cusiel Luca
Datu Gabriel
DeCaires Tawhiao
Edwards Chanelle
Elkington Dallin
Elliott Angus
Fereti Asael
Filipo Defrozier-Elena
Gray Charmaine
Greening Lehi
Hala Tongaleva
Hassan Sabrina
Hawkins Chantelle
Herbert Delmiria
Higgins Lance
Hooper Matthew
Hoyle-Gray Kaia
Hunt Ethan
Isidro Enerio Jr.
Jarden Major
Johnson-Joyce Ererangi
King Loukas
Kingi-Iti Banx
Klinkhamer Bella
Komene Mya
Koroheke Arekatera
Kumar Aditi
Lafita Vaolilo
Lawton Ella
Mahuika- Aurere
Makoni Peti
Manansala Erl
Martin Patton
Matson Xanthe
Matutina Altheah Claire
Mausa Semaema
Mccarthy Korom
McCoy Alex
McMahon Scott
Morgan Summa-Rose
Morley Alivia
Muallamin Frankie
Murray Finn
Musty Finn
Mutoni Divine
Nahora Unique
Naish Renee
Oliva Carl
Ordoñez Ezequiel
Osborne Mason
Owen Chauntay
Pajara Cristine
Parrish Aidan
Patterson Samantha
Praise Sheril
Ratu Yasmine
Richardson Finn
Robinson Jodie
Rogers Sienna
Santiago Kristel
Sawiri Erica
Sawiri Lydia
Smith Kingston
Standen River
Takimoana Sheldon
Tapaatoutai Muna
Tesoro Aaron
Titchiner Eden
Tonga Taumafa
Tupou Lesley
Turu Blossom-Belle
Uwimana Nadine
Vahai Sosefo
van der Kaylum
Verner Ella
Warena Maia
Watene Jaymie
Williams Ruby
Williams Shania
Wright Maddison
Zillwood Jesse
Zucchetto Alonzo

Graduation Certificate

Ali Zalfa
August Jarleese
Bansil Butch
Bateman Jonny
Billanes Stefan
Bombales Keith
Bosson Opal
Brunton Jacob
Butoto Jeanette
Crichton Khemari
Douangsavanh Iverson
Druett Hayden Robert
Dutt Avni
Funaki Cecil
Gacita Marco
Grant Calaiyah
Gray Salanoa
Hardy Kaleb
Henry Mikaela
Hepi Aaliyah
Jamieson Casen
Jeby Adhisree
Kahi-Watene Hineana
Kumar Neev
L'amie Brennan
Lardelli-Hapi Asher
Lawrence Haami
Leaf Madison
Lisignoli Nico
Lochhead Ciara
Long Robson
Lopez Medina Veronica
Makoni Selemaia
Mancilla Diaz David
Melquiades Vanessa
Mendoza Andrew
Murfitt Arthur
Naidu Rishit
Nisha Faiza
Nshuti Patrick
Pa'u Daniel
Pacong Theresa
Paekau Marley
Paglinawan Kit
Paul Brihana
Prince Cedric Tarbarnilla
Radidi Saula
Rawiri-Edwards Ngareta-Amiria
Soltanizand Melisa
Te Arai Mechelle Teina
Tekavei Tekavei
Visscher Noah
Waihi Canny
Walker Savannah
Walters Taula Christian
Wihongi D'zjarhn
Williams Jaryk
Willison Cherry
Young Tessa

Student Leaders 2027



Head Students

Penikolo Moimoi, Wairemu Herbert, Rachel Walmsley and Nofoaiga Tekavei



Student Council



Ngaa Niho o te Taniwha



Aiga Tasi Presidency & Council

Hei Taniwha Whakanui

On October 29th, we gathered in the Fraser Hall to celebrate our awesome Hei Taniwha aakonga who have excelled this year! Whaanau, teachers, and students came together to recognise the hard mahi, growth, and achievements of our rangatahi across 2026.

To all our award recipients, we are immensely proud of you! Keep striving for excellence and standing tall in your mana.







Aiga Tasi Celebration

It was a special evening on October 28th dedicated to celebrating the hard work, dedication, leadership, achievements, growth and journeys of our tamaiti, while acknowledging the families and villages who continue to support and walk alongside them.

The evening was a beautiful reminder that Aiga Tasi is much more than a school programme. It is a village built on belonging, connection, shared responsibility and a genuine love for our tamariki. The smiles of our students and the pride of their families reflected everything our village stands for.

From our humble beginnings in 2017 to the thriving community we are today, Aiga Tasi continues to celebrate the importance of culture, language and identity in shaping confident, proud and successful young people.

Top Overall Senior Pasifika Students: Year 13: Avin Ah Mu & Tawhiao DeCaires (below left)









Arts Awards

We celebrated the achievements and artistic endeavours across the Arts: visual arts, music, drama, dance and media. The event kicked off with a NCEA portfolio exhibition, media films and light refreshments, allowing guests to appreciate the impressive visual art portfolios on display before the official awards ceremony began.

It was a wonderful night to recognise the dedication, creativity, and vibrant talent of these young artists. The audience was treated to two excellent performances, a vocal performance by Wairemu Herbert and a dramatic monologue by Charmaine Gray. Congratulations to all the awardees!

The top Supreme Award was presented to Patton Martin (pictured right centre)







Sports Awards

On Wednesday, 21 October, Fraser High School celebrated our 2026 Sports Awards, honouring the achievements and dedication of our sporting community. This year, over 50 teams represented Fraser, reflecting expanded opportunities for our aakonga, including the return of several sports.

Our thanks go to Apollo Projects, volunteer coaches, Teachers in Charge of Sport, the maintenance team, Sports Council, whaanau, Senior Leadership Team, and Board of Trustees for making sport possible.

Congratulations to all award winners and student representatives. We are proud of your accomplishments on and off the field. Here's to another successful year!







Congratulations to our Fraser whaanau! We recognise your hard work and determination & look forward to 2027!

Apollo PROJECTS





Apollo Projects Sports Grant

Thank you Apollo Projects for providing financial support for our young Fraser athletes

Sport plays a huge role in the lives of our students. Not only does it provide a way to showcase the amazing talents we have in our Fraser community, it also gives students the opportunity to be active, interact with others in a team environment creating real connections and learning real life skills.

Since 2022, Apollo Projects with the support of Waddell + Associates has blessed Fraser High School with the Apollo Sports Grant. This grant allows those students, who otherwise would struggle to access sport, the opportunity to participate in and grow their love for being active.

FRASER HIGH SCHOOL
Te Kura Tuarua o Taniwharau

www.fraser.school.nz
Call us on 07 847 9044

Fraser High School Year 8 Open Day 2026

Friday 4th December
8.50am - 3.00pm

Nau Mai Haere Mai
We invite you into our whaanau



Follow the Fraser Facebook

We invite Year 8 students planning to attend Fraser in 2027 to meet our teachers, explore subject options, sporting and performing arts opportunities.

Lunch provided | Wear: your school uniform | Bring: water bottle & backpack

72 Ellicott Road, Nawton, Hamilton 3200

What's on at Western Community Centre

46 Hyde Ave, Nawton | P: 8474873 | E: admin@wccham.org.nz | westerncommunitycentre.org

The Western Community Centre
Since 1979 Western Community Centre has been providing a wide range of services. Our two facilities are at 46 Hyde Ave and 108 Grandview Rd in Nawton. The centre is owned by the community and overseen by a board of community members elected each year.
We offer printing and photocopying services, laminatination, binding, and scan to email services for a small fee. We have wifi, free use of computers and a landline available for the community to use.

Fruit & Veggie Deal - Just $15
The best deals of fresh fruit and veggies! Order and pay at Western Community Centre and pick up your bag on Wednesday from 11am-5.30pm. Book your fruit and vege pack online at westerncommunitycentre.org

Justice of the Peace
Available every Tuesday from 9am – 11am. No appointment needed, just turn up! Make sure to bring your originals and photocopied versions for the JP to sign.

Tables and Chair Hire
Tables $7 each - Chairs $3 each for hire. For weekend hire pick up Friday drop off Monday. Dimensions and photo's available on our website. Visit our website to book online.

Dinsdale Toastmasters
Meet a great bunch of people, have an enjoyable evening AND learn the art of public speaking in a supportive environment at Dinsdale Toastmasters on Tuesdays from 7.15 pm - 9.00 pm. For more info phone 027 390 1487

Citizen's Advice Bureau
Need legal aid advice? CAB provide walk-in clinics.Wednesday 10:30am - 12:30pm every week. No appointments neccesary.

Children's Holiday Programmes
We run 2 weeks of holiday programmes from 8am-5.30pm based at Western Community Centre. 8 weeks of holiday programmes are held throughout the year. $40 per day $200 per week. WINZ subsidies may be available, amke sure to enquire. Enrol online at westerncommunitycentre.org

Western Stars After School Care
Western Stars is an after school care programme run during the school term Monday-Friday from 3pm-5:30pm at Western Community Centre. Pick up from Nawton School OR Rotokauri School and afternoon tea is provided. Fee $16.50 per day from Nawton School or $21 per day from Rotokauri School. WINZ subsidies may be available. Single day booking available. For more information or to sign up go to westerncommunitycentre.org

Laughter Yoga
Free Laughter Yoga class every week! Tuesday morning from 9:30-10.10am. It's a great way to start the day, just turn up and be ready to laugh. No need to bring anything, just yourself.

Walking Group
Runs every Monday from 9am. Meet at the Western Community Centre for a 45min easy walk followed by a cuppa.

50+ Luncheons
Luncheons and trips take place on the second Friday of each month at 12pm. The potluck luncheons provide an opportunity for seniors in our area to socialize. For further details please call 07 847 4873 ext 0 or email ngahuia@wccham.org.nz

Woolly Club
Every Wednesday we meet at the Western Community Centre at 10am-12pm. Bring your craft projects, knitting or crochet.

Venue Hire
We have a selection of different spaces available for hire. Our rooms are ideal for meetings, training events, presentations, children's birthday parties and more. Visit westerncommunitycentre.org to book. For more enquiries please call 07 847 4873

Out West Radio Show - Free FM
Tune into 89.0FM every Friday 11am – 11.30am to stay updated with news and information about what's happening Out West. Visit freefm.org.nz or Spotify for podcasts of the show and further info.

Hamilton Budgeting Services
Susanne from Hamilton Budgeting Advisory Trust based here for two days a week. Tuesdays and Fridays during school term times. Just visit https://budgeting.co.nz/, scroll to the bottom of the page, and click "Book Now."Or call 0800 MONEYZ or 07 838 1339. FREE Basic Money Management workshops available throughout the year, please enquire for dates or check our website. Walk ins are welcome.

Kimura Kiwis
Wanting to get your child into martial arts? FREE Jiu Jitsu classes available for kids! Also available to preschool aged children as well. You will find us in the large room Saturdays 9am-10am. Don't forget your drink bottle! Follow our facebook page to keep updated with what we are doing.

Tai Chi for Health
A welcoming class for all - beginners and experienced alike. Improve your health, balance and wellbeing through the gentle art of Tai Chi. You will find us at the Western Community Centre 46 Hyde Ave every Thursday. $10 per class. For more information please enmail: raglantaichi4health@gmail.com or find us on Facebook: Raglan Tai Chi for Health

Western Community News
YOUR PEOPLE - YOUR PAPER

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Managing Editors: Ngahuia Nelson

Fraser High School Editor: Georgia Ranginui Charlton

If you are interested in advertising, or have a story to share in our paper please contact us on westerncommunitynewspaper@gmail.con
Check out more at facebook.com/westerncommunitycentre

Hamilton Christian Foodbank



Neville Waho with the truck donated by Ebbetts

The Christian Foodbank has been around since 1998, through lots of changes before during and after the covid wave and continually exploring how best to get kai to people who need it in Kirikiriroa Hamilton. We operate through a network of 20 community houses and organisations who provide the wrap-around supports such as cooking, gardening, budgeting, social connection, fitness fun and food. We at the Foodbank concentrate on getting kai on the Foodbank shelves and out into food parcels thanks to donations and through grant applications.
Facebook pages for free food help and the stories coming back to us from centres in our network show that transport is an ever-present difficulty and even more so with the current cost of fuel. We have been intentionally growing our network from just 7 centres two years ago to the current 20 now, with the dream that kai will be within walking distance no matter where in the city people are.
Currently we have a number of centres on the east side of the river and we are looking for more centres on the west, whether as full partners who are willing to sit with people to directly or through referrals provide support towards kai independence, or to simply act as places we can drop off food parcels so people are able to pop in and pick them up. Would you be able to help? Amazing thank you! Give us a call on 07 856 2520 or email manager@hccfb.org.nz and we would very much welcome the opportunity to chat together about what may be possible.
Meantime the Foodbank's annual Christmas Appeal is running for the month of November. Did you know that McDonalds at Five Cross Roads and Hamilton East
are offering a free cheeseburger in exchange for a brown bag with at least of five of our suggested donations? McDonalds has a supply of the brown bags and donation lists – pop in and pick up a few for whanau, workplaces and friends.
Please check us out at www.hamiltonfoodbank.org.nz or on our Facebook page /www.facebook.com/HamiltonFoodbankNZ/

The Next Great Adventure Begins

By Jenny Ensing
Relationships are rarely plain sailing. We all have disagreements, misunderstandings and moments when emotions get the better of us. But when does everyday conflict become something more concerning?
Consider these two everyday conversations.
Example 1: Sharing household responsibilities
Healthy communication:
"I've been feeling overwhelmed with everything that needs doing at home. Could we talk about sharing some of the responsibilities?"
"Of course. I hadn't realised you were feeling that way. Let's work something out."
Unhelpful communication:
"You're so lazy! I have to do absolutely everything around here."
"Stop nagging! Nothing I do is ever good enough for you."
Example 2: Making social plans
Healthy communication:
"I was hoping we could spend some time together this weekend. I felt disappointed when you made other plans."
"I understand. Let's organise some time together."
Unhelpful communication:
"You clearly don't care about me. You always put everyone else first!"
"You're so needy. I should be able to do whatever I want!"
The difference is not whether we experience frustration or disappointment, but how we express it and respond to one another.
Healthy relationships allow disagreement, individual opinions and independence. Unacceptable behaviour includes intimidation, humiliation, threats, manipulation and attempts to control another person's choices.
Unhelpful patterns can gradually erode confidence, create anxiety, encourage withdrawal and leave people feeling they are constantly walking on eggshells. Sometimes previous emotional hurt or anxiety can also make us more sensitive to perceived criticism or rejection.
Two helpful steps:
Pause and reflect. Consider whether responses are proportionate to the situation and whether there is respect for boundaries.
Communicate respectfully and seek support. Counselling can help identify unhelpful patterns and develop healthier ways of relating.
Healthy relationships are built on mutual respect, kindness and emotional safety. For support in moving toward healthy relationships, please phone Jenny on 0275367464 www.couragecounselling.co.nz



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IN THE PARK
CHRISTMAS MARKET

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9AM-2PM

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