

WESTERN Community News

YOUR PEOPLE ~ YOUR PAPER

Issue 142 (Pipiri / June 2026)

Delivered to over 19,000 homes throughout Hamilton West



Toa Whakapuawai
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World Famous Harlem Globetrotters Moose & Sunshine Bring the Trick Shots to Fraser See page 8

WEST HAMILTON PHARMACY
FREE FLU VACCINES
Inside Nawton Mall, Nawton, Hamilton

<p>FREE FLU VACCINE ELIGIBILITY (NEW ZEALAND)</p> <ul style="list-style-type: none"> 65 years or older Pregnant (any trimester) Certain Medical Conditions: <ul style="list-style-type: none"> Heart Disease Diabetes Asthma Chronic Illness Cancer Immune Disorders 	<p>WHY CHOOSE US?</p> <ul style="list-style-type: none"> Gentle Vaccinators No Appointment Needed Fast & Convenient Free Mall Parking 	<p>FIND US</p> <p>West Hamilton Pharmacy Inside Nawton Mall, Hamilton</p> <p>Bus Routes Nearby</p>
<p>OPENING HOURS</p> <ul style="list-style-type: none"> Mon-Fri: 9:00 AM - 5:30 PM Saturday: 9:00 AM - 1:00 PM Sunday: Closed 		<p>CONTACT US</p> <p>Phone: 07 846 3121</p>

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A4 B&W 10c, A4 Colour 50c, A3 colour \$1
Scan to email from \$1, Laminating A4 \$1, A3 \$2
 You can send printing to wccopy@gmail.com
 46 Hyde Ave, 847 4873, Mon - Fri, 8.30am- 5.30pm

Councillor Comment - Cr Emma Pike



In my role on Council, I have the privilege of chairing the Waikato Civil Defence Emergency Management Joint Committee. Emergency preparedness is something I

am passionate about, but more than half of Hamiltonians say they've done nothing to get ready for an extreme event.

The good news is that getting prepared doesn't have to be difficult.

Start with an emergency grab bag. In Council's last readiness survey, only a third of Hamiltonians reported having a grab

bag. Many of us will already have essential supplies around the house, such as torches, toilet paper, and canned food. Simply pack these items into a spare backpack so you're ready to leave in a hurry if needed.

Download Antenno. During an emergency, Antenno is the fastest and most direct way Council can communicate important updates to Hamiltonians. Download the app so you can receive timely alerts to help keep you informed during a crisis.

Make a plan. Create an emergency plan with your household so everyone knows what to do when an emergency happens. Civil Defence has easy-to-use emergency plan templates you can complete together as a whaanau (family).

For more information and handy preparedness tips, visit getready.govt.nz

Hoarding Unpacked - Training for Frontline Workers

Training for frontline workers to gain effective approaches to hoarding behaviours. The training day is filled with in-depth information about hoarding behaviours, a close look at different environments and accommodating safety issues, as well as practical & therapeutic strategies to support staff to better understand and work with this complex condition.

Course Outline: Trauma-informed approaches & considerations, working with complex & challenging behaviours & situations, DSMV addition & definition, statistics & characteristics, different types & levels of hoarding, OH&S issues, at-risk tenancies, children safety, animal welfare, fire safety, neighbours & council issues, strategies & examples for case coordination with multiple service providers, practical strategies for service users & therapeutic tools, preventative measures, real case examples used throughout to draw information from, links to helpful resources and websites, promotion of workers self-care and a focus on a reduction of vicarious trauma impacts.

Training Aimed At: A range of frontline workers benefit from this training, including but not limited to: housing and homelessness support workers, mental health, home care services, social workers,

disability support, aged care, tenancy managers, cleaning and decluttering services, council health & safety officers, fire safety services, child protection, animal rescue, therapeutic services, and at times concerned family and friends and lived experience people have attended.

This training is for professionals working with hoarding behaviours, including squalor and animal hoarding.

Hamilton Western Community Centre 20/7/26 - 9:30 to 4:30pm.

Bulk ticket discounts and invoices are available via email request
5 plus tickets 10% discount, 10 plus tickets 20% discount.

Maire Joy Barron BSocSc
Supervision and training services
Email: maire@hoardingunpacked.com
Web: hoardingunpacked.com
Facebook group: Hoarding & Clutter Frontline Workers Peer Support Group
Ph: +64 273943379



Vote Jamie Toko for Wel Energy Trust

Discounts

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Experienced in community grants



Emergency, Buffer or Rainy-Day Fund - your financial safety net

By *Susanne Henderson*

An emergency fund is money you put aside just in case something unexpected happens.

Instead of using a credit card or borrowing money when life throws you a curveball, you've got some cash ready.

It gives you peace of mind, knowing that you're prepared if your car breaks down or you are sick and you cannot work for a bit, you can still cover your expenses.

How do you kick start your Emergency Fund?

- Open a separate bank account that is hard to withdrawal money from (no bank

card attached; held at a separate bank from your everyday banking).

- Try and save \$5 per week at least.

- Sell unwanted stuff on TradeMe or Facebook Marketplace – save the money from your sales.

- Start a side-hustle or get a second job to save that money towards your fund.

How much do I need to save?

Even a small emergency fund is helpful—it doesn't have to be thousands right away. Every little bit you save adds up - \$500 is a great start.

Call our office on 0800 666 399 to book an appointment.



Hamilton Budgeting Advisory Trust
Building Financial Capability

'FREE' Workshops

Limited Spaces Available

When	Where	Topic
12 June	Western Community Centre 10.00am to 12.00pm	Money Skills – Debt Free Christmas 2026
17 June	Pukete Neighbourhood House 10.00am to 12.00pm	Money Skills – Debt Free Christmas 2026
14 August	Western Community Centre 10.00am to 12.00pm	Everyday MoneySkills
11 September	Western Community Centre 10.00am to 12.00pm	Everyday MoneySkills
16 October	Western Community Centre 10.00am to 12.00pm	Everyday MoneySkills
13 November	Western Community Centre 10.00am to 12.00pm	Everyday MoneySkills
9 December	Pukete Neighbourhood House 10.00am to 12.00pm	16 Sleeps Til Christmas
11 December	Western Community Centre 10.00am to 12.00pm	14 Sleeps Til Christmas

Want to know the haps in Nawton?

Tune into OutWest Radio

By *Vicky Haden-Jones*

Out West Radio is brought to you by the Western Community Centre and keeps you up to date with what's happening around the neighbourhood. Lively chat, interesting events and how to get involved with your community centre built at the heart of Hamilton. Out West Radio Episodes can be found on Free FM across the Waikato on 89.0FM, livestream via freefm.org.nz or on your Google Home or Alexa smart speakers [just ask your device to "Play Free FM eighty-nine point zero"] on Fridays at 11am. Of course all episodes can be found as 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/Content-Creator.aspx> 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.



Have your say...



WHAT ADVICE WILL YOU ALWAYS REMEMBER?

Ngaretia

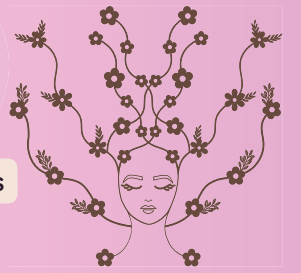


If you fail to prepare, be prepared to fail

Delmiria



Do the mahi get the treats



Lillyanne



Love yourself like you love others

Kassie



Live life to the fullest

Don't stop eating cause food is life

Ariella



Toa Whakapuawai - Boys Group

By Thomas Hunt

Term 2 is here and we have got heaps happening for the boys this term. After a solid start to the year, we are keen to keep the energy going with more opportunities to connect, try new things, and just enjoy hanging out together.

Mentoring is still a big focus for us. We want our boys to have good people around them, spaces where they can talk openly, get support, and build confidence in themselves. Sometimes it's the small conversations and check-ins that make the biggest difference.

We have also got plenty planned outside. There's sports, challenges, outdoor activities, and group trips happening throughout the term. These are always good chances for the boys to get

active, have fun, and build stronger connections with each other.

You'll find us hanging out every Friday's during the school term at the Western Community Centre (46 Hyde Ave, Nawton) 3:30pm - 5:30pm. Email tom.hunt@wccham.org.nz if you would like to sign up your Youth (Ages 13-19) today.



#TAIRANGA

HANG OUT SESSIONS | FOOD | SPEAKERS | OUTINGS | ACTIVITIES | EVENTS

BASED AT THE
WESTERN COMMUNITY CENTRE
Thursday Evenings 3.30 - 5.30pm
(during school terms)

GIRLS YOUTH GROUP
AGED 13-18YRS.

Western Stars After School Care Programme

Monday-Friday
From 3pm till 5:30pm

After School Care \$16.50 Per Day

Transport \$4:50 Per Day

Western Community Centre
46 Hyde Ave, Nawton
Hamilton

Phone: 078474873
Email: westernstars@wccham.org.nz
Website: www.westerncommunitycentre.org

Tamariki on the move: Learning on Wheels at Grandview Kindergarten

By Ange Clear

At Grandview Kindergarten we have recently had an amazing bike track constructed, and our tamariki have been thoroughly enjoying our new bikes and the opportunity to explore it. The excitement each day is contagious as children eagerly put on their helmets/pōtae haumarū and set off around the track with huge smiles and growing confidence/māia.

Alongside all the fun and adventure, tamariki have been actively learning about bike safety and how to care for themselves and others while riding. They are learning the importance of wearing helmets correctly, watching where they are going, slowing down when needed, and being aware of the people around them. Through these experiences, tamariki are beginning to understand how to make safe choices and take responsibility/kawenga for their own wellbeing.

As they ride together, tamariki are also developing many valuable social skills. They are learning to wait patiently for their turn, communicate with one another, share the space fairly, and show consideration and kindness to their peers. We often hear encouraging words being exchanged as children support one another to navigate the track, practice balancing, or gain confidence trying something new. These interactions are helping to strengthen friendships and build a strong sense of belonging within our kindergarten environment.

The bike track has become much more than just a place for physical activity.

It is a rich learning environment where tamariki are building coordination, balance, spatial awareness, and confidence in their physical abilities. At the same time, they are strengthening their independence as they make decisions, solve problems, and learn how to work together/mahi tahi as a group.

It has been wonderful to watch tamariki challenge themselves, celebrate each other's successes, and grow in confidence every day. The bike track is providing endless opportunities for learning through play while supporting children to become capable, confident and caring learners.



A quick guide to understanding your power bill

Source: <https://billy.govt.nz/resources/understanding-your-bill>

What information is featured on my bill?

Most power bills break down into two main parts:

What you're being charged for

This is the amount of electricity your household has used, shown in kilowatt-hours (kWh) — the way power use is measured. A kilowatt-hour (kWh) measures how much power, kilowatt (kW), is used per hour (h).

For example, a kettle consumes up to 2400 watts of energy when it's switched on - that's 2.4kWh if it runs for an hour non-stop. Or, in a family home, an average hot water cylinder will be on for 2-4 hours a day, which will consume around 8-12kWh per day.

Depending on your plan, your usage may be split into different types, like 'anytime', 'controlled', or 'off-peak'. If you have solar (or other generation), your bill will also show any excess power you've sold back to the grid.

How those charges are worked out

This section shows how your power company turns your usage into a dollar amount, which usually includes:

Daily charge — a fixed daily fee for being connected to the network.

Price per kWh — what you pay for each unit of power used.

Metering fees — the cost of maintaining and reading your meter.

Government levies — a

compulsory charge that all households pay.

What other services does my power bill cover?

New Zealand's electricity sector is made up of many different services working together, and your power bill reflects the cost of all of them.

Every time you pay a bill, you're covering the combined effort of:

Generating the electricity — power stations and generators that produce electricity and sell it on to power companies, who sell it on to you.

Transmitting it across the country — moving that power through the high-voltage national grid.

Delivering it locally — managing the lines company network that brings power right to your home.

Maintaining meters and infrastructure — keeping your connection safe, accurate, and easily monitored.

Retail services — the company that buys energy on your behalf, sets your plan, manages your account, handles billing, and provides customer support.



Nawton Community Collective – 1 Year Young

Last month we celebrated the 1st anniversary of the Nawton Community Collective – a growing network of ordinary locals, working together to leverage our collective strengths and resources for the common good of this suburb we call home. We'd like to think we're not crazy, instead believing that good, healthy, satisfying 'solutions' can be found uniquely in community. Or as Majora Carter says, "You don't have to move out of your neighbourhood to live in a better one."

Recent months have seen us organise a fantastic 'Love Nawton' event and a Community Working Bee at the Nawton Shopping Centre. We've also entered a partnership with its Body Corporate around a project to develop the central courtyard. The vision is for a welcoming, vibrant hub that builds our sense of belonging, connection, and community. Financial constraints and the current

economic climate have meant the shopping centre has been unable to take this on. For us though, this is exactly the kind of opportunity where we can work together for the benefit of all.

To this end, we're applying for funding towards an extensive mural, some outdoor tables and chairs, potted trees, and play elements to the space. We're also working with a local business to tidy and beautify the perimeter hedge, and with City Council to support new pathways and bike initiatives. All good things take time, but the fact that this is "by, with, and for the community" excites us no end.

So, you're invited to join us on the 1st Thursday of every month, 6:30pm at Western Community Center. It's relaxed, friendly, and begins with a light kai. Everyone is welcome, of value, and has something vital to contribute. Check out our Facebook page for upcoming events and updates



Term 3 Adult Education Courses Open – Learn Something New This Winter

Looking to build new skills, explore a hobby, or boost your confidence? Enrolments are now open for Term 3 Adult Community Education courses, with a wide range of affordable and engaging options available for the local community.

Kicking off from Monday 20 July 2026, this term's programme offers something for everyone – whether you're interested in business, technology, creativity, or hands-on practical skills.

One of the standout offerings this term is Accounting for Non-Accountants, an 8-week course starting Wednesday 22 July. Priced at just \$79, this course is ideal for small business owners, employees, or anyone wanting to better understand finances in a practical, easy-to-follow way.

Technology continues to be a strong focus, with a range of Artificial Intelligence (AI) courses available. After a fully booked Term 2 class, AI for Work and Business returns in Term 3 starting Thursday 20 August. For beginners, AI Introduction: A Beginner's Guide to Artificial Intelligence and AI: First Steps into Artificial Intelligence both start in late July and are fully funded, making them accessible entry points into this fast-growing field.

For those wanting to improve everyday skills, Basic Computer Skills for Absolute Beginners begins Tuesday 21 July for just \$15, while MS Excel for Work and Business and Power BI Made Easy offer more advanced digital training.

Creative learners are well catered for, with courses such as painting, photography, crochet and sewing. Highlights include Dive into Paint courses for all levels, Photography DSLR classes, and a variety



of Learn to Sew options. There are also unique offerings like Creative Presence – Mixing Mindfulness and Collage.

Food lovers can explore global flavours through Indian Cooking, Vietnamese Cuisine, Chinese Cooking and Easy

Korean Cooking, while practical lifestyle courses such as Home Gardening Made Easy and Beekeeping (Hybrid) provide hands-on learning opportunities.

Career and business-focused courses include Introduction to Small Business &

Entrepreneurship, Employment Law for Small Business, and Public Speaking with Confidence, helping learners build skills for work and personal development.

Short workshops and Saturday classes are also available, including barista training, drone introduction, landscape design, and confidence-building sessions.

With many courses funded or low-cost, Adult Community Education continues to make learning accessible to everyone in the community.

Spaces are limited and some courses fill quickly, so early enrolment is recommended.

For more information or to enrol, Website www.fraserace.ac.nz

Email Comed@fraser.school.nz or phone 07 846 8624

72 Ellicott Road, Nawton
Hamilton, NZ
comed@fraser.school.nz
(07) 846 8624

www.fraserace.ac.nz

FIND US ON SOCIAL MEDIA!

Fraser Adult Community Education



FRASER ACE

Adult Community Education



Low Cost Community Fitness Classes

Great news. We have been approved as an accredited provider for our new Strength and balance classes which run on Mondays at 12.00pm-12.45pm and Fridays 10.00am-10.45am.

These classes are suitable for all fitness levels and ages and is a low intensity full-body workout. This will help to improve your flexibility, balance, and core strengthening. Standing and sitting options are available at every class.

These new classes have been a hit with the community, and we warmly invite you too. Classes are \$2 per session.

For the more active participants we also have 3 FREE fitness classes running at the Good News Community Centre, 78 Breckons Ave, Nawton. If you been thinking about moving more in a social

environment, then these classes are for you. We have

Circuit with Josh on Mondays from 7.15pm-8.00pm.

A rotation of cardio and strength activities with plenty of variety.

Hip Hop with Wai on Tuesdays from 5.15pm-6.00pm.

Get your groove on as you learn a new dance each week.

Box fit with Isaiah on Wednesdays from 7:00pm-7.45pm.

Gloves provided come and learn good technique as you build up your strength learning a variety of moves.

Classes for all aged 14 -99. We look forward to seeing you soon.

No need to register, but if you wish to contact the office you can call us on 850 5020 or email goodnewscommunitycentre@gmail.com.



Citizens Advice Bureau

By Sharon Morrison

Citizens Advice Bureau are on site at the Western Community Centre every Wednesday from 10.30a.m. to 12.30p.m. At other times, face to face interviews are available at the main office at 55 Victoria St, Hamilton. There is a freephone (07)8390395 and you can also chat online from the cab.org.nz website (see the lower right corner).

We deal with a broad range of subjects and questions including consumer, tenancy, motor vehicle, immigration, WINZ to name just a few. On cab.org.nz there is also a Community Directory with contact details for other organisations.

CABNZ are promoting a website which is aimed at Youth – “Our new website for young people contains information about legal rights and responsibilities and ways forward, and covers key issues raised by CAB’s youth clients. We’ve developed the site to be a go-to online information resource and source of help for

rangatahi. The CAB Youth website is at <https://youth.cab.org.nz/> As an organisation, CAB aims to provide any assistance required by our youth in a non-judgemental environment. Young people need to be supported and encouraged to be valued members of our community as they are the future and we would like the future to be in “safe hands” for the benefit of all.

Everyone is welcome at the CAB!

Not sure?
ASK US.

Citizens Advice Bureau
Ngā Pou Whakawhirinaki o Aotearoa

MINDSET
self-defence & close quarters combat

Empower Yourself with Our Women's Self-Defence Workshop!

Get ready for the most intense, comprehensive & hands-on self-defence training in New Zealand and Australia!

This isn't just another class!! It's an immersive experience designed to equip you with the skills, confidence, and techniques that you need to stay safe.

WESTERN COMMUNITY CENTRE
46 Hyde Avenue, Nawton, Hamilton
25th & 26th July 2026
10am - 4:30pm

Register at selfdefencecourses.co.nz
Contact: info@selfdefencecourses.co.nz

KEEP YOUR HOME warm and healthy

You may think you are doing everything possible to avoid wasting energy but check out these tips to make sure your house is as warm, dry and healthy as possible.

Bathroom

Mould causes health issues. Remove any mould by spraying with white vinegar, let set, then wipe.

Shower

If your shower fills a 10 litre bucket in less than a minute, fit a shower flow restrictor to cut hot water costs significantly.

Range hood

Use extractor fans to remove moisture.

Heat pump

Only have heat pumps and gas fires turned on when you're home and using the room.

Television

Turn off appliances at the wall to save \$\$.

Open windows

Open windows regularly to remove moisture and prevent damp and mould.

Draught stopper

Tighten hinges, catches and latches to stop heat loss. Use draught stoppers.

Unflued gas heater

Unflued gas heaters can be bad for your health. Never use them in the bedroom! A cheap portable electric heater costs less to run and won't make your house damp.

Light bulbs

Change to energy efficient light bulbs. Each high-use bulb you replace can save you up to \$20 a year.

Clothes lines

Dry your clothes outside (a clothes dryer costs about \$1 per load). Drying clothes inside can cause damp and mould.

Firewood

Dry firewood gives more heat. Dry for at least a year and store in a shed/garage or under cover.





Fraser Production 2026 **The Groove Museum**

A huge congratulations to the entire cast and crew of The Groove Museum for an incredibly successful production! It was a privilege to be the very first school to perform at the brand-new, state-of-the-art BNZ Theatre right here in Hamilton, and we are so grateful for their support in hosting us.

The production was a story about when a reluctant teenage sister takes her excited little sister to the museum, and they discover the exhibits magically come to life. Featuring live music, vibrant cultural dance, and iconic sounds through the ages, The Groove Museum was a high-energy journey celebrating rhythm, culture, and the power of music. Our students sang, danced and performed their hearts out – leaving it all on the stage.

We would like to extend a heartfelt thank you to all the school and community groups who attended our matinee show, as well as the whaanau and community members who joined us for a brilliant evening show. It wouldn't have been possible without our Fraser community and staff, from costume design through to cheers from the audience, you brought the show to life.





Sports Exchange with Whakataane



We had the privilege of hosting Whakataane High School on Tuesday, 21 April, for our first annual sports exchange. The day was filled with excitement as students competed in rugby, netball, basketball, hockey, badminton, and football. Our school came alive with cheers and sporting spirit, showcasing outstanding competitiveness from both schools. A special mention was made by the Whakataane Sports Director regarding the exceptional manaakitanga, respect, and hospitality demonstrated by our players, staff, and teams throughout the event.

Congratulations to Whakataane High for being the overall winners and taking home the shield this year! A big shoutout to all the competitors for their hard work and dedication, and a heartfelt thank you to our incredible volunteers who managed, umpired, and coached the games. We're already looking forward to next year's exchange and more friendly competition in the future.



Alex Tarrant Returns to Inspire Students



We had the absolute pleasure of welcoming back ex-Fraser student Alex Tarrant, who returned to our kura to share his journey with our students.

Alex attended Fraser from 2005 to 2008 and, during his time here, immersed himself in the performing arts. With the encouragement of our wonderful English teacher, Mrs Mandy Falkner, Alex became involved in the local Shakespeare competition, where the Fraser team achieved outstanding success. After winning locally, the team travelled to Wellington for the national festival, where Alex was named Best Shakespearean Actor of the Festival. This remarkable achievement earned him a trip to the Globe Theatre in London, where he took part in workshops with some of the world's leading Shakespearean actors.

Alex's passion for performance continued to grow while at Fraser. He appeared in school productions of Grease and High School Musical. His experiences helped lay the foundation for what has become an extraordinary career in the performing arts.

After graduating from Fraser, Alex attended Toi Whakaari, New Zealand's leading drama school, and from there his career has gone from strength to strength. He began with major roles in New Zealand and Australian productions, including Shortland Street, Filthy Rich, 800 Words, and Seachange. His international career took off when he secured the role of Valandil in Amazon Prime's The Lord of the Rings: The Rings of Power. He then went on to play Kai Holman in the CBS series NCIS: Hawai'i and is currently starring in the CBS comedy DMV, which has taken the United States by storm.

Alex is currently back in New Zealand promoting the film Sergeant Haane, in which he plays the lead role of Lieutenant Sergeant Haane Manahi. The film shares the powerful story of Manahi's courage, leadership, and service during WWII.

It was incredibly special to have Alex return to Fraser and speak so warmly about the impact our school had on his life. His story is a powerful reminder to our students that talent, opportunity, encouragement, and hard work can open doors far beyond what we might first imagine.

We are very proud to celebrate Alex as part of our Fraser whaanau and grateful for the inspiring message he shared with our students: anything is possible!





Rotorua Sports Trip

In week 3 of term 2, my NCEA Level 3 PE students and I headed to Rotorua for an amazing experience designed to bridge the gap between our classroom and the outdoors. Our trip focused on two areas: applying risk management strategies in real-time and learning for our upcoming Training for a Purpose assessment.

To ensure the students got the most out of the experience, I split the class into two groups. We ran a rotation across the two days, with one group taking to the water for Waka Ama while the others tackled the mountain biking trails, before swapping roles the following day. This allowed my students to focus on the physical demands and safety protocols of each activity. Despite some very cold morning temperatures, we were treated to stunning, clear weather, and I even saw many of them braving a swim in the crisp Rotorua waters.

It was awesome to see the students apply their Term 1 learning to these real-world scenarios. The insights gained on the trails and the lake will be invaluable for their upcoming internal assessments. We hope these two days provided the students with memories and experiences that will last a lifetime.



Harlem Globetrotters Visit

On Thursday 1 May, we had a special visit from two of the world-famous Harlem Globetrotters - Alex 'Moose' Weekes and Kaylin 'Sunshine' West. A special training session was held for our basketball players, including an interactive skills workshop, playing 'knockout', watching trick shots and a Q&A for those interested in pursuing basketball at a higher or professional level.

Moose and Sunshine were moved by the warm welcome they received and shared how much they appreciated the energy and enthusiasm of our students. It was a fantastic opportunity for our Fraser ballers to come together and be inspired. Our Senior Premier boys are now requesting a team bonding field trip to their show!



Project K returns to Fraser High School



Project K is a transformative 14-month programme for Year 10 students, structured around three core pillars: a wilderness adventure, a community challenge, and a one-on-one partnership with a trained mentor. By focusing on confidence, life skills, health, and positive relationships, the programme empowers rangatahi to believe in their own potential and find clear purpose in their lives.

After an over 8 year hiatus, we are incredibly proud to bring Project K back to Fraser High School and offer this life-changing opportunity to our students again. This year, 11 Fraser students began their journey with Hillary Outdoors.

Teacher Recognition: Mr Tarun Kumar



Mr Tarun Kumar, who teaches in our Mathematics department, was recognised recently by the New Zealand Indian Central Association for his long-standing commitment to the NZICA. This honour recognises Mr Kumar's dedication, service, and sustained contribution to their national organisation.

The Merit Certificate was presented to him by Mr Mukesh Ghia from the office of the Indian High Commission and Dame Ranjana Patel.

Congratulations Mr Kumar!

ANZAC Commemorations



We gathered on Wednesday, 22 April, for our annual ANZAC Assembly. Waka classes talked about this special day and its significance before attending. Fraser High is proud to remember and honour the courage of those who served in the past and those who continue to serve today. The students' respectful participation in the minute of silence was exemplary. Their conduct made it clear they understood the gravity and solemn nature of the occasion.

We would like to thank Banx, Renee, Alivia, Eden and Finn for attending the Dawn and Community Commemoration on ANZAC Day on behalf of Fraser High School.



International Basketball *Philippine–New Zealand*



Our Fraser ballers Stefan, Lance and Perzeus recently travelled to the Philippines to represent the Philippine-New Zealand basketball team. It was an incredible experience for them to play in a new country, gain international exposure and level up their skills, while proudly representing Fraser on the global stage.

Perzeus competed in the U14 squad, where the team played against top international and local teams, using every encounter as a chance to learn and improve their game.

Stefan and Lance competed in the U18 team, alongside former Fraser ballers. They faced elite competition from the USA, Australia, and the Philippines. They reached the quarter finals and finished 5th in their grade.

Easter Market



Our senior business students hosted an Easter-themed market. Teachers and students supported the event, making purchases of various products, including candles, bath bombs, perfume, and little bunny-shaped gift bags.

Waka Ama Nationals



Alivia Morley represented Fraser with pride at Waka Ama Nationals. She delivered an outstanding performance in the U19 Girls W1 250m, finishing in the top 10 against strong competition - a true display of skill, determination, and commitment.

Meditation Session



Our level 1 Health Studies students have recently been exploring hauora and the different factors that influence wellbeing. Thank you to O-Studio for the guided meditation session where students were able to engage in mindfulness practices in a real-world context.

“I feel centered and more connected with myself. It helped me see my thoughts more accurately.” - student reflection

Otago Mathematics



Congratulations to the 40 students from years 9–11 who dared to succeed representing Fraser in the University of Otago Junior Mathematics Competition, alongside some of the top young mathematicians across New Zealand.

A special mention to Heber Walmsley (Year 9), who achieved a score placing him in the Top 15% nationwide, which is an excellent accomplishment.

Pink Shirt Day 2026



This year, Pink Shirt Day was celebrated nationwide on Friday, 15 May. A day dedicated to spreading aroha, kindness and ending bullying takes place each year on this day. Shout out to our Junior Council students for organising activities, including a picture frame and a poster for students to write personal messages of encouragement. Embrace the challenge to: “Kōrero Mai, Kōrero Atu, Mauri Tū, Mauri Ora” – speak up, stand together, and stop bullying!

Students Explore the Gardens



On 18 February, 95 Year 13 English students, spent the afternoon exploring the Hamilton Gardens. It was an exciting opportunity to connect with one another, enjoy the surroundings, and take part in a range of creative activities.

Students moved enthusiastically from garden to garden, searching for hidden objects and capturing images, while also finding quiet spaces to craft haiku and sonnets. Some groups entertained onlookers by reciting Juliet’s famous speech to Romeo, while others embraced movement, attempting a coordinated Bollywood-style dance.

Congratulations to the winning groups, who demonstrated outstanding creativity, collaboration, and commitment. Their efforts were rewarded with well-earned prizes, including pizza and treats.

What's on at Western Community Centre

46 Hyde Ave, Nawton | P: 8474873 | E: admin@wcccham.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, lamination, 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 veggie 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 photos 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 necessary.

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 ngahuaia@wcccham.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 freem.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.

Chain Link

Does your bike need fixing or a fine tune? Then bring it along to the Western Community Centre carpark where you will find us every last Saturday of the month 10am - 11am. Please message us on our Facebook page (Chain Link Hamilton) if you would like to donate parts or tools pm message us.

WESTERN Community News

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

WAIKATO TimeBank

MONTHLY FAIR SHARE MARKET

Crop Swap 9am

Share your abundance from your garden, hands or kitchen. Fruit, veges, seedlings, recipes, preserves, baking...come and share, swap and connect.

Craft Swap 10am

Where creativity finds new hands! Share surplus and creations, connect with fellow crafters and spark new ideas.

Repair Co-Op 10-12pm

We can mend a variety of small electrical items, computer problems, phones and clothes. We can offer advice and a friendly ear but what we love to do is share our repairing skills

WESTERN COMMUNITY CENTRE
46 HYDE AVE
NAWTON

The Second
Saturday
of every
month



The Mental Load: Quietly Impacting Relationships

By Jenny Ensing

Sarah was washing bottles when she casually asked, "Hey, did you end up booking the baby's appointment?"

Matt looked up. "Ah, no. It completely slipped my mind."

Now, here's the interesting part. For a lot of couples, this is the moment where the conversation suddenly stops being about the appointment. What's really happening underneath is often something much bigger: mental load.

Sarah sighed. "I think I'm just feeling overwhelmed trying to keep track of everything all the time."

And honestly? That feeling is incredibly common, especially for parents with young children. One partner often becomes the "manager" of family life — remembering appointments, noticing when the wipes are running low, planning meals, keeping track of school notices, birthdays, routines, and about a thousand tiny invisible tasks nobody sees.

The tricky thing is that the other partner is usually working hard too. But there's a difference between doing tasks and carrying the responsibility of having to remember them.

Matt softened. "I didn't realise how much you were holding in your head."

That's the conversation many couples actually need. Not blame. Not scorekeeping. Just understanding.

Right now, families are under pressure. Rising costs, exhaustion, work stress, parenting — it all adds up. And when people are stressed, communication often becomes transactional. Couples stop connecting emotionally and start sounding like project managers running a very tired household.

The good news? Small shifts make a huge difference:

1. Share responsibility, not just chores.
2. Check in emotionally, even for ten minutes a day.
3. And say thank you more often than you think you need to.

Because strong relationships are not about never feeling stressed. They're about remembering you're on the same team while life feels stressful.

For support balancing mental load, please contact Jenny at www.couragecounselling.co.nz / 0275367464

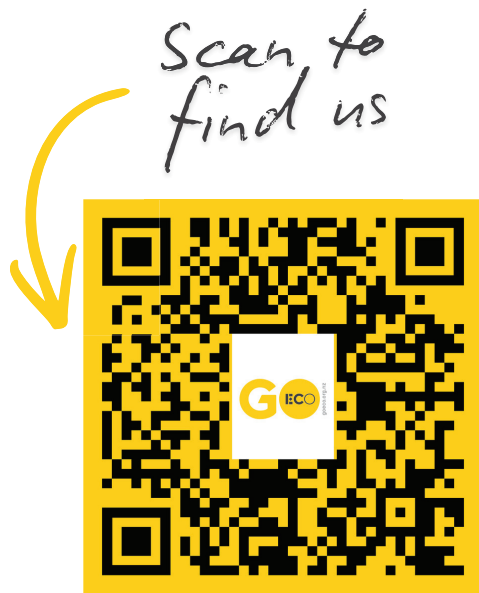


New here? We're Go Eco, a community-led, Te Tiriti-honouring environment centre. We prioritise Māori and hapū-led knowledge and practical solutions that make change easy and more affordable.

We support thriving communities, where people, whenua, and taiao are in balance, working together for a sustainable future.

LEARN SOMETHING. MEET SOMEONE. DO SOMETHING.

Come find us this month. Meet the team, learn something new, ask questions and connect with people who care about our community and te taiao.



GOECO.ORG.NZ

IT'S CITRUS SEASON

Do you have more fruit than you can eat? Share your bumper crops with Go Eco's Food Rescue.

Instead of food rotting on the ground, your fresh, local kai will be redistributed to community centres across Waikato, nourishing families and neighbours.

You can drop fruit directly to our office at 25a Devon Road, Hamilton, or if you're having trouble picking it, our Food Rescue team can even come and help harvest. on a Tuesday. Anyone with excess fruit can get in touch by emailing hello@goeco.org.nz



SAVE MONEY ON YOUR POWER BILL THIS WINTER

With the average NZ household paying around \$200 a month on power, and winter bills running 20–30% higher than summer, it's worth knowing where your electricity is actually going:

- Water heating – 27%
- Electronics – 20%
- Refrigeration – 17%
- Lighting – 15%
- Space heating – 15%
- Cooking – 8%
- Clothes drying – 3%

Water heating and electronics alone account for nearly half of your bill.

The easiest changes cost nothing: only heat the rooms you're in, dry clothes outside, run the washing machine on cold, and turn things off at the wall. Appliances left on standby can add \$100–\$150 to your annual power bill.

If you can spend a little, thermal-backed curtains, LED bulbs, a hot water cylinder wrap, smart plugs, and a timers. Bigger investments like insulation, double glazing, and solar panels save more over time. Full home insulation saves around \$340 a year (EECA). It's also worth shopping around on your plan. Billy (billy.govt.nz) and Powerswitch (powerswitch.org.nz) both help you find the cheapest provider for your address.

Go Eco offers free Energy Workshops and comprehensive Home Fit assessments. Get in touch to find out more about their Climate Resilience Programme.

Get in touch with questions;
parakore@envirocentre.org.nz



@GOECOWAIKATO

For more money saving tips follow us on Instagram.

Affordable Pathways to First Home Ownership in Hamilton through Bridge Housing Charitable Trust

For many in Hamilton, the dream of owning a first home can feel out of reach. Rising house prices and the challenge of saving a deposit often delay buyers from entering the market. However, community-led initiatives are opening new doors for local residents. The Western Community Centre is supporting awareness of affordable home ownership options through Bridge Housing, a charitable trust established to help everyday working Kiwis step onto the property ladder. Their programmes offer innovative pathways such as shared equity and rent-to-own programmes. Our developments are situated in Te Awamutu, Cambridge, Hamilton CBD and soon to be Te Awa Lakes at Horotiu.

Our latest development - Hinemoa Apartments in central Hamilton, featuring one- and two-bedroom apartments available as Freehold, Shared Equity or Rent to Own options. Shared equity allows buyers to purchase around 80% of a home while Bridge retains a portion, lowering mortgage requirements and giving you a further 5-10 years to purchase back and own Freehold. Meanwhile, rent-to-own enables residents to rent while building savings, with support such as matched contributions toward a

future deposit. This gives long term rental stability moving towards owning it when you have had time to save your deposit.

To help locals learn more, an information session will be held at the Western Community Centre from 6:00pm to 6:45pm Wednesday July 8th. This is an opportunity to explore whether these flexible pathways could help turn home ownership into reality. For more information, visit www.bridgehousing.co.nz or contact us at info@bridgehousing.co.nz. Visit our Hinemoa Apartment open homes every second Thursday from 5pm - 5:30pm - July 9th and July 23rd. 360 Tristram Street, Hamilton.



TLC Funerals (New In Town)

Welcome to TLC Funerals, established to provide families with choices and affordable options towards funeral cost. Covering Hamilton and surrounding areas. We are newly located at 12A Hall Lane, Frankton, Hamilton.

We understand that losing a loved one is one of life's most difficult experiences, and during these moments, families need compassion, guidance, and support they can trust.

At TLC Funerals, we believe every farewell should reflect the life, values, and wishes of the person being remembered. We know that every family grieves differently, which is why all conversations and arrangements are treated with sensitivity, confidentiality, and care. We know it's hard to talk about, but we will take the time to listen and help you create meaningful farewells that honour your loved one in a personal and

respectful way.

We offer affordable funeral packages that can be customised to suit the personal needs of each family. Whether you are planning ahead or arranging a service unexpectedly, our team is here to gently guide you through each step with understanding and professionalism.

With our processes taking within three to four hours, your loved one can be transferred to your Marae or family home, allowing whānau time to prepare, come together to begin the farewell process in comfort and peace.

Cremation and burial are deeply personal decisions, often guided by the wishes of your loved one and your family traditions. At TLC Funerals, we are here to support and walk alongside you during this important time. Call in and call us on 0272903051 Email us on: office@tlcfunerals.co.nz.



Bike to sport

Bike to your sports games at Gallagher Hockey Centre, Discovery Park or Elliott Park and be in to win Ninja Valley passes!



When

Saturday 13 June 2026
Gallagher Hockey Centre, Frankton

Saturday 20 June 2026
Discovery Park, Flagstaff

Saturday 27 June 2026
Elliott Park, Newton

Live too far away to bike?

Find park and ride options at hamilton.govt.nz/biketosport

cycling@hcc.govt.nz

07 838 6699

[HamiltonCityCouncil](https://www.hamiltoncitycouncil.govt.nz/)

Bike in and spin the winning wheel for a prize!



In collaboration with Te Kaaroro Nature Precinct & the Rotary Clubs of Kirikiriroa Hamilton

Community Planting Day

20 June 2026, 1-4pm

Rain or shine

All welcome!
Refreshments available

Waiwhakareke Natural Heritage Park

Baverstock Road
(near Hamilton Zoo)

Bryce Weal 021 940 662
events@waikatosunrise.org.nz



Te Kaaroro
NATURE PRECINCT



Please bring:

- spade
- gloves
- wet weather gear
- sturdy footwear
- drinking water