

WESTERN Community News

YOUR PEOPLE ~ YOUR PAPER

Issue 126 (Whiringa-ā-nuku / October 2023)

Delivered to over 19,000 homes throughout Hamilton West



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BIKE HUB

Bike need fixing?

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Decision 2023

Hamilton West Candidates



Don't really know who to vote for in the upcoming elections for the Hamilton West Electorate? Take a look inside and see what the candidates have to say and why you should give them your vote!. See page 4 & 5

Could you have Hep C?

Stick it to hep C



Can you answer yes?

Have you ever: Had a tattoo or piercing? Injected drugs?
Been in Prison? Had jaundice or abnormal liver test?
Lived in or had health care in Asia, the Middle East or
Eastern Europe? Had a blood transfusion before 1992?

Visit West Hamilton Pharmacy for a
Free Instant Check to see if you have been exposed to hep C.
'A simple finger prick, takes 5 minutes for result'



West Hamilton Pharmacy

Nawton Shopping Centre, Hyde ave, Phone 8463121, westhamiltonpharmacy01@gmail.com

RUDI DU PLOOY

HAMILTON WEST

VISION

NEW ZEALAND

PARTY VOTE
FREEDOMS
NEW ZEALAND

Authorised by A Williams, 44 Bob Charles Drive, Giffords, Auckland 2013

Get ready to enrol and vote



Why enrol to vote?

If you're enrolled to vote, you get to have a say in general elections, local elections and referendums. Elections are your chance to have a say about who represents you on the issues that you care about.

You can make sure your voice is heard by enrolling to vote.

Who can enrol to vote?

You must enrol if you:

- are 18 years or older, and
- are a New Zealand citizen or a permanent resident of New Zealand, and
- have lived in New Zealand for more than one year continuously at some time in your life.

If you are Australian, Cook Islands Māori, Niuean or Tokelauan, you can enrol if you have lived in New Zealand continuously for 12 months.

If you live overseas you can enrol for the 2023 General Election if you:

- are a New Zealand citizen who has been in New Zealand in the past 6 years, or

- are a permanent resident of New Zealand who has been in New Zealand in the past 4 years.

After the 2023 election this will change back to 3 years for New Zealand citizens and 12 months for New Zealand permanent residents.

For electoral purposes, a permanent resident is anyone lawfully in New Zealand and not required to leave within a specific time. This includes someone on a resident visa.

You can enrol once you turn 17. When you turn 18, you'll be automatically enrolled and you'll be ready to vote.

How do I enrol?

It's easy to enrol or update your details. You can:

- visit vote.nz and use your New Zealand driver licence, New Zealand passport or RealMe verified identity to enrol online
- call free **0800 36 76 56** and ask for a form to be sent to you

When you've enrolled, your name will go on the electoral roll. You must be on the electoral roll to vote.

You need to update your details every time you move house.

Concerned about your personal safety?

If you're concerned about your personal safety, or that of your family, you can apply to go on the confidential unpublished roll. We'll keep your enrolment details secure and we won't give them to anyone.

Go to vote.nz or call **0800 36 76 56** for more information and an application form.

Enrolling to vote if you are Māori

If you're of Māori descent and enrolling for the first time, you have an important choice to make. You need to decide which electoral roll you want to be on: the general roll or the Māori roll. Your choice affects which electorate you vote in at the general election.

If you choose the general roll, you'll vote for a candidate in a general electorate.

If you choose the Māori roll, you'll vote for a candidate in a Māori electorate.

You will vote for the same list of political parties whichever roll you're on.

The roll you choose may affect the way you vote in local elections. If you're on the Māori roll and your local authority has a Māori ward or constituency, you'll vote for candidates in the Māori ward or constituency.

You can change the roll you're on at any time except in the 3 months before a general election and the local elections, and in some circumstances before a parliamentary by-election.

Want more information?

For more information about enrolling and voting:

- visit vote.nz
- call **0800 36 76 56**

Information about enrolling and voting is available in multiple languages at vote.nz

Need help to enrol?

You can ask someone you know, such as a friend or family member, or you can ask our enrolment team, to help you complete your enrolment form, or to complete your form for you.

You need to sign the form.

If you know someone who can't complete and sign their enrolment form because of a physical or mental impairment, you may be able to help.

Go to vote.nz to find out more about helping someone enrol to vote.



Enrol. Vote. Be heard.

vote.nz
0800 36 76 56



Enrol & Vote at Western Community Centre

Mon 2nd Oct & Tues 3rd Oct, 10am to 4pm

Thur 5th Oct, 5.30pm to 8pm

Fri 6th to Wed 11th Oct, 10am to 4pm

Thur 12th Oct, 10am to 7pm

Fri 13th Oct, 10am to 5pm

Sat 14th Oct, 9am to 7pm (Election Day)



46 Hyde Ave, Newton

• YOUR SAY •

ONE BUCKET LIST ITEM TO TICK THIS HOLIDAYS...

MAX
See the Warriors Win!!!

SANDY
To simply live well & help others.

EMMA
Bungy Jump!

LESLEY
See the Broncos Dominate!!!

HAMISH
Watch the Warriors take the 'W'!

Western Community News – Whiringa-ā-nuku / October 2023 **3**

Hamilton West Electoral Candidates 2023

Susan Stevenson - ACT New Zealand

Born to sustainable Southland farmers. My Scottish/Irish grandparents migrated to New Zealand to survive the impacts of colonisation. I value freedom, responsibility taking, hard work, serving others, and equity for all. I have lived in West Hamilton for over 15 year, have 6 sons, and now lead research-based education and wellbeing businesses. I support Freedom, responsibility taking, looking after the environment, economy, and our quality of life. I hold 5 teaching, 4 education including a University of Otago master's plus postgraduate Victoria University strategic leadership qualifications.



I have entered politics due to my concerns about our country, high cost of living, lawlessness, division, lack of homes, education, health, and growing poverty. I will work for real changes in the above areas. I see well-meaning but ineffective policy and leadership, in education and other areas which have led to waste, neglect, and division. I will contribute my considerable practical experience to solution creation. I am standing for office because I want to support improvements in the lives of those living in Hamilton West and ACT is the only party that will do this.

Rudi Du Plooy - Vision New Zealand

Rudi du Plooy, brings eight years of political experience from his role as a City of Johannesburg Councillor, where he served on key committees. Now in New Zealand, Rudi is determined to combat increasing crime rates and emphasizes the need for effective plans and policy changes to restore safety and freedom to our communities. His background instills confidence in his leadership.

Rudi serves as the President of Grey Power Hamilton, actively striving to enhance the lives of seniors. Additionally, as the Past Vice President of the Hamilton Residents and Ratepayers Association (HRRRA), he maintains his commitment to serving the people of Hamilton. "Citizens have a right to have a government they can rely on, one that listens to their concerns. Many have lost hope in our political system. I am standing to bring back hope because you are important. I work for our families for a better tomorrow. I am the candidate for Vision NZ in the ward. Vision NZ is a component party of the umbrella party Freedoms NZ. If you want real change, then Party Vote Freedoms NZ."



Tama Potaka - National Party

Kia ora I am Tama. I am honored to represent the Hamilton West electorate. My journey is grounded in my Māori heritage, connecting me to Ngāti Hauiti, Whanganui, Taranaki, and Ngāti Toa. With a strong educational foundation, I earned degrees in Arts and Law from Victoria University, later completing a Master of Laws at Columbia University, becoming a qualified attorney.

In 2008, I married Ariana Paul, and together we're proud parents of three. My career path includes roles in various organisations, such as Rudd, Watts and Stone, Lake Taupō Funds, Bell Gully, and Tainui Group Holdings.

In 2020, I humbly accepted the position of CEO at Ngāi Tai ki Tāmaki Trust. In 2021, I had the privilege of being selected as one of four lead negotiators for the Mōkai Pātea Treaty of Waitangi claim.

My driving force is to make Hamilton West and New Zealand the best place to grow up and grow old. We have an incredible electorate and the people constantly inspire me. I see the hard work that goes into our city and I know we are and will continue to be one of the best places to grow up and grow old.



Mauriora
Tama

Benjamin Doyle - Green Party

He mihi maioha ki a koutou!
Ko Benjamin Doyle tōku nei ingoa. He uri ahau nō Ngāpuhi, Aerani, me Kōtirana hoki. I tipu ake au ki Whangaparaoa, engari e noho ana au ki Kirikiriroa ināianei.
Kia ora! My name is Benjamin Doyle and I am the Green Party candidate for Hamilton West. I am a pāpā, a teacher, a researcher, and a community organiser. I am also proudly takatāpui and whaikaha. For nearly 10 years I have taught and lead in secondary schools in both Tāmaki Makaurau and Kirikiriroa with a focus on rangatahi Māori achieving equitable educational outcomes. I currently work as a Kaupapa Māori researcher at The University of Waikato, with a focus on Māori education.



My dream is for a society that we are proud to leave for our tamariki mokopuna; a society that thrives because of our caring and reciprocal relationship with the environment; a society that enacts the promises of Te Tiriti o Waitangi and which centres equity and justice in every decision and every conversation; a society where all communities have enough to live safe, happy and fulfilling lives.
Manaaki tāngata, manaaki whenua.
Tihei mauri ora!

Kevin Stone - New Zealand First Party

Kevin Stone has been a loyal member of the New Zealand First team since 1993. A true nationalist, Kevin proudly represents the values of New Zealand First and has held various positions within the party in his service toward a better future for our country.

Originally from Auckland, Kevin has a background in hospitality and is now a business owner based out of Hamilton. He has been involved in community sports organisations around the Waikato area as his children grew up, and following a family tragedy, also became active within the Dignity New Zealand Trust for a time.

Kevin is passionate about fairness and accountability, and is never afraid to speak up for the benefit of New Zealand, and New Zealanders.



Melanie Wilson - Animal Justice Party

Kia ora, I'm Melanie Wilson, the Animal Justice Party candidate for Hamilton West. I've lived in Hamilton West all my life and I see a need for people in parliament who have real compassion for both people and animals. I live in Nawton and I care about those who live around me and I know they need more support. Everyone should be able to take their companion animals with them into a new rental home, everyone should have access to affordable desexing for their companion animals, and everyone should feel safe to walk their dogs without fear of roaming dogs.

The Animal Justice Party stands for compassion, equality and non-violence. Both humans and animals deserve dignity and respect, and we need politicians who live in the area and know the issues to be able to advocate for them in parliament. I value honesty, integrity and kindness and I'm excited at the prospect of representing Hamilton West in parliament. If you wish to contact me, please email mel.wilson@ajpanz.org.nz.



Naomi Pocock - The Opportunities Party (TOP)

Dr Naomi Pocock is the co-founder of STEM Curiosity, a charitable company enhancing science, technology, engineering and maths (STEM) innovation in schools. Most recently, she has served as a lecturer in sustainability and responsible management at the University of Waikato. Naomi's diverse experience encompasses corporate consulting, programme management, and the development of impact-oriented businesses.

Naomi completed a 'post-disciplinary' PhD thesis on the concept of 'home' and gained valuable insights into child development through her journey at Playcentre and beyond. She has also written education policies for The Opportunities Party (TOP), which prioritise the inclusion of children and youth at the heart of the learning process.

Naomi views children as our most vulnerable citizens and strongly believes they deserve a high-quality education to navigate their disrupted future. She emphasises the importance of resilient and adaptable communities but believes that our current systems are letting our children down.

Driven by a strong sense of civic duty, Naomi is deeply committed to the well-being of current and future generations. She firmly believes that solutions exist for every challenge we collectively face and wants to help TOP bring these solutions to New Zealand politics.



Myra Williamson - Labour Party

I'm Myra, the Labour candidate in Hamilton West. I've been reading this newspaper for years because I grew up around here: I went to Jamieson Kindergarten, Forest Lake, Maeroa Intermediate and Fraser High.

You might hear some parties talk about emergency housing motels. I grew up on Ulster Street, delivering the Hamilton Press to them. Some are used for emergency housing at the moment. Why? Because in 2017, after nine years of a National government, New Zealand had 1,500 fewer state houses than when they got elected in 2008!

Labour has added more than 13,000 state houses—more than any government since the 1950s! It has been moving people from emergency housing into new, warm, safe homes. I've met many of these people whilst I've been door-knocking – they're really grateful.

Everything is on the line in the October election: do we keep supporting families and businesses, whilst growing the economy and cutting our carbon emissions? Or do we go back in time, and lose all the progress?

If you want free dental (starting with under-30s), GST off fruit and veges, 20 hours free ECE for 2-year-olds, renters' rights, and keeping super eligibility at 65, then please give Labour two ticks.



Hauraki-Waikato Electoral Candidates 2023

Nanaia Mahuta - Labour Party

Representing Hauraki-Waikato is a privilege! The dreams and aspirations of our whānau can be realised with a Party that values equity, social justice and te Tiriti o Waitangi. I'm proud of what we have achieved to ensure that whānau have access to apprenticeship training, ece funding, lower prescription fees, winter energy payments, increased minimum wage, subsidised public transport and access to affordable housing. In addition, we've increased housing initiatives in partnership with iwi, introduced Māori wards in Council districts, supported Māori businesses, increased Māori trade opportunities and progress with Māori health reform to improve health outcomes. Hauraki-Waikato deserves strong, experienced representation prepared to work hard for the aspirations in our electorate. We have done so much and there is more to do. Your support will help me to campaign for Labour and the privilege to represent the electorate. Pai Mārire.



Hana-Rawhiti Maipi-Clarke - Te Pāti Māori

Hana Rawhiti is 21 years old and could be the youngest ever MP in Aotearoa. Hauraki Waikato Maori Party candidate has made waves from young age an author of two books Maahina looking at Maaori ways of living and helping rangatahi stregthening mental health. Fighting for Taiao , Rangatahi and poverty to parliament. Maipi-Clarke says she wants to show that parliament is for everyone. The cost of living should be called the cost of survival as the costs continue to rise our policy will take GST of all food and no one pays tax under 30k. "Maori and rangatahi are the least likely to vote over 100,00 Maaori did not vote in th last election but I believe the change is coming, if our people can see themselves they will participate and engage. Change is now, as 70% of our people are under the age of 40 so change needs to be swift to reflect our people. " "Aotearoa hou is looking to the future but using our traditional Maaori world to guide us. " H.a.n.a (Here and never again) is a slogan that means , "Here and never again will our people suffer ."



Donna Pokere-Phillips - NZ Outdoors & Freedom Party

Donna Pokere Phillips: Vote for health, freedom, and a better future for New Zealand. Donna Pokere Phillips passionately advocates for the health and freedom of all New Zealanders. Guided by the Māori proverb, 'māuiui te whenua, māuiui te tangata, oranga te whenua, oranga te tangata,' she recognises the profound link between land and people. With a legal background, Donna champions the needs of Māori communities. Residing in Waikato, Donna achieved LLB and LLM (Hons) degrees while raising five children, showcasing her lifelong dedication to education and community. Her focus spans health, housing affordability, and reducing inequalities, emphasising the need to address social and economic factors influencing health. Donna is Co-Leader of the NZ Outdoors & Freedom Party, part of the umbrella party Freedoms NZ. She urges you to give her your candidate vote and cast your party vote for Freedoms NZ. This supports a vision of a healthier, more equitable New Zealand while upholding vital Freedoms NZ Party principles, including safeguarding individual freedoms, parental rights, localism over globalism, and addressing poverty-related crime.



Maranga Ake E te Iwi

People Get Ready for General Elections
If there is a time to be ready, it's NOW!
Democracy only works if we all get involved e te whaanau!
Western Community Centre and Taurikura NZ invite you to our
HUI-AA-HAAPORI (Community Event)
Where: Western Community Centre 46 Hyde St, Nawton, Hamilton
Date: Tuesday October 10th
Time: 11.00am -1.30pm
A light lunch will be provided for all attendees.
Our Kaupapa for this hui will be on the following:
ELECTIONS 101: Parties, Policies and Processes.

Your voice matters for our Democracy - Come along and find out everything you need to know in our awesome waananga. It's a perfect opportunity to understand and ask questions, so don't be afraid to let us know.
Remember, tell a cuzzy to tell a cuzzy! See you there.
Remember to go to VOTE.NZ to enrol to vote or check if you are enrolled.
You need to be enrolled to Vote e kare maa!
Contact admin@wccham.org.nz or call 07 847 4873 for more information.

Maranga Ake! People Get Ready

For our General Election Oct 14th

Nau Mai, Haere Mai

Community Event

Tuesday October 10th

11.00am-1.30pm [Kai provided]

Western Community Centre

46 Hyde Ave, Nawton, Hamilton

Your Voice matters for our Democracy – everything you need to know in one fun, interactive wananga

Elections:

The Parties, Policies & Processes

Taurikura NZ warmly invites you



TAURIKURA



Western Community News – Whiringa-ā-nuku / October 2023 5

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, free use of computers and a landline, lamination, binding, and scan to email services.

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

Tiger Worms for your Worm Farm

\$20 for an ice cream container of tiger worms. We're also happy to provide support to people about worm farming. Worm Tea is also available with 15L for \$10 while stocks last.

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.

Triple 1 Care Workplace First Aid

Visit www.tripleonecare.co.nz to find out when the next course is being held. Book on 0800 487 475 ext 7

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. Tuesday and Wednesday 10:30am - 12:30pm every week. No appointments necessary.

Kaiarahi Family Court Navigator

Are you considering applying to the Family Court or currently in active proceedings? Kaiarahi Family Court Navigator provides guidance and information about the resolution and support options available to parents, caregivers and whanau. Walk-in clinics will be held on 3, 17 & 31 July 2023 at 1pm - 3pm. For more information call our Reception.

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. WINZ subsidies may be available, amke sure to enquire. Enrol online at westerncommunitycentre.org

Western Stars

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 Primary and afternoon tea is provided. Fee \$14 per day or \$70 per week. 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.

Courage Counselling

Courage Counselling is dedicated to helping you strengthen your relationships, regardless of the issue, or the size of the issue. Courage Counselling can help you build strong relationships. Call Jenny to book on 027 536 7464.

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 third Friday of each month at 12pm. The potluck luncheons provide an opportunity for seniors in our area to socialize. Transport is provided if needed. 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 ext 0

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.

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

People often seek Relationship Counselling when there is increased conflict.



by Jenny Ensing

One common contributor to increased relationship conflict is a life transition. Life transitions are stages in life where there are changes to lifestyle. They might be a result of significant events that invite us to pause and re-evaluate our lives. Life transitions may be anticipated with excitement, but they can also be extremely stressful, and perhaps even distressing.

There are many reasons that we may find life transitions to be challenging. Throughout our lives, many of us establish routines that give us a sense of security and control. We might exercise, eat, shower, dress for work. We expect the expected. When a transition happens, whether positive or negative, our familiar systems may become disrupted. This can leave us feeling anxious, or that we have less control. When we feel anxious or that we have less control, it can be more

difficult to access our positive relating skills, and instances of relationship conflict may increase.

One life transition that has recently attracted public attention is menopause. Menopause is a process where females' ovaries stop releasing eggs. During this life transition, production of reproductive hormones is lower, and women are no longer able to get pregnant naturally. The reduction in hormones can lead to hot flushes and sleep issues for two out of three women.

Sleep issues lead to tiredness, which can make it more difficult to cope with the everyday stresses of life. In turn, tiredness can lead to irritability and loss of motivation. The tiredness and irritability can negatively impact performance at work as well as relationships with colleagues, friends, and significant others.

For some women, the menopausal life-transition can disrupt established systems, leaving women feeling anxious, and with less control over their lives. This can make accessing positive relating skills challenging.

Menopause is one of the many life transitions that can impact relationships. If there is a life transition impacting your relationship, or for more information about life transitions, or for more information on menopause please visit www.couragecounselling.co.nz 0275367476



Te Kotahi Oranga |
Health and Wellness Centre



FREE HEALTH SCREENINGS

Every Wednesday, 1:00pm - 3:00pm
@ Western Community Centre

Key Assessments:

- Blood Glucose Screening
- Lipid Profile Assessment
- Asthma Evaluation
- Cardiovascular Risks
- Falls Risks

For more information or to book an appointment, contact us at:

021 305 931 (Mary Bowe)
tekotahioranga@wintec.ac.nz

Western Community Centre
Thriving, vibrant, healthy and self-reliant communities

Vote for Climate Action to preserve our future!

This year's election is a critical opportunity to shift to a more connected society, where people and nature thrive. Climate Shift is a ten point plan for climate action, guided by three key themes: Real emissions reductions, supporting frontline communities and restoring & rewilding nature. You can find out more about it online <https://forestandbird.org.nz/climateshift/>

The climate crisis is escalating in severity. Communities across Aotearoa are now feeling the devastating consequences of inaction firsthand. This year's storms, floods and droughts have driven home how badly we need more urgent climate action from political leaders. But,

there is hope. Together, we're calling for genuine climate action from all political parties, which gives effect to Te Tiriti o Waitangi and is guided by hapū exercising their tino rangatiratanga.

Go Eco is a non-partisan organisation so unable to tell you who we think you should vote for. If you're still undecided check out <https://votecompass.tvnz.co.nz/nz2023> to see which political party is most likely to align with your priorities. It also shows you which parties are making environmental and climate issues a priority. Once you've decided, triple your vote by helping three others get to the voting booth.



VOTE FOR CLIMATE ACTION

We can protect our communities for the future!



DERAIL CONSUMERISM



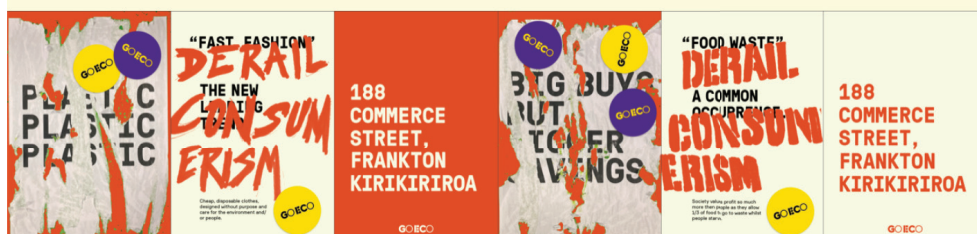
As the world grapples with textile waste, the power to transform fashion into a circular economy is in our hands. Join us at our next series of workshops, to Derail Consumerism, and the impact of the fast fashion industry on people and planet.

10-12pm - Saturday 7th October
Waste Knot - Reuse with Purpose
Reusing textiles with intention and purpose.

10-12pm - Saturday 14th October
The Subversive Stitch
An introduction to subversive needlework.

10-12pm - Friday 3 November
Closet Cure: A Clothing Care Workshop
Detergents, storage and care for clothing & shoes.

Sign up to the workshops
tinyurl.com/goecoeventbrite



SIGN UP TO LEARN THE



WITH THE BIKE HUB

LEARN THE SKILLS
YOU NEED TO KEEP
YOUR BIKE ON THE ROAD.



1-3PM 7 OCTOBER - AIR
1-3PM 14 OCTOBER - BRAKES
1-3PM 21 OCTOBER - CHAINS

\$5 + B.F
PER
WORKSHOP

REGISTER ONLINE [TINYURL.COM/GOECOEVENTBRITE](https://tinyurl.com/goecoeventbrite)



www.goeco.org.nz
188 Commerce Street, Frankton



LAWNS SERVANT AT YOUR SERVICE

OUR SERVICES

- WINZ Quotes
- Lawn Maintenance
- Hedge Trimming
- Garden Maintenance
- Weed Spraying



T-RAY



0273979252

lawnsservant@gmail.com

Citizens Advice Bureau & Western Community Centre

Walk In Clinic

Tuesdays 10.30 - 12.30
Wednesdays 10.30 - 12.30

Have a question? Ask
Us! We can help and
it's free, confidential
and supportive!

Citizens Advice Bureau



Do you have a question? Need some information or advice? Ask us - It's Free!

Kia ora! My name is Laurette, and I started volunteering at the Western Community Centre when I joined Citizens Advice Bureau as a volunteer last year. Since then, I have grown to love this place. I feel welcome and love to see all they offer to the community. I always enjoy having a chat with the centre's members when I can, and have made good use of the centre's vege bags in the past! Citizens' Advice Bureau decided to offer clinics in the centre to make it easier for people in the local community to access their services. So, if you have a question,

don't hesitate to visit us! I am here from 10:30 to 12:30 am on Tuesdays, and Sharon is at the centre at the same time on Wednesdays. While volunteering for Citizens Advice Bureau I have worked with people with neighbour issues (fence, tree, noise ...), how to access government services, rental and employment disputes, family matters and more - no questions are too big or too small, as we are here to support you to figure out your next step. You are also welcome if you are not too sure where to start and just need a listening ear. Just drop by and ask for Sharon or me!



enrol and vote here at the Western Community Centre



Mon 2nd Oct & Tues 3rd Oct, 10^{am} to 4^{pm}

Thur 5th Oct, 5.30^{pm} to 8^{pm}

Fri 6th to Wed 11th Oct, 10^{am} to 4^{pm}

Thur 12th Oct, 10^{am} to 7^{pm}

Fri 13th Oct, 10^{am} to 5^{pm}

Sat 14th Oct, 9^{am} to 7^{pm} (this is Election Day)