

WESTERN Community News

YOUR PEOPLE - YOUR PAPER

Issue 118 (Pipiri / June 2022)

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Planting our Native Trees

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Western Community Centre
46 Hyde ave, Nawton, 8474873 ex 0
admin@wccam.org.nz

Hamilton West now has a new Fortnightly Sunday Market

By Aaron Woolley

Hamilton Community Market operates every fortnight on Sunday at Fraser High School, Ellicott Road from 9am-1pm. The market operates in sunshine or rain. We have both indoor and outdoor stalls, ranging from a wide range of stalls e.g. artisans, crafts, plants, jewellery and other various stalls to fresh coffee and food while you sit and enjoy some music.

Each fortnight is never the same as there is always something new to be seen at the market. As the market grows we will add new and exciting things for our Community to enjoy.

Our ambition was to create a place of

fun, inspiration and passion for like minded artisans, crafters along with other various stalls to bring back the spirit and unity into our Community. After what has been a very long road with the multiple lockdowns during the covid pandemic we wanted to present an opportunity for small businesses and community groups to participate, gather and findraise while showcasing their products for people to purchase.

We are not a flea market, or car boot sale, we are a Community Market that has a wide range of locally made and high end imported products. We do not wish to have second hand products or low end imported products

at our market as we wanted to have something different about our market. Unlike most markets we have a strong focus about being a unique and family orientated community event. We have been so grateful to have been given this opportunity from Fraser High School to trial this market for three months at the venue provided and have had many visitors from afar including Gisborne, Mokau, Bay of Plenty, Auckland and the Coromandel Peninsula. Much of the feedback received from the local community has been very positive such as "This has been a long time coming to have something regularly on this side of Hamilton. Other parts like the

North, East and South of Hamilton have markets but the West has always missed out". All in all we are encouraged by the response and support.

If you are creative, want to get involved, can do some interactive activities or would be keen to be a stall holder or even get on board and volunteer on the day with setup and be a part of the team, we would love to hear from you. email: hamcommarket@gmail.com or checkout our Facebook: www.facebook.com/HamiltonCommunityMarket

Nau mai Haere mai, Welcome one, welcome all. We look forward to seeing you out in our Community.

Aaron and Rachael - Market Organisers



Your Local Hamilton West MP

More cost of living relief for Hamilton West families

By Hamilton West MP Gaurav Sharma

We've just released this year's Budget, which sets out the next steps in our plan to build a secure future for New Zealand. This includes a cost of living package which will help ease the pressure for people here in Hamilton.

Our strong health response protected our economy through COVID-19, and we've pulled through better than almost anywhere else in the world. But we know that, despite these positive indicators, things are tough right now for many families, as global inflation affects prices here at home.

That's why in this year's Budget, we've included a comprehensive cost of living package. This package includes a new temporary payment of \$350 to help with higher food and power bills for Kiwis earning less than \$70,000 a year. It also includes an extension to our fuel tax cut, reduced road user charges and half price public transport for further two months, and we're permanently halving public transport fares for people on low

incomes. Alongside these measures, we're taking action on supermarkets to make sure Kiwis are paying a fair price at the checkout.

In addition to this, Budget 2022 invests in more paramedics and ambulances, new classrooms and extra funding for schools, up to 38,000 more apprentices, support for 64,000 people to get their driver licence, resourcing and significantly funding our police force, record funding boost of \$191million over 2 years for Pharmac which will increase access to more medicines and treatment, as well as \$11.1 billion into the health reform that kicks in on 1st of July. We are also improving accessibility to necessary dental treatment with \$1,000 annually per person for those on income support and low income families.

There's a lot more in the Budget that will benefit people here in Hamilton West and if you'd like to more, I'd encourage you to check out labour.org.nz/budget2022



Dr Gaurav Sharma
MP for Hamilton West

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Authorised by Dr Gaurav Sharma
Parliament Buildings, Wellington



Labour

Here's how

BUDGET 2022 will help Hamilton West with the cost of living:

- **A new short term cost of living payment**, for people earning less than \$70,000 who don't already receive the Winter Energy Payment.
- **An extension to the fuel tax cut**, reduced road charges and half price public transport.
- **Half price public transport** for kiwis on low income.
- **Action on supermarkets**, to make sure Kiwis are paying a fair price at the checkout.

This builds on a range of measures we've taken to ease pressure, including increases to **Working for Families and superannuation, free school lunches, the Winter Energy Payment** and more.

With Budget 2022, we're also delivering:

- Lifesaving healthcare with more paramedics and ambulances.
- More medicines and treatments with a record funding boost for Pharmac.
- Up to 38,000 more apprentices, by extending Apprenticeship Boost.

Dr Gaurav Sharma

MP for Hamilton West

gaurav.sharma@parliament.govt.nz

07 8 37 38 29

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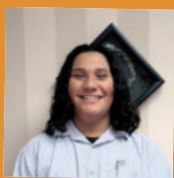
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A SECURE
FUTURE
BUDGET 2022

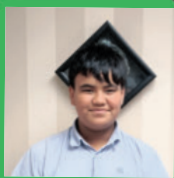
Authorised by Dr Gaurav Sharma, MP Parliament Buildings, Wellington

Have Your Say: Our Community Centre



Jordan

This place is so chill, everyone has got each others back.



Jonas

This is a mean place to hang out with the boys. Everyone is here hanging out



Declan

I come down because my brother is cool and it's always a vibe



Rosemarie

I like it when Ngahua's baby comes into the Centre and I love being helpful at front reception

Western Wheels is on at the Centre

By Thomas Hunt

Firstly, we pay respects to the late and great Aileen Rangi-Whaikawa-Mills who facilitated the Western Wheels Learner License program for many years and had one of the highest pass rates in the Waikato region. Thank you for the continuous love that you advertised to us here at the Western Community Centre and for going above and beyond for the people of our community.

Although there are big shoes to fill, Tom Hunt, who trained under Aileen has facilitated the Western Wheels twice this year and can say that he was taught well.



reside in Hamilton with my beautiful whanau of three.

So far, this year, I have facilitated two Learner License programs and I can already see and feel the rewards of helping people of all ages to re-sit or sit their learner license.

It is about teaching in a practical way and making sure each person is getting the right amount of care as we teach. If we can make our class comfortable while learning, then they will be comfortable while testing.

The Western Wheels Learner License program is a three-day activity-based theory, and the fourth day is the testing day. The first day is about us seeing how much we know about the road code, and the second and third day is about having fun while learning the rest. This is to help prepare every individual for the fourth day and final day, testing. It's rewarding seeing every success.

Go to our website <https://www.westerncommunitycentre.org/> or come on down to the Western Community Centre and register for the next Western Wheels course.



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Kia ora whanau
Ko Thomas Ngaheru Hunt ahau
Ko Tuhoe me Te Arawa oku iwi
Ko Waiohau me Hinemihi te Marae
No Rotorua ahau, engari kei kirikiriroa ahau engaianei.
People call me Tom
I am originally from Rotorua but now

Toa Whakapuawai

By Thomas Hunt



Toa Whakapuawai is the Western Community Centre's very own Youth Leadership program.

Toa Whakapuawai is on every Wednesday and Friday afternoon from 3.30 - 5.30pm during each school term.

The program is facilitated by our local youth workers and Mentors Tom Hunt, Emile Paul, Rza Cameron and Chris Neilson.

This year 2022 has kicked off to a great start for our young people. We have started mentoring and having courageous conversations that work towards building TRUST and MANA in our young people. Some key concepts we use are; whare tapa wha, te wheke the circle of mana, mana enhancing, strength-based approaches, and the Code Of Ethics (COE). Each term will have a THEME. Based around ways of



Youth Development. TERM 1 is about working holistically by mentoring, setting goals and finding creative ways to reach our young people. We follow TERM 2 implementing the iceberg effect by looking at the bigger picture of our young people's worlds with mentoring and developing SMART

goals. We only see the things that are happening on the surface SO let's look underneath the surface at the bigger part of the iceberg (The LOGIC of their actions), we are also focusing on our young people's cultural identity.

We are looking at creating a space where our young people can grow safely.

Mauri ora whanau



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** As of 19 June 2021 at 22.5c +GST per kWh

Maeroa Intermediates big Gully Restoration Project

By Julie Yeoman

Our Gully Restoration Vision is to create an 'outdoor classroom' space for students. By planting a variety of native trees and creating habitats for a wide range of wildlife. Thus improving the water quality of the stream and controlling erosion.



The Shade House is a busy space with lots of our larger kowhai, karamu, manuka, kanuka, cabbage tree and mahoe trees being selected by students to plant in the gully. Trees going out creates much needed space for the smaller kahikatea, tarata, totara, rewarewa and kowhai which need to be transferred into larger

pots. The renga lily and native broom seeds sown in March have germinated and have been pricked out. We are patiently waiting for the houhere, matipo, and kawakawa seeds to germinate.

The Tuesday and Thursday after school workshops are in full swing with an average of 10 people working in the gully each day until 4.30pm. They have removed dumped rubbish, weeded around small trees, added mulch and in late April we started planting some of the trees from the Shade House. We laid several strips of jute-tex on a very steep section of the gully to reduce erosion and suppress weed growth. A few students have climbed into the bee suits and weeded around the plants in the bee hive area. There have been a few wet afternoons and we use these times to prick out seedlings and repot some of the plants that were sown 6-12 months ago.

The students and whanau who have participated in the Saturday morning Working Bees on 30 April and 28 May have been amazing! There are always a range of jobs that can be done and it's wonderful to see whole families involved. Some of the tasks they have done include creating more rat traps, planting into the jute-tex on a very steep area, tackling the never ending weeds, planting cabbage trees and flax (donated by Douglas) along the stream edge, clearing a new section that will be covered with jute-tex, and planting more trees in another gully area.

Everyone is welcome to join us at our next Saturday



Working Bees which will be the 2 July and the 30 July from 9-12pm. You may want to come to lend a hand or just simply check out the progress we have made. If you have any suggestions or are able to support our Gully Restoration Project in any way, we would like to hear from you.

Contact Julie Yeoman
jyeoman@maeroa.school.nz

Dinsdale Lions are out in the Community

By Dinah Foster

The Dinsdale Lions Club recently visited the Lions Cancer Lodge in Hamilton, to present them with \$30,000 which will be used to put a lovely relaxing arm chair into each of their guest rooms to make their stay just a little more comfortable. The Lodges accommodation rooms have recently

been refurbished, with the assistance of many Lions clubs throughout Hamilton and the greater Waikato. If you have some spare time and would like to be involved with our club, we are always looking for new members. Phone Arvind on 0210472886 to find out how you can become involved in our community projects



GOOD NEWS COMMUNITY CENTRE

Administered by the
Te Rongopai
Community Trust

Thanks to our Volunteers

In Term 2, the Good News Community Centre continues to provide lifelong learning programmes for those keen to learn new skills and/ or build on their existing skills in the vital and in some cases everchanging areas of life.

In June we celebrate National Volunteers week at the Good News Community Centre. We are very grateful for our team of volunteers who give of their time and expertise.

This allows us to provide much more than we would otherwise be able to. We advertise our volunteer roles through Volunteer Waikato (volunteeringwaikato.org.nz or 839 3191) or if you're interested in volunteering feel free to stop by the centre. Volunteering is a great way to serve the community and they are crucial part of many organisations in West Hamilton.

We would love to take this opportunity to thank our valued team of volunteers

who help with maintenance, tutoring Te Reo Māori, lawn mowing, basketball coaching, events, kitchen helpers, children's leaders, kaivolution helpers and our trustees.

Pictured Matthew Sadlier- Matthew kindly volunteers his time and expertise as Chairman of Te Rongopai Community Trust that governs our work here at the centre.



STRIDE WITH PRIDE

Listen to your local Radio

Tired of repetitive commercial radio? Come and check out the diverse range of programmes we broadcast on 89FM.

Here at Free FM we broadcast an eclectic range of programmes, including short series podcasts, music shows and those that celebrate a range of different languages and cultures.

Tune in every Monday and Thursday to 'Stride with Pride'. Created by Alex Willix-Payne, Stride With Pride is a weekly show and podcast about what it means to be LGBTQ+ in our world today. By the queers - for the queers. A mix of poetry, discussion, media analysis, music, and more!

You can access our shows on 89.0FM Waikato wide, streaming and podcasting via www.freefm.org.nz and the Access Internet Radio app, plus on Amazon echo.

Don't forget to follow us on social media to be in to win a range of prizes and keep updated on everything we have going on www.facebook.com/FREEFM89 and www.instagram.com/freefm89/

What's the story with Gary Farrow



Ngaa putiputi o He Puaawai

*the opportunity to pause, connect
and learn something new*

On Thursday 26th of May, He Puaawai had the privilege of hosting Autemate Tuaiti and his wife Mii, who facilitated an Ei Katu workshop for the young parents and staff.

It was a beautiful opportunity to take a breath in an intensely busy term. We appreciated the opportunity to pause, connect and learn something new. Our He Puaawai parents created some amazing pieces for themselves and their tamariki.

Best of all was the care and support Autemate and Mii showed to our learners, throughout. It was a really special experience for all of us.

E mihi ana ki a koorua. Thank you Autemate and Mii for sharing your knowledge and your stories.





Para Kore

Last week, Fraser High School's Green Team emptied 8 full bins of food waste into our Fraser & Western Community Centre compost. It is so wonderful to be diverting that amount of kai from landfill! A group of our Green Team students are currently collecting data about the amount of food waste and rubbish around our school, so that together we can work on finding some solutions to reduce this.



Katohia He Wai Moou, Katohia He Wai Mooku

Throughout Term 2, we are studying Waikato Te Awa and using the Moteatea 'Waikato Te Awa' as the foundation of our curriculum and learning. On our haerenga (journey), we have 'stopped off' and explored the water quality of the awa, the history and whakapapa connected to the awa, and the well known whakatauki, "He Piko He Taniwha". We have started learning about Te Kiingitanga and Tuurangawaewae and will connect with Te Puea Herangi.

Part of this haerenga involved us growing our connection to the awa by exploring 'Katohia He Wai Moou, Katohia He Wai Mooku'.

On Friday 27th May, aakonga (students) from Te Kaapuia went on a haerenga ki Te Whare Taonga o Waikato (the Waikato Museum). There we were met by four amazing kaiaawhina (assistants). They led us through the different art pieces from the start of the awa at Mount Ruapehu to Te Puuaha o Waikato (Port Waikato). Together they emphasised the relationship between the artworks by Tainui artist Fred Graham and te awa o Waikato. Aakonga saw how art, maatauranga and whakapapa could be woven together and thoroughly enjoyed seeing magnificent formed art pieces with depth and meaning behind them.



Vaiaso o le Gagana Samoa 2022

This year's theme for Vaiaso o le Gagana Samoa - Samoa Language Week is Fa'aauau le Folauga i le Va'a o Tautai: "Continue the Voyage with Competent Wayfinders of the Ocean". This theme reflects the journey of language revitalisation and maintenance. It recognises the importance of having the right tools, good leadership skills, relationships and the correct medium (va'a) that is adaptable to faring the ocean and its elements.

2022 is also a significant year for the Samoan community, being the 60th anniversary of Samoa's Independence. We are very blessed to be hosting the Waikato Samoa 60th Independence Celebration here at Fraser High School throughout the Queen's Birthday Weekend.

Samoa has a unique historical relationship with New Zealand. It is the only nation that New Zealand has a Treaty of Friendship. The Treaty of Friendship between Samoa and New Zealand is about a commitment to partnership, friendship and a mutual endeavour to obtain for Tagata Samoa fuller opportunities for social progress. Language is critical in achieving this.



Anzac Dawn Service

*Peace, recognition, strife,
love, war, acceptance,
togetherness, and remembrance.*

This year, two of our head students, (pictured right) Katelyn and Akansha, represented our kura at the local 2022 Anzac Dawn Service, held annually at Memorial Park.

Each wreath brought by the leaders in our community represented something different. The wreaths collectively represented the respectful sentiments of everyone gathered to represent their communities.

It is such a beautiful thing, for so many around the nation to come together and show that amongst the business, and the continuous movement of our lives, we remember, and we honour those who fought for our nation. Witnessing various generations of life - both young and old - standing together in silence created a sense of wholeness. There was an overwhelming gift of respect in the quiet, to grasp the weight of the heavy day, and because we were all there together, it made it powerfully poignant.

I am grateful to have taken part in this year's ceremony alongside the other student leaders and families who were in attendance. My take away from the service was exactly this: We are unified on this day, not because we are the same, but because our pride that we share for Aotearoa and its people that left and never came back is. Lest we forget.



FOUR32 Going Home

Kaawhia, a tranquil, serene and beautiful place to visit, full of NZ history. This is the place where the Aotearoa based musical group FOUR32 recorded the music video for their first single 'Going Home'. Three of our very own Fraser High School alumni were part of creating this musical piece — India Johnson (singer), Nanaia Elkington (Producer) and Schvaria Elkington (Video Producer).



Varda Taster

"What a great group of students we had here from Fraser High School for our taster session" - Carla Vada Tutor

A few of our Fraser students took up the opportunity to enjoy a short 'Taster' course being offered recently by Varda Beauty Academy. They were able to try first hand what the beauty/hairdressing industry has to offer by trying out simple shampoos, treatments, braids, blow waving and much more. They even got morning tea for all to enjoy. How awesome is that!





FRASER HIGH SCHOOL
Te Kura Tuarua o Taniwharau

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Nau Mai Haere Mai

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a conference with you.



Online Enrolments are open

www.fraser.school.nz/enrolment

What's on at Western Community Centre

46 Hyde Ave, Nanton | P: 8474873 | E: admin@wccam.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 Nanton. The centre is owned by the community and overseen by a board of community members elected each year.

We have printing and photocopying available should you need it. We also offer other essential services such as free use of computers and a landline, lamination, binding, and scan to email services.

Food Bank & Toiletries Collection

Drop off food items such as tinned goods, spreads, tea and coffee, baking goods, healthy snacks, rice, pasta, cereals and other packaged, long lasting items to the Western Community Centre as part of the Christian Food Bank. Toiletries, cleaning products, nappies and sanitary items are also welcomed.

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 or Thursday or Friday 9am-5pm.

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 2L for \$3.

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

We have tables and chairs for hire! Tables \$7 each - Chairs \$3 each. For weekend hire pick up Friday drop off Monday. 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 or email info@tripleonecare.co.nz

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 0800 736 753 during the day or 07 850 4187 in the evening.

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. 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 Nanton 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/after-school-care

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 Thursday of each month at 12pm. The potluck luncheons provide an opportunity for seniors in our area to socialize. Transport is provided if needed. Email ngahuaia@wccam.org.nz or call 07 847 4873 ext 0 for more information.

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/venue-hire to make a booking enquiry.

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.

WANTED!

If you have any unwanted empty ice cream containers, please feel free to drop them off to our front reception. Too many is never enough.

Afterschool Care

This term we have enjoyed baking, playing games, going on the playground, celebrating birthdays, doing arts and crafts. For Mothers Day the kids made some special treats for their mums or mother figures in their life. During the Easter week we did crafts and an Easter egg hunt.

With COVID restrictions lessening this year, we have been able to make gifts for our friends at the Livingstone Flats. We have also been privileged enough to have Pam join us on Wednesday afternoons to teach us how to play the ukulele..

At Afterschool Care we like to create a space where kids feel safe and can have some fun after their day at kura. It's also important to make sure we fill the week with a variety of different activities for our tamariki to enjoy. If you are interested in enrolling your child into Afterschool Care, come on down to the Western Community Centre to meet Melissa and the Western Stars team.



Join us for your Community Health Forum

Kia ora we hope you and your loved ones are staying safe and healthy over Winter.

We're meeting face to face to for this forum and would like you to join us.

We at Waikato DHB/Health NZ want more of you to have a say in what's important to you in regards to hauora / health and wellbeing.

We have a focus on enabling better access to local community health and wellbeing.

Come along to our friendly forum and share your knowledge and experience as we work together on these matters.

Topics include - Local community feedback, and discussion on the new health system and localities. Hamilton

and surrounds

When: Wednesday 27 July, 10.00am-Noon

Where: Western Community Centre, Hyde Ave, Hamilton

If interested please email: norma.taute@waikatohealth.nz for more information.

Community Health Forums are a gathering of local people who share in a conversation about what matters to their community and hear what's happening from the DHB/Health NZ, other health and social service providers, and local organisations/groups.

We look forward to meeting. He whakarongo tātou - we're here to listen

New service at Western



Have a question? Don't know where to go next? Ask us. Citizens Advice Bureau will be running a weekly clinic week commencing the 27th of June. Celeste, who has been a part of the western community, will be here to help, support and give you advice. Celeste is a fourth year law student who wants to give back to her community and has a passion for social justice. "Having been born and raised in Hamilton, I consider this place my home and my community.

Often information alone is of little use unless you have someone to help guide you to understand it, apply it to your situation and achieve actionable results. The CAB is a great hub for information and I want to make it my duty to help others in my community access the invaluable resources they have to offer." Contact 07 847 4873 ext 0 for more info

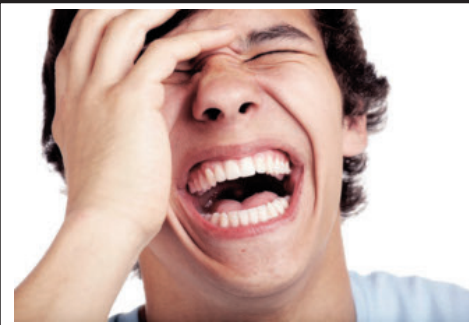


Laughing Yoga - Relax

Give yourself a treat and try Laughing Yoga!

Not only does it increase happiness, but it also strengthens the immune system, reduces pain and lowers stress. More contagious than a cough or sneeze, laughter relaxes the whole body. It triggers the release of

endorphins, promoting an overall sense of well-being. Come along, try something new, you will feel great and have a bit of a laugh! Children welcome to attend with parents. Tuesdays 9.30 am - 10.10 am at the Western Community Centre. <https://laughteryoga.org>



Restoration in the West

Glenview Primary School nurturing conservationists - May 2022

Last month, Glenview Primary School invited Harvey Aughton (our Predator Free and Project Echo organiser) to talk to senior students about the Mangakotukutuku gully; the gully networks in Kirikiriroa, and why it's important to protect them, for our native species and us. While he spoke on his favourite topic, pekapeka-tou-roa (bats) he also talked about ornate skinks and why hedgehogs are a problem in Aotearoa. Gullies are the main habitat for our native species like the pekapeka so Harvey talked about the importance of protecting big old trees and how birds and bats fly into them from all over Waikato to roost. This is why restoring nature corridors across the city is so important.

As well as listening to Harvey, senior students began an exciting new hands-on restoration project in the Mangakotukutuku Gully. In collaboration with the parent community and the Hamilton City Council 400 native plants were planted! This area has been given to Glenview School to look after and maintain, including checking rat and possum traps donated by Predator Free Hamilton. The senior school will be visiting the gully fortnightly to monitor traps and the native plants. The school are very excited to continue and grow this project. By helping trap predators like rats, stoats and possums & planting native trees, the students are helping to protect and restore habitats for our taonga species. We're excited that restoration is part of the senior school curriculum! If you are interested in joining the local community group to restore the Mangakotukutuku Gully please contact Nicky Ismay, Nicky. Ismay@hcc.govt.nz

Grove Park working bee - May 2022

Last month, an enthusiastic group formed for a working bee at Grove Park, Dinsdale. Hamilton City Council Community Planting Coordinator Gerard Kelly talked about his connection to the park, having

studied the kahikatea remnant before joining the Parks team 20 years ago! It's quite a rare site to have a stand of 60 trees in Hamilton West so it needs to be protected!

Gerard described Grove Park being part of a corridor for native birds to take across the western suburbs, which includes Tills Landing & Bremworth park. He also shared various uses of the park over the years, from playing cricket to a bike track. Every time you attend a working bee, you learn something new whether about identifying native plants and weeds, tree health or the history of an area.

If you'd like to be notified of future working bees at Grove Park (Grove Place, Dinsdale) please go to the Hamilton City Council website and fill in the Community Planting Registration Form (under Parks and Open spaces). If you live in the west you might also like to head to Waiwhakareke Natural Heritage Park from 9am on the last Saturday of each month for their monthly working bee. They meet in the Brymer Road carpark, opposite the Zoo.

Arbor Day at Waiwhakareke - June 2022

Rainbows are a symbol of hope, so having one shine over the community at Waiwhakareke Natural Heritage Park on Arbor Day must be a sign that we're on the right track. Restoring whenua, climate action & creating nature spaces for all to enjoy. We were proud to help get 8000 native plants in the ground for Arbor Day 2022 - thanks to the local schools, businesses, groups & individuals who came to pitch in, on such a dark & rainy day. Sending a huge thank you to Gerard Kelly & Hamilton City Council for making this possible.



Home Energy workshops

With the temperature dropping Simon Gascoigne, our transport and energy lead, has been out and about supporting the newly trained Energy Navigators deliver workshops across the city. They're teaching our communities how to reduce energy bills and have warmer, drier homes. This project is supported by WEL Energy Trust who is committed to reducing energy hardship through advising and assisting with healthy homes and energy efficiency through the Affordable Energy for All programme. The goal is that families have access to affordable energy, increased financial, digital and energy literacy in the community and increased healthy homes and families across the region. Go Eco provide training and support for Energy Navigators (based in community centres), who go on to hold workshops for their communities, like the one coming up at the Western Community Centre.

Are your electricity bills going up? Are

you struggling to keep yourself and your whaanau warm in winter? Is there mould on your walls and ceilings? Come along to a free workshop, where you'll get practical tips and advice to lower your energy bills and make your home warmer, drier and healthier. 10.30am Tuesday 28th June at the Western Community Centre. 46 Hyde Ave, Nawton.

This is a free workshop but please register via tinyurl.com/GoEcoEventbrite





10AM - 12PM
Thursday & Saturday

BIKE HUB

repairs & maintenance

Go Eco Waikato
188 Commerce Street
Frankton, Kirikiriroa

Go Eco small talk

Food Rescue

We rescue and redistribute about 30,000 kgs of edible food every month. By diverting food from landfill, we reduce carbon emissions and help to feed people in the community. It's our largest climate action project, the emissions saved each month is equivalent to 500 petrol tanks being consumed! We want to take this opportunity to thank our Free-Store partners for going above and beyond every day for our neighborhoods and communities.

Bike Hub

Drop in to the Bike Hub for free guidance on maintaining your push bike. We've got the tools, some parts and the skills to show you how it's done, whether it's a puncture; faulty brakes or gears.

We also accept donations of bikes and parts which we reuse and rehome.

If you are new to cycling, and would like support to feel more confident on the roads - please get in touch with mayaz@hmstrust.org.nz at the Settlement Centre to find out when their next Adult Cycle Training sessions are.

Gully restoration

Are you interested in volunteering time to help restore our gullies? You'll help by weeding, planting or helping with a general tidy up. No experience necessary, you don't even need to know a weed from a native tree because you'll learn as you go. There are opportunities across the city, during the week or weekend. Feel free to email hello@goeco.org.nz for an up to date list of restoration working bees.

Predator Free Hamilton
Humans are our native species biggest threat and chance for survival. One of the best things we can do to protect our native flora and fauna is to join the Predator Free movement. The goal is to be predator free (that's rats, stoats and possums) by 2050. It's a big goal, but is proving successful across the county. Getting started is as easy as buying a trap from the Eco shop or website.

Eco shop

Our shop is having a massive stocktake sale until June 30th. Come in and take 20, 25 event 30% off some products. Our shop is open 10-4pm Tuesday to Friday, and 24/7 online shop goeco.org.nz



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Healing: Misconception and Tips

By Jenny Ensing

Most of us have experienced some kind of emotional injury. This injury could impact us as individuals, and also our relationships. Finding a way of healing injuries can help us move forward in a more positive way, and can save our relationships from ongoing pain. Part of our healing process is being able to let go of an injury, so we don't continue to hold onto the pain. "Understanding the principles" of letting go of the hurt "can help us find healing and peace" according to Lund (2018). Lund (2018) suggests five misconceptions, and five tips for healing.



Misconceptions:

1. If I still remember the injury, healing hasn't happened.

Our brains are programmed to remember in order for us to learn to be safe. There is a difference between momentarily recalling an injury, and dwelling on the event. When healing has happened, we

are less likely to spend time analyzing the incident.

2. If I am open to healing from this hurt, I surrender the protection I have against those who hurt me.

Holding onto hurt can help us to feel secure. It can help us protect the injury. However, if we are constantly thinking about the injury, it might be like reopening the wound, and slowing the healing.

3. If I am open to healing, I am acknowledging that what happened was ok

To heal, it can be helpful to acknowledge that what happened was NOT OK, and that it caused pain.

4. If I am on a healing process, I must allow the perpetrator of the hurt back into my life

Healing and trust are not the same. While on our healing journey, we are also responsible to establish boundaries to keep ourselves safe.

5. I can only heal if the perpetrator has changed their behaviour

We can begin our healing journey regardless of whether the perpetrator has changed. Again, we are responsible to establish boundaries to keep ourselves safe. Many people need help to establish boundaries to keep themselves safe. This is part of the healing journey.

Five Tips for Healing -

If you would like support with personal or relationship healing, please contact Jenny at Courage Counselling at 0275367564 or couragecounselling.co.nz

1. Work at your own pace.

The thought of beginning a healing journey might be overwhelming. It is ok to work at our own pace. Healing might happen slowly.

2. Acknowledge that we are not perfect ourselves, and are also likely to be causing injuries to others, and to our relationships.

Some injuries have enormous impact on us. We might think/hope that we will never cause another person the amount of pain we are experiencing. It can still be helpful to be aware that we are not perfect, and we can contribute to injuries for others. At some point, we will hope for grace as we attempt to heal injuries we have contributed to.

3. Healing can be a spiritual process.

Accessing a spiritual power can help us have empathy for ourselves and also be aware of the impact the injury can have on the person who has caused the injury. Many people feel that drawing on spiritual power gives them the strength to heal and move on.

4. Let it go.



Once the healing has happened, and we are experiencing the peace of healing, thoughts of the injury might continue to bubble up. When this happens, it can be helpful to remember that we have moved on, to say it aloud to ourselves, and let the memory go.

5. Recognise that healing is a gift to ourselves.

When we truly heal, we can find greater peace, and can become free from past burdens.

If you would like support with personal or relationship healing, please contact Jenny at Courage Counselling at 0275367564 or couragecounselling.co.nz.

Lloyd Lund, E. (2018). Forgiving Others: Misconceptions and Tips. Ensign. Retrieved from <https://www.churchofjesuschrist.org/study/ensign/2018/04/young-adults/forgiving-others-misconceptions-and-tips?lang=eng>



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