

What's on in Spring/Summer 2017

Monday		
1pm to 2pm 	Ukulele/Singing Group: Come over to the cool side and learn how to play. We have a limited number of ukulele's that are able to be borrowed. If you are keen, call the office and talk to Cheryl.	No charge
Tuesday		
9am to 12 noon	Playgroup For caregivers with babies and preschoolers. 	Gold coin
2pm to 3pm	Steady As You Go: SAYGO SAYGO supports adults to stay upright, strengthen muscles and stay safe! This is a falls prevention programme and is open to anybody who would like to learn a safe way to move about and avoid accidents.	\$2
1 st Tues of the month 2pm	Seniors Group: Afternoon tea, speakers & entertainment  <i>Calling All Seniors!</i>	Small charge
Wednesday		
Midday	Community Lunch Lunch on the house - All Welcome 	No charge
3:30pm to 4:30pm	Children's Guitar tuition with Matt 	No charge
Thursday		
10:30am to 11:30am 	Badminton Join us for this fun, easy to learn activity. No experience required. Transport leaves at 10:10 from the Cottage. Please let us know before the day if you are coming.	\$2

Some activities have limited numbers so please check with the office first.

Friday – Cottage closed except for the two groups below

Depression Support Network:

Held every Friday at the Cottage 10am-1pm

Chi Gong – Tai Chi with Mary 1pm to 2pm - \$3

Great for arthritis, balance and calming the mind

A vibrant place of hope and connection, standing tall, reaching all

Waltham Community Cottage Te Whare Roopu o Oterepo



Winter 2017 Newsletter

201 Hastings Street East, Christchurch

Tele: 03 942 2173

E-mail: tewhare@walthamcottage.com

Cottage opening hours

Monday - Wednesday 9.00am – 3.00pm

Thursday 9.00am – 1.00pm

Neighbourhood Week will be celebrated at the Cottage on 1st November. The day will start at 10:30am with the Bric a Brac Stall and followed by lunch.

Please come along and join us for a fun filled day.

Volunteers and supporters:

We have a wonderful team of volunteers who make sure the Cottage is welcoming to all. We are so thankful for their commitment of helping in many different ways from keeping the cottage running smoothly, welcoming all, overseeing groups, being a listening ear, and also preparing a weekly meal.

Leanne is one of our many volunteers. She prepares the very tasty lunches on Wednesdays and is also here on other days of the week to provide support. Being a busy Mum of 3, Leanne enjoys the interaction with adults, being able to help others and especially seeing people sitting around the table chatting and enjoying a meal together.



A big thank you to our supporters who also give so freely to provide resources and create a framework to make the cottage as successful as it is.

Sponsors & Funders of the Cottage:

The management team and staff acknowledge all Individuals, groups and organisations, whose continued support helps to keep the Cottage's strong presence in the community:

Where possible we ask that you support the organisations that support us:- ***ANZ Bank, Beckenham Methodist Church, COGS, Rata Foundation, Christchurch City Council, Gunn Family, Janette Busch Jams, Just Muc Family Trust, Lifetime Learning, Lotteries Grant Board, Opawa Baptist Church, Linwood/Heathcote Community Board, Cashmere/Spreydon Community Board, St. Martins Presbyterian Church, Vault Industries.***

Seniors group:

Our seniors group gets together monthly for afternoon tea and to share stories, hear a guest speaker or listen to an entertainer. Heaps of fun! If you would like to become part of this group, contact the office on 942 2173.

Second Hand Goods:

Thank you to all the generous people who bring us good quality secondhand clothes and household items. Appreciative families benefit from your generosity. Drop off during office hours **only please**. Unfortunately we cannot store large items.

Kia ora hotoke – Welcome to our Winter Newsletter:

Brrrr it has been a frosty, wet winter in Christchurch this year, however this has not affected the warmth and fellowship all experience when they visit the Cottage. Classes and services have continued throughout the season even though we've had to battle the elements on a number of occasions.

Thankfully Spring is on its way and we can look forward to sunshine, warmer days and new growth. As **Bette Midler** sang in 'The Rose'

***When the night has been too lonely,
and the road has been too long,
and you think that love is only for the lucky and the strong,
just remember, in the winter,
far beneath the bitter snow,
lies the seed that with the sun's love
in the spring becomes the rose.***

We would love to see you if you would like to pop in for a coffee, or to talk to us about any of our classes that we offer.

Farewell



It was with sadness that we said goodbye to Jillie Toogood at the end of June. Jillie has been the Community Wellbeing Facilitator at the Cottage for nearly 2 years, and has had a positive impact on all the groups. We are fortunate that she is going to continue to lead the Ukulele group on Mondays.

Welcome



Cheryl Batwell joined the Cottage team in the middle of July to take over some of Jillie's tasks although as she says, it is going to be difficult shoes to fill! Cheryl is a South African who, together with her husband Mervyn, moved to New Zealand in November 2014 to be near their daughter, her Kiwi partner and grandchildren.

Free bread:

Collect from the cottage Monday to Thursday mornings from 9.00am.

Connecting Craftily

We will be starting a craft table and/or a craft workshop soon. We're keen to know if you would like to join us and if you have any burning desire to do something specific.