

COM.CHAT

A Newsletter distributed to Community Groups in Whanganui and surrounding Districts
Issue 177 — July 2017

Hí Everyone

Again, a very big thank you to all of our contributors this month. What an amazing community we have. There is so much to do here. Have a read through this issue and you will see what I mean.

Our deadline for information is always the 18th of the month. Should you happen to miss this, or have an event that doesn't fit with the deadlines, we can always share your information on Community House Whanganui Facebook page. Remember to like our page so this information comes racing through to you and don't forget to check it regularly.

At Community House we have a database of community organisations, social, interest and recreation groups, and more. We would like to extend our database for the social, interest and recreation groups. These might include walking groups, knitting groups, social groups etc. that are not necessarily formal groups, but who are willing to have others join in. If you belong to a group and you wish to share we would love to hear from you. Please give us a ring (06) 347 1084, email manager@communityhouse.org.nz, or pop in to see us at the Community House Office, 1st floor, 60 Ridgway St.

Have an awesome month. As I'm writing this we are up to the shortest day, and I've had a Facebook post that says it is 27 weeks to Christmas. As it's also the 2nd anniversary of the 2015 floods, check out this month's safety message to help you be ready should this occur again (even though I hope it doesn't!).

Jan

Rural Networking Meetings

- 05 July 12:30pm** **Taihape** (1st Wednesday of each month)
Contact: Mokai Patea Services (06) 388 1156
- 10 July 10:00am** **Waiouru** (2nd Monday of each month)
Contact: Carolyn Hyland (06) 387 5531
- 17 July 12:30pm** **Southern Rangitikei** (3rd Monday of each month) 12:30pm, Rangitikei Health Centre, Blackwell Street, Marton
Contact: Cath Ash (06) 327 7633 or projectmarton@xtra.co.nz
- 25 July 10:30am** **Waimarino** (last Tuesday of each month)
Raetihi Community Space, He Kopae Whakatupu, 42 Seddon Street, Raetihi
Contact: Kaylene Crossan
community@ruapehureap.co.nz

Coordinators—please contact us to update any changes for these meetings

Generosity NZ

www.generosity.org.nz

Generosity NZ can be accessed at Wanganui District Library (via your library card), Youth Services Trust, Whanganui Disability Resources Centre, Castlecliff Community Trust, and Gonville Library.



COGS— the funding round for 2017 has now closed.

www.communitymatters.govt.nz

Community Contracts—opens 30 June 2017. Check out <http://www.whanganui.govt.nz/our-district/funding-opportunities/Pages/default.aspx>

Whanganui Community Foundation—next closing date 7 August 2017

www.whanganuicommunityfoundation.org.nz

Pub Charity Ltd—next closing 9th July 2017

www.pubcharitylimited.co.nz

Powerco Whanganui Trust—closes 30 June 2017

www.powercowhanganui.org.nz

Manawatu / Whanganui Lottery Community Committee— opened 24 May 2017 and closes 5 July 2017 for a 29 September 2017 meeting.

www.communitymatters.govt.nz

NZCT & Lion Foundation—always open, allow up to 8 weeks for out-comes

www.nzct.org.nz & www.lionfoundation.org.nz

Infinity Foundation—www.infinityfoundation.org.nz, now available online. **Closes last working day of month**

Good luck with your applications

Lifestyle Change Your Life, Your Journey



Diabetes NZ Wanganui Branch is starting a support group for people interested in being a part of a Lifestyle Change Programme. It is to look at diabetes and what we can do to help ourselves by reading and learning what we as individuals can do to improve our way of life. The programme is for everyone, not just diabetics. It is not a diet it is a lifestyle change that only you can control. You won't be on your own we will be there to support each other.

The support meetings will be held every Tuesday at 10am to 12noon at Community House, 60 Ridgway Street, Room 125.

Free to members - \$2.00 for non members.

Our aim is to provide a programme that will help you understand the importance of living a healthy lifestyle and support you every inch of the way. We do not give out medical advice, but encourage you to take control of your life. We will work with you, support you and make it a fun experience. Hopefully you will enjoy the experience and continue to come every week.

Morning tea will be provided around 11am.

You will need to register to join the programme. Registration forms are available from our office in Community House, 60 Ridgway Street, Room 111.

Office Open: - Monday to Friday 10am – 2pm.

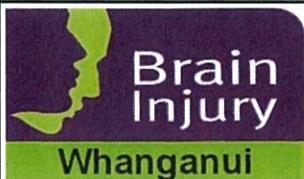
For more information and to register please contact

Irene O'Regan

Phone (06) 343 5696 or 021 622 055

Email irene.oregan@xtra.co.nz

What's on — mark your diaries!



Brain Injury Association
Whanganui

*Social Fundraising
Afternoon*

Presenting

Legal Tender & Andrew London Duo

Saturday 1st July 2017 Time: 1pm - 4pm



Venue: RSA St Hill Street Wanganui

*Tickets \$15 each *** Raffles & Spot Prizes*

RSA light luncheon - available from 12noon for \$12

*Tickets available at RSA Bar or
Community House Office, 60 Ridgway Street,*

Old Stockings, Pantyhose and Nylons required for Art Project

(any condition, dirty or clean - the more ladders and holes the better)

Please drop to **Community House Office**

Room 102, Level 1,
60 Ridgway Street, Wanganui



St John Health Shuttle

St John Health Shuttles now operate
between Wanganui and Palmerston North



- Health Shuttle bookings should be made at least 24hrs before your appointment.
- Health Shuttles are provided as a community service, and your donation to the driver assists us to keep the service running.

Please phone Citizens Advice Bureau (06) 345 0844 between 9:30am and 2:30pm, Monday to Friday to book for health-related appointments.

Wanganui Competitions Society Inc Festival Dates for 2017

Speech, Vocal and Instrumental
July 12-15 (inclusive)

Venue – Wanganui Girls College

Dancing Festival

October 11-14 (inclusive)

Venue Wanganui Girls College



Contact Person Mrs Eris Walker (06) 347
2430 / 027 314 9281

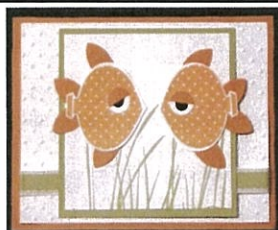
Ferrules for Walking Sticks

Does your walking stick make a tapping sound or slip when you are using it? It might need a new ferrule (rubber tip).



Call in to see **Bryn at CCS Disability Action** (26 Churton Street, Whanganui) to purchase a new one and make your stick safe again!

Card Classes



What: monthly classes where you learn how to make beautiful greeting cards using a variety of techniques.

When: the first Thursday afternoon each month, 12:30pm – 2:30pm, or the first Thursday evening of each month, 7pm – 9pm.

Where: suite 6/66 Ingestre Street (English Language Partners opposite Her Fitness).

Cards are made using quality Stampin'Up products and are provided as part of the registration fee.

Cost: \$15 – Registrations Essential (by the Tuesday before the event). Beginners welcome. Bring a friend.

For more information contact:

Julia Martin, Stampin'Up Demonstrator,
027 7288 436 or jp.martin@xtra.co.nz
<http://juliamartin.stampinup.new>

Schola Sacra Choir

Anniversary Mass – with Soloists and Organ
Saturday 12th August, 2:30pm

Christ Church, Wicksteed Street, Wanganui

\$25 adults, \$20 seniors, 18yrs and under free

Christmas Music and Carol Concert

Saturday 2nd December, 2:30pm

Christ Church, Wicksteed Street, Wanganui

\$20 adults, \$15 seniors, 18yrs and under free



Tramway Wanganui Trust

Tram Rides

from Tram Barn, 29 Taupo Quay
every Sunday 1-3:30pm



Group Bookings Welcome

Phone (06) 345 7034

[Facebook.com/wanganuitramways](https://www.facebook.com/wanganuitramways)

What's on — mark your diaries!

The Chair Speaks



Hello everyone...

Well the winter rain and colder temperatures have arrived and while I might comment that it has been mild so far I hope I haven't spoken too soon. We are now at the half way point of the year and that means we are closer to November and our Diabetes Awareness Month!

I have been busy with the Youth section attending a family fun morning with some of our Wanganui families at the Splash Centre and joined with a combined trip to the Herb Farm just out of Ashhurst. We are all looking forward to Indoor Paintball – not just the kids but I get the opportunity to talk with the parents and share problem solving with others walking the same walk.

Marton support group is doing great work in that area with thanks to both Rosemary and Irene for their dedication and Rosemary's persistence. We do hope that this group can become self-supporting allowing us to look at other areas within our region. Irene is ready to run our next support group 'Your Life, Your Journey - Lifestyle Change' so don't forget you set the goals and you manage it, so you're in charge and we are here to support YOU.

Remember this is not just for diabetics it's for anyone and anything you wish to set as a goal!

Linda Carter

The Women's Network:

Showcasing Women: 29 June, 7pm. For the first time in history all three major political parties have selected women candidates for the Whanganui electorate. Join us for this meet the candidates forum to hear Harete Hipango, Steph Lewis, and Nicola Patrick share their political aspirations for Whanganui. Entry by koha [fundraising for the Women's Network], St Paul's Community Centre, Cook St entrance.

Whanganui Women in Business Launch: 26 July, 5:30pm. Kicking off the new Whanganui Women in Business networking initiative in style. Everyone welcome! This is an opportunity to bring women in business together to inspire, connect, share and grow. Tickets \$15, available from the Royal Wanganui Opera House.

Terrific Tuesdays: Bellydance fusion classes every Tuesday at 10:30am [beginner class] and 12pm. Feel free to call by a bit before if you'd like to chat with Jill about how you can join in for around \$5 per session. It's great for confidence, core strength and collegiality! Also, on the third Tuesday each month from 9:30-11:30am you can drop in for a cuppa and chat with Ayesha from the Whanganui branch of Autism NZ. All welcome!

Wonderful Wednesdays: The lively YARNZ group meets every Wednesday from 10am-12pm to knit and crochet up a storm. Join them for some lively crafting, conversation, a cuppa and some charitable giving. No experience necessary, there are people happy to teach you!

Thoughtful Thursdays: Drop in from 10am-12pm and enjoy an awesomely supportive parent space, especially for those with pre-school aged kids.

Fabulous Fridays: On the first Friday of the month come and join us for our mother-led breastfeeding support group. Drop in from 10am to 12pm for a cuppa and a chat. If you're an expecting Mum, feel free to come on down and say hi before bubba comes along.

Services: We are here to cheerlead for you. We can assist with making personal action plans, compiling CVs and job application letters, and developing strategies to improve communication and get on track. We continue to provide free pregnancy testing and sexual health information/referrals, and we're a good place to "drop in" for general community advice.

Contact us: Drop in and see us in the Ladies' Rest Building [next to the Royal Wanganui Opera House] at 75 St Hill Street from 10am-2pm weekdays, apart from Tuesday when we open from 10am-noon; and Monday by appointment only. Appointments are available between 9:30am-5pm weekdays so feel free to call us on 345 6833 or email: womnet.wang@callplus.net.nz Check us out on Facebook too if you're a social networking buff, we'd love you to be a friend on our La Fiesta NZ and Women's Network pages!



Diabetes Wanganui Social Meeting

Next Social Meeting 16th July 2017, 2pm
St James Lounge, Boydfield Street, Wanganui East
Speaker Dot McKinnon – Moore Law

Diabetes Marton Social Meeting

Next Social Meeting 23rd July 2017, 2pm
St Stephen's Church Hall, Maunder Street, Marton

For more information contact
Irene O'Regan irene.oregan@xtra.co.nz, (06) 343 5696
or 021 622 055
or Rosemary Blair blairbears@xtra.co.nz, (06) 343 8393
or Linda Carter lindagrav@clear.net.nz, (06) 344 4676
or 027 634 0007

Diabetes Wanganui Youth - Parents Support Group



Support Group Meeting 11th July 2017, 6:30pm
Red Room, Stellar Bar and Café, 2 Victoria Avenue, Wanganui

Tea, Coffee & Soft Drinks Provided

These meetings are an informal get together over a cuppa. A chance to meet up again or come along and make some new friends with people who understand the daily challenges of diabetes.

For more information and to register please contact
Andrea Bell (Youth Coordinator)
Phone (06) 357 5992 or 0274 928 801
Email youth@diabetestrust.org.nz



Upcoming Wanganui Family Events

Flip City (Palmerston North)

Friday 11th July 2017
Youth and Families

The Bunker Indoor Paintball (Palmerston North)

Friday 28th July 2017
Year 9 and above

Just a reminder: For any family with newly diagnosed children or older youth, including any young adults, please feel free to give me a call or make contact. I am happy to come and meet you at your home, or somewhere you feel comfortable and let you know the support and service we provide. I am based in Palmerston North but visit Wanganui on a weekly basis.

For more information and to register please contact
Andrea Bell (Youth Coordinator)
Phone (06) 357 5992 or 0274 928 801
Email youth@diabetestrust.org.nz

Or Linda Carter (Diabetes Wanganui) 
Phone (06) 344 4676 or 027 634 0007
Email lindagrav@clear.net.nz



Alzheimers Whanganui Dinner & Charity Auction



When: Friday 14th July 2017
Where: Kingsgate Hotel the Avenue
Time: 6.30pm onwards
Cost: \$36pp (includes buffet dinner)

Tickets available at Alzheimers Whanganui

5/136 Victoria Avenue Phone: 3458833

Email: admin@alzheimerswhanganui.org.nz

Tickets limited to 110

All proceeds to Alzheimers Whanganui

Thank you for your support

Thank you to our sponsors – Ray White Wanganui, Air Chatham's, Katie Brown, David Traub, Ruapehu Alpine Lifts, Hire a Hubby, Indulge Beauty & Spa, Barbara Bullock, Te PoPo Gardens & Accommodation, Driving Miss Daisy, Take It Easy Tours, Powderhorn Chateau Ohakune, James Angels



What's on — mark your diaries!



2017 Safekids Workshops Series: Make Your Home a Safety Zone

Why home safety?

A home is where the 'heart' of a family is, a place of shelter and safety. Unfortunately it is also the most common place where injuries occur for children, particularly those under five years old.

This workshop is part of Safekids Aotearoa Home Safety Programme aimed at delivering life-saving safety messages to families. It's also a great networking opportunity for community action groups and health & safety professionals.

Who can participate?

Community leaders, policy makers, health professionals, teachers, home visitors, injury prevention practitioners, Tamarii Ora providers, DHBs, councils, refugee and new migrant, and social support services.

Workshop agenda:

- Introduction about Safekids Aotearoa, national child injury data, our strategies and programmes.
- National and regional data on child home injuries.
- Prevention: burn, drowning, falls, poisoning, driveway safety, button battery, suffocation, cutting and piercing
- New content: child restraints, dog bites, farm safety
- How Safekids can help you promote child injury prevention:
 - Advocacy: Safe As Houses Guide, Pool Fencing Act and Tenancy Act
 - Information service: How to order free Safekids resources and access information from our library
 - Communication: view our latest and upcoming radio ads, videos and social media campaigns
 - Community: The Safekids Safety Whare exhibition and Safekids Coalitions
 - Sharing experiences

For more information about the workshop and registration contact Victoria Jarvis, victoriaj@adhb.govt.nz

In partnership with



Understanding and managing arthritis pain

Long term pain does not have to rule your life. Come along and learn about how pain works and ways to manage it.

Wednesday 5 July
1.30pm-3.00pm

Presenter: Arthritis Educator, Robyn Tuohy

Ridgway Conference Room
Community House,
60 Ridgway St, 1st floor (lift available)
Whanganui

There is no charge for entry however donations are appreciated. Registrations are essential. Please call 0800 663 463 or 04 472 5669 or email robyn.tuohy@arthritis.org.nz

www.arthritis.org.nz

Whanganui
9am – 2pm

Thursday 24 August 2017

Pioneer Room
Whanganui War Memorial
Centre
Watt Street
Whanganui

Please RSVP by 16 August

(Morning tea at 11 am and light lunch at 1.30 will be provided. Attendees need to advise if they will stay for lunch and any dietary requirements.)

ms.
Multiple Sclerosis
Wanganui



CHANCES ARE
SOMEONE CLOSE TO YOU
IS LIVING WITH MS

We provide free support, information and advocacy for people who have been diagnosed with Multiple Sclerosis. Being diagnosed with MS can be a difficult time for anybody. Our Field Officer is knowledgeable, supportive and available to help clients, their families and support networks.

60 Ridgway Street
Room 123, Community House
PO Box 102, WANGANUI
Phone: 345-2336
mswanganui@xtra.co.nz
www.mswanganui.org.nz

About the Programme

Steady As You Go® is a unique Otago developed community based falls prevention programme using peer leaders and a central coordinator.

Sixty minute classes are held each week for 65+ year olds in a variety of venues in Wanganui, Marton, Hunterville, Ohakune, Raetihi & Bulls.

Steady As You Go® has been evaluated by University of Otago researchers. They found the classes improved physical function, reduced the risk of falls, were fun and provided links with other people in the neighbourhood.

Ask about our other programmes

CARFiT
Helping Older Drivers Stay Safe

'Hanging Up the Car Keys'

Keys to Safe Driving

Enduring Power of Attorney Seminars

ScamSavvy Sessions

Age Concern Wanganui
164 St Hill Street, Wanganui
Phone (06) 345 1799
Email info@ageconcernwanganui.co.nz

Steady As You Go®
FALLS PREVENTION

Strength & Balance Programme

Age Concern
Serving the needs of older people

What are Strength & Balance Exercises

The gentle exercises used in the programme by Professor Campbell and Dr Clare Robertson from the University of Otago are based on those proven to reduce falls.

The exercises are designed to improve balance, leg strength, general fitness and well-being. Participants begin with a warm up in a chair followed by standing exercises, walking exercises and end with a warm down in a chair. A range of light ankle weights are used for the leg strengthening exercises and all participants are encouraged to work at their own pace and stop if they feel dizzy or lightheaded.

Three simple strength and balance tests are carried out at week 1 and week 10 of the programme.

Classes cost \$3 per session
For more information or to enrol in a class please contact the coordinator, **Janet Lewis**
Age Concern Wanganui,
Phone (06) 345 1799

WHANGANUI

MONDAY
Christ Church Community Centre
10am-11am & 11:15am-12:15pm
Masonic Court Rest Home
10:30am-11:30am
Rapanui Mowhanga Community Hall
2:30pm-3:30pm
Special Olympics Hall, Peat St
10am-11am
Stoke Group St Andrews, Glasgow St
11am-12pm
The Holy Family, Tawhero
10am

TUESDAY
St Peters Church Hall, Gonville
10am-11am
St Josephs Hall, Campbell St
9:30am-10:30am

WEDNESDAY
Faith Academy
10am-11am
Idea Services, Gonville
1:15pm-2:15pm

THURSDAY
Churton School Hall, Aramoho
11am-12noon
Putiki Parish Hall
10am-11am
R.S.A., St Hill St
9:30am-10:30am
St Luke, Castlecliff
10am-11am

MARTON
TUESDAY
Marton Bowling Club
10am-11am

HUNTERVILLE
TUESDAY
Centennial Hall
1.15pm-2.15pm

RAETIHI
TUESDAY
Elder & Care Village
10am-11am

OHAKUNE
TUESDAY
St James Anglican Church Hall
10am-11am

BULLS
WEDNESDAY
Bulls Friendship Hall
10am-11am

What's on — mark your diaries!

FOUNDATION SKILLS NCEA LEVEL 1



**Full-time
26 Weeks
16-19 years
3rd July start
FREE**

SIGN UP NOW
Text/Call: 022 3598926
Email: louise@flynsolo.co.nz

Palmerston North Campus
We can provide transport from WANGANUI, BULLS, SANSON, and PALMERSTON NORTH

Wanganui Amateur Dance Association Incorporated



hold a social dance on the first Sunday of each month and dancers of all levels are invited

(Ballroom, New Vogue, Sequence, Latin, Social Dancers)

Venue: St Andrew's Hall, Bell Street, Wanganui (next to the police station)

Time: 7:15pm – 9:15pm, followed by supper

Cost: members \$3, non-members \$5 - *First-timers Free!*

Membership: \$10 annually

For further information please call Bryce on 021 187 9643



Wanganui Toy Library

142 London Street, Wanganui

Open every Thursday 9:30am – 11:30am

And every Saturday 10am-12noon

wanganuitoylibrary@gmail.com

027 746 6153

Facebook: Wanganui Toy Library

SAFETY MATTERS - Floods

Floods are New Zealand's number one hazard in terms of frequency, losses and declared civil defence emergencies. Floods can cause injury and loss of life, damage to property and infrastructure, loss of stock, and contamination of water and land.



Getting ready before a flood strikes will help reduce damage to your home and business and help you survive.

BEFORE A FLOOD

- Find out from your local council if your home or business is at risk from flooding. Ask about evacuation plans and local public alerting systems; how you can reduce the risk of future flooding to your home or business; and what to do with your pets and livestock if you have to evacuate.
- Know where the closest high ground is and how to get there.
- Develop a [Household Emergency Plan](#). Assemble and maintain your [Emergency Survival Items](#) for your home as well as a portable getaway kit.
- Check your insurance policy to ensure you have sufficient cover.

livingwell

Seminar's ▶ last Thursday of every month

1:30pm Thursday 27th July 2017

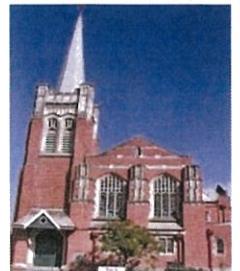
In the Brechin Lounge, St Paul's Church, Corner Guyton and Cooks Streets, Wanganui

Our speaker is

Lynn Beaven-Travelling

Afternoon tea provided / gold coin donation appreciated

For further information contact Rachel at the office (06) 345 9318



The Salvation Army

Positive Self Image Course

Learning to Love being in our Own Skin

This group is going to be a supportive encouraging environment filled of Aroha in a non-judgmental respectful manner

This positive self-image course will teach you new techniques such as:

- Relaxing mindfulness self-care
- Good grief / healthy anger
- Self-defense for women
- Empowerment in the kitchen
- Clothes / body type
- Make-over with a professional photographer and make-up artist



For further information contact:

Alecia de Silva – Community Ministries Coordinator
158 Wicksteed Street
(06) 345 2343

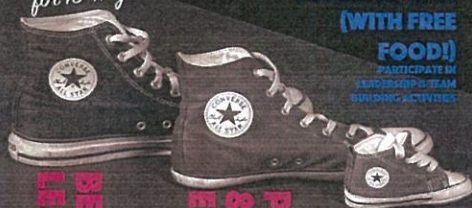
alecia_desilva@nzf.salvationarmy.org

YMCA presents Raise Up

Raise Up recruiting now for Raise Up Crew members for 15-17 year olds

HOW TO BE PART OF THE CREW
ATTEND WEEKLY CREW MEETINGS
(WITH FREE FOOD!)

PARTICIPATE IN LEADERSHIP & TEAM BUILDING ACTIVITIES



BE A LEADER

PLAN & RUN EVENTS

HAVE YOUR SAY

Have your say on what happens in your community

Plan events and manage them too

If you are keen to be involved contact Tony

Call or text TONY: 022 035 3877, (06) 349 0197 ext 131, 0800 YMCA 4 U
Email: tony@ymcacentral.org.nz
Facebook: Raise Up Whanganui www.ymcacentral.org.nz

YMCA presents Raise Up for 15-17 year olds


RAISE UP is a free weekly program held at YMCA Central with the aim to develop young leaders. We are currently recruiting young people who would like to make a difference in the Whanganui community to join the Raise Up Crew.

THE RAISE UP CREW will meet weekly to develop leadership skills, plan youth events and activities and attend workshops and trainings. Raise Up aims to provide a fun and safe environment for young people to learn and grow their skills, develop new friendships and become a leader in their community.

Call or text TONY: 022 035 3877, (06) 349 0197 ext 131, 0800 YMCA 4 U
Email: tony@ymcacentral.org.nz
Facebook: Raise Up Whanganui www.ymcacentral.org.nz

Lifelong Learning at the YMCA

YMCA CENTRAL Skills for Life



What we offer:

- ▶ LIFE SKILLS
 - ✓ Cooking ✓ Hospitality ✓ Gardening ✓ DIY
 - ✓ Computing ✓ Getting a job ✓ Going flatting
- ▶ COURSE TIME
 - ✓ Monday - Thursday, 9.30am-2.30pm
 - ✓ 10 week programme
- ▶ GREAT TUTORS
 - ✓ Learn with great tutors, guest speakers and work visits

ZERO FEES
subject to funding availability

Your tutor says "This is an awesome hands on course where you will learn some great skills for life!"

To find out more or to enrol:
CALL 0800 YMCA 4 U or Susan Simons on 027 496 0981
www.ymcacentral.org.nz

What's on — mark your diaries!

The City Mission

The Food Bank, City Mission Wanganui administrative offices, and sales of frozen Ezee meals are operating from 7 Park Place (ground floor). The "Zest for Mission" shop continues to operate at 163 Victoria Avenue.

Phone: (06) 345 2139

Email: admin@citymissionwanganui.org.nz

Website: www.citymissionwanganui.org.nz



CITYMISSION
WANGANUI



Life Skills – 8 Week Course

- Wellbeing – self care
- Healthy relationships
- Healthy eating on a budget (including gardening tips)
- Nutrition – healthy recipes

Tuesday's, 10:30am – 12pm, 158 Wicksteed Street

For more information, or to register, please contact Alecia de Silva, Community Ministries Coordinator, (06) 345 2343

Male Singers / Lyric Singers

Non-Audition Choir

All Welcome

Contact Joanna Love (06) 345 9073

Practices Thursday Evenings



River City Artists

Meet Thursdays 9:30am – 4pm

At Christ Church Community Hall

243 Wicksteed Street, Wanganui

Artists of all Levels / All Mediums Welcome

For more details contact:

Val Donkervoort (06) 343 6316 / joeval@xtra.co.nz

Sandra Brumby (06) 927 5475 / sjbrumby@gmail.com

St John Book Sale

25 Tawa Street, Wanganui



Next Sale

July 20th, 21st, & 22nd

Thurs – 6pm – 9pm

Fri – 10am – 6pm

Sat – 10am – 4pm



For more information phone (06) 345 0878

If you have a community event which enhances our social community, and would like to have

Free Face Painting there

or as a fundraiser,

please contact me Kirsty on 021 212 3819 or

email lovelifelivefacepainting@gmail.com

facebook www.facebook.com/Lovelifelive-face-painting-hire

website <http://lovelife.myob.net>



Marae Time

Drop-in centre for friendship, cuppa and chat.

Meets Mon-Thurs 9am-1pm

All welcome to our beautiful Te Rau Oriwa Marae - right in the centre of town.

Corner Wicksteed Street and Cameron Terrace, Whanganui
Haere Mai



SUSTAINABLE WHANGANUI
Creating resilience within our community

Sustainable Whanganui Trust needs more Volunteer Help at the WhEB (Environment Base)

Do you have ½ an hour to ½ a day that you can give on a regular basis? - Training will be given

For more information contact: Sustainable Whanganui Trust

83 Maria Place

sustainablewhanganui@gmail.com

Whanganui, 4500

www.sustainablewhanganui.org.nz

Phone (06) 345 6000

AUTISM
Every step together

LEGO® Group

What will we create together?



Autism New Zealand is running a group for kids with autism who enjoy playing with LEGO!

- Make friends
- Small groups
- Learn social skills
- Experienced facilitators

Weekly sessions are from 4.00pm – 5.00pm on Monday in Whanganui

If you'd like to find out more, please contact:
Ayesha Middleton, LEGO Coordinator, Autism New Zealand Whanganui Branch
E: whanganui@autismnz.org.nz • P: (06) 348 8351

Business & Community News



**WANGANUI
DISTRICT COUNCIL**
Te Kaunihera a Rohe o Whanganui

The funding round for the 2017 / 2018 community contracts process will open on our website from Friday 30 June 2017 and will close 5pm on 31 July 2017. This is an online application process and you will need to complete the following steps:

- New Applicants:** If you have not applied using the online system before you will need to:
1. Complete an organisation registration
 2. You will then get a username e-mailed to you (you need to keep this safe as you will need each time you log on)
 3. You can complete your online application (you can do this in steps, just save as you go along).

Have you applied before?

1. You will need to locate your registration number and log on ([contact us](#) if you cannot find it or want clarity)
2. Ensure you have completed all reporting requirements from the previous funding round (if you were successful in 2016/2017 then this is due 12 July 2017)

Workshops for 2017/18

We will be holding three workshops for applicants to provide support on the online application process, linking to Leading Edge and Safer Whanganui and reporting requirements.

All workshops will be held in Committee Room 2, Level 1, Council Municipal Building, 101 Guyton Street.

- Monday 3 July 5.00 – 6.30pm
- Tuesday 4 July 1.30 – 3.00pm
- Wednesday 5 July 9.30 – 11.00am

If you would like to book in for anyone of these workshops please contact

Lauren Tamehana on (06) 349 3104
or lauren.tamehana@whanganui.govt.nz



WHANGANUI: TOWARDS A RESTORATIVE CITY

Honoa ki a Rongo ki Whanganui

INTRODUCTION TO RESTORATIVE PRACTICE Workshop

Want to find out what Restorative Practice is and how you can use it?

This workshop will help develop your understanding of, and help you to apply, informal restorative practice.

This is a participatory workshop and explores:

- philosophy and concepts of restorative practice
- restorative practice language
- continuum of restorative practice
- application of restorative practice (low level)

Register to:

Restorative Practices Whanganui
06 343 3648
info@restorativepracticeswhanganui.co.nz



One day Workshop
8.30am-4.30pm

4th May, or
5th July, or
6th September

"A well run, thought provoking day in an open & honest, safe environment."

"It's given me better problem solving skills."

\$115 pp

- enquire about non-profit discount

- includes light lunch & refreshments



MARGARET WATT CHILDREN'S TRUST INCORPORATED

Applications are invited for grants from this Trust. The aims of the Trust are to assist New Zealanders aged 6—20 years in their training for life.

Applications for grants must be received on the official form obtainable from the Trust, PO Box 358, Wanganui, telephone 345-4292, or email max.barbara@inspire.net.nz. An information leaflet will be included. Successful applicants will be required to complete an evaluation of the outcome of their project.

Applications close on 31 July 2017.

Wanganui Foster Care Association Inc.

Welcomes new members

- We support: caregivers, respite caregivers, whanau, grandparents, and homes for life -with advocacy, mediation, negotiation, training, and provide a common meeting ground
- We are community based; working in a multicultural society. We recognise the confidential and diverse needs of others. We have social gatherings, meetings and outing
- Membership is free
- Children welcome at meetings



For more information and/or to become a member please call:
Chairperson - Noeline Smith (06) 322 1902
Vice Chairperson/ Secretary - Jenny Jury (06) 343 8464



WHANGANUI

ALL YOU NEED (AND THEN SOME)

Whanganui's refreshed brand was launched in October and is available to anyone who wants to use it to promote Whanganui and their organisation, club, business or event.

The purpose of the brand is to tell a strong and consistent story and to remind visitors and locals that there's more to Whanganui than they might imagine.

To find out more about how the brand was developed, the ideas behind it and to download the brand package for use by your organisation, community group or event, visit www.whanganui.govt.nz/whanganui-brand.

Community organisations that would like more information about using the brand should contact the Communications Team at Whanganui District Council, email CommunicationsTeam@whanganui.govt.nz or phone 349 0001.

Deputy Daughters

"Being there for your loved ones when you cannot be there"

We can...

- ✓ Visit to chat
- ✓ Go for a drive
- ✓ Visit friends
- ✓ Go for a walk
- ✓ Take them to appointments

THE CHOICE IS THEIRS!

Locally Owned & Operated since 2004
ACC Registered Vendor

Ph 06 344 6209 or 027 240 6209
clairemathieson@xtra.co.nz
www.deputydaughters.com



Business & Community News

Inland Revenue Staff

are available as follows:

Taihape: Every 1st Wednesday each month from 9:30am-2:30pm.

For appointments contact:

our Work and Income Receptionist (06) 901 0109

Ohakune: Last Tuesday of alternate months (Jan, March, May, July, September, November) from 9:30am-2pm at the Work and Income office. Appointments can be made at the Work and Income office, Goldfinch Street, Ohakune.

For appointments contact:

our Work and Income Receptionist (06) 901 6162

Marton: 3rd Monday morning 9:30 to 11:30 of every month (Feb, April, June, Aug, Oct, Dec) at the Work and Income Office, Marton.

For appointments contact:

our Work and Income Receptionist (06) 327 4029

Whanganui: 2nd and last Wednesday of every month from 9:30am-2pm at the Work and Income Office, 153 St Hill St, Whanganui.

For appointments contact:

our Work and Income Receptionist (06) 965 8092



Inland Revenue
Te Tari Taake

Citizens Advice Bureau Whanganui

Not sure? ASK US.



We offer a free, impartial and confidential service

We have specialist services available:

Legal Advice & Justice of Peace

St John's Shuttle bookings

What's My Number – Consumer Powerswitch

120 Guyton Street, Whanganui. Ph (06) 345 0844
Monday – Friday 9:30 am – 3:30 pm

WHANGANUI ALL YOU NEED (AND THEN SOME)

Welcoming Visitors to Whanganui

Is your organisation, sports or recreation group welcoming visitors to Whanganui for an event or conference?

Contact Louise Follett at Visit Whanganui and Welcome Bags can be organised for your visitors – let them know what a great place Whanganui is!

Visit Whanganui can also assist with:

- Accommodation advice and assistance
- On-line promotion of the event
- Assistance with finding the best venue for your needs
- Information on additional activities for your guests

Louise Follett

DD: 349 3254

Email: louise.follett@whanganuiandpartners.nz



Hearing Wanganui

Hearing Protection Programme

This is an educational, scientific, fun and interactive programme that is designed primarily for children aged between 8 – 12 (Year 4 to 8) to learn about decibels, hearing and how to prevent hearing loss.

The Hearing Protection Programme has been proven effective in changing attitudes and behavior associated with hearing. You get to explore sound, the way it travels, and how you can protect your hearing for years to come! For further information or to book a Hearing Educator for your school, club, group, social event, or just needing a guest speaker please phone:

Hearing Wanganui / 06 347 9743
35 Dublin Street, Wanganui 4500

St Paul's Presbyterian Church Guyton

Corner Guyton and Cooks Streets

Rooms for Hire

Three different sized rooms available to hire for meetings

THE WORSHIP CENTRE can seat (theatre style) about 130-150 people

BRECHIN LOUNGE can seat about 60 people

SMALL LOUNGE can seat about 30 people

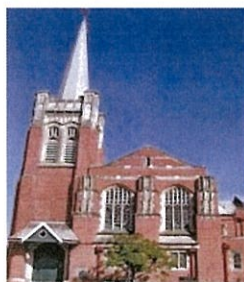
ROOMS 1, 2, & 3 ▶ slightly smaller rooms also available

- Extra tables available
- White board available
- Use of kitchen (that has hatches into the Worship Centre and Brechin Lounge) available
- Rooms have heating
- Very reasonable rates

For more information and bookings contact Rachel at St Paul's Presbyterian Church office, 112 Guyton Street

Phone (06) 345 9318 (Mon-Fri 8am – 1:30pm)

Email: officestpaulschurch@inspire.net.nz



Whanganui Tedz Project

Providing care packs for children who have been through a traumatic time.

Meeting the needs of victims is at the centre of everything New Zealand Police does. When a child is a victim of abuse, Police do all they can to assist those children through a very difficult time. 4thekidz show these children that their community cares by providing packs of comfort.

We need help with the following for our packs:

- A Soft toy to cuddle
- A Blanket to wrap around a child
- A Torch to light the darkness
- Colouring in books and crayons to express ourselves and our emotions
- Notebooks and pens to write or draw our feelings or wishes

If you feel you can help with any of the above or would like to volunteer with 4thekidz please contact us at:

admin@4thekidz.org.nz

Or find us on Facebook

<https://www.facebook.com/4thekidz/>

Health & Wellbeing

Te Punanga o Hōhepa



Josephite Retreat Centre

July

Hōngongoi



Living Well, Dying Well

Session 3: Celebrating Life & Death

Final workshop encompasses the first two workshops:

"Exploring strategies for a good death."

Saturday 1 July 10am - 4pm

\$20

Ann Jennison

Waiata, Kōrero, Karakia

Join us as we celebrate **Maori Language Week 2017**.

Date to be advised.

Kura & Kahu Simon



Tending the Soul as We Journey

Monday 10 July 10am - 3pm

Koha

Catherine Woodcock rsj

Liturgy

Sunday 16 July 4 - 5pm



Tui Motu Group

Wednesday 19 July 4.30 - 6pm



DVD Evening - Miracles from Heaven

Miracles From Heaven is based on the incredible true story of the Beam family. When Christy discovers her 10-year-old daughter Anna has a rare, incurable

disease, she becomes a ferocious advocate for her daughter's healing as she searches for a solution. After Anna has a freak accident and falls three stories, a miracle unfolds in the wake of her dramatic rescue that leaves medical specialists mystified, her family restored, and their community inspired.

Thursday 20 July 6.30pm *Supper provided* Koha



ARTHRITIS
NEW ZEALAND

KAIPONAPONA AOTEAROA

ARTHRITIS NEW ZEALAND

For information on seminars, education talks, gout clinics, and workplace workshops, phone 0800 663 463



Cancer Society Driving Service

We provide free transport to and from any Cancer related appointments locally, and also Palmerston North and Wellington. For more information contact Lynne on (06) 348 7402 Monday – Thursday 8:30am till 12:30pm or Friday 8:00am – 12 noon.

Wanganui District Library Home Service



Can't Access the Library?
We'll bring it to you

The Library Home Service provides items from the library to your door for free, kindly delivered by volunteers. If you have had a recent operation or decreasing mobility due to age or illness you could be eligible for this service.

If you think Home Service could benefit you or someone you know please contact Carol Tong on (06) 349 3203



Youth Services Trust

39-41 Drews Avenue

YST provides free health and support services to youth aged between 12 and 25 years.

These services presently are:

- Nurses Clinics
- Doctors Clinics
- Counsellor
- Youth Advocacy and Information

- Closet Space (support Group for gay, lesbian and transgender youth, offered weekly in Wanganui)

One-on-one Counselling Service usually accessed by appointment. The Youth Workers deliver a variety of programmes, including closet space, group with gender issues, transition to work, life skills, individual work.

Phone (06) 348 9935, Fax (06) 348 9935

Email: admin@yst.org.nz



Family Planning

THE COLOURS OF SEXUALITY

An electronic resource for use in secondary schools to be used with students with learning disabilities. The activities in this resource use the concept of a journey to help students to view their sexuality and sexual progression as a normal developmental stage. The resource includes information and activities on:

- Building friendship
- Managing emotions
- Public/Private body parts
- Appropriate touch
- Assertive communication
- Positive decision making

This resource is available as an interactive PDF on disc. No hard copy components are supplied.

<http://shop.familyplanning.org.nz/the-colours-of-sexuality>

Heather Perry, Health Promoter

Kaiwhakatairanga Hauora

Family Planning New Zealand

Positive sexual and reproductive health



From Rib-Cage to Rib-Basket

Discover the potential for mobility and flexibility in your RIBCAGE. Find the key to unlocking the cage, and turn it into a basket alive with movement and breath for your whole self.

Seven weeks for \$80, or casual attendance \$14

Feel free to contact me with any questions:
ph (06) 342 7892 or email katharina.sporl@gmail.com

Health & Wellbeing

Club G.O.L.D 2014

Walking Group

(Growing Older and Living Dangerously)



9:00 am every Tuesday and Thursday

Leaving from the Splash Centre Wanganui:

- People of all fitness levels are welcome to join
- No-one walks alone
- Two groups walk, giving you the option of either a 60 minute or a 30 minute walk
- Fun, friendly atmosphere

All enquiries to Deb Byers, Area Manager, Green Prescription Office (Splash Centre), phone (06) 349 2325 or 027 589 4440

Waverley Old-Time Country Music Acoustic Group

1st Saturday of every month, 1pm – 4:30pm
Waverley Baptist Church, SH 3, Waverley

All profits are returned to the community

\$2 Door Donation

All Welcome



For more information contact Cindy or Cliff (06) 346 6424 (free calling from Wanganui)



Alzheimer's Whanganui

- Information and education
- Friendly Carer Support workshops
- Fun community outings for people with dementia

**Making life better for
all people affected by dementia in
Whanganui, Rangitikei and Waimarino**

Call the Team today

(06) 345 8833/0800 004 001

Suite 5 136 Victoria Avenue (next to Barber Town)

Email: admin@alzheimerswhanganui.org.nz

www.alzheimerswhanganui.org.nz



AUTISM
Every step together



Coffee & Chat

ASD SUPPORT COFFEE MORNING WHANGANUI

Every 3rd Tuesday of the month, 9.30am-11.30am

The Ladies Rest Building, 75 St Hill Street.

This is a great place to meet and share experiences
while enjoying a cup of coffee.

For more information contact: Ayesha Middleton, Outreach Coordinator,
027 449 9049 or whanganui@autismnz.org.nz



Hearing Wanganui

Ear Wax a Problem?

We provide a professional service to remove wax and debris from your ears by using micro-suction to gently and safely clear the ear canal. Having your ears cleaned could help improve hearing and discomfort immediately.

Make an appointment today to see our Registered Nurse to have your ear canals cleaned by micro-suction. Only \$45! Member's discount applies.

Hearing Wanganui / 06 347 9743
35 Dublin Street, Wanganui

yourkindergarten ASSOCIATION

The Whanganui Kindergarten Association is seeking people interested in becoming a part of our organisation as Board Members.

The Board meets every 6 weeks on a Thursday, 5:30pm – 7:00pm.

We need people who have a general knowledge of Kindergarten, a passion for quality early childhood education and a wish to make a positive difference to their community. Training will be provided.

For more information contact Karen Craig gmpa@yourkindergarten.co.nz

(06) 345 6729 xtn 3 or 021 132 3939

plus take a look at our website: www.yourkindergarten.co.nz.



Plunket Playgroups

Plunket Coffee Groups

Plunket now has an **Under 1's Playground** on a Monday 9:30-11:30am, a **Fitness Group** Friday 9:30-10:30am, and an **Open Age Playgroup** Friday 9:30-11:30 running from the Family Centre at 6 Bates Street.

Our PEPE Groups (Parent Education) are run weekly and usually last for 5-6 weeks.

Contact Heidi Wright, Community Support Coordinator on 021 529 600 or email heidi.wright@plunket.org.nz



Halls / Rooms for Hire

We get a lot of enquiries at Community House from people and organisations looking for space for community groups to meet.

If you have a hall or room for hire and would like to go on our database for this, please email us at office@communityhouse.org.nz

Please like us on
Facebook.

Community House Whanganui



Like us on
Facebook

It is our aim to update this page regularly with news and events from our community organisations in Whanganui.

If you have information you'd like us to share on our page please email us at office@communityhouse.org.nz.

If you do not wish to have your organisations news and events promoted on our page, please let us know.

Health & Wellbeing

Alcoholics Anonymous

Alcoholics Anonymous

Phone 0800 229 6757

If you have a drinking problem maybe we can help...

AA Wanganui Area Meetings:

- Sunday:** St John's Lutheran Church, 51 Liverpool Street, 9:00 am
Monday: Friendship Hall, Morris Street, Marton, 7:30 pm
Tuesday: **Tuesday Lunchtime Steps & Traditions**
 St John's Lutheran Church, 51 Liverpool Street, 12:30 pm
Wednesday: St Luke's Church Hall, 34 Manuka Street, Castlecliff, 7:30 pm
Thursday: St John's Lutheran Church, 51 Liverpool Street, 7:30 pm

The Compassionate Friends Parents Grief Support Group

As a group we have all experienced the death of a beloved child — of all ages, from any cause, recently or years ago.

Our group is open to parents, siblings and grandparents.

We meet monthly for coffee, chat and care.

**1st Saturday of every month
The Yellow House at 11am**

Join us to share, chat or just listen — even cry with those you know your pain.

Contacts: Sue (06) 345 0855 or Keren (06) 344 3345
www.thecompassionatefriends.org.nz



Men's Grief Individual Support

Men who have suffered a loss (any loss — a wife, partner, child or sibling, divorce, redundancy etc.) are welcome to come for empathy and understanding.

We offer on to one sessions in the strictest confidence

WE FACE GRIEF TOGETHER

Please phone Pastor Barrie (06) 344 3345
or Doug (06) 345 0392



Monthly Learning / Intellectual Disability Carer Support Network

Do you care for someone with a learning disability?

Would you like to meet others who are caring for and helping people with learning disabilities to make choices and come to decisions which will affect their wellbeing?



Would you like the opportunity to share information and friendship with others who have the same role?

The support group meets on the last Friday of each month, between 10am and 12noon at the CCS Disability Action Centre, 28 Churton Street, Wanganui.

All are most welcome. Morning tea / coffee provided

For more information phone (06) 929 3161 or txt Linda 021 230 4095

AL-ANON FAMILY GROUP

CONFIDENTIAL SUPPORT FOR FAMILY AND FRIENDS
OF PROBLEM DRINKERS

Every Tuesday at 7:30pm

*Quaker Meeting House
256 Wicksteed Street, Wanganui*

Every Friday at 12:30pm

*Gonville Library Meeting Room
44 Abbot Street, Wanganui*

...just pop on in @



NARCOTICS ANONYMOUS

*"If you use drugs that's your business.
But if you want to quit, that's our business"*

*Meetings every Tuesday 7:30-8:30pm
and Friday 7:30-8:30pm*

St Pauls Hall, via the **Cook Street
entrance** only

*For more information call
0800 628 632, 0800 NATODAY*



DOES ADDICTION CONTROL YOUR LIFESTYLE?

You need to take action now!

**WE SHALL OVERCOME!
WELCOME TO RECOVERY
CHURCH**

Salvation Army Citadel
158 Wicksteed Street
Every 2nd Sunday, 4-5pm

Contact John on (06)343 5655



Pedestrians on Wheels

Coffee & Chat Group

*1st Wednesday of each month
at Kristy's Café, 151a London Street, 1:30-2:30pm,
plus Monthly Meeting*

*3rd Wednesday of each month
at The Brick House, 72 St Hill Street
for Lunch at 12:30pm,*

*followed by a Social Gathering/Meeting at 1:30pm
(People may attend meeting without attending lunch)*



Both events are for those on Mobility Scooters and Wheelchairs.

For more information contact

Noelene Lane 027 758 0471



Wanganui's Own Flock of Lesbians

Regular social meetings for Lesbian/Gay women for coffee, brunch, fun activities, pink drinks, support, ideas sharing, and a laugh...

Email wangaflock@outlook.co.nz

and be in the loop for monthly itinerary and newsletter.

Lesbians visiting Wanganui are welcome to join in.

Please note: Screening is in place for all new comers by way of a coffee and a chat. Jennifer



Counselling Services

▼ These counsellors/supervisors/practitioners have asked to promote their services to community organisations and will be contributing to the costs of distributing Com.Chat

The Counselling Centre (Marton)

www.counsellingcentre.org.nz
located at 18 High Street, Marton
Phone (06) 327 5245

We provide Counselling and Family Therapy to individuals, couples and families in the wider Rangitikei district. This geographical area covers the rural towns of Marton (where we are based), Hunterville, Turakina, Ohingaiti, Mangaweka, Taihape and Bulls.

We are an incorporated society managed by a committee of local people. We receive funding to keep our service functioning from a number of different sources which include government agencies and charitable trusts.

Clients can self-refer and we also receive referrals from professional and health services in the Rangitikei district.

Our counsellors are skilled and experienced with professional counselling qualifications, are Members of New Zealand Association of Counsellors (MNZAC) and have strong networks and connections within the Rangitikei area.

We ask our clients for a small donation of between \$5.00 and \$40.00 per counselling session depending on financial ability. However, if it is too difficult to make a donation we are happy to provide Counselling at no charge.

ADMINISTRATIVE STAFF

– THIS GROUP IS FOR YOU!

The Association of Administrative Professionals New Zealand Inc. (AAPNZ) is a professional association for all office professionals.

The Wanganui Group meets at 5:30pm until approx 7pm on the last Thursday of the month. Interesting guest speakers cover a variety of topics from personal to professional development.

Cost to attend is only \$5 per person (includes light refreshments).

For further information about upcoming meetings please contact Immediate Past President Margaret Johnson on (06) 344 8494 (evenings) or email bejae@clear.net.nz.



SUPERVISOR AVAILABLE

Janet Mace

T.T.C., Certificate in Counselling (C.I.T.)
Certified Hakomi Therapist
Post.Grad. Diploma in Social Services Supervision
(with distinction) Massey University

Janet has been supervising a wide range of people from the helping professions since 1994. She has practised as a counsellor since 1987 and combines mindfulness with a strengths-based perspective in her counselling and supervision practice.

Call 021 743 793
or email aramoho@inspire.net.nz



COUNSELLING CABOODLE

PROFESSIONAL SUPERVISION SERVICES

Debbie Biggar Phone: 02102689486 or info@counsellingcaboodle.co.nz

Whanganui, Bulls, Marton, Palmerston North or via Skype

Clinical or professional supervision, Counselling, or EAP (Employment assistance programme)

ACC Sensitive Claim and ACC Physical Injury.

Individuals Couples Groups Workshops Education sessions

Trauma	Anger management
Individuals, couples or groups	Mental health (depression, anxiety etc)
Addictions	Sexual Abuse
Relationships	Grief
Work place issues	Bullying
Self discovery	Managing change
Family dynamics	Assertiveness training/communication
Medical issues	And much more!

Will travel to other areas by negotiation. Able to do assessments and reports
Full member of NZAC, Registered DAPAANZ and DAPAANZ approved supervisor
www.counsellingcaboodle.co.nz

Nicola Hartfield

MANZASW/FAMINZ (Mediation)

www.nicolahartfield.co.nz

info@nicolahartfield.co.nz

021 900 145



Professional Workplace Supervisor
Family and Community Mediator

Fliss Newton

MNZAC; Dip GINZ; TTC;
Cert Social Work

- ☺ Professional Supervision
- ☺ Couples Counselling
- ☺ ACC Trauma Recovery
- ☺ Children
- ☺ Workplace Issues
- ☺ Reaching your Potential.

(06) 347 6377

fliss@inspire.net.nz



Unichem

After Hours Pharmacy

Unichem Whanganui Pharmacy

36 Fitzherbert Ave, Wanganui

Weekdays 5:30 – 8:30pm

Weekends and Public Holidays: 12:30 – 8:30pm

Next Month's Deadline for Com.Chat

The deadline for Com.Chat is always the 18th of the month prior. Please ensure your article/information is received at Community House prior to the 18th.

Phone Jan or Shelley on (06) 347 1084 or email us at office@communityhouse.org.nz

Receive Com.Chat by Email

Receiving Com.Chat by email would help to reduce our costs. If you would like to receive a pdf. Version, please either phone us (06) 347 1084 or email us at manager@communityhouse.org.nz requesting 'Email Chat' in the subject line.

Want to let everyone know about your event?

AWA
EVENT
GUIDE
WHANGANUI

Then contact us at

www.awaeventguide.co.nz

or phone Karen on 021 132 3939.

We print 1200 copies monthly and distribute them all over Whanganui and beyond.

We also Facebook and tweet.