



New Coasters Newsletter

September & October 2015

Come in & make some friends



Kia Ora and Haere Mai

The Chinese proverb "The more you give the more you get", recently quoted by one of our Chinese friends, certainly confirmed what I've been talking about for a while now – giving is good for you.

New Coasters just received the Health and Wellbeing Runner Up prize at the Trustpower Community Awards – another confirmation that our activities are good for people's wellbeing ☺. And of course a great recognition for those who volunteer their time to run our activities, to be on the committee and to support & 'buddy' those who are really new and need a hand or two.

Being part of our network is great fun - you meet interesting people from different cultural backgrounds, we share our experiences and support each other where needed as we all know settling in comes with lots of different side effects... It doesn't take much and once you've done it you'll know giving is incredibly rewarding.

October is 'Wellbeing month' – we'll focus on activities that are good for you, that enable you to have positive experiences and focus on the little things that make you happy. This year's theme is "GIVE" – so we encourage you to give a smile, a compliment, an invitation to spend time together, a helping hand or another random act of kindness ☺.

Join our events - no matter for how many years & generations you've been living here – come along and be part of active, inclusive and diverse community development. I look forward to meeting you.

Birte

Some of our next events ...for more info please turn the page



Language classes to improve your English



Potluck Dinners 'Spring time' and 'Viva Italia'



Craft sessions & felting workshop



Garden workshop "Insect hotels"



Coffee mornings and 'World café'



Laughter Yoga and Tai chi session

Some impressions of our last events:



Welcome Newcomers

We are an informal social network which supports people in Greymouth, Hokitika and surrounding areas. 'Newcomers' can help you get in touch with others, meet local people, find out about clubs and organisations. We hope to help you feel at home in your new environment. Please feel free to come along to our activities or contact us.

Contact us:

Newcomers Network
Greymouth
38 Albert Street, Greymouth
☎ 03 7686580 or
0274070302

Newcomers Network
Hokitika
72 Tudor Street, Hokitika
(WestREAP)
☎ 03 755 8700

Email:
birte@newcoasters.co.nz
Web: www.newcomers.co.nz

 **New Coasters**
like us for up-to-date information

Opening Times of our office vary depending on other events. For details see poster @ the office or contact me.

New Coasters run several regular events and one-off activities. We also attend events in the local communities. There's lots more we *could* do but I need know what YOU are interested in & what times suit you – please contact me ☺.

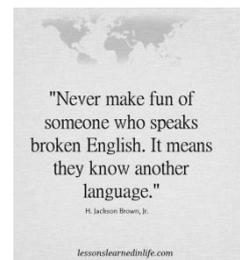


My story

Moving to a new area or country can be pretty exciting, surprising, funny as well as confusing or even embarrassing. Most newcomers have a story to tell (even if they moved here ages ago) and we want to capture these stories as they are often really interesting and a great treasure to keep. We haven't decided how to actually publish them yet but first of all we need a good collection, so please share YOUR settling in experience(s) with us.

Language Buddies Wanted

Some of our 'brand-new' people haven't had the opportunity to learn much English before moving here and unfortunately not everyone can attend our beginner's English classes. Sometimes a few 1:1 meetings with a native English speaker can be really helpful – going shopping together, baking something, going for a walk or sharing a meal helps to learn important phrases and develop language skills. Please let me know if you have some spare time and could support a newcomer by becoming their 'buddy'.



International community contacts for emergencies

Which languages do you speak? Would you be able to help someone whose English is not sufficient to understand important information? The Civil Defence departments of our councils, the Community Development Facilitator and New Coasters want to ensure everyone is prepared for potential disasters, understands what to do and knows whom to contact. We are planning to set up a **list of contact people who could help out** with interpretation in emergencies and other situations (no formal translations) – please let me know if I can put your name down for this.

Intercultural learning experiences for girl guides

The local pippins & brownies (5 -9 year old girl guides) would like to learn more about other cultures! As part of their activities they are interested in meeting people who introduce the craft, music, food etc. of their home countries to them. They meet Wednesdays 3.15 - 4.45pm. Please text/phone 0273212155 or email layz14@hotmail.com their leader Layli to find out more.

Are there any Mandarin speaking families in our communities that might like to swap kid's novels and comics for a while? Or does anyone know where to get some more in NZ? Hints & tips appreciated – please contact kbtaiwan@gmail.com ☺

Are you an organised & reliable person who likes to be in charge? Would you like to spend a few hours a day working outside? The Grey Star is looking for someone to look after the paper run in Hokitika. Please contact johng@greystar.co.nz for details.

Some of our group members are looking for a **part-time job or rental property** – please let me know what's available locally...

Could you host some boarders?
Young Chinese family is looking for two bedrooms in a family house to share (from October 2016) *Preferably close to St. Patricks School*. They would like to have access to a host family to improve their English language skills and learn about the local culture. Other offers of rental property welcome as well. Max. rent per week \$150. For more information please contact **Gang: 022 4378009** or email Birte@newcoasters.co.nz

We are planning to run **multicultural play sessions** in cooperation with the Play Centres in Reefton, Kanieri and maybe other areas. We can provide transport support – please let me know if you know of anyone with children aged 0-5 who want to meet other parents and their children, have some fun playtime and improve their English in a small group. Get in touch with nc.ruraloutreach@gmail.com

Does anyone have a spare HEAT PUMP floating around somewhere? We would have a good use for it in our office...



Come in & make some friends

Events @ & with New Coasters in September:

 **"Spin a yarn" CRAFT meeting** Mon, 14.9., from 6.30pm, Ali's Café, 9 Tainui St, GM
Enjoy a night out and go with the new global trend: knit/ crochet in public while having crafty conversations with others...

 **Multicultural Coffee morning** Thu, 17.9., from 10.30am, Ramble & Ritual, Hokitika (Sewell St)
Always a good opportunity to catch up on local news and a casual way to meet other newcomers.

 **NEW: Crafternoon "Spin a yarn"** Mon, 21.9., 1.30-3.30pm, New Coasters office, GM
Get out and about to meet other crafters who have free day time... *basic material provided*

 **Potluck Dinner "Spring has sprung"** Fri, 25.9., from 6pm, Uniting Church, 203 Tainui St, Greymouth
Bring something fresh & green for a shared dinner with our newcomers group ☺ *BYO drinks*

Regular events @ & with New Coasters:

 **Craft meetings (Greymouth)**
Every 2nd Monday from 6.30pm – Join in to knit & natter, crochet & chat at Ali's Café
Every 3rd Monday from 1.30 – 3.30pm – Join in to knit & natter, crochet & chat at New Coasters



 **English Language classes**
IELTS preparation: Tuesday 9.30-11am and Thursday, 7 – 8.30pm (both Greymouth)
Beginners English: Tuesday, 11.15-12.45pm (Greymouth)
Social (conversational) English Tuesday 5.30-7pm (Greymouth)
and Thursday, 7-8.30pm (Customhouse, Hokitika)



Please contact us to register and find out which class is the most appropriate on for you!

 **Coffee mornings**
Every 3rd Thursday 10.30am-12pm at 'Ramble & Ritual' – Sewell St, Hokitika
Every 3rd Saturday 10.30am – 12pm 'World Café' at New Coasters
(sorry, not in September)



 **Essentrics stretching & strengthening session (GM)**
Every Thursday 12.15-12.45pm *registration essential*- contact Esther for details: 027 380 0813)

 **Potluck Dinner**
Every last Friday- from 6pm at Uniting Church Hall, Greymouth – bring a plate for a shared meal

Preview:

14th November: Cooking session at Westland High School in Hokitika

Mid November: Diwali – Hindi Festival of Light

18th December: World Migrants Day –Festive End of Year Dinner



Come in & make some friends

Events @ & with New Coasters in October:

 **Mindful Moments** with Sarah Harvey from Tue, 06.10. 5.30-6.30pm, New Coasters office, GM

A simple way to reduce stress by noticing or paying attention to what is happening now. Learn some basic mindfulness practices to improve focus & attention & be fully present. Wear comfortable clothing & bring a gold coin donation

 **Felting ROCKS** Fri, 09.10., from 6.30pm, Customhouse, Hokitika
Sat, 10.10., 10am-12pm, New Coasters office, GM

Have a go at some felt roving & create a covered rock or some other colourful pieces for yourself or a friend. Gold coin donation for material

 **Gardening meeting** Sat, 10.10. 2.30-5pm, New Coasters office, GM

Bring your tools and some material and create funky insect hotels for your garden. Also seeds & seedlings to swap.

 **Introduction into Tai Chi** with Rosie McGrath Mon, 12.10. 5.30pm, New Coasters office, GM

Often described as "meditation in motion," but it might well be called "medication in motion – get to know these gentle movements which help to reduce stress and offer other health benefits. Wear comfortable clothing & bring a gold coin donation

 **"Spin a yarn" CRAFT meeting** Mon, 12.10., from 6.30pm, Ali's Café, 9 Tainui St, GM

Enjoy a night out and go with the new global trend: knit/ crochet in public while having crafty conversations with others...

 **Rural information sessions - Welcome Lunches for newcomers**
15th October, from 11am-1pm, Kokatahi Hall

Local organisations introduce themselves & provide information for newcomers to the farming communities.

 **Global Cafe "CHINA "** Sat, 17.10., from 2.30pm, New Coasters office, GM

Immerse yourself into another culture & enjoy music, pictures, stories, customs, snacks & an authentic hot drink.

 **Laughter Yoga Lunch time session** with Mariana Vetterli Mon, 19.10. 12.30pm, New Coasters office, GM

Try something new: this mind-body exercise combines simple, playful laughter exercises with breathing, stretching, rhythmic clapping and chanting. It is appropriate for all age groups and fitness levels. \$5 per person

 **Crafternoon "Spin a yarn"** Mon, 19.10., 1.30-3.30pm, New Coasters office, GM

Get out and about to meet other crafters who have free day time... basic material provided

 **Guided Meditation & more** with Robyn Edwards Thu, 21.10. 5.30-6.30pm, New Coasters office, GM

Explore your body's subtle energies and relax your mind. \$10 per person

 **Multicultural Coffee morning** Thu, 22.10., from 10.30am, Ramble & Ritual, Hokitika (Sewell St)

Always a good opportunity to catch up on local news and a casual way to meet other newcomers.

 **Potluck Dinner "Viva Italia"** Fri, 30.10., from 6pm, Uniting Church, 203 Tainui St, GM

Let's indulge in pasta, pizza, antipasti and dolci ☺. Bring your favourite Italian-style dish and some pizza toppings – we'll provide the dough for a pizza party ☺ BYO drinks

Spring is the time to have a good cleanout - de-cluttering is good for you and things you don't need any more might become somebody else's treasures... We are planning to have a 'swapping - changing - altering - upcycling - re-using' session - Date to be confirmed - start clearing out your wardrobe, workshop and the rest of the house to bring it along to a 'Swap Shop' and 'Makeover session' at New Coasters ☺



Come in & make some friends

Events in our communities & around the world:

29th August – **Ladies Night** at Kumara Junction check out this link for [more info](#)

29th August – **Market Day** at Kumara Junction check out this link for [more info](#)

1st September **Start of the West Coast Whitebait Season**

2nd September from 5.30pm **Dining Club meeting** Blackball Hilton, for details contact 03 769-7400 extn 2470

5th September, 10am-4pm **MS Craft Fair** -over 60 stalls to raise funds and awareness at ASB Civic Centre Greymouth

5th September **Father's Day Hangi fundraiser** more info Tai Feast 021 0298 1740 or email taifeast@yahoo.co.nz

6th September **Fathers Day Trolley Derby Westport**

9th September, 7pm **It's cool to Korero** Mike King speaks about Depression and the road to recovery
Regent Theatre, Hokitika.



12th September, 11am-3pm **Celebration Day** at Tai Poutini Polytechnic, Greymouth

12th September **Star for a Night** at Shantytown, Greymouth

17th September, 7.30pm **String Wizardry** Old Lodge Theatre, Hokitika . Contact radaniel@slingshot.co.nz for tickets.

17th – 19th September, 7.30pm **A brief history of Madness** Kiwi Possum Productions. Regent Theatre, Greymouth

18th September, 6pm **Opening of Art exhibition "GIVE"** Westbank Art Gallery contact 03 768 6802 or 027 334 2585

18th September **Loud T-Shirt Day** – help to support deaf children

22nd September **Car free day**

25th September **Too many Chiefs** at Old Lodge Theatre, Hokitika . Contact radaniel@slingshot.co.nz for tickets

28th September – 11th October – **School holidays**

3rd October **Market Day** at Kumara Junction check out this link for [more info](#)

5th October **World Teachers Day** acknowledge those who prepare the next generation for the future!

7th October, from 5.30pm **Dining Club meeting** venue to be confirmed, for details contact 03 769-7400 extn 2470

7th October **The Many Faces of Gilbert & Sullivan** at Regent Theatre Greymouth

10th October **Don McGlashan - Lucky Stars Solo Tour** at Barrytown Hall

16-17th October **Get ready to Emerge - Valuing Women Conference** contact 03 768 7773 for information

24th October **Ross Cycle Trail opening and 150th Anniversary Celebrations**

24th -25th October **Lions Club 50th Anniversary celebrations**

24th -25th October **Hokitika Fire Brigade Celebrations**

29th October **Kapa Haka Day** Hokitika Primary School



What else is happening in our communities? Please let me know, I'm happy to publish events in the next update!

Want to find out more about those events? Click on the little posters to find out details – they are hyperlinks 😊