



New Coasters Newsletter

February + March 2020



New Zealand
Newcomers Network

Connecting People

Kia Ora, hello, Haere Mai and HAPPY NEW YEAR!

2020 marks the beginning of a new decade and we truly hope it will be a happy, healthy and successful one for you. We have done a bit of research about the topic of Happiness (since everyone wishes you a happy New Year 😊) and found out something interesting:

Research has revealed that **challenge and novelty are key elements to happiness.**

Doing new things, stimulating your brain by surprising it and dealing with unexpected situations gives you a powerful sense of satisfaction. You're apt to feel happier than people who stick to familiar activities. (source: The Happiness Project by Gretchen Rubin).

This ties in very well with pretty much everything we do – all our activities involve meeting new people, trying new things, sampling unknown food, learning about different cultures and customs, engaging in new experiences. We don't know what your resolutions for the New Year (decade?) are, but we have a few ideas to offer that can increase your happiness!

If you want to...

... boost your **creativity**: come along to our crafty sessions (MEET & MAKE, Papercraft, Clay Days, In Stitches)

... improve your **health**: join our outings, start a new walking group and join one of the many regular exercise classes.

... tease your **brain**: learn a new language, attend informative talks at the library (or give one yourself!) or become part of the Writer's group or Book club.

... satisfy your **soul**: come along to our socialising events, have a cuppa & chat with someone you don't know, share food and stories and more. And become a volunteer.. 😊 😊

We look forward to seeing you soon

Birte, Cassandra & Radha

Welcome Newcomers! We are an informal multicultural social network for people in Greymouth, Hokitika and surrounding areas. New Coasters can help you get in touch with others, meet local people, find out about clubs & organisations, tell you where things are and make you feel at home in your new environment.

Contact us:

New Coasters Greymouth 38 Albert Street, Greymouth Call 03 7686580 or 021 2547767 / 0272806995

Email Cassandra@core.org.nz or Radha@newcoasters.co.nz

Mondays, and Fridays from 11am – 1.30 pm and Tuesdays and Wednesdays from 11am – 4pm

New Coasters Hokitika Grey Power Office, 136 Revell St (entrance Tancred Street side), Hokitika

Mon 2 – 5pm; Wed & Thu 10am – 12.30pm Contact 027 4070302 or email: Birte@newcoasters.co.nz

www.newcoasters.org.nz www.newcomers.co.nz  like New Coasters Inc. for local information



Join in and meet people

Hot off the press...

New Coasters has an office space in Hokitika!!

You can now find Birte at the Grey Power rooms which are located on 136 Revell St (entrance is on Tancred St though) – just north of New World 😊. Office hours are Monday afternoons, Wednesday and Thursday mornings. Looking forward to seeing you for a chat 😊 😊

Radha and Cassandra are still to be found at CoRe on Albert St in Greymouth!

Special events and celebrations

- 👉 **International Mother Language Day on Friday 21st February – join us at Westland District Library to hear from different speakers about their mother tongues...**
- 👉 **15th March marks one year since the dreadful Mosque attacks in Christchurch. 21st March marks International Race Relations Day. We invite you to join us for an 'Interfaith event' at Westland District Library in between those dates to learn about a range of religions & develop a better understanding for different faiths.**

Group activities:

- **Coffee morning on the move:** the closure of the café where we held our coffee mornings in Hokitika for years made us try a different venue – we thoroughly enjoyed nice views and generous amounts of lovely baking whipped up for our group at the Beachfront restaurant – thanks so much for this Leana! This experience triggered ideas in several of our group members and they suggested that it would be really nice to rotate the coffee morning around and try all our local cafes. Which would also be fair for the cafes... First I was hesitant because it can be quite messy, too as we have to make sure that everyone knows where we actually meet...
But I have been convinced to give it a try for half a year and then reassess 😊 And the Greymouth group also decided to check out different local cafés for a while! **So check out the new posters to see where we will be meeting and when, follow updates on Facebook and feel free to send us a message if you are unsure where to go...**
- **In Stitches** invite you to bring your knitting and **Knit-at-the-Movies** with Jane Austen's **Emma** on Sunday 8th March at the Regent Theatre Greymouth. Lights will be on low!
- **Paper works Day** is coming up on 22nd February from 10.30 am till 12.30 pm. All are welcome.
- Our Greymouth **Potluck** dinner for February is at the beach. Details to be finalised.
- We will hold another **sewing session** with Janet Gawn who is extremely skilled at giving advice how to alter clothes so that they **LOOK AND FIT** you better – come along on 19th February to learn more...



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CULTURAL CELEBRATIONS

We have noticed that the West Coast is getting more and more culturally diverse. Yay 😊. As THE multicultural network for our area, we are very interested in supporting people (new and not new) to connect to other members of their culture(s), celebrate special occasions and showcase & share what's special about your culture. Feel free to get in touch with us – we are happy to be your partners in organising and advertising cultural celebrations!

Community Noticeboard - What's happening locally:

- ☆ The annual **Garden Ramble** in Hokitika is a great opportunity to meet locals and visit some amazing local gardens. If you feel like going, but don't know who to go with, let Birte know – we could do this as a group... Feb 15
- ☆ Do you like **food**? Make sure you don't miss the annual **Street Fare** on 16th February in Greymouth's Town Square (4-7pm) and check out **Wildfoods** on 7th March in Hokitika!
- ☆ Another biggie is the art-expo **Art in The Park** 29Feb/01March at Grey High School
- ☆ Make sure you don't miss the big (huge!) celebration of **Children's Day** on 1st March on Cass square in Hokitika. It's famous & fabulous!! Get in touch with Hokitika Lions if you are able to volunteer on the day...
- ☆ And good news for anyone who enjoyed our **Culture Feast** in Hokitika last year: Westland District Council has secured funding for another festival this year. It will be held in October – we'll keep you posted about details... Get in touch if you are interested in participating!!
- ☆ Would you know how to perform CPR and/or use an AED? Do you know where to find them locally? We're looking at setting dates for the 'Safe a life' project – get in touch to find out more!!



Save a Life Project

Nearly 2000 New Zealanders suffer from a cardiac arrest (heart stoppage) outside of hospital each year and most of these happen in their home. This is four times the national road toll!

The Save a Life Project is a one-year initiative with an aim to make Greymouth 'The safest place in New Zealand to have a heart attack'.

Performing CPR and using an AED is easy and it can help you save a life!

We are offering community groups, sports groups, and non-profit organisations an opportunity for a 3 Steps to Life awareness session to be delivered free to your volunteers and members, to introduce them to lifesaving skills for people in cardiac arrest. The awareness session will cover basic CPR and AED skills.



Register your interest today!

Email your name, contact information and preferred date to: savealifeproject@stjohn.org.nz

Free sessions held at St John Greymouth, or a suitable venue of your choice.

Save a Life is a community project, a collaboration between St John Greymouth, Greymouth Rotary and Tai Poutini Polytechnic.





Join in and meet people

Regular activities at & with New Coasters

Thanks to our wonderful volunteers & tutors we offer a variety of activities great for meeting others who share similar interests, finding out about local information & developing new friendships! Anyone who wants to get involved can start an interest group – talk to us about your ideas & we'll make it happen!

Social activities are free of charge; a fee applies for language classes. Registration is essential.



Conversational English Language classes Good English language skills open the doors to new friends & job opportunities... Learn with friendly teachers to improve your vocabulary, pronunciation & knowledge of local phrases. **Join our groups any time** (\$50 per term) Contact us for details.



Coffee mornings Anyone who wants to meet new people and find out what's happening in the community is welcome to join us **once a month** from 10.30am for a cuppa & chat. Meet on the 3rd Thursday in Hokitika and the 3rd Friday in Greymouth. Contact Radha or Birte for details...



Book Club meeting All 'bookworms' are invited to come along and discuss BOOKS in Hokitika on every **first Tuesday @ 7.30pm**; contact **Michelle 027 9074693** for details.



'In Stitches' Knitting group Go with the new global trend: knit/ crochet/ stitch in company and enjoy 'crafty' conversations with others in Greymouth - **Contact Maureen for details: 021 0626429**
Every Monday 10am-12pm at The Gap Café and 6-8pm at CoRe, Albert St, Greymouth



Writers' group welcomes writers of all genres to talk about all things 'writing' & get feedback on their work, in a respectful, encouraging environment. **The group meets on the first & third Sunday of the month, 11 am – 1 pm, at CoRe, Albert St, Greymouth. Contact Mary maryprendy18@gmail.com**



Fun with Fabric Project Sewing every Tuesday evening at 5:30 - 7:30. A chance to work on your own creative project and share skills and inspiration with others. Sewing machines available. Make it fun! Contact cassandra@core.org.nz or phone 021 254 7767 at CoRe, Greymouth



'MEET and MAKE' We meet at the spacious Grey Power rooms to share material, ideas and inspiration in creating things from paper or fabric. Currently the times and dates vary, check with Birte for details and get in touch anyway if you are interested in crafting & making things... 027 4070302.

Conversational Language sessions

Want to learn important phrases to communicate in French, German or Spanish from native speaking tutors? Or even take individual 1:1 lessons before your next overseas trip? We keep a list of interested people to start classes once we have enough people and can also refer you to native speakers...

