



New Coasters Newsletter

May & June 2017

Come in & make some friends



Kia Ora and Haere Mai!

Shorter days, chilly mornings, snow-capped mountains and sniffy noses are clear signs that we are heading into winter – time to make sure you keep well and focus on positive, uplifting activities. Did you know that a recent survey found that 95% of people who volunteered said it improved their mood and enhanced their sense of purpose?! There's a saying that if you want to cheer yourself up you should cheer someone else up – this can be as easy as a smile, an invitation to do something nice with a friend or offering to help out by volunteering for one of the various groups and projects in our that make our communities thrive.

Volunteering is hugely helpful to make good contacts with other community members, gives you something meaningful to do (especially on colder winter days when you might need an extra bit of motivation...) and every little bit helps – don't forget: *'If you think you are too small to make a difference, try sleeping in a tent with a mosquito'*

18th-24th June marks New Zealand wide Volunteer Week which is a great opportunity to start volunteering or, if you already volunteer, invite a friend to join you. This year's theme is "Live, laugh, Share, Volunteer".

New Coasters offers a range of uplifting activities over the next two months – we'll have a 'Think Pink' Potluck Dinner, organise local walks and craft activities, offer a Laughter Yoga session, strongly suggest you register for one of the upcoming dance workshops or singing classes and join us for the Midwinter Fiesta at the end of June.

Those of you who have been to our venue recently you might have noticed some changes – we are 'walking the talk' and turning the place into a working and meeting space for a range of community groups and initiatives – read more about CoRe very soon...

I look forward to catching up with you at one or more of all those upcoming activities 😊!

Birte



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 and help you feel at home in your new environment. Please feel free to come along to our activities or contact us via phone/ email/ facebook. .

Contact us:

Newcomers Network
Greymouth / New Coasters
38 Albert Street, Greymouth
☎ 03 7686580 or 027
4070302 (also WhatsApp)

Newcomers Network
Hokitika / New Coasters
Heartlands Office, Hokitika

Email:
birte@newcoasters.co.nz

Web:
www.newcomers.co.nz

 **New Coasters**
like us and become our friend
for up-to-date local information

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



Boomerang bags

I suppose many of you know that moment when you stand at the counter, pay for something and realize you have – once again – forgotten to bring your re-useable bags... Wouldn't it be great if the shops had some you could BORROW? That's the idea of BOOMERANG Bags, a new worldwide community-driven initiative (<http://boomerangbags.org/>). New Coasters loves the idea and will kick off a West Coast initiative with a first sewing session on 7th June. Please get in touch with us – we don't only need sewers, but also people to make community connections, build racks and promote the idea around local towns...

Growing our Communities...

You might have noticed the odd lettuce plant or other edible things in beds around town - the new 'Incredible Edible West Coast' action group has had some planting session and lots of idea for more! Over winter they are keen to build and prepare raised beds for spring. If you have any **resources (material and/or skills) to share**, please contact them: email

incredibleediblewestcoast@outlook.com or message/ call Jenny: 027 4836639.

Don't forget: **IF YOU EAT, YOU'RE IN!**

What else is happening:

Do you have a compost and do your worms like **coffee grounds**? Local coffee cart operator Neil donates big bags to us which we are more than happy to share to give your worms a bit of oomph...

Our **Multicultural Midwinter celebration** will be on Friday 30th June at our venue. We'll enjoy international food, music & a range of cultural performances! We are looking for more contributions (dancing, singing, etc.) & helpers to set up the venue, help with the organisation and more. *Please contact me to get involved!*

Two children of the 'New Coasters whanau' are offering their **translation services** to West Coast businesses that would like signs/instructions/labels/brochures etc. translated into Mandarin Chinese. They are native Mandarin and English speakers, and would like to earn some pocket money whilst using their skills to help local businesses and community projects. They have recently completed a couple of projects and are keen to do some more. Please email khtaiwan01@gmail.com.

May is **SMOKEFREE** month – if you or someone you know would like to save lots of money and improve your health by quitting, the team from Community Public Health can provide great support – contact them under 03 768 1160

Many families go through stressful phases juggling a multitude of challenges – time to stop, reflect and make some changes. **Mindfulness trainings** can be very helpful for this. Contact me if you are interested in participating in one...

Do you or someone you know have children aged 3-5 that don't attend Early Childhood services? WestREAP provides in-home ECE support with experienced tutors – check out this [LINK](#) or contact them 03 7558700.

Are you interested in finding out more about the recent changes in immigration policies? Read more [HERE](#)

Do you know about activities in the winter holidays or would you like to offer anything? Contact Katrina – she is putting a programme together: kbtaiwan@gmail.com



Come in & make some friends



Regular activities at & with New Coasters

Thanks to our wonderful volunteers and tutors we can offer a variety of activities which provide great opportunities to meet others who share similar interests, find out about local information and develop new friendships! A big THANKS to those who volunteer to organise the activities and WELCOME to anyone who would like to become involved in the future – talk to me about your ideas and we'll make it happen!



Conversational English Language classes (\$5 per class) Learn with friendly teachers and improve your vocabulary, pronunciation & knowledge of local phrases – good English language skills open the doors to new friends & job opportunities... Join our ongoing groups any time! **Thursday 7pm** at Heartlands in Hokitika **Fridays 10.30am – 12pm** (meet from 10am for a cuppa & chat)



IELTS test preparation (\$10 per session) If you want to get prepared to pass the IELTS test for your visa or other reasons, our tutors can help you with special exercises and more. Contact them to discuss details which level you aim for and arrange a time to meet. **Roger** (rlithompson@hotmail.com) **Fridays 12.30** or **Sue** (d.s.norris@xtra.co.nz) **Tuesdays & Thursday 10am**



Coffee morning Anyone who wants to meet new people and find out what's happening in the community is welcome to join us **every second Thursday of the month from 10.30am** for a cuppa & chat at Ramble & Ritual, 51 Sewell St, Hokitika (and occasionally on Saturdays, too ☺)



Book Club meeting All 'bookworms' are invited to come along and discuss BOOKS. A great way to share your passion for reading! Please contact the host for details. Hokitika: group meets **every first Tuesday at 7.30pm**, contact Kathleen (021 1414851)



Café Craft meetings Please contact Maureen for details: 021 0626429. Enjoy a night out and go with the new global trend: knit/ crochet/ stitch in a café while having crafty conversations with others... Beginners and experienced crafters welcome. **Every Monday from 10am at Ali's Café** and **from 6pm at BONZAI Pizzeria, Mackay St, Greymouth**



Explore and discover the West Coast with others Get to know interesting local short walks! **Every third Sunday, walk starts at 2pm.** Contact Christina if you need a ride, want to car share or have any question: 021 1188138



Sewing sessions Would you like to alter, fix or create clothes and accessories? **Every second Monday of the month** from 11.30 to 12.30pm seamstress Adele's in the office to help you. Please contact her in advance what you want to make: 022 1759295. **NEW:** we have more **open sewing sessions on Thursday evenings from 7pm** – please contact Angela for details: 027 3219772 or 03 7689005 (evenings).



Learning time with the Literacy tutor Do you want to study the road code to get your driver's license or work on your CV to apply for a job? Contact Literacy tutor Lesley to arrange a time to meet on **Tuesdays:** alp@westreap.org.nz



Chess group Are you interested in playing CHESS? The chess group meets every **Thursday from 6.30pm**. Bring a board if you have + gold coin. Contact Jessie for details: 022 3062024



Hablamos Espanol? Want to speak Spanish? Check out our facebook group '[West Coast Spanish speakers](#)' or contact Lorena for details: 02111281321



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EVENTS in May (See previous page for regular New Coasters' events. For more details, click on links/ mini-posters. **Highlighted = organised by New Coasters; BLACK= community event**)

WHEN	WHAT	WHERE	CONTACT / more details
01.05., 5.30pm	 Garden Group meeting	Katrina's garden, 38 High Street, GM	027 4070302
02.05., 10.30- 11.30am	Device Advice	Grey District Library	LINK
02.05., 3pm	Public transport on the West Coast – public meeting	Uniting Church Hall, 203 Tainui St, Greymouth	Have your say to improve the transport situation on the West Coast! Jill 021 1574692
02.05., 4.30pm	Sign Language class	tbc	LINK register with WestREAP 03 7558700
02.05., 7pm	Knitting class with Beth Brown-Reinsel (USA)	Christian Fellowship church, 26 Kaniere Road, Hokitika	LINK
02.05., 7.30pm	Free introductory session: Positive Parenting	CoRe & New Coasters venue 38 Albert St, Greymouth	LINK Check out www.positivediscipline.co.nz Contact Heba: info@positivediscipline.co.nz
03.05., 5.30pm	Dining Club	Union Hotel, 20 Herbert St, GM	LINK email Juliette Reese to RSVP: juliette.reese@westcoastdwb.health.nz
03.05., 7pm	A winter evening with Chelsea Winter	Regent Theatre, Hokitika	A great night out for foodies – support the Lions Club fundraiser... LINK
04.-05.06.	Comprehensive First Aid course for beginners	Reefton Polytech Campus	LINK
05.05., 4-6pm	Herbal Medicine Workshop	Mara Kai Community Garden, Fitzherbert St, HK	LINK
06.05., from 9am	Car boot sale	Revell St Indoor Market, Hokitika	LINK
06.05., 3pm	 Incredible Edible WC Planting session	IE Nursery, 43 Palmerston St, Greymouth	Incredible Edible has had an offer of a potting shed to raise seedlings ! There are plenty of pots, seed trays, etc. available. If you have tools, seeds, compost bring them along. LINK
08.05., 11.30am-3pm	Techspace Virtual Reality Experience	Grey District Library	LINK
08.05., 7pm	Canoe Polo starts	Westland Recreation Centre (pool), GM	Register for a new sport activity... LINK
09.05., 7am	Business Breakfast	KK's Café, Tai Poutini Polytechnic, GM	LINK tickets available at http://www.dwc.org.nz/
09.05., 10am	Presentation on using Facebook for small community groups	CoRe & New Coasters venue 38 Albert St, Greymouth	Contact Penny Penny.Kirk@dia.govt.nz for details LINK
10.05., 12pm	Community Link meeting	CoRe & New Coasters venue 38 Albert St, Greymouth	Get-together of community organisations to network and hear about latest projects & more – RSVP to beane@homebuildersgrey.co.nz
11.05., 10.30am	 Coffee morning	Ramble & Ritual Café , 51 Sewell St, HK	Join other community members and newcomers for a chat and find out what's happening in town...
13.05., 10am- 2pm	The abundant Vege Patch workshop	Jo's House, 30 Aratika Drive, Moana	https://www.eventfinda.co.nz/2017/the-abundant-vegie-patch/grey
13. & 14.05., 10-11.30am	Free introductory session: Positive Parenting	CoRe & New Coasters venue	LINK Check out www.positivediscipline.co.nz Contact Heba: info@positivediscipline.co.nz



Come in & make some friends



		38 Albert St, Greymouth	
13.05., 3pm	Gardening session with Kath Irvine	IE Nursery, 43 Palmerston St, GM	Join the group and learn more about growing vegetables LINK
13.05., 7.30pm	The Spectacular Fashion Show	Shantytown	Cancer Society fundraiser LINK
14.05, 10am-12pm	Mother's Day Fun Run & walk	Westport	https://www.eventfinda.co.nz/2017/jennian-homes-mothers-day-fun-run-walk/westport
14.05.	Renovator's Ramble	Greymouth	LINK
17.05.	Play Day for all pre-schoolers	Whataroa	http://www.westreap.org.nz/play-days/
17.05., 7.30pm	Free introductory session: Positive Parenting	CoRe & New Coasters venue 38 Albert St, Greymouth	LINK Check out www.positivediscipline.co.nz Contact Heba: info@positivediscipline.co.nz
20.05., 10am-12pm	Ride for road safety	Hokitika RDA, Hampden St	LINK
20.05., 2.30-4.30pm	Composting Workshop	Mara Kai Community Garden, Fitzherbert St, HK	
21.05., 2pm	Explore & discover the West Coast: Moana & Arnold Valley	Meet at Trinity Centre (201 Tainui St, GM) at 2pm or contact Christina	Enjoy this walk in the Lake Brunner area with Christina & others. Text or call her 021 1188138 for details.
23.05.	World Turtle Day ☺		
23.05., 7pm	Big bike film night	Regent Theatre, Hokitika	LINK LINK2
25.05., 6pm	West Coast Young Professionals meeting	Greymouth	https://www.facebook.com/WestCoastYoungProfessionals/
26.05.	Pink T-Shirt Day		
26.05., from 6pm	Potluck Dinner - THINK PINK!	Uniting Church Hall, 203 Tainui St, Greymouth	This month's shared meal has an interesting theme: it's Pink T-Shirt Day, so we invite you to bring along something pink & positive to eat and wear something pink as well... Get out your beetroot, raspberry & seafood recipes and join us!
26.05.	Twilight Fair	Hokitika Primary School	LINK
27.05., 9am-3pm	Weekend Photography beginners workshop		LINK
27.05., 10am-5pm	'Swingtown Rebels' Swing Dancing workshop	Camerons Hall	
27.05., 6.30pm	Social swing dancing night	Camerons Hall	
27.05., 12pm	Onesie FunRun fundraiser	Blaketown	
29.05.	H&S at Work Act information session	CoRe & New Coasters venue 38 Albert St, Greymouth	Find out more about the impact of the new Health and Safety legislation – for members of community organisations
31.05.	Tobacco free Day http://www.smokefree.org.nz/smokefree-in-action/world-smokefree-day		
31.05, 5.30pm	Library Talk: PERU	Hokitika Library, Sewell Street	Photos and stories about a rather adventurous honeymoon in South America
31.05., 7pm	'The worm is turning' MOVIE	Regent Theatre, Hokitika	LINK



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EVENTS in June (See previous page for regular New Coasters' events. For more details, click on links/ mini-posters. **Highlighted = organised by New Coasters**; **BLACK= community event**)

WHEN	WHAT	WHERE	CONTACT / more details
05.06.	Queens Birthday (observed)		
05.06.	Arbor Day		
07.06., 5.30pm	Dining Club	tbc	email Juliette Reese to RSVP: juliette.reese@westcoastdwb.health.nz
07.06., 6.30pm	 Boomerang bag sewing session	CoRe & New Coasters venue 38 Albert St, Greymouth	Enjoy this walk around the township of Hokitika with Christina & others. Text or call her 021 1188138 for details.
09.06., 8pm	Four Flat Whites in Italy (Comedy)	Regent Theatre, Greymouth	https://www.eventfinda.co.nz/2017/four-flat-whites-in-italy/greymouth
10.06.	World Wide Knit in Public Day	https://www.wikipday.com/	
10.06. and 11.06., 2-4pm	Lantern making workshops for kids & families	St. Mary's hall, Hokitika (TBC)	Check out their facebook updates: LINK
15.-17.06.	'Helen and the Ferals' Play by Dramatic Society	Greymouth	
17.06., 5.30pm	Lantern Parade	Customhouse, Hokitika	Celebrate the shortest day of the year and lighten up with a lantern parade and bonfire on the beach... LINK
18.06., 10am- 1pm	Baby & Child Extravaganza	Grey High School Gym	
18.06., 10.30am- 2.30pm	 Bollywodd dancing workshop	CoRe & New Coasters venue 38 Albert St, Greymouth	
18.06., 2pm	 Explore & discover the West Coast: Hokitika Heritage walk	Meet at Hokitika i-Site or contact Christina	Enjoy this walk around the township of Hokitika with Christina & others. Text or call her 021 1188138 for details.
18.-24.06.	New Zealand Volunteer week	http://www.nationalvolunteerweek.nz/	
20.06.	World Refugee Day		
20.06.	Creative Click Exhibition opening & prize giving	Left Bank Art Gallery	LINK
21.06.	World Yoga Day		
21.06.,	 Laughter Yoga session	CoRe & New Coasters venue 38 Albert St, Greymouth	"Laughter is the best medicine" – try something new and enjoy the various benefits of Laughter Yoga...
23.06., 5pm	The Lyrics Theatre Night Market	Granity	http://westcoast.co.nz/events/night-market/ Stall info: 03 .7828048
23.-25.06.	The Bright Path Meditation workshop	Hokitika	http://www.thebrightpath.co.nz/learn/
24.06., 4- 10pm	Shining Light on the Dark	Hokitika	LINK
21.06.	World Yoga Day		
26.06.	Soroptomists Anniversary Celebration	Hokitika	
30.06., 6pm	 Midwinter Fiesta	CoRe & New Coasters venue 38 Albert St, Greymouth	Let's celebrate our cultural diversity, enjoy hot food, international music and much more!



Come in & make some friends



Thinking about getting involved in community activities and volunteer some of your time but not sure where to start? We are planning to compile an **overview of groups and organisations** that would appreciate new people who want to make a difference. Here are a few to start with:

Age Concern, Girl Guides, Industrial Heritage Park, Dramatic Societies, Lions & Rotary Clubs, RDA, Soroptomists, Sports Clubs and the Womens' Institutes...
We can give you more details!

Volunteers needed

A great way to meet new people, make friends and make a difference in your new town!

Can you spare one hour per week on a regular basis?

Are you warm, friendly and do you enjoy a chat with an older person?

Would you like to help make the life of someone less lonely?

We have many older people in your area that are isolated and lonely, all they need is to have someone visit them on a regular basis for some company.

If you can spare a minimum of one hour per week, then please contact Age Concern Hokitika at the WestREAP office: **Phone Lucy on (03) 755 8700 or freephone 0800 327 927 or email lucy@ageconcerncan.org.nz**



Want to find out more details about local events? Check out <http://westcoast.co.nz/events/> or join the West Coast Community Noticeboard on Facebook

Do you like **cultural celebrations**? Get in touch with us and become involved! We are planning a big **DIWALI** celebration in spring and more...



Come in & make some friends



New Coasters regular activities & venue use in May and June:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Every week from 10am: Café craft meeting @ Ali's Café Contact Maureen for details 021 0626429	Every Tuesday from 9-10.30am: IELTS preparation class @ New Coasters, 38 Albert St, GM Contact teacher Sue for details: 021 1097666	Every week 11.30am – 1.30pm Shelley in Greymouth office New Coasters, 38 Albert St, GM	Every Tuesday from 10-11.30am: IELTS preparation class @ New Coasters, 38 Albert St, GM Contact teacher Sue for details: 021 1097666 Every second Thursday from 10.30am: Coffee morning at Ramble & Ritual, Hokitika	Every Friday from 10am-12pm: Conversational English class at New Coasters, 38 Albert St, GM. Contact Roger for details rljthompson@hotmail.com		
On demand - Sewing session with a professional seamstress. at New Coasters, 38 Albert St, GM Contact Adele to arrange details: 022 1759295	Every week after prior arrangement: meet the literacy tutor for support with your road code study, CV writing or more. Contact Lesley to arrange a time: alp@westreap.org.nz	Every Wednesday (not 10 th May) 1-3pm Incredible Edible drop-in time to catch up with Jenny. 027 4836639	Every week from 6.30pm: Chess group at New Coasters, 38 Albert St, GM. Contact Jessie for details 022 3062024 Every Thursday from 7pm: open Sewing session at New Coasters, 38 Albert St, GM Contact Angela for details: 027 3219772			Every third Sunday from 2pm: Go for a local walk with others. Contact Christina for details: 021 1188138
Every week from 6pm: Café craft meeting @ Bonzai's Contact Maureen for details 021 0626429	Every first Tuesday at 7.30pm Book club @ Kathleen's place in Hokitika. Please contact her for details: 021 1414851		Every week from 7-8.30pm Conversational English class at Heartlands Services, Hokitika Contact Lucy 021 1731888 for details	Every last Friday of the month from 6pm: Potluck Dinner at the Uniting Church Hall, 203 Tainui St, Greymouth		