



# New Coasters Newsletter

September + October 2016

Come in & make some friends



## Kia ORA and Haere Mai

A recent movie night showcasing West Coast films just reminded me how lucky we are to be surrounded by so much natural beauty. Not without reason the West Coast has been rated one of the 10 most worthwhile places to visit around the world (travel guide 'Lonely Planet'). A recent trip to the northern part of the Coast reminded me how only a few hours of walking through the forests and beaches of Kahurangi National Park can recharge your 'batteries'. Great to see many of you getting out & about recently and posting photos of the fun you had in the snow...

But not everyone has the opportunity to explore – some don't have access to transport, others work a lot and feel exhausted afterwards. Spending time in nature has lots of benefits for your health and wellbeing - let's make sure we help each other to enjoy nature more often and remember to offer others a ride, invite them to go for a walk or even go on a 'roadie' for some exploring!

And let's also make sure we protect those assets by keeping them clean and tidy. In September we have 'Conservation week' coming up as well as 'Keep New Zealand beautiful week'; in October Mental Health Awareness week will have a focus on the benefits of connecting with nature. I'm intending to organise a bunch of outdoorsy activities for our group in spring and summer – let me know what you'd like to do!

I look forward to meeting you.

**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.

## Contact us:

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

**Newcomers Network  
Hokitika / New Coasters**  
72 Tudor Street, Hokitika  
(WestREAP) ☎ 03 755 8700

Email: [birte@newcoasters.co.nz](mailto:birte@newcoasters.co.nz)  
Web: [www.newcomers.co.nz](http://www.newcomers.co.nz)

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

**Opening Times** of our office vary depending on other events. I'm usually in Greymouth on Monday and Wednesday or Thursday, sometimes Friday, whereas on Tuesdays you should find me in Hokitika... ☺  
For details see poster @ the office or contact me to make an appointment.





## Storytime...

Do you like reading a good story? Or hear someone talking about their experiences? Good stories can be very captivating and leave an impression on others. I know that many of you have really interesting stories to tell and I'd love to

- a) Hear them
- b) Capture and share them with the wider community.

I believe it will be interesting and beneficial for others to hear about our migration experiences because those stories can really broaden our horizons and open doors to help people understand each other better. I actually think sharing real stories can be far more interesting than things they show on TV... So let's step up to talk and ...

## What's coming up:

Do you know who does BEAD BRADING for your hair locally? Please let Marion know: 03 7689483 or 021 08656502

### Monday Night Computers & Electronics

For anyone interested in the hardware side of computers and electronics: **Techspace**, the community technology centre/makerspace, has a meetup every Monday night from 6.30pm for electronics & computer enthusiasts. You find Techspace upstairs at the Greymouth Regent Theatre - Entrance on Mackay St (between Ferraris Bar & Tattoo Studio) Find them on Facebook - <https://www.facebook.com/groups/wc.techspace/>

Do you know about the risks of **natural disasters** that might happen and how to get prepared? Check out these website for more information <http://getthru.govt.nz/disasters/earthquake/> <http://www.shakeout.org/dropcoverholdon/> and check out the October update of the newsletter as we'll hear more from local Civil Defense.

Would you like to **grow vegetables** next spring/summer? Welcome to the clubs! We have lots of new members who are interested in vegetable gardening and sharing knowledge & skills. Our garden group is currently hibernating, but we are planning to restart regular meetings from October. Please let me know whether we could have a look at YOUR veggie patch, too (we don't need tidy gardens, we just want to see REAL gardens to discuss how to best grow things locally.) and help each other by swapping spares...

Are you interested in running or fast walking? The Greymouth Harrier Club warmly welcomes new members and paying a sub is even voluntary as is turning up each week! They meet every Saturday at Greymouth Squash Club on Alexander Street at 2.00 pm. Contact Murray [haybros@icloud.com](mailto:haybros@icloud.com) to get the detailed programme or check this [LINK](#)

Mental Health Awareness Week is coming up! This week is endorsed by the World Federation for Mental Health and marked in over 150 countries. This year the well-supported, nationwide event will run from 10-16 October. The 2016 theme is about how **connecting with nature benefits your health and wellbeing**. Check out <https://www.mentalhealth.org.nz/home/our-work/category/16/mental-health-awareness-week> And let me know which special activities you are interested in!

Have you got some precious **tapes** (video/audio) or **records** you would like to have transferred onto more modern media? We've got a great service in Greymouth who can help you with this! Check out <http://www.sasmedia.co.nz/>

I have set up a second New Coasters facebook page to be able to start a facebook GROUP which enables you to get in touch with others and invite you to events – the [New Coasters Networking and Socializing group](#) ☺. Apologies for any confusion this may have caused – I will try to merge them eventually – in the meantime you can LIKE us & BECOME OUR FRIENDS ☺ ☺ ☺



Come in & make some friends



# Regular activities at & with New Coasters

Thanks to our wonderful volunteers and tutors we are able to offer a variety of activities on a regular base which provide great opportunities to meet other people who share similar interests, find out about local information and develop new friendships! A big THANK YOU 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!

## English Language classes (\$5 per class) *Just come along and talk to the tutors about details!*

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...

Conversational English in Greymouth: We have got a new, very experienced teacher who can help you to improve your language skills – no matter whether you are a beginner or want to prepare for IELTS – join the Conversational English group on **Fridays at 10am** and have a chat with him!

Conversational English in Hokitika Join the friendly group & tutors **every Thursday from 7pm at the Customhouse!**

## Book Club meetings All 'bookworms' are invited to come along and discuss BOOKS a great way to share your passion for reading! *Please contact the hosts for details.*

Hokitika: group meets **every first Tuesday** at varying places – contact Kathleen for details 021 1414851

Greymouth: meeting times to be confirmed – contact Emma for details (021 2655038)

## 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, BONZAI Pizzeria, Mackay St, Greymouth**

## Local walks – explore the area with others

Get into your walking shoes to discover the beauty of the West Coast! **Every third Sunday at 2pm.** Meet at the courthouse carpark to share your ride. *Contact Christina for details: 021 1188138*

## Hablamos Espanol? NEW: Language Lunches *contact Lorena for details: 02111281321*

Want to speak Spanish? Have your lunch with native speakers and learn everyday phrases & more!

**Every second and fourth Friday from 12pm at the New Coasters office** – check out our facebook group 'West Coast Spanish speakers' <https://www.facebook.com/groups/576390049205002/>

## Sewing session with a professional seamstress

Would you like to alter, fix or create clothes & accessories? **Every second Monday of the month from 1-3pm Adele's in the office to help you!** *Contact her to discuss what you'd like to do: 022 1759295*

 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**

 Coffee morning Anyone who wants to meet new people and find out what's happening in the community is welcome to join us every third **Thursday from 10.30am** for a cuppa & chat at Ramble & Ritual, 51 Sewell St, Hokitika

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



Come in & make some friends



## Community EVENTS in October 2016 (regular events see previous page)

WHEN	WHAT	WHERE	CONTACT	More info
4.-6.10.	LEGO play time	Left Bank Art Gallery		
5.10., 11am-1pm	Holiday fun: Balloon animals	Grey District Library		<a href="#">LINK</a>
5.10., 5.30pm	Dining Club meeting	Moana Stationhouse	Juliette to RSVP 769-7400 extn 2470	
5.10., 7pm	Energy Healing explained - Public Talk	Customhouse Hokitika	Mariana Vetterli 021 2093921	
6.10., 7pm	Conversational English group	Customhouse Hokitika	Lucy 021 1731888 or Marj 027 6319312	Regular group – more info page 3!
6.10., 7.30pm	The KUGELS Klezmer concert	Old Lodge Theatre, Hoki		<a href="#">LINK</a>
8.10, 8pm	Open Mic night	Theatre Royal, Kumara		<a href="#">LINK</a>
8.10. 10am -9.10. 12pm	West Coast American Tribal Style Belly-Dance Mini-Festival incl. Workshops and Hafla	Blackball	<a href="http://www.medanz.co.nz">www.medanz.co.nz</a> Joy: 021 569252	
10.10. .	<b>World Mental Health Day</b>			
10.10., 10am	CAFÉ CRAFT MEETING	ALI's Café GM	Maureen 021 0626429	Regular group – more info page 3!
10.10., 11.45am	'LockOut' – go for a walk and enjoy the benefits of nature	New Coasters 38 Albert St, GM	<a href="mailto:birte@newcoasters.co.nz">birte@newcoasters.co.nz</a> 027 4070302	Join us for a lunch time walk close to the CBD & have an outside lunch (weather permitting)
10.10., 1-3pm	Sewing Session	New Coasters 38 Albert St, GM	Adele	Regular group – more info page 3!
10.10., 6pm	CAFÉ CRAFT MEETING	BONZAI Pizza GM	Maureen 021 0626429	Regular group – more info page 3!
11.10., 7pm	Community Wellbeing meeting	Regent Theatre Greymouth		
13.10., 7pm	Conversational English group	Customhouse Hokitika	Lucy 021 1731888 or Marj 027 6319312	Regular group – more info page 3!
14.10., 10am	Conversational English group	New Coasters 38 Albert St, GM	Roger	Regular group – more info page 3!
14.10., 12-1pm	Hablamos Espanol! Speak Spanish @ lunchtime	New Coasters 38 Albert St, GM	<a href="mailto:birte@newcoasters.co.nz">birte@newcoasters.co.nz</a> 027 4070302	Join our <a href="#">facebook group</a>
14.10., 7pm	Clothes swap evening & social night	St. Andrews Church hall, Fitzherbert St, Hoki	<a href="mailto:birte@newcoasters.co.nz">birte@newcoasters.co.nz</a> 027 4070302	Come along and brush up your wardrobe by SWAPPING instead of shopping...
15.10.	Greymouth Harriers Relay Run	West Coast Wilderness Trail		<a href="#">LINK</a>
15.10., 7.30pm	Radio Show	Hokitika Regent Theatre		<a href="#">LINK</a>
16.10. .	<b>World FOOD Day</b>			
16.10., 2pm	SUNDAY WALK + SLACK LINE at Lake Mahinapua	Meet at 1pm GM courthouse, 1.30pm Hokitika i-Site or at 2pm at the lake	Christina 021 1188138 Birte 027 4070302	Regular group – more info on page 3!
17.10., 10apm	CAFÉ CRAFT MEETING	ALI's Café GM	Maureen 021 0626429	Regular group – more info page 3!
17.10., 6pm	CAFÉ CRAFT MEETING	BONZAI Pizza GM	Maureen 021 0626429	Regular group – more info page 3!
19.10., 6.15pm	Aqua Zumba class	Hokitika Pool	Tamara 027 3813173	



# Come in & make some friends



20.10., 10.30am	COFFEE MORNING	Ramble & Ritual, 51 Sewell St, HK	<a href="mailto:birte@newcoasters.co.nz">birte@newcoasters.co.nz</a> 027 4070302	Regular group – more info on page 3!
20.10., 7pm	Conversational English group	Customhouse Hokitika	Lucy 021 1731888 or Marj 027 6319312	Regular group – more info page 3!
21.10., 10am	Conversational English group	New Coasters 38 Albert St, GM	Roger	Regular group – more info page 3!
21.10., 5pm	Westport Whitebait Festival			
21.-24.10.	ZIRKA Circus	Grey high School		<a href="#">LINK</a>
22.10., 10am- 12pm	MOST NEIGHBOURLY MORNING TEA & Seedling Swap	Customhouse Hokitika	<a href="mailto:birte@newcoasters.co.nz">birte@newcoasters.co.nz</a> 027 4070302	Meet others for a cuppa & scone; bring spare seedlings to share
22.10., 2.30 - 4.30pm	MOST NEIGHBOURLY AFTERNOON TEA & Seedling Swap	New Coasters 38 Albert St, GM	<a href="mailto:birte@newcoasters.co.nz">birte@newcoasters.co.nz</a> 027 4070302	Meet others for a cuppa & scone; bring spare seedlings to share
24.10. .	Labour Day			
24.10., 10apm	CAFÉ CRAFT MEETING	ALI's Café GM	Maureen 021 0626429	Regular group – more info page 3!
24.10., 6pm	CAFÉ CRAFT MEETING	BONZAI Pizza GM	Maureen 021 0626429	Regular group – more info page 3!
27.10, 6pm	West Coast Young Professionals Meeting	tbc		
27.10., 7pm	Conversational English group	Customhouse Hokitika	Lucy 021 1731888 or Marj 027 6319312	Regular group – more info page 3!
28.10., 10am	Conversational English group	New Coasters 38 Albert St, GM	Roger	Regular group – more info page 3!
28.10., 12-1pm	Hablamos Espanol! Speak Spanish @ lunchtime	New Coasters 38 Albert St, GM	<a href="mailto:birte@newcoasters.co.nz">birte@newcoasters.co.nz</a> 027 4070302	Join our <a href="#">facebook group</a>
28.-30.10. 7-9pm	ZIRKA Circus	Wadeson Island, Hokitika		<a href="#">LINK</a>
28.10., 6pm	Potluck Dinner 'Flavours of India'	Uniting Church Hall, 203 Tainui St, Greymouth	<a href="mailto:birte@newcoasters.co.nz">birte@newcoasters.co.nz</a> 027 4070302	Bring your favourite Indian dish for a shared meal 😊
29.10., 9am-1pm	Farmers Market	St. Andrews Church, Hokitika		
29.10.	MS Craft Fair	Grey High School		
29.10., 7pm	DIWALI Celebration & Potluck Dinner <i>Please bring a vegetarian contribution to dinner.</i>	St. Andrews Church, Hokitika	<a href="mailto:birte@newcoasters.co.nz">birte@newcoasters.co.nz</a> 027 4070302	Join the celebrations of the Indian Festival of Light including colourful RANGOLI.
31.10., 10apm	CAFÉ CRAFT MEETING	ALI's Café GM	Maureen 021 0626429	Regular group – more info page 3!
31.10., 5- 8pm	Children's Halloween Party	Shantytown		
31.10., 6pm	CAFÉ CRAFT MEETING	BONZAI Pizza GM	Maureen 021 0626429	Regular group – more info page 3!

Want to find out more details about concerts and other events?

Check out <http://westcoast.co.nz/events/> or join the West Coast Community Noticeboard on Facebook!



Come in & make some friends



**PREVIEW:**

**WANTED:** people who have skills to organise things/ events and have a bit of spare time to help to prepare this year's **CHRISTMAS PARADE** in Greymouth!  
Please contact Gina: *037687081*

---

The Indian **Diwali Festival** will be in late October/ early November this year; community members are invited to join and we are looking for 'arty' people to help creating RANGOLI for our celebration in Hokitika on 29<sup>th</sup> October – please contact Divya to find out more: [divya.cdfst@gmail.com](mailto:divya.cdfst@gmail.com)

---

### **The Parenting Place – Inspiring and Equipping Families to Thrive!**



*Come & find out about us and how 'you' can Inspire parents/caregivers in your community*

Learn about our Toolbox parenting courses, which are designed to encourage and inspire parents and equip them with a range of tools to make parenting more rewarding. We are looking for volunteers to facilitate courses. People who are passionate about parenting, enjoy working with people, are comfortable in a group setting and committed to positive and fun learning. Opportunities to train in Early Years (0-5), Middle Years (6-12), Tweens and Teens (12+) and Building Awesome Whanau (0-12)

**Wednesday 2<sup>nd</sup> November, 1pm - 3pm at West REAP office, 72 Tudor Street, Hokitika.**  
**Please RSVP your interest to Ellie Sutton [schools@westreap.org.nz](mailto:schools@westreap.org.nz)**

---

And US Americans are welcome to help prepare a **Thanksgiving Dinner** end of November – please get in touch with me! 😊

---

We are also encouraging **Scottish people** along the Coast to contact us as we are thinking of having a celebration on **St. Andrew's Day** (30<sup>th</sup> November) in collaboration with the Scottish Country Dancing groups!

So far we've had some great suggestions about making it a Ceilidh style evening which is a social event with Scottish folk music and singing, traditional dancing, and storytelling – everyone is invited to bring a contribution!

---

What do you like to do in the great outdoors? The most popular activities seem to be **fishing and kayaking**. I'd like to organise some outings for our group in spring/ summer, but I neither own a fishing rod nor a kayak 😞. Who of you does and who would like to share them for a day, show us some good fishing spots and spend a day at one of our lakes cruising around in kayaks??

---