



New Coasters Newsletter

September & October 2013

Kia Ora and Haere Mai,

While typing this newsletter I'm still thrilled by the events of the last weeks – we organised three community consultations and were very happy about the participation – people sent us their questionnaires, discussed trends and ideas and put some good thought into the questions of which services will be needed on the West Coast in the future. It was great to talk to lots of people from various backgrounds who were all supportive towards the services and want them to continue.

This involvement and cooperation of newcomers & "Old" Coasters", of first and fifth generation migrants, of members of clubs, community and government organisations is what we need. We are all part of the same community and everything we do (or don't) has an impact on the future of everyone living here. We want to make the best possible use of local resources, integrate and include rather than separate, bring people in contact and enhance lives, live integration proactively and make healthy community development happen.

We'll let you know the results of our consultation meetings asap, in the meantime we hope to see you at one of our activities which are free and open to everyone.

I'm looking forward to meeting you.

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Sat 06 September, 11am Join our casual get-together - come along to have a cuppa at our **Multicultural coffee morning @ the dp1 café** and meet other newcomers.

Venue: dp1 café, 104 Mawhera Quay

Thu 19 September, 7 - 9pm Do you need some vases for those lovely spring flowers? Come to this **craft night** and get inspired about up-cycling some boring bottles. No experience required, everyone welcome. Basic material, hot drinks & cookies provided. Please bring: empty bottles, string/wool, glue, paint, stickers, ...

Venue: KipMcGRath rooms, 26 Mackay Street



Wed 25 September, 5.30 – 7.30pm

Spring time is planting time! Come to this first **New Food Gardeners Meeting**. Meet others who are interested in growing their own veggies, share useful tips and learn how to start from scratch even without having a big garden. *Snacks provided.*

Venue: Community & Public Health meeting room, 3 Tarapuhi St

Fri 27 September, 5.30pm Time for our monthly get together – come to the **Potluck Dinner** and share some fresh **green spring food!**

Venue: Uniting Church Hall, 203 Tainui Street. No cash bar, please bring your own drinks.

Sat 5 October, 11am Enjoy a cuppa and chat at our **Multicultural coffee morning @ the dp1 café**. Open to everyone who wants to meet new people. *Venue: dp1 café, 104 Mawhera Quay*

Thu 10 October, 5.30pm Do you have suggestions for our future activities? Want to help organising something new? Join the **Social Group meeting** and share your ideas for future events!

Venue: KipMcGRath rooms, Cnr Tarapuhi & Mackay Streets

Sun 20 October, 2.00pm **Let's get out & go bush!** Explore the local Omutumutu Bush walk (1hr) with other newcomers and share a picnic afterwards.

Meeting: 1.30pm at Court car park Tarapuhi street for car sharing or 2.00pm at beginning of walk in Marsden Road.



Wed 30 October, 7 - 9pm Another **craft night** with inspirational ideas how to decorate your home for summer: wire up some shells, driftwood, beads, old cutlery and whatever you find in your drawers and create **funky wind chimes!**

No experience required, everyone welcome. Basic material provided.

Venue: KipMcGRath rooms, Cnr Tarapuhi & Mackay Streets

Are you interested in knitting and crocheting? A group of "woollie" newcomers meets every Thursday afternoon, new members welcome – contact us for details!



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Local events in September & October:

The next months are full of interesting events, so don't forget to put them into your calendar! Contact us if you are looking for a buddy to join you!

- ☞ **31st August** Support the MS fundraiser **Craft Fair** and find some handmade pressies at the Civic Centre (10am-4pm)
- ☞ **3rd September**, 9-5pm: "Take it, read it, pass it on" - explore the Travelling Books campaign of Literacy Westland and find an exciting free book at their stall at the Warehouse!
- ☞ **11th Sept**, 12-6pm & **12th Sept**, 7.30-10.30am: **Donating blood saves lives and newcomers often have rare blood groups!** Give blood at the Trinity Church Hall, Tainui St.
- ☞ **26th September**, Enjoy a **blend of Reggae and Rock performed by local TPP students**. 7pm at the Regent Theatre, Gold Coin Entry
- ☞ **30th September – 4th October** Enrol your 5 -13 year old kids at the **Oscar Holiday Programme** for a week of great fun! More info: 03 755 8700
- ☞ A great musical event @ Hokitika High School: **Seussical** performed by students in the school holidays. For more info contact 03 755 6169
- ☞ **Do you know about local community events in November & December?** Please let us know and we'll share the news!
- ☞ **Every Sunday** there is a **local market** in the atrium of Tai Poutini Polytechnic from 9-1
- ☞ **Every Monday Plunket** invites to their **Coffee Morning** from 10.30-12 @ the Uniting Church

Like 'New Coasters, Greymouth' on **FACEBOOK**, check out 'What's on Greymouth' and to find event updates and see what's happening next!

PLEASE NOTE:

The **new office** is at **26 Mackay Street** (corner Tarapuhi St, opposite Bonzai Pizza). **Opening days** are usually Tuesdays and Thursdays (unless I have other meetings). **Please contact me anytime to make an individual appointment with you!**

Grey goes GREEN...

Shifting to a new area often means having to re-think what you need, to improvise, adapt and make use of what's available. Newcomers love the no8-wire-attitude because it's much more sustainable. We encourage everyone to re-pair, re-use, share and recycle things rather than throw away and/ or buy new.

The Grey District Council has recently developed a strategy for community development. Part of their aim is to "establish a forum to identify and implement health and sustainability initiatives ... to promote and foster the health, happiness and well-being of our people".

New Coasters strongly supports this aim. We promote a healthy lifestyle, offer craft events that inspire to re-vamp used goods and we also plan to start a veggie-gardeners-group.

Growing your own vegetables & fruit – even on a small scale with limited space – is often easier than you might think. It can be a great money-saver, home-grown (spray-free) food is healthy, it's good fun, sustainable and can even become a bit addictive. So come along to the **New Gardeners group** and share ideas, experiences and more. We are planning to organise hands-on gardening meetings

Get out, get fit, get ready for summer

A great way of maintaining your health, increasing your wellbeing and finding casual ways of socialising with others is to join a local sports group. Greymouth has lots to offer:

- ★ Lunchtime **Basketball** sessions @ the Grey Civic Centre. Mondays, 12-1pm
- ★ **Social Badminton** @ Civic Centre Tue 1-2pm.
- ★ **Grey District Walkers** go for 3-4 hour walks every 1st & 3rd Wednesday @ 10am. Meeting point is the Uniting Church car park. Contact Graham for details: 03 7687437
- ★ **Surfing** @ local beaches - contact Jan 03 769 9495 for more info.
- ★ **AQUA GYM classes** @ the Grey Aquatic Centre. 4 days a week, contact 03 768 9076 for more info.