



# New Coasters Newsletter

## May & June 2014

### Come in & make some friends



### *Kia Ora and Haere Mai*

The beautiful white snow-caps on our mountains leave no doubt – winter is on the doorstep! Time for cosy indoor activities, finishing off projects that got neglected on sunny days and blankie sessions on the sofa ☺. I hope you don't go into complete social hibernation mode and neglect your social contacts – a study from the University of Rochester shows that *people who continue to maintain close friendships and find other ways to interact socially live longer than those who become isolated. Relationships and social interactions even help protect against illness by boosting your immune system.* Just as well New Coasters still has lots of interesting activities going on and invites everyone to come along and socialize ☺.







New Coasters activities are free and open to everyone. Get to meet interesting people from all walks of life and develop new friendships. I'm looking forward to meeting you.

*Birte*

### Welcome Newcomers

We are an informal social network which supports people in Greymouth, Hokitika and surroundings. 'Newcomers' can help you get in touch with each other, local people, 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.

### *Some of our next events...*

-  Multicultural Coffee mornings in Hokitika & Greymouth
-  Potluck Dinner "Autumn Colours" in Hokitika
-  "Fashionista on a shoestring budget" in Hokitika & Greymouth
-  Potluck Dinner "99 ways with rice" in Greymouth
-  Social English classes in Greymouth
-  Multicultural Midwinter Party in Greymouth

*For more info turn page over...*

### A few impressions of our last events...



We run a bunch of regular events (coffee mornings, Potluck Dinners) and several one-off activities (outings, bonfires, craft afternoons, ...). We also join other events in the local communities. There's heaps more we *could* do but I need to find out what YOU are interested in and are happy to commit to – please let me know ☺.

### Contact us:

#### New Coasters

Newcomers Network  
Greymouth

26 Mackay Street, Greymouth  
Phone: 027 4070302

#### Newcomers Network Hokitika


72 Tudor Street, Hokitika  
(WestREAP), Phone: 03 7558700



Email:

[birte@newcoasters.co.nz](mailto:birte@newcoasters.co.nz) or  
[Greymouth.reefton@newcoasters.co.nz](mailto:Greymouth.reefton@newcoasters.co.nz)

W: [www.newcomers.co.nz](http://www.newcomers.co.nz)

 New Coasters, Greymouth  
and Hokitika

#### Opening Times

Hokitika: Monday 10-12am  
Greymouth: Wednesday 11am-  
5pm, further days dependent  
on other events, for details see  
poster @ the office.



# New Coasters Newsletter May and June 2014

## International Community Contact list

Did you know that there are people from more than 30 ethnicities living along the West Coast? Due to the remoteness of our region it's often quite challenging to meet others from a specific nationality and to connect with people who come from the same home country or speak the same language. New Coasters keeps a list of people who are willing to be a contact person for a certain Ethnicity, bring people in touch with each other and possibly could help with translations for new migrants. We aim to grow this list steadily and provide it to everyone who is interested, so please get in touch with us if you know of someone who would like to be a contact person.

## Ethnic Cooking classes

Who doesn't like to try some new food? Trying 'exotic' recipes at home can end quite disastrous so we are planning to organise cooking classes run by migrants from various countries who can give you tips and tricks and give you some background information on ingredients etc.. Would you like to teach others your favourite recipes from your home country or do you know of others who would? Let me know!

## Multicultural Playgroups

Do you have children aged 5 or younger? Would you like to meet other parents and their children, have some relaxed playtime and improve your English in a small group? Please contact us, we are planning to organise multicultural playgroups in the local play centres.

## Sewing sessions to create WELCOME BAGS

Just imagine moving to a new area and receiving your local information in a hand-made bag? We invite everyone who's got a sewing machine (and spare fabric) to join our sewing sessions, create some easy-to-sew bags with a personal touch and contribute to making newcomers feel even more welcome ☺

### Do you want to...

...improve your English listening, speaking & writing skills?

...meet others who are in the same situation?

...practice talking in a relaxed atmosphere?

...get helpful hints from a friendly tutor?

We'll start new "Social English classes"

on Tuesdays from  
**10<sup>th</sup> June**

**7.00 – 8.30pm.**

Venue to be confirmed  
Please register via email:

[birte@newcoasters.co.nz](mailto:birte@newcoasters.co.nz)

### LIVE Noticeboard

Are you looking for local information, wanting to offer a service or promote an event? Check out this new fantastic **online noticeboard** where you can post and find what's happening in your community! It's free and it's absolutely easy:  
[www.livenoticeboard.co.nz](http://www.livenoticeboard.co.nz)

Are you looking for **second hand building supplies, gardening equipment, wood and other material**? One of our volunteers has dug out lots of outdoor treasures and has an ongoing garage sale. He also offers hands on help with your house & garden – contact me to find out more.

**New Essentrics Classes** in Hokitika start after the school holidays: Mon & Thu at 6.30pm and Tue & Thu at 9.30am  
**You can join anytime during the term**

Do you know of any **courtesy/ community vans** in your area? We are aware that **transport** is an issue for many migrants & newcomers in remote areas and would like to support them by organizing vehicles and drivers. Please let us know what is available in your community!

### Need an event update?

You find up to date information on our activities on [www.newcomers.co.nz](http://www.newcomers.co.nz) (West Coast region) or on facebook "New Coasters, Greymouth and Hokitika". Are you unsure about details when & where to meet or what to bring? Looking for a 'buddy' to attend an event? Need a ride to get there? Call/text: **027 4070302**



# Come in & make some friends

## Newcomers events in May

## Local Community events in May



### Point Elisabeth Walk & Lunch Picnic

Want to get out and about on Mother's Day? Join us for a walk along the beautiful coastline, please bring contribution for a shared lunch.

**Sunday, 11.05.14, 11am, meet at car park by Cobden Bridge**



### "Fashionista on a shoe string budget"

#### Restyle and upcycle your wardrobe

This new sewing group meets once a month to exchange ideas what to do with clothes you don't wear anymore. You learn how to alter your clothes and turn your old shirts, skirts and pants into funky pieces of fashion. Please bring your sewing machine, clothes to alter and fabric.

**Monday, 12.05.2014, 7pm, Uniting Church, 203 Tainui St, Greymouth**

**Friday, 16.05.2014, 7pm, Customhouse, Gibson Quay, Hokitika**



### Multicultural Coffee mornings

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

**Saturday, 17.05.14, 10.30 – 12am, dp1 café Greymouth**

**Tuesday, 20.05.14, 10.30 – 12am, Stapletons Milkbar, Hokitika**



### Potluck Dinner "Autumn Colours"

Would you like to meet other community members and share a nice meal? Join our Potluck dinner, bring an autumn-style food contribution and enjoy a colourful dinner with interesting conversations (*hot drinks provided*).

**Saturday, 24.05.2014, 6.30pm Greypower Rooms, Hokitika**



### Potluck Dinner "99 ways with RICE"

A staple food in many cultures and lots of ways to prepare it – bring a rice dish and enjoy a nice meal with other newcomers, migrants and long-term community members (*hot drinks provided*).

**Friday, 30.05.14, 5.30pm, Uniting Church, 203 Tainui St, Greymouth**



### New Food Gardeners group meeting

**Venue and date to be decided, contact me for details.**

### Weather with you...

Yes, we all know that the weather on the Coast is often better than its reputation, but sometimes it does rain... If you want to come along to an outing just know: we can cope with a bit of drizzle, but we do postpone events in case of torrential rain. Please check our facebook page for updates or contact me under 027 4070302.

### Mawhera May Day Celebrations

check local notice boards for details.

**2<sup>nd</sup> -4<sup>th</sup> May, Greymouth**

### Alternative Healing Festival

**3<sup>rd</sup> -4<sup>th</sup> May, Kowhitirangi**

### Mayflower Festival

Unified West Coast Filipino Fundraising Contest  
**10<sup>th</sup> May, Angl. Trinity Centre, 201 Tainui St, Greymouth**

"Sorted" – financial Literacy workshop

**15<sup>th</sup> May, 7.00 – 8.30pm**

Register @ WestREAP, 72 Tudor, Hokitika, 03 7558700

### Mother's Day

**11<sup>th</sup> May, nationwide**

### World Day for Cultural Diversity

**21<sup>st</sup> May, worldwide**

### Inspire – Youth Conference

Workshops, speakers and projects to get 14-24 year olds inspired *Boys Brigade Hall, Hokitika*  
**23<sup>rd</sup> May, 8.30am-2.45pm**

### Play Days

Free activities & fun for pre-schoolers & parents  
**19<sup>th</sup> May, 10am-1pm, HariHari, Rugby Clubrooms**  
**28<sup>th</sup> May, 10am-1pm, Dobson Community Hall**  
For travel assistance contact WestREAP 0800 927 327

**WANT MORE DETAILS ABOUT THESE EVENTS?  
CONTACT ME, I'M HAPPY TO SEND YOU POSTERS ETC.**

## A great new initiative: The Dining Club

**7<sup>th</sup> May, 5.30pm, Fat Pipis Pizza, Hokitika**  
**4<sup>th</sup> June, 5.30pm, Ollie's @ the Railway, Greymouth**  
Intended as a way to start building social networks for those who are new to the Coast as well as people who would like to widen their social circle. On the first Wednesday of the month we'll meet at a nominated restaurant and enjoy a meal and good company. Each person will pay for their own meals and drinks. RSVPs essential; contact 03 7697470 or [juliette.reese@westcoastdnhb.health.nz](mailto:juliette.reese@westcoastdnhb.health.nz)





# Come in & make some friends

## Newcomers events in June

## Local Community events in June



### "Fashionista on a shoe string budget"

#### Restyle and upcycle your wardrobe

This new sewing group meets once a month to exchange ideas what to do with clothes you don't wear anymore. You learn how to alter your clothes and turn your old shirts, skirts and pants into funky pieces of fashion. Please bring your sewing machine, clothes to alter and fabric.

**Monday, 09.06.14, 7pm, Uniting Church, 203 Tainui St, Greymouth**  
**Wednesday, 11.06.14, 7pm, Customhouse, Gibson Quay, Hokitika**



### Social English classes

A great way of improving your English language skills: practise talking, writing, reading and listening in a small group with a friendly tutor.

**From Tuesday, 10.06.14, 7-8.30pm, Venue to be confirmed**

### Multicultural Coffee mornings



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

**Tuesday, 17.06.14, 10.30 – 12am, Stapletons Milkbar,**  
**Saturday, 21.06.14, 10.30 – 12am, dp1 café, Greymouth**  
**Hokitika**



### Welcome bags - sewing session

#### Your creative contribution to volunteer week ☺

Come along with your sewing machine and fabric scraps to create some hand-made bags for future newcomers!

*Basic material provided*

**Tuesday, 17 June 14, 7pm, Customhouse Hokitika, Gibson Quay**  
**Wed, 18 June 14, 7pm, Uniting Church, 203 Tainui St, Greymouth**



### Multicultural Midwinter Party



Potluck goes Party – join our midwinter celebration of diversity, bring a contribution for an international Finger-food buffet, your favourite dance music and some friends! Performances welcome

**Friday, 27.06.14, 6.00pm, TPP Cafeteria, Tainui St, Greymouth**

## Have fun, feel fit, be healthy – join one of the various local sports groups:

- ☞ **TAI CHI** Tue/ Sat in Greymouth contact 03 7681160 ext716
- ☞ **ESSETRICS** – a holistic stretching programme- Mon & Thu, 6.30pm or Tue & Thu, 9.30am in Hokitika contact 03 7558891
- ☞ **TABLE TENNIS** Tuesdays, 7.30pm in Hokitika contact 03 7556171
- ☞ **AQUA FIT CLASSES** various days at Aquatic Centre Greymouth 03 7689076 and Hokitika Pool 03 7558119
- ☞ **Looking for a companion? Contact us ☺**

### Queens Birthday

**2<sup>nd</sup> June 2014, nationwide**

### Arbor Day

**5<sup>th</sup> June 2014, nationwide**

### National Volunteer week

Every community member benefits from the huge efforts of volunteers – what do you do?

<http://www.volunteeringnz.org.nz/news-events/events/nationalvolunteerweek/>

**15<sup>th</sup> – 21<sup>st</sup> June, nationwide**

### Lantern Parade

It is the shortest day of the year – let's get out, bring along a lantern and celebrate Winter Solstice with a big bonfire on the beach

**21<sup>st</sup> June, Hokitika (time and starting point tba)**

### Matariki – Maori New Year

**28<sup>th</sup> June 2014, nationwide**

When the Matariki star cluster rises into the skies of New Zealand, it signals a month-long celebration across the country of the Māori New Year – look out for special events!

### PREVIEW:

**AgFest** – visit us on Cass Square on 4.-5. July

**Junk to Funk** – turn some recycled treasures into funky arts objects – from 1<sup>st</sup> July in Hokitika

**Intercultural Awareness and Communication trainings** – improve your skills for cross-cultural interaction with friends and work colleagues

Make a use of the cool temperatures and clean out your cupboards – we'll organise a **car boot sale** soon!

*What do you want to see happening?  
Any suggestions regarding times & venues of our activities?*

*Join our planning meetings or contact me to share your ideas!*