



New Coasters Newsletter

January + February 2016

Come in & make some friends



Kia Ora and Haere Mai

Happy New Year! We are well into 2016 and life is 'back to normal' for most of us. Did you make any resolutions for this year? Things you want to change? Ideas how to make the New Year a happier one?

Making sustainable changes is often not that easy as we are creatures of habit and everyday life tends to take over... But – changes don't always have to be big ones. It really helps to scrutinise/ question your thinking patterns for a start: are you aware of the positive things happening in your life? Do you appreciate what you have achieved in the past year?

When it comes to the question "what could be improved in your life?"

I usually have lots of ideas, but in the end it turns out that it's often the simple, non-materialistic things that can make you feel better. "The Five Ways of Wellbeing" break it down to a few words:



I'm determined to make 2016 a 'Wellbeing Year' – support you in improving your wellbeing and encourage others to join in. The New Coasters activities enable you to connect, share, increase your awareness, learn something new and be active – and they are mostly free of charge. Feel free to come along, have a chat, make connections and spend quality time with others.

I look forward to meeting you.

Birte

Some of our next events ...for more info please turn the page

-  Salsa session
-  Potluck picnics and Chinese Dinner
-  craft sessions
-  Outings and Garden group meetings
-  Coffee mornings and 'World café'
-  Advisory groups planning meetings

Some impressions of our last events:



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. We hope to 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
38 Albert Street, Greymouth
☎ 03 7686580 or
027 4070302 (also WhatsApp)

Newcomers Network
Hokitika
72 Tudor Street, Hokitika
(WestREAP) ☎ 03 755 8700

Email:
birte@newcoasters.co.nz
Web: www.newcomers.co.nz

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

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



New Coasters Newsletter January & February 15



Language groups

Did you know that learning different languages is really good for you? That learning another language can delay the onset of dementia by 4.5 years (average)? We have native speakers of many different languages amongst our group and they are willing to run conversational language classes (French, German, Spanish, ...) – which languages are you interested in?



Bookworms

Do you like reading? Would you like to have a chat to others about good books, interesting articles and recommendable authors? I've talked to some people who would be interested in being part of a book group and meet on a regular base. Our local libraries are very happy to support this, too. So please let me know if you are interested!



Having the heart in two (or more) places

... is an experience most of us know all about. Artist Kate Buckley, who originates from Ireland and has moved to the West Coast recently, would like to inspire people to express the feelings that come with migration through art. We are planning to run workshops for different age groups and would be interested in hearing your thoughts and suggestions!



Explore the area

We are living in a pretty unique area – crystal clear rivers, long beaches, native rainforest, majestic mountains as a backdrop. Summer is the time to get out & about and explore the West Coast. There are stunning walks right on our doorstep which are suitable for all levels of fitness. We are fortunate to have a new volunteer on board who has offered to accompany people on local walks. Both local walking groups are also open for new members. So – no more excuses – get your walking shoes on and go exploring with us!



DIY is good for your soul and your wallet!

Making things yourself rather than buying them is part of the Kiwi culture and recycling, upcycling and re-using things is a huge world wide trend which bucks the age of consumerism we currently live in. It saves you money and can be very fulfilling to create something yourself! We have fortunately been donated two sewing machines as well as lots of fabric and other equipment and warmly invite you to make a use of them! Feel free to join our craft events (where skilled and experienced volunteers can give you a hand and explain how to sew) or arrange a time with me to come into the office for a sewing session...



Mindfulness for families

We live in a world of increased pace and complexity. People of all ages seem to feel more stressed than ever. The local PHO offers Mindfulness classes and more and more schools teach children how to be more attentive and wind their mind down. We could offer classes for kids, teenagers & their caregivers in our venue – let me know whether you'd be on board! Interested in further reading? Check [this](#) out!

Local groups info

Joining a club is a great way to meet others who share similar interests and can tell you more about local facilities. We introduce a local not-for-profit organisation in each newsletter.

Hoki Hikers

What they do:

Go on a walk every week to socialize and explore our beautiful environment from Punakaiki to Reefton to Franz Josef. Overnight trips are organised as well.

Who can join them:

Any interested walkers (Children, grandchildren & visitors all are welcome, they remain the responsibility of the member who brings them. Levels of fitness required vary each week.

Where and when they meet:

Every Tuesday at corner Stafford & Fitzherbert St car park. Meet 8:50am for a 9:00 start. If a long drive is planned the start time is brought forward to 8:00am.

Details stated on term schedule which is available at the iSite.

How to become a member/ join the activities:

You can just turn up at the meeting place, but it is a good idea to contact the organisers prior. So can make sure you have the required items for the day. You are welcome to come 2 or 3 times before joining the club and paying your annual subscription (\$10). New members welcome.

Contact details:

Maureen Cagney 03 755 7500 or Margaret Stevens 03 755 6466



Come in & make some friends

Events @ & with New Coasters in January:



Crafternoon tea

Mon, 18.11., 1.30-4.30pm, New Coasters office, GM

Join us for a cuppa & cookie, bring a craft project or get inspired by our ideas. *Basic material provided*



Multicultural Coffee morning

Thu, 21.01., from 10.30am, Ramble & Ritual, HK (Sewell St)

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



Painting & Renovation bee

Fri, 22.01. 11am - 5pm, New Coasters office, GM

One year after moving into our premises some parts of our office still need a bit of TLC – please join our working bee to build a few new shelves, add a touch of paint and improve things to have an even better venue for future events!



Salsa night

Fri, 22.01, 7pm, New Coasters office, GM

This is the first opportunity for everyone interested in dancing to meet others, learn basic steps (from an amateur teacher), practise if you've danced Salsa before + discuss when & where to meet for future dance sessions. *Bring a partner/ friend if possible.*



Exploring & mussel picking in ROSS

Sat, 23.01, 2.30pm at Ross iSite

Have you been to this historic little town 25km south of Hokitika? There are lots of things to explore: the Historic Goldfields Walkway, Gold panning, Totara bridge, a covered heated swimming pool & more. Later in the afternoon we can try our luck picking fresh mussels from the sea. Wear sturdy shoes, bring water shoes, a towel & bucket. **For car sharing meet 2pm @ Hoki iSite**



"Spin a yarn" CRAFT meeting

Mon, 25.01, from 6.30pm, Ali's Café, 9 Tainui St, GM

Enjoy a night out and go with the new global trend: knit/ crochet in public while having crafty conversations with others...



Gardening meeting

Tue, 26.01., from 6pm, start at Megan's garden (222 Revell St, Hokitika)
and afterwards Birte's garden (216 Revell St).

Two gardens, only a stone throw apart, give us good opportunities to discuss tips how to grow food & bee-friendly plants.



Potluck Picnic

Fri, 29.01., from 4pm, Cobden Beach near Point Elizabeth car park

At the end of the summer school holidays we relocate our monthly shared meal to the beach – we can have a bonfire, play beach games, explore the Point Elizabeth track and enjoy a relaxed time outside. Please bring something to roast over a fire, fish & chips from the local shop or other food to share ☺ *BYO drinks*



Fish & Chips & beach art

Sat, 30.01., from 6pm, Hokitika main beach access

A Kiwi classic – we share fish & chips (or other food) at the beach and afterwards we can admire the sculptures on the beach as it is Driftwood & Sand Festival. *Meet at the beach first to coordinate food orders.*

Events in our communities & around the world in January:

- 16th January, 10am **GREYMOOUTH RACES** Omotomoto Racecourse – more info [here](#)
- 19th January, 5.30pm **Spring Creek Mini Triathlon** Fun for the whole family at Runanga Pool (03 762 7142)
- 22nd January, 7.30pm **Fiddle Pie concert** in Okarito [more info](#)
- 23rd January **Sand Dunes Classic Golf tournament** Hokitika Beach
- 23rd -24th January **Circus in Reefton**
- 25th -29th January **Active Kids Holiday Programmes in Grey-mouth and Hokitika** [Find out more](#)
- 27th - 31st January **Driftwood and Sand Festival** for details [click here](#)
- 29th January, 1pm **The Wonky Donky Show with Craig Smith** at Shantytown
- 30th January **A+P show Hokitika** including Childrens Dress up competition (at Hokitika- Racecourse)



Come in & make some friends

Events @ & with New Coasters in February:



Advisory Group meeting

Thu, 11.02, 6pm, Customhouse, HK; Fri 12.02, 5.30pm, New Coasters office, GM

Do you want to become more involved in the future development of New Coasters? Discuss the needs of migrants in our communities and initiatives that would support their settling in process? Join these meetings and share your ideas!



Crafternoon tea

Mon, 18.11., 1.30-4.30pm, New Coasters office, GM

Join us for a cuppa & cookie, bring a craft project or get inspired by our ideas for INDOOR & OUTDOOR DECORATION. *Basic material provided, bring along some driftwood, wire, beads and more (if you have)*



HARI HARI Walkway

Tue, 16.02. 8.50pm, Fitzherbert St/ Safford St car park, HK

Let's explore our beautiful area by joining an outing of the Hoki Hikers group. *Please let me know whether you are planning to come so we can inform the organisers & make sure we've got enough transport. \$10 for petrol costs.*



Craft session

Tue, 16.02, 6pm, Customhouse, HK

Join us for a craft night, bring your own project or get inspired by our ideas for INDOOR & OUTDOOR DECORATION. *Basic material provided, bring along some driftwood, wire, beads and more (if you have)*



Multicultural Coffee morning

Thu, 18.02., from 10.30am, Ramble & Ritual, Hokitika (Sewell St)

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



"Spin a yarn" Craft meeting

Mon, 22.02, from 6.30pm, Ali's Café, 9 Tainui St, GM

Enjoy a night out and go with the new global trend: knit/ crochet in a café while having crafty conversations with others...



Sewing session

Thu, 25.02, from 6.30pm, New Coasters office, GM

Want to create/ alter/ fix/ up cycle a piece of clothing, accessories or something for your home? Learn something about sewing? Come along and make a use of our sewing machines, fabric and



Potluck Dinner "CHINA"

Fri, 26.02., from 6pm, Uniting Church, 203 Tainui St, GM

Shortly after Chinese New Year we dedicate our monthly shared meal to the Chinese cuisine – bring a plate/ dish to share and listen to some stories of our Chinese friends to learn about their culture. *BYO drinks.*

Regular events @ & with New Coasters:



English Language classes

Our English classes in Greymouth and Hokitika will continue after the summer holiday break. I'm currently discussing dates & details with the teachers. Let me know what you are interested in & which times would work for you!



Essentrics stretching & strengthening session (GM)

Every Monday 6.30 – 7.30pm and every Thursday from 12.15 - 12.45pm

restarting in February *registration essential-* contact Esther for details: 027 380 0813



Let's Dance!

One thing many people seems to miss on the Coast are DANCING opportunities – not formal dancing, just the good old leg swing to all time dance hits or themed dance nights. I'll be meeting some others in the near future to discuss when & where & we could organise this – I'd appreciate YOUR input, your ideas & suggestions as well 😊



Come in & make some friends

Events in our communities & around the world in February:

- 3rd February **Dining Club meeting** from 5.30pm at Fat Pipi Pizzas, 89 Revell Street, Hokitika. Contact Juliette 03 769-7400 extn 2470 or email juliette.reese@westcoastdwb.health.nz to find out more.
- 3rd February **Scottish Migration to the West Coast** 7pm. Free public lecture at the Hokitika Museum.
- 6th February **Waitangi Day (NZ wide)**
- 6th February **Grey District Waitangi Day Celebrations** - Picnic & much more in Dixon Park [more info](#)
- 6th-7th February **Rata blossom Festival in Otira** - join lots of quirky competitions, World record attempt wood chopping and more. Email bruce@otirahotel.co.nz or check out this [link](#)
- 8th February **Chinese New Year celebrations start (Year of the Monkey)**
- 12th February **Carnivorous Plant Society Concert (Music & Animations - \$20 entry)**
at the Old Lodge Theatre, HK (Ticket from Regent Theatre) [find out more](#)
- 13th February, 9am - 4pm **St. Andrews Garden Ramble (\$15p.p.)** starts 9am at St. Andrews Church, Hokitika - visit a range of different gardens in and around Hokitika & get inspired - **LET ME KNOW IF YOU WANT TO ATTEND AS A GROUP**
- 13th February, **Love Mafia concert (Rock, Soul, Blues & Reggae, \$10 entry)**
at the Greymouth Regent Theatre
- 14th February **Valentine's Day**
- 14th February, from 5pm **Wildfoods Festival PRE party** featuring Tunes of 1, Katie Thompson and Devon Welch at Hokitika Beach - [more info here](#)
- 20th February **Relay for Life Cancer Society Fundraiser** at Grey High School. Contact Pavel to book your team in and find out more about **running a stall to sell food**: pavel.bares@cancercwc.org.nz or phone 03 768 9557
- 20th February **Reefton Rodeo**
- 21st February, 4-7pm **Greymouth Summer Street Fare** come along to enjoy a great variety of food or consider running your own stall! [find out more here](#)
- 22nd February **Saltire Concert** (Westland High School drama group fundraiser, \$15) at Westland High School

Street Food Fare

The Greymouth Rotary Club is organising a Street Food Fare on 21st February 2016 from 4-7pm. They are looking for stall holders, particularly those offering Ethnic food (and also decoration).

A food stall is a great opportunity to showcase your culture and raise some extra money. You could run your own stall or join our New Coasters stall. Please contact me or Rae Eder eder52@me.com to find out more details.

What else is happening in our communities? Please let me know & I'll publish your event in the next update!

Want to find out more about those events? Click on the blue hyperlinks ☺

PREVIEW

Lots more events coming up in March - Wildfoods Festival, Art in the Park, the Gypsie Fair & much more! We are going to celebrate **Race Relations Day** on the third weekend in March and planning to have a **Hangi** on the Beach! We also have more multicultural play sessions in the pipeline...