



# WAIMARIE HAMILTON EAST COMMUNITY HOUSE

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## New development advisor welcomed

MY name is Hannah Banks and I am the new Hamilton City Council Neighbourhood Development Advisor for the East area, based at Enderley Park Community Centre.

I am a Hamilton East resident, mother of one, committed greenie and am in my last year of study to be a community psychologist. My areas of special interest include racism and white privilege, sexism, feminism, culture and ethnicity, social justice and early parenthood.

As Neighbourhood Development Advisor, I aim to build relationships with people and groups within the Hamilton East area and also within the wider Hamilton community.

I hope that building good relationships with people and groups in the community means that we can better work together and share our skills to help build community capacity and pride, as outlined in Hamilton City Council's Social Well-being Strategy.

I believe that 'knowledge is power', so I am very interested in helping to increase people's access to information and services, so that they may then be more able to make informed



Hannah Banks

choices about issues that affect their lives.

One way I hope to do this is through helping to develop new services for the community (particularly for the Enderley community) and assisting others to improve existing services.

I am very happy to be working in this exciting job and I look forward to meeting and working with many more people from the Hamilton East community in the near future.

Contact details  
T: 07 853 2483  
M: 021 816 963  
E: hannah.banks@hcc.govt.nz

## COURSES AND ACTIVITIES FOR TERM 3, 2008

### Yoga

Samadhimurti, Ardana Levande, is running a yoga classes again this term - Mondays from 1.15-2.45pm and costs \$20 for 4 weeks starting on the 18 July. Min: 6 Max: 9. This term there will only be 4 weeks of yoga as Ardana is heading overseas.

### Craft for kids

This is scheduled to begin on Tuesday, 29 July and runs from 3.45 to 4.45. Cost: \$20 per term. Billie Neal is teaching this class.

### Tai Chi

Tai Chi will run on Wednesdays from 23 July at 2.00pm. There is a \$2 charge per class. The tutor, Eddie Tan, has been teaching Tai Chi for over 30 years and is a member of the New Zealand Tai Chi Association.

### Healthy Cooking on a Budget

We are offering this course again this term. This will be run by Jen Riley from Sport Waikato on Fridays from 1.00-2.30pm. \$20 for 5 weeks. Starts 25 July

### Book Club

The Book Club meets once a month at a member's house in Hamilton East. If you are interested in joining a book club, phone the co-ordinator, Anne Minkhorst, on 856-8531

### Counselling

Bill Rout is a mature counselling practicum student who offers counselling at Waimarie on Mondays. He has a Dip. Teaching and M Education

Mondays 9.00 am to 5 pm (or other times by arrangement)

He is currently in training with the Institute of Psychosynthesis (NZ).

Approved by the New Zealand Qualifications Authority and is an NZAC (New Zealand Association of Counsellors) approved course.

My aim is to guide a person to a greater awareness of him/herself and a more fulfilling life. Psychosynthesis is a gentle and holistic approach. A meaning of "psyche" is soul, and "synthesis" is to integrate all aspects of the human experience including body, mind, feelings and the spiritual.

Koha appreciated. Phone 859 0118 for an appointment

### Advisory service

This term we are again offering the free service providing advocacy and advice on a range of issues such as employment, mediation, consumer contracts, housing and family problems. Shu-yin Wong is volunteering his services by appointment on Fridays. He has previously worked with the Community Law Centre and has been active in several community groups. Shu-yin is fluent in English, Cantonese, and Mandarin with a good understanding of written and spoken Japanese. He has degrees in Law, Science and a post graduate Diploma in Communication. Ring Waimarie for an appointment.

## Youth Scene

## New location for Youth Advisor's office

KIA ora whanau, He mihi nui ki a koutou. Welcome to this edition of the Eastside Community News.

I'm now relocated from Hamilton East to Fairfield. My new location is at the Fairfield Hall on Clarkin Rd (right next to the Skateboard Park). Currently the hall is undergoing renovations, including new large sliding doors that open to a new decking facing out onto Fairfield Park.

Current programmes active at Fairfield Hall include Karate - Mondays and Thursdays from 6pm - 8.30pm; Waiora Ministries Kids Club - Tuesdays from 4pm-7.30pm; Waiora Ministries Youth Club- Wednesdays from 5pm-9.30pm; and Fusion Dance Company- Fridays from 7pm-10pm.

What's happening in our community?

We are half-way through the year already! The mid-year school holidays run from Saturday 5th July until Sunday 20th July. This means that the third school term begins on Monday 21st July. If you are looking for school holiday programs to access then the Hamilton Press usually has a list of programs available in their editions prior to the holiday break, or contact your local schools or community houses.

Capoeira for Youth is a free program held weekly on Wednesdays from 6.30pm. Capoeira is an exotic Brazilian Martial Art that combines music, singing and self-defence. The program utilises Capoeira to promote self-esteem, confidence and physical activity amongst participants. This program is currently facilitated at Studio46 @ Te Ahurei a Rangatahi Youth Agency Floor 1, 46 Bryce St. For more information contact Mike 021-315469 or 07-8556497.

Hui Whakapiri, are local Youth Sector Network meetings held every 3 months. The next Hui Whakapiri is on Friday 15 August, at The Hamilton City Council Reception Lounge between

By Mike Rarere, South East Hamilton Youth Advisor



10am-12pm. These meetings are a good chance to network and find out about the local youth sector. If you are a local youthworker or want to be involved in youthwork you can contact the Waikato Youthworkers Collective for information and advice. Contact Mike on 021-315469 or 07-8556497 for more information.

Wasup? Youth and Community Radio Show, 10.30am Thursdays on Community Radio Hamilton AM1206 and 106.7FM. This informative noticeboard radio show highlights positive youth media, current events and issues and promotes local community services and events.

A new radio programme is Fairfield Community Linx, 11.30am Fridays. Hosted by Te Whare o te Ata Community House's Frank Carter. This show focuses on local issues and happenings in the Fairfield area. Contact Frank on 07-8557804 for more information.

The Southeast Hamilton Community Network meets 2pm, the second Tuesday of each month at the Hamilton East Community Police Centre 245 Clyde St Hamilton East. These informative meetings are a good way to find out about the services and projects currently in our community. The next meetings are on 8 July, 12 August and 9 September. All are welcome. For more information contact Mike 07-8556497 or 021-315469.

If you want more information or advice please give me a call.

Mike Rarere, HCC Youth Advisor. Ph. 07-8556497 or 021315469.

## Thriving on a Shoestring

Learn valuable, practical skills to help you simplify your life.

Do more than just "get by"  
Grow a healthy family  
Learn new practical skills



- Child care facilities available
- Transport available for evening session

### Programme info

Choose between two sessions:

- Morning session begins 23rd July (at Hamilton East Community House), runs for 9 weeks

- Evening session begins 5 August (at Eastside Apostolic, East St. Refreshments available) runs for 8 weeks

Course Cost: \$25 per participant

### Topics include:

- how to make your money go further
- establishing and maintaining a productive vegetable garden
- prepare nutritious meals on a budget and how to read food labels
- communicate to be understood and listened to
- parenting hints and tips
- how to manage conflict inside and outside the family unit
- develop self confidence
- basic home maintenance
- basic car maintenance
- community support networks



Hamilton East Community House



### Thriving on a Shoestring Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Transport required for evening session: \_\_\_\_\_

Phone (home): \_\_\_\_\_ Mobile: \_\_\_\_\_

Morning Session (9.30am-12.30pm):  Evening Session (7pm-9pm):

Child care for under 5yrs:  Child care to 14yrs:  Transport:

(Please note: Registration for morning sessions by 15 July and for evening sessions by 28 July 2008)

Register your interest with Vee McLean at Wilss

Ph: 07 839 9908 Fax: 07 838 2655 Mail: P O Box 46, Hamilton Email: vee@wilss.ac.nz