

SPACE 8292434

CO-ORDINATOR'S CORNER

Happiness project could be 'the ticket'

Hamilton East Community House serves the South East area of Kirikiriroa.

Community Houses are located in local neighbourhoods and exist to support and serve the local community.

We run a variety of programmes and services and we are always open to new ideas and suggestions. Please pop in or email us and let us know what you would like to see happening at Waimarie and/or how you could help us to achieve your vision.

We need the support of our community to help us be of maximum benefit.

We will close on Friday, December 16 and re-open on Monday, January 9 next year.

BOB Project

If you want to feel more in control of your life feel happier, lose weight and become healthier, our new project could be just the ticket.

This will begin in February next year. It will involve a range of activities to help you on your journey with minimal or no cost.

We will provide gardening lessons, dietary advice, healthy eating/cooking lessons and tastings, walking groups, tailored exercise programmes, monitoring and goal setting, social activities, "happiness components",

opportunities for yoga, massage and so forth.

We want to help clients take better care of themselves. For information and to register interest, phone Lisa at Waimarie.

Tool Repairs

We are starting a new tool repair/refurbishment service at Waimarie. If you would like a quote for this, bring in your tool/s for a quote.

David will be on site on Thursdays if you would like to talk with him about your tools.

Curtains Wanted

We would still like old curtains that you no longer want. Please drop them off at Waimarie.

Holiday Programme

Our January Holiday Programme is coming up for three weeks from January 9. We cater for ages between 5 and 12 years and parents can receive a WIN subsidy if they qualify.

We run a fun and interesting programme with a homely atmosphere and cater for working parents.

There is a day trip to interesting places every week as well as shorter trips to pools, movies and similar.

We play sport, walk, dress up, bake, create art and craft, play games and have guests to entertain



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FIX IT: Bring your tools to Waimarie for repair.

and teach new skills.

You will need to enrol your children by December 16, before we close for the Christmas break. We will require a \$20 deposit for each child if you qualify for a WIN subsidy.

Knitting

We have started a knitting group for people who want to meet with other knitters for company, swapping ideas and learning from

other knitters.

Feel free to join us on Monday afternoons from 1-2pm. This is a free activity but you will need to bring your own wool and needles.

As the year draws to a close, we would like to thank all our supporters and funders who make it possible for us to provide the services and programmes we run from Waimarie.

We have had some wonderful volunteers helping over the last

year: making chutney, assisting with the holiday programme, Gracelands volunteers and staff who pack the vege boxes, the Stewart Centre volunteers and staff who garden, Kate, Andrew, Kyle, Mark and David from iRs and the Friday gardening volunteers, Ella May who offers massage and Karyn who does stats and helps with projects, Guy who helps with IT and reception and all the other volunteers who make it possible for us to complete projects and services.

I would also like to thank our committee members who cheerfully come in to meetings, to sign cheques, to see how we are doing and what they can do to help.

Thanks to our small, hardworking team Lisa on reception and admin, Lynda who does the funding and marketing, Barry who does the budgeting and Craig who advocates for clients.

The Holiday Programme staff are also integral to the community house thanks to Lynette, Julie, Taylor, Russell, Candice and Oscar.

Thank you to our neighbours and clients who we are here to serve.

Remember to enjoy yourself rather than overwork yourself this Christmas. Have a great Christmas and be careful out there.

— Ka kite and Jane Landman

Volunteering helps create happiness

Did you know that people who volunteer for approximately two hours per week are happier on average than people who don't?

Social engagement and having a sense of belonging or contributing in your community has many benefits.

Not only do you provide much needed resource and skills as a volunteer, you also meet new people, learn new skills and share knowledge and companionship with those you meet. At Waimarie we have many "happy" volunteers and we are always on the lookout for more.

We have a new project which we are in the process of developing for implementation in Term 1 of 2012 and we are looking for people with a wide range of skills and experience who might want to be involved. Skills you might have include, enthusiasm for the project, a sports background, dietary or nursing experience.

Temporarily named Project Bob there is a chocolate fish waiting for someone who can come up with a good name — the project is based around supporting people who want to get on top of their weight issues by having an integrated programme of activities. It will be run from the community house and aims to teach life-style skills to help improve people's quality of life.

So, if you are interested in getting involved in the project please give us a call. We would love to hear from you.

LISA ON SYMMINGTON

Hard work in the garden pays off

Firstly a big thank you to all the volunteer gardening groups that attend the garden each week throughout the year working to maintain the upkeep and the development of the community garden, without all the effort and ongoing support this would not be what it is today.

I would like to make a special thank you to the team at Integrated Recovery Services — Kate, David and Kyle — as well as Gracelands and the Stewart Centre.

The garden is a hive of activity with crop produce in abundance and plenty to come over the next few months. We have been enjoying broad beans, silver beet, radish and Asian mix. Our tomatoes, garlic and beans are going well.

I just love this time of year knowing that we have so much fresh garden produce to look forward to.

We hope to have cucumbers and peppers to complement the tomatoes for our chutneys and pickles in the New Year.

If anyone has any old fashioned recipes to share we would love to hear from you and we are still on the lookout for good pickling jars.

We are looking to make full use of our earth oven for our Christmas get together and thank you celebrations.

— Ka kite and Lisa Keenan



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GARDEN GLORY: Harvest time at Waimarie's sustainable garden.

RECIPE



Plum chutney

2.75 kg plums
1.8kg sugar
2 cups malt vinegar
4 onions, chopped
2 tsp ground cloves
2 tsp black pepper
1 Tbsp ground ginger
2 Tbsp salt

Cut the plums in half and place in a large stock pot with all the other ingredients. Boil for 2 1/2-3 hours until the mixture thickens. Stir from time to time. Pass through a sieve to remove the stones and pour into hot glass bottles.

FUNDERS

A big thank you to our funders and supporters for 2011
BP (Petrol Vouchers)
COGS (Operating costs)
Community Response Fund (MSD) (Operations)
Donny Trust (Sporting & Cultural Fund)
Hamilton City Council

(Operations/Rent)
Hamilton City Council Holiday Programme Fund
iRs (DHB) (Gardening costs)
Lion Foundation (Computers/shelving)
Lotteries (Wages)
Norah Howell Charitable Trust (Wages)

OSCAR (Holiday Programme)
The Southern Trust (Overheads, printing)
Tindall Foundation (Service delivery)
Trust Waikato (Global costs)
WEL Energy Trust (Wages)
Supporters
Clyde Law (Legal advice)

Hamilton Budget Advisory Service (Support)
Pukete Neighbourhood House (Advocacy Support)
Sunshine Bakery (Bread, pies)
Also a big thank you to all those neighbours and volunteers who have given their time and energy to Waimarie.