



WAIMARIE:HAMILTON EAST COMMUNITY HOUSE

53 WELLINGTON ST, HAMILTON EAST • PH 07 858 3453 • FAX 07 858 3475 • EMAIL waimarieham@xtra.co.nz • www.waimarie.org

CO-ORDINATOR'S CORNER

Community house needs your support

Welcome...

Waimarie: 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 community. We run a variety of programmes and services and 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, you, to help us be of maximum benefit. By the time you read this, the wild weather will hopefully have passed and you may be thinking of getting out in the garden or growing a few herbs. We will have vegetable and herb seedlings available for sale. Ring us for details.

Knit and natter

Waimarie is trying a new free group this term from 1pm on Mondays. Come along with your needles and wool to knit with like-minded people. Learn new techniques from each other and support new and seasoned knitters with company and a cuppa.

New committee members

We currently have a vacancy for

a secretary (from October) and a treasurer. If you are interested in helping your local Community House, phone us.

Holiday programme

Our October holiday programme is coming up for two weeks from October 10. We cater for children from 5 to 12-years and parents can receive a WINZ subsidy if they qualify (income related). We run a fun and

interesting programme with a homely atmosphere and cater for working parents. There is a day trip every week, as well as shorter trips to pools, the movies and similar. We don't do technology so don't expect computers. Instead we play sport, walk, dress up, do baking, crafts and a variety of other activities.

Ka kite ano,

Jane Landman

Workshops to create change

If you are looking for the tools to create a more meaningful and sustainable future, an upcoming series of creative empowerment workshops may be just what you need.

The five interactive workshops aim to inspire and support people from all walks of life in goal setting and motivation, creativity, communication skills, problem-solving strategies, resolving self-defeating patterns, overcoming financial difficulties and attaining financial independence, building

confidence in the workplace and creating a support network.

These empowerment programmes incorporate elements of creativity, fun, relaxation and personal development.

Figjam workshop facilitator Debbie Brock says the workshops are segments of one programme.

"There's a lot of bonding and trust that is built up among participants.

"It's very interactive and personal and a chance for people to look at how they would like to

create their ideal life."

The workshops will run over five Wednesdays from November 16, from 10am-12.30pm at Waimarie Hamilton East Community House, 53 Wellington St, Hamilton East.

■ **Enrol by ringing us at Waimarie (07) 858 3453 the workshops are free to all participants. For more details please contact Debbie Brock on (07) 868 9825, 021 258 0078, Patti Clark (07) 868 2280, 027 777 4735, email info@figjamworkshops.co.nz or visit www.figjamworkshops.co.nz**



WANTED: We would be grateful for your no longer needed curtains! Please drop off at 53 Wellington St.

A new approach to peace

Learn to meditate at Waimarie Hamilton East Community House.

In October the Sri Chinmoy Centre is offering a series of four-week free beginner courses in meditation. Learn to meditate for self-awareness, stress management, achieving inner potential and overcoming life problems.

This is a unique on-going, global initiative, offered as a community service in 40 countries on four continents, and is dedicated to world peace through the development of individual inner peace.

If your goal in life is to become happier and more fulfilled, to have a peaceful mind, and to be calm, then take a positive step and come to one of the free classes.

■ **Classes are held at Waimarie Hamilton East Community House, 53 Wellington St, Hamilton East on Tuesdays from 6-7.30pm from October 4 for 4 weeks. Phone Durba Lee at the Sri Chinmoy Centre, 022 065 3719.**



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INNER PEACE: Discover the benefits of meditation.

FUNDERS AND SUPPORTERS

A big thank you to our funders and supporters for 2011

- BP (Petrol Vouchers)
- COGS (operating costs)
- Community Post (Prepaid envelopes)
- Community Response Fund (MSD) (Operations)
- Donny Trust (Sporting & Cultural Fund)
- Hamilton City Council (Operations/Rent)
- Hamilton City Council Holiday Programme Fund
- Hamilton City Council Community Well-being (Wages)
- Lion Foundation (Computers/shelving)
- Lotteries (Wages)
- Norah Howell Charitable Trust

- (Wages)
- OSCAR (Holiday Programme)
- The Southern Trust (Budgeting/Gardening/Printing)
- Trust Waikato (Global costs)
- WEL Energy Trust Supporters
- Clyde Law (Legal advice)
- Hamilton Budget Advisory Service (Support)
- Pukete Neighbourhood House (Advocacy Support)
- Sunshine Bakery (Bread, pies)
- Shuyin Wong (Legal advice)
- The New Zealand Printing Company (Artwork design)

Also a big THANK YOU to all those neighbours and volunteers who have given their time and energy to Waimarie.

Term 4 2011

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	English Language Partners New Zealand English Conversation 9.30-11.30am Ph (07) 853 2188 starts Tues, October 25 (lounge)	Free legal advice Clyde Law (Clyde Law offices) By appointment only Phone Waimarie Budgeting 9am-1pm By appointment only	Veg & Fruit boxes, eggs, potatoes and orders taken and paid for by 2.00pm Beginners English Conversation 9.30-11.30am Phone (07) 853 2188 Starts Thursday, October 27 (lounge)	Veg orders ready for pickup from 10.30 Family Support Advice Please Phone (07) 858 3453 to make an appointment 10-3pm	Gardening Group (All welcome) 9.30am-12pm
Afternoon	Knit and Natter 1pm-2pm FREE Starts Tues, October 25	Hamilton east Junior Youth Group 4.15-5.30pm (lounge) Wednesday, October 26	Tai Chi 2-3pm Tutor: Eddie Tan \$3 per class Starts Thursday, October 27 (lounge)	Drop in Computer Clinic 1-4pm CV Updates Look for Work (help available on request)	Therapeutic Massage Cost: \$15.00 a session 1/2 hour massage From 1-3.30pm Booking essential Starts Saturday, October 29
Evening	Spanish Classes (Spanish for New Zealanders) 5.30-9pm Ph Nora Rodriguez 021 02226995	Toughlove 7.30-9.30pm Ph (07) 856 5999 (Room Hire) Meditation 6-7.30pm (Raumati) Sri Chinmoy centre Starts Tuesday, October 4	Figjam Workshop 16 Nov to 14 December 10am-12.30pm (Raumati)	Book Club Meetings Third Thurs of every month 6.30-7.30pm SEKCA Meetings 7-9pm Every second Thursday of Every month New members welcome (lounge) Green Party Third Thursday of every month 7-9pm	Hamilton East Junior Youth Group 4.15-5.30pm (lounge) Saturday, October 29