



WAIMARIE: HAMILTON EAST COMMUNITY HOUSE

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

MANAGER'S MUSINGS

For those who don't know us yet, Waimarie: Hamilton East Community House serves the South East area of Hamilton.

We run a variety of programmes and services and we are always open to new ideas and suggestions. Please pop in or email us (manager@waimarie.org) 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.

We are all different — some like the hot, some like it cooler, some don't mind what the temperature is. For myself, I prefer the cooler weather and so am enjoying the drop in temperatures after a long, hot summer. The weather is becoming a more prominent topic in our lives and conversations and not just as polite small talk. The advance of global warming means the weather will assume a greater importance in the affairs of humans and everything else on the planet. This summer saw a complete sell out of all the fans in Queenstown in January and probably many other towns and cities.



Waimarie: Hamilton East Community House.

At Waimarie, we have had a very successful yoga class in term 1 and will expand to two classes next term. I come in for this on my day off as I have always found yoga to be an excellent way to stretch, tone and relax the body. It produces those gorgeous feelings of well-being at the end of the workout. Make no mistake, you are giving your body a good workout. Our rates are about half of what they are elsewhere.

The numbers of groups and individuals hiring our rooms has increased. We offer lovely rooms at very reasonable prices — the lounge, Raumati and the small meeting room. Ring the office for details or look at our website.

At the risk of raising an ugly topic, we have had a rash of vandalism and burglaries lately. It feels like we are being targeted after hours and during public holidays. This is stretching our already limited

resources to the utmost as we spend hundreds of dollars repairing the damage. We do not receive any national government funding. This is so sad and incomprehensible as we exist to help our community. Everything we do is to that end. By destroying our irrigation system that waters the garden and stealing goods from the shop, vandals and thieves are stealing from their own communities and hurting the people who live here. If you live nearby, please keep an eye out for us. Please report any suspicious behaviour after hours to the police. To do our work properly, we need to be valued and to feel safe in our workplace. We need your help with this — we need you to be our eyes and ears. If we accept that this is just the way it is these days, we are saying yes to ugliness and dishonesty. We all co-create the environment we live in. We just need to decide what that looks like.

■ **Opening hours 9 am - 4pm Monday to Friday, 53 Wellington Street, Hamilton East.**
Website: www.waimarie.org Email: manager@waimarie.org Phone: 07 858 3453.

Free help with your computer skills

Would you like help with your CV, setting up an email account, online job applications, general computer help?

One-on-one help sessions available at your local library.

For more information, you can visit the Hamilton city library website or ask directly at your closest library.

■ **If you just need access to a computer without a helper needed you come on Monday at Waimarie Hamilton East Community House you will have free access to a computer to do research, CV update or online job applications.**

Care Services Trust

■ Are you a family member/carer of a child or young person who has been diagnosed with additional learning or physical needs?

■ Are there times when you struggle with your emotional well-being?

■ Would it help to talk to someone outside of your immediate family or group of friends?

This message may be for you: C.A.R.E. Services is a free and practical support and referral service for families of children (birth-18 years) with a disability — intellectual, physical, sensory or neurological.

We provide professional counselling support for family members/carers of children who have these additional needs.

If you have recently learned that your child is delayed in development, or has been

diagnosed with a disability, or even if you have walked the journey for a number of years and feel the need of emotional support, know that it is not a weakness to reach out to others who can walk alongside you.

Being able to share, face to face, the myriad of emotions that can naturally arise and seem overwhelming, can help you to work through and plan for a better tomorrow.

"Revealing feelings does not diminish one's strength."

■ **For further information contact: Anne or Jane at Waimarie: Hamilton East Community House OR Maree C.A.R.E. Services — Counselling, Advocacy, Referral, Equity, a community service provided under Conductive Education Waikato Trust, ph (07) 854 8984 / 021.024 86865 or email careservicestrust@gmail.com**

Parenting courses

Toolbox courses inspire and equip whānau.

They are bursting with great advice, humour and encouragement, offering practical strategies and insights into developmental stages. Parents leave reassured that challenges are common to all families and that they're not alone on

their parenting journey.

The courses are run over a number of weeks in a relaxed and conversational small group setting with a trained facilitator.

Courses are facilitated by trained local volunteers who are friendly and supportive. They keep each session flowing smoothly and help participants to

engage with the material.

Each session leaves participants with a range of activities and strategies to try at home.

■ **Keep an eye on our website www.waimarie.org, our facebook page Waimarie: Hamilton East Community House or/and subscribe to our e-newsletter via our website.**

FUNDERS AND SUPPORTERS

Thank you to our funders and supporters for 2017/2018

Funders

- COGS
- Community Post
- DV Bryant Trust
- Hamilton City Council
- Len Reynolds Trust
- Lion's club of East Hamilton Charitable Trust
- Lottery Community
- Page Trust
- Sargood Bequest
- SKYCITY Hamilton Community Trust
- The Tindall Foundation
- Trust Waikato
- WEL Energy Trust

Supporters

- Community Living Trust (Vegetable and fruit box

packing)

- Community Waikato
- Hamilton Budget Advisory Service (Budgeting advice)
- Integrated Recovery Service, Waikato DHB (Joint social enterprise, JustWork)
- Neighbours and friends (Items for the shop and the garden)
- Niemand Peebles Hoult (Legal advice)
- Pukete Neighbourhood House (Advocacy Support)
- Sunshine Bakery (Bread, pies)
- Waikato Environment Centre — Kaivolution (food)

■ **Also a big THANK YOU to all those neighbours and volunteers who have given their time and energy to Waimarie: Hamilton East Community House.**

YOGA

Wednesdays 11am - 12pm
Starting 02/05/2018 to 06/06/2018 (6 sessions)

At Waimarie: Hamilton East Community House
53 Wellington Street, Hamilton East

\$48 for 6 sessions
To enrol contact: Anne (07) 858 3453
email: admin@waimarie.org


