

# The Bishopdale Bulletin

a community newsletter published by Bishopdale Community Trust

Winter 2025 • Issue 47

## Making sure you get the assistance you need

Kia ora koutou. My name is Pete Boock and I am a qualified social worker volunteering at the Bishopdale Community Trust. My work includes being the Community Navigator and facilitating the POND group, where parents, guardians and supporters of neurodiverse children meet every Tuesday 10am to 11.30am during term time.



The meetings are where attendees can celebrate their successes or discuss challenges. They can exchange ideas, strategies and feel empowered to honour themselves and their children in a strength-based, non-judgmental environment.

The role of Community Navigator is to assist parents/guardians to access the various community organisations that can support them in their challenges of parenting a neurodiverse child. This can include support for the child, other sibling, parents, guardians and the whanau. I am not there to take over the role of the various social agencies that exist in Christchurch, but to listen and navigate the family to the appropriate organisation.

Agencies that can be accessed for support include, but are in no way limited to: Work & Income, Tenancy Tribunal, Age Concern, Enabling Good Lives, CCS Disability Action, LifeLinks, Manawanui, Florence Nightingale, Salvation Army, ACC Sensitive Claims, Champion Centre, Conductive, Cerebral Palsy Society, Blind and Low Vision NZ, Deaf Association, Kainga Ora, and Oranga Tamariki.

We are also looking at hosting speakers during the year to discuss topics such as the new criteria for funding.

We welcome anyone who wishes to attend. You are free to just pop into The Hub on 94 Farrington Avenue or contact Chris Coles, the Community Development Worker on [cdw@bishopdalecommunity.org.nz](mailto:cdw@bishopdalecommunity.org.nz) or 027 459 1741.

## Bookarama a hit once again

Friday 11 April to Sunday 13 April saw the 19th staging of Bishopdale-Burnside Rotary's annual book sale, Bookarama.

This major fundraising project is a huge, but very satisfying, undertaking for the club.



*Keen readers looking for their favourite authors*

The entire project is completed within a seven week window by club members, their partners, honorary members and numerous volunteers.

They ask people, mainly in the North West of Christchurch, to donate their books, jigsaws, DVDs and CDs to the cause.



*First day buyers waiting patiently for the doors*

As with the previous four years they managed to fill four containers in readiness for this year's sale. That's approximately 50,000 books!

The event has been a huge success since its inaugural staging in 2007. To date the funds raised have exceeded one million dollars,

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# Fundraiser Quiz

The Bishopdale Community Trust's next fundraising quiz night is at **Bishop Brothers** on **Monday 30th June** at **7pm prompt**. The bar will be open for drinks and food beforehand and throughout.

Entry cost is \$10 per individual or \$50 for a team of up to six members. Dots are available to purchase on the night; each dot guarantees a correct answer. If you want to join in but don't have a team, register and we will put a team together.

To register, call us on 03 359 1741 or 027 459 1741 or email [office@bishopdalecommunity.org.nz](mailto:office@bishopdalecommunity.org.nz).

## A 97 year old inspiration

Name is Peiter van Ballegooie, I was born in Holland in 1928. So recently I turned 97 years old.

New Zealand is where at age 24 I met and married my sweetheart and decided to stay. I have 4 wonderful children, 12 grandchildren, 10 great-grandchildren and 1 great grandchild on the way. I am blessed.

I have had many jobs that have kept me fit but I find myself now at Elevate Fitness Centre (formerly the YMCA Bishopdale) in the Life Fit programme, and I go once a week and also swim at Jellie Park. I feel honoured to make it to 97 and people tell me they are inspired by me.

I have a poem that motivates me, it's called 'Myself'

### Myself

*There is only one person that I must continue to live with all my life, only one person I can never run away from.*

*That person is myself.*

*Since that is so, I had better improve myself every day, for the better I behave, the easier I will live with myself.*

*I had better practice the habit of looking at life with a smile, not a frown.*

*I am the only person I have to live with all my life.*

*But the kind of person I am will influence the kind of friends I draw to myself.*

*So, improving myself will improve my chances of having wonderful persons as my friends.*



Peiter exercising at Elevate Fitness

## Bishopdale Saturday Market

After a trail run from November to February the market is now running every Saturday between 10am and 1pm at the south east end of Bishopdale Mall, outside Silver Boutique, Dove Bookshop, Arty Facts and the NZ College of Business.



The market usually has between 12-14 stalls but this rose to 22 on the Saturday that Bookarama was running. It costs \$10 for a stall in the market, and tables can be made available to those who don't have them.

So, if you have items lying around that you no longer need or want, then get in touch with Mike, the market organiser (see right for contact details) and make some money at the Saturday market!

**Bishopdale.market**

10am till 1pm every Saturday  
By Silver Boutique

**NEW STALL HOLDERS/  
CAR BOOT WELCOME**

**CONTACT US AT:**

📞 MIKE 021 173 9146  
✉️ [BISHOPDALE.MARKETS@GMAIL.COM](mailto:BISHOPDALE.MARKETS@GMAIL.COM)



**The Canterbury Workers  
Educational Association**  
Roopu Kaimahi Mataranga O Waitaha

### Northwest Branch : Term 2 speakers

6 June - The president of the Christchurch Photographic Society will talk about his interests.

13 June - Tanya will give a talk about Avebury House.

20 June - *Matariki Day, no meeting held.*

27 June - Otakaro Orchard is the subject of Hayley's Guglietta's talk.

**The Hub, 94 Farrington Avenue, Bishopdale. Fridays 10.00am - 11.30am. Talks begin at 10.30am. \$5 per session. Morning tea included.**

For more information please contact Barbara Miller on 03 355 2040 or [barbara.miller.22@outlook.com](mailto:barbara.miller.22@outlook.com), or visit the CWEA website at [cwea.org.nz](http://cwea.org.nz).

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money that has benefited many worthy organisations and individuals in the Canterbury community.

Some of the major benefactors from Bookarama over the years have included:

- **Canterbury Charity Hospital** - \$50,000 (2 x vehicles and hospital equipment)
- **Cholmondeley Children's Centre** - \$16,000 (vehicle post earthquake)
- **The Champion Centre** - \$22,000 (replacement of IT equipment and laptops)
- **Canterbury Cancer Society** - \$20,000 (TV sets for all the rooms in their new facility)
- **Odyssey House** - \$50,000 (fit out of new facilities)
- **Brain Tree Trust** - \$25,000 (gym equipment for their new facility)
- **Dementia Canterbury** - \$ 15,000 (vehicle)
- **Queens Park School** - \$16,000 (van post earthquake)
- **Youth Hub Trust** - \$14,000 (fit out of kitchen in new facility)
- **Youth Programmes** - \$100,000 (for individuals and groups)
- **Burnside Primary School** - \$30,000 (supply of Duffy Books twice a year for 6 years)

This 'hands on' Rotary project continues to succeed each year due to the huge commitment from club members and their partners, Friends of Rotary, Rotary Associates and, of course, the book-buying public.

## COMPUTER AND PHONE SUPPORT

Do you need some help with your computer, laptop or phone? Pop in to The Hub at 94 Farrington Avenue on Monday mornings 9am - 12pm and have a chat with our team of friendly computer whizzes. If they are unable to help, they can give you contacts for someone who can.

Tasks the team can assist with include:

- Setting up and accessing emails
- Installing apps on a phone
- Filling in electronic forms
- Virus protection and electronic scam safety
- Privacy and security settings
- New device set-up
- Recycling computers and phones safely
- Choosing the right programme for the job
- Understanding and feeling confident with your device

And you can have a cuppa while you wait!  
This service is free; however donations are very much appreciated.



# Come and join us at The Hub!

## BISHOPDALE COMMUNITY TRUST

Te Roopu Manaaki O Papakohatu

MON	Tech Support 9am - 12pm	Coffee & Friendship 10:30am	Mahjong 12:30pm - 2:30pm	Greeting Card Making 1pm- 3pm term time only
TUE	Women's Social Walking Group 9:30am	Scrabble 9:45am - 12pm	POND - Parenting Neuro-diverse Children 10am term time only	<div>Scan me →</div>
WED	Rummikub 10am - 12pm	500 Cards 1pm - 3pm	Craft Group 1pm - 3pm	
THU	Community Lunch 11:30am	Xmas Craft Group 1pm - 3pm	94 Farrington Avenue, on the corner of Farrington Avenue and Killmore Street	

Would you like to facilitate a group activity? Have a special skill you would like to share or learn? Ideas for new groups are welcomed and appreciated. Contact us on 027 459 1741 / 03 359 1741 or [office@bishopdalecommunity.org.nz](mailto:office@bishopdalecommunity.org.nz)

**94 Farrington Avenue, on the corner of Farrington Avenue and Kilburn Street.**

Further information on the trust and our activities can be found on our website at [bishopdalecommunity.org.nz](http://bishopdalecommunity.org.nz)



## CHILDREN and YOUNG PEOPLE

**Afterschool Activity Zone** Fun crafts, activities and technology at Ōrauwhata: Bishopdale Library. Friday term time, 3:15pm - 4:30pm. Phone 03 941 7923.

**Babytimes/Wā Pēpi:** Rhymes, movement and music. Korero pukapuka, puoru, korikori. Friday mornings 10:30am - 11:00am term time for under 2 yr olds. Ōrauwhata: Bishopdale Library and Community Centre.

**Billy's Little Boppers:** Tuesdays at St Margaret's Church, 94 Farrington Ave. 10:30 am morning tea, play and 30 minute interactive music session. Gold coin donation. Contact church office 03 359 0149 or Maree 027 359 3559.

**Bishopdale - Harewood Scout Group** Thursday nights. Groups for 8 to 14 yrs. Call Marie 021 672 712 or email [bishopdalegl@gmail.com](mailto:bishopdalegl@gmail.com).

**Bishopdale Recreation Centre Programmes:** Children's miniball/basketball, gymnastics (incl. pre-schoolers) and hip hop dance. Mums and babies exercise classes and gym access. Phone 03 359 8320 or visit [thekindfoundation.org.nz](http://thekindfoundation.org.nz).

**Boys Brigade 4th Christchurch Company** Thursdays 5:45pm - 9:45pm, ages 6 -18 yrs. Phone St Margaret's church office on 03 359 0149.

**Girls Brigade 47th Christchurch Company** Tuesdays 5:30pm - 7:00pm, ages 5 - 16 yrs at St Margaret's Church, 94 Farrington Ave. Phone church office on 03 359 0149.

**Kaimai Brownies** Wednesdays 4:00pm - 5:30pm during term time at Ōrauwhata: Bishopdale Library and Community Centre. Contact Girl Guiding NZ at [www.girlguidingnz.org.nz](http://www.girlguidingnz.org.nz).

**St John Bishopdale/Cranmer Youth Division:** Wednesday nights at St Margaret's Church, 94 Farrington Avenue. Contact Joshua at [Joshua.davies@stjohn.org.nz](mailto:Joshua.davies@stjohn.org.nz).

**Storytimes/Wā Kōrero:** Stories, movement and music. Korero pukapuka, puoru, korikori. Wednesday mornings 10:30am -11:00am during term time for over 2 year olds. Ōrauwhata: Bishopdale Library and Community Centre.

**Tiny Tots Music & Play** is a fun interactive morning for babies and preschoolers. It runs every second Tuesday during school terms starting at 10:30am. Morning tea is provided. Phone or text Andrea 027 391 0169 for more information or email [office@bishopdale.org.nz](mailto:office@bishopdale.org.nz).

## CRAFTS and HOBBIES

**Bishopdale MenzShed** Tuesday and Thursday from 11am, Wednesday from 9am and Saturday 1pm - 4pm at 55A Kendal Avenue. Phone Richard Rendle on 03 359 7275 or [rendle@xtra.co.nz](mailto:rendle@xtra.co.nz).

**Bishopdale Spinning Group:** Spinning and knitting. 1st and 3rd Friday each month. 10:00am -1:00pm at Meeting Room 1, Ōrauwhata: Bishopdale Community Centre. \$4 per visit. Phone Jess on 027 202 2038.

**Card Making Club:** Mondays at 1pm - 3pm term time at 94 Farrington Avenue. \$5 per session - all materials supplied. Phone Pat on 03 359 5013.

**Christchurch Bonsai Club** Meets 2nd Wednesday of the month at 7:30pm at the Cotswold Preschool Hall. Email [chchbonsai@yahoo.com](mailto:chchbonsai@yahoo.com).

**Christmas Craft Group** A new craft group specialising in the creation of handmade items for Christmas. Once made, the items will be sold at Celebrate Bishopdale to raise funds

for the Bishopdale Community Trust. Materials are provided. The group meets on Thursdays at The Hub, 94 Farrington Avenue from 1pm to 3pm and is open to anybody.

**Craft, Crochet & Knitters Group:** Wednesdays 1pm - 3pm. Gold coin donation. Bishopdale Community Trust, 94 Farrington Avenue. Phone 03 359 1741.

**Kiwi Coffin Club** Fridays 1:00pm - 4:30pm at the Menzshed, 55A Kendal Avenue, Burnside.

**Knit 'n' Yarn:** Tuesdays 1pm - 3pm. Bring along your current craft project. Ōrauwhata: Bishopdale Library.

**NZ Stamp Collectors Club** for enthusiasts or beginners. Meet 1st Wednesday of the month at 1pm - 3pm at Christchurch North Methodist Church (corner Harewood Road and Chapel Street). Visitors and new members welcome to buy, sell, swap or just chat. Phone Ross Stanton on 03 359 9815 or Glenys Blair on 03 354 0477.

## FITNESS, DANCE and MOVEMENT

**Better Breathing:** A group for senior people with breathing difficulties and their supporters. Every Tuesday 10:30am - 11:45am at Ōrauwhata Bishopdale Community Centre Hall. Each session is 45 minutes of exercise, followed by tea/coffee and a chat. \$4 per session. The group welcomes anyone who is interested in doing exercises regularly and enjoys meeting people. Contact Gary on 021 313 903 or [garyhettysyme@xtra.co.nz](mailto:garyhettysyme@xtra.co.nz).

**Bishopdale Badminton Club:** Social badminton for men and women over 40. The club meets Tuesdays 1pm - 3pm at the Bishopdale Recreation Centre. Costs \$8.

**Bishopdale Ramblers:** Wednesdays for a 7 or 8km walk, stopping for morning tea and lunch. Contact Jonathan on 021 151 3094.

**Bishopdale Recreation Centre** fitness and movement programmes in their on-site gym. Membership, concession cards and casual options. Contact 03 359 8320 or visit [thekindfoundation.org.nz](http://thekindfoundation.org.nz).

**Bishopdale Tennis Club:** 35 Leacroft Street. Contact Andrea on 027 310 0988.

**Bishopdale Tramping Club** Day tramps on Wednesdays. Visit [www.bishopdaletrampers.org.nz](http://www.bishopdaletrampers.org.nz) for more information.

**Bowls Papanui:** Contact Malcolm Hogan on 022 091 3420 or visit [www.bowlspapanui.co.nz](http://www.bowlspapanui.co.nz) for more information.

**Burnside Scottish Dance Club** Thursdays 8pm -10pm at St Paul's Church Hall, 1 Harewood Road, Papanui. Contact Margaret on 03 327 0193.

**Chans Martial Arts:** Kung Fu and Tai Chi. Monday and Wednesday evenings at New Apostolic Church, 352 Wairakei Road. Contact Nick (Kung Fu) on 027 406 0337 or Manle (Tai Chi) on 021 027 59028 or visit [www.chansmartialarts.com](http://www.chansmartialarts.com).

**Christchurch Fishing and Casting Club** 7:30pm on the 1st Wednesday of month at Cotswold Preschool Hall, 37 Colesbury Street. Visit [www.sporty.co.nz/cfcc](http://www.sporty.co.nz/cfcc) for more information.

**Delta Rhythmic Gymnastic Club:** Beginners, recreational for 5 to 10 yr old girls. Visit [www.delta.org.nz](http://www.delta.org.nz) or [www.facebook.com/deltarhythmicgymnastics](http://www.facebook.com/deltarhythmicgymnastics)

**Eclipse Marching Teams:** For girls aged 4+. Check our Facebook page or email [eclipsemarchingteams@gmail.com](mailto:eclipsemarchingteams@gmail.com).

**Elevate Fitness at Bishopdale Recreation Centre,** Older

Adults Programmes (\$7 per class) and Sit & Be Fit (\$5.50 per class). Contact 03 359 8320.

**GKR Karate Bishopdale** A traditional style of karate. Call Jessica on 021 030 8376 or visit [www.gkrkarate.com](http://www.gkrkarate.com).

**Harewood Table Tennis Club** Mondays at 7:15 pm at Ōrauwhata: Bishopdale Community Centre. Call David on 027 272 3132.

**Indoor Bowls Group** Come and join us for a friendly game every Monday 12:45pm - 2:45pm at Ōrauwhata: Community Centre. Open to all ages. Everyone is welcome.

**Merlins Netball Club** social club range of graded teams. Call 03 352 2400 or visit [www.sporty.co.nz/merlinsnetball](http://www.sporty.co.nz/merlinsnetball)

**North West Hikers:** Join a group of adults on a variety of Wednesday day walks, including a café visit. Contact Margaret on 022 601 0391.

**Papanui Club:** A variety of sports teams and leagues including bowls, darts, golf, fishing and more. Contact 03 359 9586.

**Papanui Walking Group:** A gentle 40min walk and talk. Wednesdays, 10am. Leave from Papanui Library. Phone 03 941 8999.

**Sakura Kan Jiu Jitsu** Classes for people aged 7+. Phone 021 024 05515 or visit [www.jiujitsu.org.nz](http://www.jiujitsu.org.nz).

**Tai Chi Classes and QiGong classes** suitable for beginners at North City, 95A Sawyers Arms Road on Mondays and Wednesdays. Contact via website at [www.taichiwell.co.nz](http://www.taichiwell.co.nz).

**Vicky Line Dancing** Beginners line dance class. Mondays 10:30am to 11:30am at Ōrauwhata: Bishopdale Community Centre. No experience or partner needed. Phone Vicky on 027 388 8929.

**Women's Social Walking Group** meet at Bishopdale Community Trust, 94 Farrington Avenue, Tuesdays 9:30am (summer) or 10:00am (winter). Share a cuppa afterwards. Phone 03 359 1741.

## COMMUNITY and SOCIAL

**Bishop's Box Community Food Pantry:** A community pantry where excess food can be shared. Located at 62 Cotswold Avenue, outside Kidsfirst Kindergartens Cotswold.

**Christchurch Widow and Widowers Social Group** Monthly group welcomes new members aged late 50s to early 70s for outings, friendship, movies, walks and dinners. Phone Claire on 021 131 6646 or Carol on 027 448 6973.

**Coffee and Friendship** at Bishopdale Community Trust, 94 Farrington Ave. Come along and enjoy morning tea and a chat. Mondays 10:30am -11:30 am. \$2 donation.

**Community Lunch at Bishopdale Community Trust.** Delicious food and good company! All welcome, Thursdays from 11:30 am at 94 Farrington Avenue. \$2 donation.

**Justice of the Peace Clinic:** Wednesdays 10am – 1pm. At Ōrauwhata: Bishopdale Library. A JP will be available to assist you with any requirements. No charge for this service.

**Papanui Club:** A range of groups available for members, including gardening club, leisure time, senior net NW, Wine & Food Lovers. Phone 03 359 9586.

**Papanui Rebus Club** Meetings on the first Tuesday at 10am at Morrison Avenue Bowling Club, 30 Morrison Ave, Papanui. Phone Gillian on 03 352 6697 or Sian on 03 359 0057.

**Rotary Club of Bishopdale Burnside** Monday nights, 5:30pm - 7:30pm for networking, guest speakers and for planning community projects. Visit [bishopdale-burnside-rotary.com](http://bishopdale-burnside-rotary.com) for more information.

**United Afghan Association of Canterbury** based at 3 Leacroft Street. Visit [www.facebook.com/HACONZ](http://www.facebook.com/HACONZ)

## SEATED GAMES

**500 Card Playing Group:** Wednesdays 1pm - 3pm. \$2 donation per session. Bishopdale Community Trust, 94 Farrington Avenue. Phone 03 359 1741.

**Bishopdale Bridge Club:** Wednesday Bridge, 11:00am - 2:30pm at Ōrauwhata: Bishopdale Community Centre. Table fees \$5.00. Enquiries Janet Stokes on 03 352 1440.

**Bolivia Card Game Club:** Thursday 1pm - 3pm at Ōrauwhata: Bishopdale Library. Come along and try it out. Tuition, cards and holders provided. Contact Chris on 027 549 3828 or Genny on 021 607 821 for more information.

**Jigsaw Puzzle Library:** Saturdays 10:30am - 12pm. Reese Room, Papanui Methodist Church, Chapel Street. New members welcome.

**Mahjong:** Mondays 12:30pm - 2:30pm at Bishopdale Community Trust at The Hub, 94 Farrington Avenue. Friendly and sociable. Learners welcome.

**Rummikub Group:** at Bishopdale Community Trust, 94 Farrington Avenue. Wednesdays 10am - 12pm. Gold coin donation. Phone 03 359 1741.

**Rummikub Club:** in the library. Mondays 1pm - 3pm. Ōrauwhata: Bishopdale Library.

**Scrabble Club:** in the library. Wednesdays 1pm - 3pm. Ōrauwhata: Bishopdale Library.

**Scrabble:** at Bishopdale Community Trust. Tuesdays 9:45am in summer, 10:00am in winter. Gold coin donation. 94 Farrington Avenue. Phone 03 359 1741.

**Social Cards:** Papanui Club Cards Section hold weekly games of 500, Euchre and Crib. Contact John on 027 581 1147.

## SPEAKERS, BOOKS and INFO

**Bishopdale Book Clubs:** No set book to read, just come along and join our relaxed and friendly social book chat.

- Monday Book Club - 2nd Monday of the month, 10am at Ōrauwhata: Bishopdale Library.
- Thursday Book Club - 4th Thursday of the month, 1pm-2:30pm at Ōrauwhata: Bishopdale Library.

**Bishopdale Branch of the NZ Society of Genealogists** 4th Thursday of the month at 94 Farrington Avenue, Bishopdale at 7:30 pm. \$3 door charge. Phone Graeme on 021 0232 5989 or Fran on 03 352 5605.

**Bishopdale Ladies Friendship Group** Monthly outings and speakers for ladies 55+. Papanui Club, Sawyers Arms Road, 2nd Monday of the month, Feb to Dec at 10am. Contact Colleen on 021 207 3850 or Lyn on 021 1582 704.

**Bishopdale Toastmasters Club** - Thursday 7:25pm - 9:00pm at Papanui Baptist Church, 144 Sawyers Arms Road. Please phone 027 284 3339.

**Northwest Branch WEA** Fridays at St Margaret's Church, 94 Farrington Ave. 10:00am - 11:30am. Cost \$5. Phone Barbara Miller on 03 355 2040.



# Bishopdale Hearing – Celebrating three years, new staff and services!

I'm Bradi, and I own Bishopdale Hearing, your local audiology clinic at the front of Bishopdale Village Mall. I can't believe it's been three years since opening Bishopdale Hearing! If you had told me that within three years I would need four extra staff and a larger four-room clinic location, I wouldn't have believed you.

We're so appreciative to everyone in the local community for supporting us and helping us grow! We are one of the few truly independent audiology clinics in Christchurch. This means I own and operate 100% of our little practice, and we have no financial ties to any other company or hearing aid manufacturer. When you choose to see us, you can feel safe knowing you are receiving an honest professional opinion.

We are also so thankful to have won two awards – a Rotary Club local business award after being nominated by one of our patients, and also the SBA Small Business of the Year (runner-up) award.

Our awesome team now consists of:

- Bradi – Audiologist/Owner
- Corey - Audiologist
- Emma - Ear Nurse
- Jo – Administrator (Monday-Friday)
- Kate – Receptionist (Sundays and late-nights)



Left to right: Jo, Bradi, Emma, Corey. Inset: Kate

## Why should you choose us at Bishopdale Hearing?

Not only are we 100% locally owned, but we are super fun and relaxed. Unlike many others, we are also a comprehensive audiology clinic – we do a lot more than just fit hearing aids!

Services we offer are:

- Earwax Removals

- Outer Ear Infection Treatments
- Diagnostic Hearing Tests
- Hearing Aid Fittings
- Hearing Aid Adjustments and Re-fits
- Auditory Processing Disorder Assessments
- Auditory Training and Hearing Therapy
- Custom-made Earplugs

We would love to see you in clinic! Come and visit us at 33 Bishopdale Court, just beside Peter Timbs butchery. You can also book online with us at [www.bishopdalehearing.co.nz](http://www.bishopdalehearing.co.nz).

## HELP! Heating costs have skyrocketed!



Problems paying your power bill? Help is on hand.

If you are a homeowner with a low income, you might qualify for the Warmer Kiwi Homes subsidy, which can help you insulate your home and install efficient heating systems. Plus, some banks now offer home loan top-ups and subsidies to assist you in making your home more energy efficient.

What's more, the Winter Energy Payment is back in May! This top-up aims to keep homes warm and dry in winter. If you receive a Work and Income benefit (including NZ Superannuation or Veteran's Pension) you will automatically receive a Winter Energy Payment from 1 May to 1 October, along with your regular weekly or fortnightly payment. Single recipients get \$20.46 per week, while couples or those with dependents receive \$31.82 weekly. People living overseas or receiving an equivalent government-funded overseas pension are ineligible, as are those receiving Residential Care or Support Subsidies.

Recipients travelling overseas can continue to receive the Winter Energy Payment for up to 28 days. For longer absences, inform the Ministry of Social Development directly or log into MyMSD, select 'Something has changed', and then 'I'm going overseas'.

For more information on this subject, visit:

[www.cab.org.nz/article/KB00000160](http://www.cab.org.nz/article/KB00000160)

Oh, and one more titbit! 'Check What You Might Get' (<https://check.msd.govt.nz/>) is an online tool to help you work out what payments you are entitled to from WINZ.

If that—or anything else—is a barrier to you, **Citizens Advice Bureau** is here to assist on 0800 367 222 or at Christchurch North CAB, 4 Jeffreys Road, Fendalton - opening hours are Mon, Wed, Thurs, Fri 11am - 5pm, Tues 2pm - 5pm.

## Hamish Campbell MP for Ilam

Contact

Hamish.Campbell@parliament.govt.nz  
03 359 3665

Funded by the Parliamentary Service. Authorised by H Campbell, Parliament Buildings, 11th.



# Unichem<sup>+</sup> BISHOPDALE PHARMACY

*Your local health professional*

Passionate about the health and wellbeing of our customers.  
Delivering the best health and beauty service and advice.

37-39 Bishopdale Court, Bishopdale  
Phone 359 8302  
[www.bishopdalepharmacy.co.nz](http://www.bishopdalepharmacy.co.nz)



## Veggie Fresh

*It's more than fresh*

We deliver fresh fruits and vegetables from our local growers & suppliers. Mediterranean food, drinks, pasta, cheese, coffee, seasonings, beans, lentils, dried fruits and more.

Seasonal vegetables, fruit, or fruit and vegetable boxes delivered in Papanui and to wider Christchurch.

Check us out online on [Facebook](#) or visit us at 466C Papanui Rd, opposite Bellvue Avenue.



## NEW WORLD BISHOPDALE



# 100% NEW ZEALAND OWNED

**BISHOPDALE NEW WORLD SUPERMARKET**

OPEN 7 DAYS 7.00am to 9.00pm

Corner Farrington Ave and Harewood Road

Ph 03 359 8998 Fax 03 359 5552

Scan code to email



## PŪMANAWA EARLY LEARNING CENTRE

13a Bishopdale Court  
03 359 8320  
[ece@thekindfoundation.org.nz](mailto:ece@thekindfoundation.org.nz)  
Monday to Friday  
8am - 4.30pm  
for 3 months - 5 years

We are a not-for-profit community based, early learning centre who provide:

- excellent teacher/child ratios
- small class sizes
- flexible hours
- an amazing teaching team
- separate nursery and preschool

PLUS these additional activities at no extra cost!

- gymnastics
- dance
- yoga
- PE

The Kind Foundation  
*Mō tōtōu katoa. For all of us.*

## Cotswold Preschool & Nursery

Let your children experience our community-based not for profit Preschool. We have spaces available in both our Nursery and Preschool. Come and visit us - our opening hours are weekdays 8.00am-4.00pm (including school holidays).

**Now offering 24 FREE HOURS** to our 3-4-year old children.

You will find us at 37 Colesbury St, Bishopdale (plenty of safe off-street parking). Find us on Facebook/view our website at [www.cotswoldpreschool.co.nz](http://www.cotswoldpreschool.co.nz).  
Phone: 03 359 7675

# Ma Baker

Selling delicious, original Kiwi cuisine, baking fresh daily.

## BAKING FRESH DAILY

**EDGEWARE VILLAGE**

1066 Colombo St, Ph. 365 0802

**BISHOPDALE VILLAGE MALL**

135 Farrington Ave, Ph. 359 1020

**OPEN 7 DAYS 7.00AM - 5.00PM**



## Board members for Harewood Ward

Community boards act as advocates for the interests of communities.

If you are concerned about any local issue, get in touch with any of our community board members.



### Aaron Keown

PO Box 73016, Christchurch 8154  
021 822 766  
aaron.keown@ccc.govt.nz



### Jason Middlemiss

PO Box 73020, Christchurch 8154  
027 777 0108  
jason.middlemiss@ccc.govt.nz



### Linda Chen

PO Box 73020, Christchurch 8154  
027 844 9087  
linda.chen@ccc.govt.nz

**Silver**   
**Boutique**

Quality and affordable Pre Loved clothing  
\$3 Adults Clothes  
\$1 Kids/Babies Clothes

Open Mon to Fri 10am - 4.30pm, Sat 10am - 2pm

11C Bishopdale Mall

Helping the community and the environment!



**Dove Bookshop**  
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