

Sunshine in *Shirley*

August 2022

Kia ora koutou

Hanmer Bus Trip

A great day out for all those that went – a busload plus extra cars!



Despite the snow, sleet and rain, everyone enjoyed their time at the pools either relaxing or having fun on the great variety of hydro slides available.



Let's talk about Money \$\$\$

Our next talk is Wednesday 3 August, 10am at the Park Centre.

'Making a Will - all you need to know'

Robyn Loversidge from the local law firm, Pegasus Law, is our guest speaker and she and her team are happy to help. If you want to know more about wills please come along. All welcome and morning tea provided.



Sadly, this event had to be postponed due to staff down with Covid. We plan to hold it in the next school holidays so look out for advertising about it in the September newsletter.

Empowering people...changing lives



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Kidzone Holiday Programme Mural

During our summer holiday programme, the kids did a great mural which is now up in Macfarlane Park near the flying fox... Check it out!

Thanks to Irenie How for all her work both with the kids and then getting it ready for our Art Park!!



Kai Together — Men's Edition

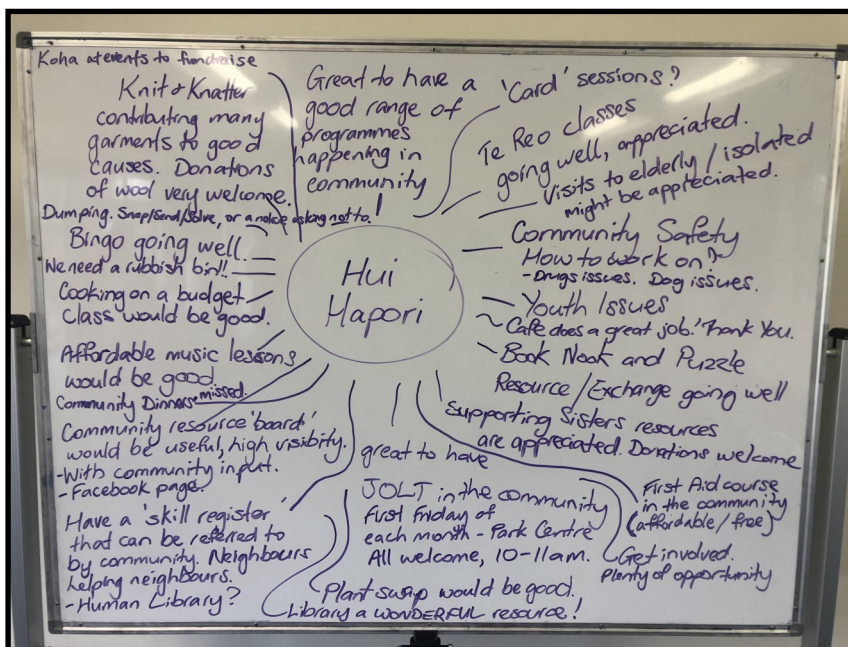
Our monthly 'Making a Meal with Mates' class is now the first Wednesday of each month.

For \$10 you get to create a wonderful dinner alongside other local men/youth, enjoy eating together and still get to take lots home! Numbers are limited so please text Amy on 021 254 7961 to book your space.

Next class: Wednesday 3rd August

Shirley's 'Bird Song' Trail

The vision is to create a 'bird song' trail through our park. We are planning our first planting day for Saturday morning 27 August. Special thanks to the Council who have prepared the trail ground in the park between Acheson Ave and Jebson Street and donated some native plants. We would love all the help we can get, so if you are keen to be involved, please come along between 9am-12pm. We have some spades but if you have one, please bring it. Morning tea provided. For more information, contact Colin on 027 693 1331



Community Forum

Hui Hapori

It was great to have a number come along and share their ideas. We appreciate that some couldn't come on the day but we are always keen to hear your thoughts about our community.

Please chat with Sharyn when you are next at the Neighbourhood Centre or email: office@shirleycommunitytrust.org.nz.

Shirley Village Project

"Shirley residents and organisations working together for a 'caring, colourful, and connected' Shirley Community."



Shirley Tool Shed — New Lawns and Landscaping

Spring is just around the corner, so it's time to start thinking about preparing for new lawns and landscaping. We have all the tools you need.

Shirley Tool Shed: Open every Wednesday 4pm to 6pm at 33 Briggs Road.
Now over 300 tools available to borrow.

Phone Steve, 021 186 3645 or for more info visit <https://shirleytoolshed.myturn.com>



Shirley Firewood Club

Local resident Juvana is a member of the Shirley Firewood Club and recommends other people join the club to get cheap firewood.

Juvana says "It is so good to have access to cheaper firewood and it was fun working with other people doing the deliveries. I got to meet new people and felt good about helping other people. My house is nice and warm which is good for my children."

The Shirley Firewood Club is free to join.

For more info text Steve on 021 186 3645.



The Listening Post



The Listening Post is happening this term, Mondays 2.30pm to 4pm in Lower MacFarlane Park, by the Community Garden at Jebson St (cancelled if raining). Hot drinks, juice, biscuits and sausages provided. Drop by for a bit of company with others, or talk to Steve, Toni, Debbie, or Warren if you want a quiet chat about something that is worrying you. A problem shared is a problem halved.

Community Lawn Mower: \$10 per use, delivered to you, full of fuel.
Contact Warren by text 021 0235 5869 to book the mower.

Family Harm Support: AVIVA provide good information and support for those experiencing family harm or violence. Ph 0800 284 82669.



A Chat with Becky from Mana Ake

Becky is facilitating ***Tuning in to Teens Emotionally Intelligent Parenting Course*** over 6 weeks starting Tuesday 9th August 7pm-9pm at Shirley Intermediate School for parents with children in Years 6-8.

I asked her the following questions:



1. What is your role in Shirley Intermediate?

I am one of the Kaiārahi (Team leaders) for Mana Ake. Which means I oversee an awesome group of kaimahi (workers) who are connected in with local schools in years 1-8, offering wellbeing support to children and whānau. Shirley Intermediate is just one of the schools we are linked in with in our mahi. Mana Ake is connected with all schools who have children in years 1-8 in Canterbury and we offer a range of supports such as individual support, group work, classroom interventions, teacher workshops, parenting workshops, and more!

2. What do you want parents to gain from this course?

Tuning Into Teens is a great programme developed across the ditch in Australia. We hope parents involved will learn a lot about how their child/ tween is developing in this stage in their life, and how to best support and respond to them when they're managing big emotions. I feel the basis of the course is all about relationship. The better relationship a child has with their caregiver, the easier it will be to manage the wobbly parts that come with growing up!

3. What would you say to someone who is feeling nervous about coming for various reasons?

We aim to make this group very relaxed, friendly, and a place to connect with others who are also on this journey of parenting. It's a very non-judgemental space, where we can ask questions, learn new skills, and practice those together.

4. What would you say that tweens need to experience and receive from their parents?

They need to know that their parent/ caregiver is a safe place to come back to when things are tough. A person who will do their best to listen, show empathy, and help problem solve. The tween and teen years are a huge time of development and a time children need to be allowed to grow in their independence. However the need for connection is still there, it just might look different. And when things don't turn out right... a listening ear, a 'Ugh, that does sound awful' or 'It's hard to go to school when you're worried, huh?' goes a long way to grow that relationship and for them to feel heard and understood. The only way we can really understand this is by having a relationship that will let us step into their world to explore together.



If you would like to be part of this [free parenting course](#), contact Becky on 027 273 9316 or email her at beckyw@mmsi.org.nz.

Carol Renouf

Community Nurse