

Rubbish astounds clean-up crew



Three buckets of broken glass, six sacks of rubbish and various pieces of metal pipe were collected by this creek clean-up crew from Lindsay Creek where it flows through Chingford Park.

WHAT A load of rubbish! The first part of the Creeky Awesomeness Kaitiaki i te Awa challenge got off to a filthy start last month when about 40 people helped to clean up the creek at Chingford park.

It was depressingly astounding how much we fished out, including three buckets of broken glass shards – yikes! And that is just from a short section of the creek, so better not go barefoot!

Six sacks of rubbish were also collected in the one-and-a-half-hour effort.

My co-organiser, the OpenVUE (Open Valley Urban Ecosanctuary) educator, Clare Cross was

surprised at just how much rubbish was collected from a small area.

Much of the rubbish was half-buried and who knows how long it has been there leaching chemicals into the stream, she says.

“We also have eels living in the stream and they might be eating the rubbish.”

We sorted all the rubbish into treasure, trash and glass along with an intriguing mythology pile that led to us telling stories about a large metal hoop – a giant horse shoe perhaps and a long metal curling pipe – the tail of a metal dinosaur?

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THE VALLEY Project is looking for community feedback about which of our current projects YOU value the most and your feedback on new project ideas, fundraising initiatives and questions.

If you live in North East Valley, Opoho, Pine Hill areas fill out our quick survey and go in the draw to win a \$50 voucher to the local business of your choice!

You'll find the survey online at this link:
bit.ly/valleyprojectfeedback

• continued from page 1

AFTER TELLING a fantastical tale of greedy Donald Trout, everybody trooped off home to collect plastic bottles for the next Creeky session on Sunday 17 March from 2–4pm at the community rooms.

Come along and help make bird feeders, cat collars and mini plastic-houses for plants (collect those bottles please!)

For more details contact Clare on openvue@northeastvalley.org or Kaitrin on 027 460 9885.

A huge thank you to all our environmental heroes, and do keep an eye out for another upcoming clean-up of some different sections of the creek.—Kaitrin McMullan



Niamh East-Giles, left, and Amali Addai (both 9) collecting rubbish during a Lindsay Creek clean-up day at Chingford Park.

Get to know your neighbours this month

NEIGHBOURS DAY Aotearoa is being celebrated from 22–31 March this year.

Neighbours Day is a nationwide initiative to help people connect with their communities. The Valley Project would love to support our communities to get together. Here are a few ways we can help.

Keep an eye on our Facebook page for more details and don't forget to send a photo and a few details for the next edition of the *Valley Voice*.

Celebrate your street!

The Valley Project is offering free printing of posters and fliers to help you celebrate Neighbours Day. Many people choose to have a street party, a BBQ, afternoon tea – whatever feels right.

You may have your own design for a flier, or we can simply print some Neighbours Day templates for you. Contact our reception volunteers on reception@northeastvalley.org or call 473 8614 to organise this.

Community Bake day

Join us at the Valley Baptist Community Centre on Thursday 21 March from 1–4pm to make truffles and DIY baking kits to share with your neighbours.

All ingredients and materials will be provided. Come along for some conversation and make something for your neighbours.

Know your neighbours!

We have a limited number of postcard-sized 'know your neighbours' fridge magnets to give away. These have space for you to jot down your neighbours' contact details. Pick one up to give to a new neighbour on your street to make them feel welcome.

Neighbourhood matching grant

You may like to consider applying to the Dunedin City Council for a neighborhood matching grant to support your event. The Neighbourhood Matching Grant is available for activities and projects that seek to bring the community together, including street parties.

Matching funds of up to \$500 are available to informal community and neighbourhood groups. The council recommends speaking to a community advisor before making an application. Call 477 4000 and ask to speak to one of the community team.

—Tess Trotter

The Valley Project is a registered charitable organisation
If you like what we do you can donate at www.givealittle.co.nz/northeastvalley

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Breast Room gives support



ACCESS TO support and information, something she didn't have with her first child, made a huge difference for Emma Collins when it came to breastfeeding her second and third children. Now the mum of three is helping other mums when it comes to feeding their babies.

Emma recently took on the role of managing the Breast Room, which currently runs at the Valley Project community rooms on Wednesday mornings from 10.30am to 12.30pm.

The Breast Room is a drop-in clinic that provides support and relevant, reputable information and resources for mums, families and supporters to help with breastfeeding and/or feeding babies.

"It is very relaxed and not clinical," says Emma. "People are welcome to simply come and have a coffee, or to come and breastfeed. A lot of mums are just so happy to have a bit of support and encouragement."

The Breast Room is run by volunteers, mostly mothers who are trained breastfeeding supporters.

"There are all these amazing women who are helping others in our community. Each volunteer also brings their own skill set. There is a lot of knowledge and a real passion about breastfeeding."

The Breast Room has a lot of resource sheets to help mums and hires out electric and manual breast pumps.—Edith Leigh



The Breast Room's new manager Emma Collins sets up the Te Putake community room with her daughters Juliet (5), left, and Phoenix (4), ready for a drop-in clinic for mums and families that need information or support around breast feeding or feeding babies.

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School pupils enjoy gardening



Pupils attending the Dunedin Secondary Schools Enviro Hui spent time in the North East Valley Community Garden last month. Gardener Jenny Roxborgh says the pupils were keen to learn about how the community garden was set up and how it is maintained with community involvement and a sustainable approach. "Despite the very hot afternoon they were happy to get involved with helping out and enjoyed a few rewards to munch on and take home," says Jenny. The pupils spent the day hearing from exciting speakers and visiting inspiring community organisations. Photo: Gretchen Kivell

How to harvest apples & pears in community orchard

IT'S EXCITING to see more fruit on the community fruit trees each year as the trees grow. The varieties of trees planted by Transition Valley 473 ripen at different times, mostly over March and April. Here are a few tips so you know when they're ready to eat.

It's easy to tell if apples are ripe. The colour changes, the fruit becomes less hard to the touch. Try giving the fully formed fruit a gentle twist. If ripe, the fruit will come off in your hand easily. If you have to tug, it's not going to taste good!

Pears are trickier because they don't ripen fully on the tree. They ripen from the inside out and if left on the tree, by the time they seem to be at the ripe stage, they are beyond it – usually mushy with a mealy texture beneath the skin. You can't really go by touch or sight unless you know the variety well.

The best way to tell if a pear is ready to harvest is by taking the fruit in your hand and tilting it horizontally. The mature fruit will easily come away from the branch at this angle (as opposed to its natural vertical hanging position). If it is not yet ready for picking, it will hold on to the branch.

Once harvested, most pears will require about a week to ripen at room temperature, so resist temptation and don't bite into them straight away!

Sometimes there is windfall on the ground, small immature fruit that will **not** taste good. Don't be fooled into thinking fruit on the ground means the apples and pears are ripe.

Finally, remember to just take a few apples or pears from the community fruit trees and leave some for others. And if you'd like to join our volunteers caring for and learning more about the trees, please get in touch with Kristen on ortv473ig@list.king.net.nz or 027 779 5481.—*Kristen Bracey*



Lynn Vare and Polly Mason help stake two heavily laden pear trees at the community orchard site in Pine Hill.

TV473 to celebrate tenth birthday

THE LOCAL Transition Towns group is celebrating 10 years of thinking globally while acting locally. Transition Towns is an international movement all about communities stepping up to address the big challenges we face, by starting at the local level.

The first meetings and film nights of Transition Valley 473 were held back in 2009 to respond to climate change. TV473 (the number being the local landline prefix) set about helping to build a more resilient, connected, self-sufficient and environmentally conscious community in North East Valley, Opoho, Pine Hill and Normanby.

Focus groups formed around transport, food resilience, warm homes, environmental care, biodiversity, and 'heart and soul' – about caring for each other.

Initiatives have included household energy audits, submissions to local government, bike fix-its, tree planting, potluck

dinners, discussions and working bees.

The Community Orchard is an ongoing TV473 project, and consists of the planting and care of fruit and nut trees and berry bushes in (so far) six sites around North East Valley and Pine Hill.

Want to get involved? TV473 is looking for fresh energy and ideas. Come along to the potluck dinner to meet up and discuss new directions for 2019.

The dinner is on Sunday 31 March from 6pm at the Valley Project community rooms. All welcome!

To find out more about TV473 go to <https://transitionvalley473.king.net.nz/> or contact Philippa on 473 9293 or 027 5473 929. Find out more about the international Transition Towns movement at www.transitionnetwork.org.

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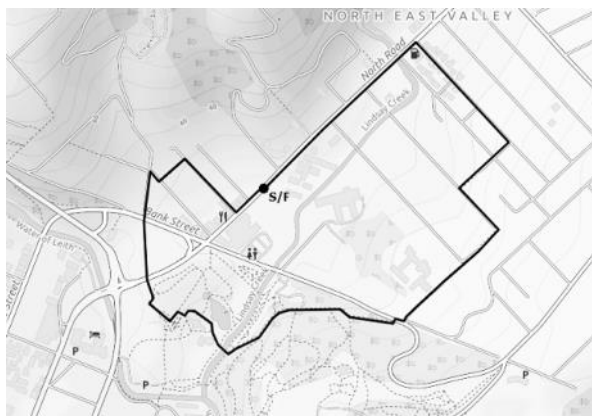
This 2.6km loop from Dunedin North Intermediate turns up Frame Street and explores the alleys along Arden Street before dropping back to the valley through the Botanic Gardens.

From Frame Street I turned right into Taine Street, with a view of Knox College in the distance. The street becomes a path and then steps to Chambers Street.

At the top of Chambers Street you'll find an alley that is the start of Arden Street. This section was recommended by a fellow valley resident and it didn't disappoint!

The part before Glendining Ave goes through a charming archway of trees.

Continue straight on and down the steps to the back of Knox College. Just down Opoho Road you'll see an entrance to the Botanic Gardens on your left – a relaxing way to wind back down to the valley floor.



I left the gardens by the Great King Street exit and crossed the cricket grounds to Dolphin Street. One last alley (on this walk!) cut through to Carlyle Street, and then it was back to the start on North Road.

A wonderful wee walk before the weekly shop perhaps?

—Steve Wood, keen walker and valley resident. Follow Steve's blog at bitfern.co.nz/nev-walks/



Apple press day

HARVEST TIME is almost upon us, which means it's time to start

planning for juicing!

This year, the Apple Juicing day will be held on Saturday 13 April, times to be confirmed.

There will be an organising meeting on Wednesday 13 March at 7pm in the community rooms to discuss harvesting, juicing and distribution.

All welcome: please come along if you can help or have ideas to share. Contact Sam for more information on apocalypse@northeastvalley.org.

Lots of dance fun in valley

EXERCISE, SOCIALISE and mobilise your brain cells!

North East Valley is the valley of dance, with a gentle paced Folk Dancing for Fun group meeting at 10am on Friday mornings at the Valley Baptist Church.

Global dances, lots of laughter, tea and chat plus random acts of baking!

For the more energetic, swirl off to **Three Left Feet** on Thursdays from 6–7pm at Nga Maara hall for a friendly whirl around the hall.

Worldwide adventure

VOULEZ-VOUS volunteer avec moi? *Around the World in 80 Tales*, the amazing multi-cultural, multi-lingual storytelling festival at the library, is coming up on Saturday 30 March.

Several valley residents are among the performers, but we also need helpers on the day. If you are able to be part of a vibrant team please phone Kaitrin on 027 460 9885 and do come along on the day.

A chance to experience music, dance, storytelling, puppetry and sand mandala art, as well as hearing many languages. All for free – ay caramba!

Valley rocks! (find them)

CHILDREN HAVE been decorating small rocks and then hiding them around Chingford Park. If you find one re-hide it and if you would like to take a photo and share it on the Facebook page 'Cavy Rocks (Dunedin, NZ)'.

If you would like to decorate a rock yourself we have rocks available at the Valley Project reception.

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Time to prepare for winter

GET A FREE HOME ASSESSMENT TO HELP YOU GET READY FOR WINTER AND BEFORE NEW RENTAL INSULATION STANDARDS COME INTO EFFECT THIS WINTER.

MY NAME is Lisa Burrough and I'm the Eco Design advisor at the Dunedin City Council. It's my job to help you get the best from your house, whether you're living in your own home, renting or own a rental property.

The Healthy Homes in the Valley (formerly known as Cosy Homes) team have asked me to write a regular column to help you find ways to improve your home, and hopefully I'll meet a lot of you through the Eco Design Advisor service or at the Valley Project with their upcoming Heat Seeker drop-in clinics.

The drop-in clinics are a new initiative in which people can call in on set days to get advice and information about creating a warmer, healthier home on any topic.

Creating warmer, healthier homes

A new service offering free, independent advice on how to make your house warm, dry, healthy and energy-efficient is now available.

Insulation, moisture and heating are typically the biggest issues for Dunedin homes. During an assessment I'll help you to look at these as well as subsidies, heating options, condensation/mould issues, saving money and energy.

By understanding how your house works, you can make it warmer and drier.

I can help with renovations, new builds and existing homes. Generally, I'll visit your home so we can look in the roof space, under the floor etc and get a full picture of the house.

Then we can talk about what you want from your house and what can be done. Often there are lots of free and low-cost things.

Prepare for winter now

We still have a few months until winter arrives, but it's good to start preparing now.

Rental properties need to have their insulation up to the new standard by 1 July. If you're a landlord, you should check that your houses are up to standard. Tenants, now is a good time talk to your landlords if this has not been done already.

Homeowners, you may want to check the condition of your insulation. If more is needed, you could be eligible for a subsidy.

Ceiling and floor insulation may be installed for free if you have a Community Services Card. Roughly 90% of the cost is covered if you live in a Warm Up Zone. Use the Warmer Kiwi Homes tool online or contact me to check eligibility.

The scheme also covers damp-proof membrane (black plastic) under the house to prevent ground moisture entering your home. Even if you're not eligible for a subsidy it's still worth doing and will make a difference in your home.

For more information and to book a free assessment of your home, visit the DCC website, email ecodesign@dcc.govt.nz or call 477 4000.

—Lisa Burrough, Dunedin City Council Eco Design advisor



Dunedin City Council Eco Design advisor and new Valley Voice columnist Lisa Burrough looks forward to helping valley residents have a warmer healthier home this winter.


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Butterfly hatch mesmerises children

The wonder of watching a butterfly emerge from its chrysalis had the children of room H3 at North East Valley Normal School sitting patiently and quietly. The children were very lucky that two chrysalides hatched into beautiful monarch butterflies during class time. Pictured enjoying the spectacle are Winter Edwards, Vadim Booth and Ella Loveridge (all aged 6).



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DUNEDIN BMX CLUB

Race night, Forrester Park BMX track, 6pm, Thur.

FOLK DANCING FOR FUN

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STEADY AS YOU GO

(Age Concern) Gentle balance and strength exercises, NEV Baptist Church, 10.30am–11.30am, Mon, and Pine Hill School Library, 11am, Thur.

TANNOCK GLEN

The 3.5acre garden of the Dunedin Rhododendron Group is situated in Torridon St, Opoho. Members of the public are invited to visit at any time. Dogs permitted on a lead.

THREE LEFT FEET

Social dance group, no experience or partners necessary. European dance—folk and traditional, \$5 or \$7.50/couple, Nga Maara hall, 6pm–7pm, Thu. Ph. Marilyn 473 7829.

ZEN MEDITATION

With the Dunedin Zen group. Meet 7pm Weds, St Martin's Church in the downstairs room.

YOGA IN THE VALLEY

Instructor Adair Bruce, 6–7pm, Mon–Fri, DNI designspace; 9.15–10.15am, Mon, Wed, community rooms. \$10 waged, \$8 unwaged, for more info contact adairbruce@hotmail.com

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further education

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For all levels, casual attendance welcome, tutor Anneloes Douglas, community rooms, 10am–noon, Thur and 6pm–8pm, Fri. Ph 027 307 7034, 467 9993, anneloes.douglas@xtra.co.nz

ART CLASSES

Continuous class, newcomers welcome, 1–3pm, Wed, community rooms; 1–3pm, Thurs, St Peter's Church Hall, Caversham; 7–9pm, Thurs, Logan Park High School, \$15 per session. Ph Friederike 482 2025.

FIDDLE LESSONS

Local NEV fiddle, mandolin and guitar lessons. All ages welcome & encouraged. Range of folk styles. Call Flora any time 027 917 2885.

KNITTING SQUAD

BYO knitting or crocheting, or come & learn, community rooms, 1pm–3pm, Wed. Ph Marjory 473 7751.

ART FIBRE DUNEDIN

Bring lunch and requirements, 10am–3pm, second Sun each month, community rooms, Ph Viv 473 0343, www.artfibredunedin.blogspot.com.

DUNEDIN FIDDLE CLUB

Community rooms, 7.30pm, Wed.

MUSIC LESSONS

Guitar, drums, singing, with professional musician. All ages. Contact Bevan bevan37@hotmail.com or ph 027 363 1376.

SENIOR MUSOS

Retired musicians who put on music for an afternoon at the Normanby Bistro. Scones, jam & cream \$3, 3rd Thurs of the month from 2pm.

SOUNDS NOR'EASTERLY

Do you enjoy singing with a group? Why not join your local community choir? All ages and abilities welcome. DNI design lobby every Tues, 7.30–8.45pm. Email Clare for more info clare-n-don@clear.net.nz

UKULELE SESSIONS

Wed, 7–8.30pm, Baptist Church, 280 North Rd. Just turn up or text Adrienne 027 389 2574 for more info.

VALLEY BLUEGRASS JAM

Monthly jam session at the Normanby Bistro, 3rd Sun of the month from 2pm.

community

BIBLE HOUR

Friendly small group Bible learning over morning tea, Sun, 9.30am, DNI (tech area) during school terms. All welcome, free, ph 020 4079 5727 or www.dunedinchristadelphians.org

BIKE WORKSHOP

Get help, use our workshop, bikes available for koha, 3.30–6pm Tues, and 9.30am–12.30pm Sat, Valley Community Workspace, 11 Allen St. Contact Peter on peterd0n@yahoo.com

MEN'S PROBUS

NEV bowling club, 10am, 2nd Mon each month, new members welcome. Ph Don 473 7544.

COMMUNITY GARDEN

North East Valley, the top paddock behind North East Valley Normal School, working bees every weekend alternating Saturday 9.30am–noon and Sundays 1–4pm. All welcome.

COMMUNITY GARDEN

Pine Hill, Dalmore Reserve entrance on Allenby Ave. Working bees 2nd & 4th Sunday, 3–4pm, check Facebook page: Dalmore Reserve Bandit Gardeners, dalmorecommunitygarden@gmail.com

DUNEDIN MAKERSPACE

Work on project, watch others and chat, 1pm–5pm, Sat; organised talks, 7pm, Thur, Valley Community Workspace, 11 Allen St.

ENLIVEN DAY CLUB

Ross Home, drivers and help with activities needed, light food preparation. Tues, Wed & Fri. Ph Maybank 473 0890.

LADIES' PROBUS CLUB

Meets 10am, first Mon each month, NEV Bowling Clubrooms. New members welcome. For more info ph 455 6683.

NEED A JP?

Contact Colin Lind to arrange to meet, ph 473 7174 or 027 733 0066 or colin@lind.co.nz.

NORTH DUNEDIN SHED

New members welcome. Open Wed and Sat mornings 35 Bonnington St over bridge. Find us on Facebook: North Dunedin Shed Society Inc

MULTICULTURAL GROUP

Women's multicultural group, make new friends, speakers, cooking, outings. Community rooms, 10am–noon, Fri, ph Afife 473 8944.

Classifieds and community notices (for non-profits)

Belleknowes Golf Club

Green fees \$15
(after 4pm \$10/player)

Come & enjoy our fantastic 9-hole golf course on Lawson Street

Part-time/Casual Housekeeper

Commodore Motel
932 Cumberland St North

Week days or weekend work available
9.30am start, 3-5hrs/day, competitive pay
Bring your CV to reception if interested
Must be fit, self-motivated & friendly
with an eye for detail

Want health, wellbeing and relaxation?

Yuan Gong Qigong exercises are easy to learn, effective & enjoyable

All welcome

For class times or private sessions contact Jay 027 584 4537
www.bodymindqi.com

DAFFODILS

Highly-scented winter flowering jonquils (fl. June-Sept) \$3 each or \$10 or 5, ph 473 0159 evenings.

KNIFE SHARPENING

Mobile knife sharpening service for house knives, \$15/knife.
Ph. 022 416 5446.

HOUSE-MINDER

House-minder avail to look after your house, pets & plants, late July onwards. 12yrs experience in Dunedin area. Ph Jeffrey 027 4467 915 or email jeffreyhrobinson@yahoo.co.nz

LOG SPLITTER FOR HIRE

Commercial power Briggs & Stratton Model 12000 Vanguard. Local pick up & delive with full tank, \$50/day. User responsibility, ph 473 0393.

SENIORS HAIRDRESSING

Retired senior hairdresser providing service for seniors. Your home or mine. Dunedin North only. Ph. Helen 467 9644 or 021 104 1011.

WARDROBES & STORAGE

I would like help to design & build some wardrobes & storage in my home. Can you help or know of someone who can? Ph Paul on 027 310 0300 or 473 7335.

NEIGHBOUR SUPPORT

Create safer, more caring communities. For more info and local contacts ph Lois on 456 0857 or neighbourhoodsupport@gmail.com.

REFUGEE & MIGRANT CENTRE

Mon, 9-11am, Dunedin Community House, 301 Moray Pl. Coordinator Afife, ph 027 419 3125 or email afife.harris@gmail.com To volunteer at centre please get in touch.

trading corner

BABYSITTER

Experienced 23 year old, have worked with children of all ages. Ph. Kelly 027 697 9194 .

BABYSITTER AVAILABLE

High school student available for babysitting evenings and weekends. Ph Laura 027 905 9911 after 4pm.

COMPUTER SERVICES

Trouble-shooting, tuition, low rates. Ph Dave 473 9542, 022 635 9414 or email davemaxz@actrix.co.nz

church services

Salvation Army, 43 North Rd, community worker only, Mark O'Donnell

Sacred Heart Catholic, 89 North Rd, Mass 9.30am

Glenaven Methodist, 7 Chambers St, 11am

Pacific Island Presbyterian, 160 North Rd, English 11am on 1st, 2nd and 3rd Sundays; Cook Island 9.30am; Samoan 11am, 4th and 5th Sundays

Anglican: St Martin's, 194 North Rd, 10.45am

St Thomas', Raleigh St and Pine Hill Rd, children & family service, 4.30pm, 3rd Sunday

Opoho Presbyterian, 50 Signal Hill Rd, 10am

NEV Presbyterian, community rooms, 9.30am, first, third and fourth Sundays, cafe service, contact Cameron Sinclair on sinclairs@snap.net.nz

St Mark's Presbyterian, 304 Pine Hill Rd, 10am

NEV Baptist, 270 North Road, 10.30am.

for families, kids & teens

ACTIVE MUSIC

For 0-5yrs, with Yvette, 10.30am Wed, Valley Baptist Community Centre, 270 North Rd, ph 473 9413 or nevplaygroup@gmail.com

ATHLETICS & HARRIERS

Children 3-6yrs and 7+yrs, Chingford Park Clubrooms, 5.30-6.45pm, Mon, and Caledonian grounds, Sat morn. www.leithharriers.co.nz

CHINESE FOR KIWIS

Ages 6-12 Bear Cats Club to learn Chinese, Tues, 3.30pm-4.45pm, St Mark's Church, 304 Pine Hill Rd. Ph 021 589 075, chineseforkiwis.co.nz

DUNEDIN TOY LIBRARY

A vibrant toy library for children from birth to 7 years. Huge range of toys, ride-ons, dress ups, puzzles, games. St Martin's Hall, Northumberland St, 3.30-4.30pm Wed, and 10-11.30am Sat.

GIRLS BRIGADE

Dunedin Girls Brigade Company, all girls, from age 5 up welcome. 6-7.30pm, Wed, St Marks Presbyterian Church Hall, 304 Pine Hill Rd.

MT CARGILL GIRLGUIDES

Pippins, brownies, guides and ranger groups in the valley. Ph. 0800 222 292 or info@girlguiding.org.nz

OPOHO PLAYCENTRE

Sessions for 0-6 year olds, 9am-noon, Mon-Fri, school terms, 28A Signal Hill Rd. Visitors welcome. For more info ph. 473 0819 or email opoho.playcentre@yahoo.com

OPOHO SCOUTS

Keas, 5.30pm-6.30pm, Tues; Cubs, 6pm-7.30pm, Thur; Scouts, 7pm-8.30pm, Wed. Opoho Scout Den, Ph. Kevin 0800 SCOUTS.

PLAYGROUP

Leith Valley Church, Malvern St, 10am-noon, school terms. Ph. Julia 027 635 8181.

PRESCHOOL MUSIC

At Opoho School, 9am-9.30am, Fri, during school term, Room 3, gold coin, drop in, Ph. 473 8019.

SUNDAY SCHOOL

Variety of classes with stories, crafts, songs and more. Ages 4-18, 9.30am Sun mornings (term time only), DNI (tech area). All welcome, no charge. Ph. 020 4079 5727 or www.dunedinchristadelphians.org

SPACE FOR BABIES

Space for you & your baby. Programs run by registered ECE teachers supporting families through their first year with a new baby, school terms, 12.30-2.30pm, day to be confirmed, Valley Baptist Community Centre. Ph 473 0014 or space.valleybaptist@gmail.com more info www.spacenz.org.nz

NEV PLAYGROUP

For 0-5yrs, variety experiences to enhance development of your child, meet other local young families, free morning tea & lunch provided, Valley Baptist Community Centre, 270 North Rd, 9am-2.30pm Tue & Wed. Ph 473 9413 or nevplaygroup@gmail.com

RUDOLF STEINER

Dunedin Rudolf Steiner playgroups, Te Whare Ako Marie, Pinehill and Maia. A sanctuary of creative play for children from birth to kindergarten and a place of peace and friendship for parents. Groups meet weekly, term time. For more info contact 471 2163 or dunedin-steinerplaygroup@gmail.com

YOUNG PARENTS

Young Parents Group Te Roopuu Maatua Maahuri, where young parents come together to share and support each other. For parents who had their first child before 26 years. Children welcome. 1-2.30pm, Thurs, community rooms. Ph Emily 021 125 0850.

THE BREAST ROOM

Free peer support and help around breastfeeding. All parents welcome. Every Wed, 10.30am-12.30pm, community rooms.

COMMUNITY NOTICES

Community notices welcomed.

Priority is given to groups and activities based in the Valley Voice readership area. Email voice@northeastvalley.org

Please keep notices brief. They may be edited to fit the space.

Please email if your listing needs updating or correcting.

Dr Matthew Hamilton

MbChB, Dip Child Health, BSc Biochem (dist)

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Harcourts

Students volunteer a day



The awesome volunteer crew from Arana College who gave a good day's hard work to weed, shovel and remove gravel and mulch the garden behind the community rooms. While they worked there was a lot of discussion about how to wear your toga to avoid mishap, whether getting hit by eggs would hurt, and how it felt to leave home and come to live in a new city. It's great to see them embracing their new home with some volunteer work! The back garden now looks fantastic and should stay weed-free for quite some time. Pictured are, from left, Sara Colombo, Caitlin Fraser, Jordan Santry, Georgia Aplin-Windley, Holly Du Plessis, Lucy Phibbs, Kimberley Herbert and Daniel Lee (front).



Sam McMullan coordinates student volunteers as they weed and mulch in the back garden at the community rooms.

what's on

creeky sessions

Join the next Certificate of Creeky Awesomeness Challenge making bird feeders, cat collars and mini plastic house. Sunday 17 March, 2-4pm, community rooms.

community bake

Make truffles and DIY baking kits to share with your neighbours. Thursday 21 March, 1-4pm, Valley Baptist Community Centre.

TV473 potluck

Fresh energy and ideas welcomed as TV473 celebrates 10 years. Potluck dinner Sunday 31 March, 5-9pm, community rooms.

The Breast Room

Support and information for breast-feeding and feeding babies. Every Wednesday 10.30am-12.30pm, community rooms.

