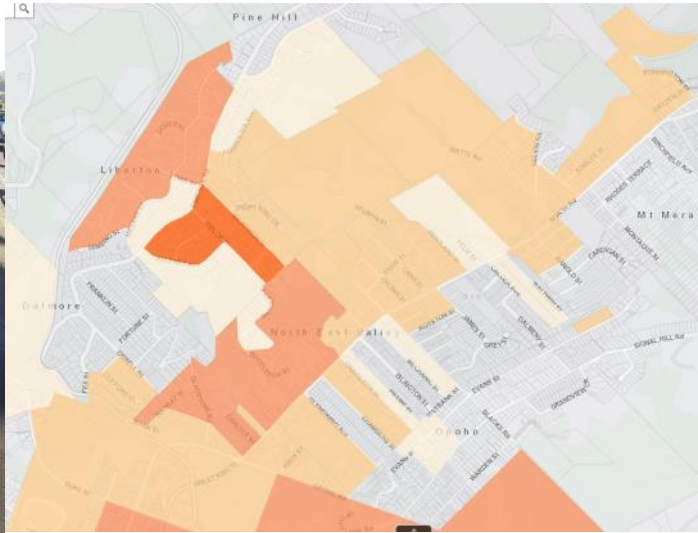


Warmer homes for free



Free ceiling and underfloor insulation is now available to home owner-occupiers who live in designated 'warm-up zones' indicated in the three darker shades of orange on the map above. To find out more come and see Charlotte Wilson at a drop-in clinic on Tuesdays, 10am-noon.

HUNDREDS MORE homes in North East Valley have become eligible for installation of free ceiling and underfloor insulation and a vapour barrier as the government extends the 'warm-up zones' to include more areas.

The Warmer Kiwi Homes insulation subsidies are available to home owner-occupiers who live in a designated warm-up zone.

Home owner-occupiers who have a community services card or a Gold Card with community services card endorsements are eligible regardless of where they live.

Previously parts of Liberton, Pine Hill and North East Valley were included, but the warm-up zones have now been extended to include most of the north side of North Rd.

Warmer Kiwi Homes is a government programme which covers two-thirds of the cost of insulation and a vapour membrane. In Otago local funders pick up the rest of the cost to make

the programme entirely free for those who qualify. Cosy Homes project manager Jordana Whyte is excited about the expansion of the programme. "We estimate an additional 1200 homes across Dunedin are now eligible."

In un-insulated homes an "enormous" 30-35% of heat is lost through the roof and 12-15% through the floor.

"Most people will notice a difference straight away when insulation is installed," says Jordana. The Warmer Kiwi Homes programme will also soon be extended to include heating appliance subsidies as well, in which two-thirds of the cost of installing a wood burner, pellet fire or heatpump will be subsidised up to a limit of \$2,500 + GST.

Exact details of the heating subsidies are not yet available, but the government has signalled the start date will be in July.

• continued on page 6

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Kai Share extends into new shed

THE VALLEY Project's Kai Share food box programme now has a dedicated space for storing food, thanks to a new shed donated by Bunnings and installed by members of the North Dunedin Shed.

Kai Share volunteer coordinator Keri Eastwood says the new shed will increase the capacity for storing food and improve the way it is stored, as well as enabling the team to cater for seasonal fluctuations.

It will also make accessing and loading/unloading food easier for the Kai Share team.

A big shout out to Bunnings who donated the shed and wood for the base and shelving inside, as well as the North Dunedin Shed whose members put together and installed the building.

The Kai Share programme has the capacity to provide up to 25 boxes of food each week for emergency help. It is only available for residents who live in the valley area (North East Valley, Pine Hill, Liberton, Dalmore and Opoho).

If you or someone you know is in need of a Kai Share box please email kaishare@northeastvalley.org.



North Dunedin Shed members Paul Nelson and Gerard Kenny make a start on installing a new shed donated from Bunnings for the Valley Project's Kai Share initiative.

Opportunity to join executive board

NOMINATIONS FOR the Valley Project's executive board are now open! Make a difference in your community and become part of the team who set the direction of the Valley Project.

There are up to 12 positions on the board, which is made up of community members. The board is responsible for the governance of the Valley Project and meets monthly.

This year the board is also in need of a new treasurer.

Board member Ian Telfer says it has been a great experience being on the board for the past two years. "There's a strong core of committed and skilled community-minded people and it functions really well."

While it is a "reasonable time commitment", the time is well spent and allows the Valley Project to move forward and support all the wonderful community-building things that valley people are doing, he says.

If you are interested – even slightly – we will be holding an information evening on Sunday 2 June. It will be a no-obligation opportunity to come along and find out more about the Valley Project and what's involved with being on the board.

Otherwise please don't hesitate to get in touch with the Valley Project manager Tess Trotter on 473 8614 or tess@northeastvalley.org.

Project AGM

THE VALLEY Project's annual general meeting is coming up in June and we would love to include as many valley-based community groups, classes, teams and organisations as possible (by valley we included North East Valley, Opoho, Pine Hill, Dalmore and Normanby).

We would love to hear about your highlights of the year! Please send your photos and bullet points to tess@northeastvalley.org and she will collate them all into a slideshow.

The AGM will cover our annual report, reports from the community, election of the board for the coming year and a discussion about the use of gambling-related funds for community mahi in the valley.

The AGM will be held on Wednesday 19 June at the North East Valley Bowling club.

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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Call to open toilets at Chingford

AREN'T WE lucky to have such a great resource in Chingford Park? Dog-walkers, disc-flingers and child-wranglers are some of the many groups that use this incredible treesome place.

Have you ever found yourself caught short, however, or in other words, busting to use a toilet?

Ironically, there ARE toilets attached to the pavilion in the park but they are only available with 48 hours' notice and a bunch of paperwork to the Dunedin City Council.

So we are starting a petition to have the toilet block open during the day for all to use.

The Don't Pee in the Park Petition is a plea to the (privy) council from the bottom of our hearts, to please liberate the loos!

If you would like to sign the petition go to bit.ly/openChingfordloos or call into the Valley Project office at 262 North Rd to sign a physical copy.—Kaitrin McMullan



North East Valley resident Kaitrin McMullan is starting a 'Don't Pee in the Park' petition to the Dunedin City Council to have the toilets open daily in the pavilion at Chingford Park.

Try new foods and share your favourite dish at potluck dinner

TRY NEW kai and meet new people – homemade sushi, chickpea curry and sticky cinnamon rolls are just a few of the items already on the multicultural potluck menu.

This month the Dunedin Refugee Centre and the Valley Project will host a multicultural community potluck complete with cultural performances, kids' activities and of course food!

Dunedin Refugee Centre coordinator Afife Harris says they want to bring people together and give them opportunities to make new connections.

Valley Project intern Erin Silver says: "Over the last few months we've seen the importance of community connections, especially for those who are new to Dunedin.

"This is an opportunity for all of us, whether we've been living in the valley for one week or 50 years, to come together over something we all have in common – food."

The event will kick off at with performances by cultural groups from

around Dunedin and activities for the kids. This will be followed by a community potluck dinner.

"We're asking people to bring a plate. It could be kai from their culture, their favourite dish, or just something special to them.

"We want people to be able to share something of themselves with the community and also have the opportunity to try something totally new.

"We're excited to see what everyone brings," says Erin.

The event will be held on Sunday 19 May at the Dunedin North Intermediate school hall and grounds.

Performances and kids' activities will start at 3.30pm, with dinner from 5.30pm to suit those observing Ramadan.

Drop off your kai to volunteers at DNI anytime from 3–5pm.

*Please note there is no fridge available, so please don't bring items that need to be kept cold.

Valley Project winners



Thank you to everybody who filled in the Valley Project community feedback survey. The results are very helpful for setting our future direction and focus. Congratulations to North East Valley resident Peita Ferens-Green who was the winner of our \$50 voucher draw.



Congratulations to Sarah Weston who won a winter warmer prize pack for being the first person to attend the Valley Project's Heat Seekers: Healthy Homes in the Valley drop-in clinic. The clinic is on Tuesdays, 10am–noon.

DUNEDIN

NORTH Men's Probus has started 2019 with three special awards.

The Life Membership award is a rare honour conveyed under strict criteria.

It is awarded to members who have given long and outstanding service to the club and is limited to a maximum of five at any one time.

It has been several years since such an award has been given.

Ivor (Curly) Hughes and William (Bill) Jackson, both members for 27 years, were presented with life membership plaques,

certificates and badges after a Christmas dinner last year.

Club treasurer Murray Gallagher was presented his life membership award during the club's annual general meeting in March.

Murray has been a member of the club for 23 years. During that time he was elected to the committee in 1997, became treasurer in 1998, vice-president in 2001 and the club's eighteenth president in 2002/03.

He is the fourth-longest-serving member in the club and likely the longest-serving committee member for Probus in all of New Zealand.

Murray also served 36 years in the New Zealand Police, was a member of Lions Clubs International, both at club and district level, and delivered Meals on Wheels for more than 40 years.



Dunedin North Mens Probus members awarded life membership for their long and outstanding service to the club are, from left, Murray Gallagher, Ivor (Curly) Hughes and William (Bill) Jackson.

The club itself celebrated an important milestone last year: the 35th anniversary of the forming of Dunedin North Probus.

Dunedin North Men's Probus meets on the second Monday of the month at North East Valley Bowling Club.

Members enjoy great fellowship, excellent guest speakers and regular outings.

If you are retired or close to it and would like to know more, contact Graeme on 929 4834, or email Peter at peabee@xtra.co.nz.

—Peter Begg

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 May 19, 2019 | DNI School Hall
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 برفومنس الثقافية مساءً 3.30
 Potluck عشاء 5.30
 (Dinner from 5.30 to suit Ramadan)
 VISIT THE VALLEY PROJECT FACEBOOK PAGE FOR MORE DETAILS

Qigong a moving meditation



MY INTEREST in movement practices began almost twenty years ago. I had physical problems that I needed to fix, including a weak lower back as well as pain in my shoulders. At the same time my life had other issues – challenging relationships, a difficulty in feeling close to others, fluctuations in energy levels, to name a few. I was yet to make the connection between these two seemingly different parts of my life.

After several years of searching and trying different things, including yoga, tai chi and dance, but not yet finding real lasting help, I came across the moving meditation art of Qigong. Originally from China, Qigong is a practice that puts you in a very special calm state and works on Qi, the energy in the body.

Seeing the difference it made in my life and the lives of those using it regularly, not just physically but also emotionally and mentally, lead me to decide to train as a teacher and make this amazing practice an important part of my life.

Classes are at the Valley Project community rooms, Sundays 4–5pm and are \$10. The last Sunday of the month (4–5pm) is a



A sister art to Tai Chi, the simple flowing movements of Qigong are easy to learn and allow you to experience a special sense of wellbeing and relaxation.

healing meditation. These are a perfect introduction to anyone wanting to experience deeper relaxation and the benefits that Qigong can bring. You can contact me, Jay Glubb, on 027 584 4537 or bodymindqi@gmail.com—Jay Glubb

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Insulation in rentals

THIS MONTH WE TAKE A CLOSER LOOK AT THE NEW INSULATION REGULATIONS FOR RENTAL HOMES

NEW RENTAL regulations are coming in July. If you are a renter or landlord it is a good idea to check if your house is up to standard. From 1 July this year ceiling and underfloor insulation in rental properties is required where reasonably possible. Exceptions may include where there is not enough space under the floor or in the ceiling. It is the landlord's responsibility to meet the regulations. If the ceiling insulation was installed before July 2016 then it should be at least 70mm thick. If the insulation is still to be installed, or was installed after July 2016, it needs to be at least 120mm thick. It must be in good condition and without gaps.

For the underfloor, most insulation products except foil will meet the requirements. If the house does have foil this will have to be removed and replaced with underfloor insulation. It is illegal to repair or replace foil yourself due to the risk of electrocution.

All tenancy agreements since 2016 should include an insulation statement. If this does not show the required insulation, or you are concerned the insulation doesn't meet the requirements, try to have a look if possible. If there is an issue, let Tenancy Services know and they will investigate. Landlords can be fined up to \$4000 and the money is usually paid to the tenants.

In the next couple of years further regulations are being introduced, such as requirements to have bathroom extractor fans and a kitchen rangehood, sorting drainage issues, reducing draughts, and having a heater in the lounge suitable for heating the space to 18°C.

For further information on the regulations check with Tenancy Services at www.tenancy.govt.nz or phone 0800 836 262.

The Dunedin City Council's Eco Design Advisor service can also provide practical advice. For more information, and to book a free assessment of your home, visit the city council website at www.dcc.govt.nz or email ecodesign@dcc.govt.nz or call 477 4000.

—Eco Design Advisor Dunedin City Council Lisa Burrough



Dunedin City Council
Eco Design advisor Lisa Burrough

Insulation subsidies for more homes

• continued from page 1

THE PROGRAMME does not include rental homes, but new regulations come into effect on 1 July in which rental homes must have ceiling and underfloor insulation, and new regulations around sufficient heating appliances are on their way. Turn to page 6 to find out more.

You can find out if you are eligible for the insulation subsidies in seconds at www.energywise.govt.nz/tools/warmer-kiwi-homes-tool/

If you don't have access to the internet or you are unsure, call in to the Valley Project's Heat Seekers: Healthy Homes in the Valley drop-in clinics at the community rooms on Tuesdays from 10am–noon.

Jordana recommends people apply for the subsidy as soon as possible as there are only two approved installers in Dunedin and they are already busy with insulating rental properties before the new rental regulations come into force.—Edith Leigh



Can you chat?

CAN YOU spend just one hour a week chatting with an older person? Woodhaugh Rest Home and Hospital health care assistant Kerry Otto is looking for volunteers.

"Many of our residents desperately crave company so I'm reaching out to the community for any volunteers who would like to give just one hour of their time once a week to spend with them, either just chatting, sharing interests or going for a walk. "It would mean such a lot to them."

Phone or text Kerry on 021 0242 6761 for more details.

NEV pipe renewal work

DUNEDIN CITY Council work on pipe renewals in the Gladstone Rd area starts this month.

Please call in anytime if you would like to know more about the construction programme, access and parking.

Work in the Frame St area will start once the Gladstone Rd work is complete. Pipe renewals are wrapping up in the Blacks Rd to Calder Ave area and should be completed by the end of May.

Find out more about this project at www.dunedin.govt.nz/nevrenewals

Toy librarian wanted

ARE YOU friendly, organised, reliable and love kids?

The Dunedin City Toy Library is looking for a toy librarian for 2–2.5hrs per week on Saturdays and every second Wednesday. The role can be either paid or volunteer with perks.

The toy library is located at 9 Northumberland St and is open 3.30–4pm on Wednesdays and 10–11.30am on Saturdays.

For more information phone Jen on 021 651 939 or email dunedincitytoylibrary@gmail.com.

HortTalk: Japan-inspired

THREE SEASONS in Japan: an insight into Japanese gardening and the parallels with New Zealand gardens. A talk from recreational gardener James Sim, who visited traditional private, temple and botanic gardens in Japan looking at design, pruning techniques and the use of rocks.

Friday 7 June at noon in the information centre at Dunedin Botanic Garden.



FEATURE

celebrating two years of Open VUE
Open Valley Urban Ecosanctuary

IT HAS BEEN AN EXCITING TWO YEARS SINCE THE FORMATION OF OPEN VUE WITH LOADS OF RESEARCH AND EDUCATION HAPPENING IN OUR COMMUNITY, ESPECIALLY WITH SCHOOL CHILDREN.

WE WANT TO SHARE A LITTLE BIT OF OUR HISTORY AND HIGHLIGHTS HERE WITH YOU AND INVITE YOU TO THE OPEN VUE PARTY AT THE END OF THE MONTH!

The past year

It was an exciting day for Open VUE (Open Valley Urban Ecosanctuary), about this time last year, when we found out we had received a second year of Curious Minds PSP (Participatory Science Platform) funding.

This funding meant we were able to continue with our scientifically driven backyard biodiversity programme and include more schools and extra elements.

We had already learnt a little about the birds and mammalian predators of the Lindsay Creek catchment, and we were now excited to learn more about the lizard and soil invertebrate* life.

The plan and a party invite

This is the first stage of our plan, projected to 2025, which involves working with school children to survey and learn about the different species that already inhabit North East Valley.

If you are keen to find out more about the insects, bugs, or lizards living here, come along to our Open VUE Party.

It's on Sunday 26 of May at 2pm in the North East Valley Normal School hall.

Our young scientists are excited to share their findings with you.

We can use this knowledge to inspire children and the community to learn more about the natural world outside their doorstep as well as discover any actions we may need to proceed with in order to enhance the habitat corridor linking Orokonui Ecosanctuary with wider Dunedin.

Ecosanctuary overspill

Some species in Orokonui Ecosanctuary (namely birds) are doing so well, their populations are spilling out over the fence and dispersing to the wider area.

We hope that at least some of these individuals will make their way across the landscape through the Lindsay Creek habitat

corridor and into Dunedin city.

We have heard anecdotal accounts of kākā from Orokonui visiting kākā at Dunedin Botanic Gardens.

One day, hopefully, we can see these and other birdlife living in our own backyards, here, in the Lindsay Creek catchment area.

What we've done

We are beginning to make our way towards this goal – through education as well as some actions.

Throughout 2018 we received further funding grants from the Speights Freshwater fund, Te Ao Tūroa: Dunedin's environment strategy, and the Lotteries Environment, which have allowed us to further develop our education programme and community development.

These grants have enabled us to run a whole series of workshops and events. Our workshops have included:

- TRAPBOX making
- cat collars
- bird feeders
- lizard lounges
- bug bungalows
- predator detection
- seed balls

Events have included:

- local Spring Clean with weeding and rubbish disposal
- Lindsay Creek clean-ups
- eco-crafting
- Lindsay Creek planting

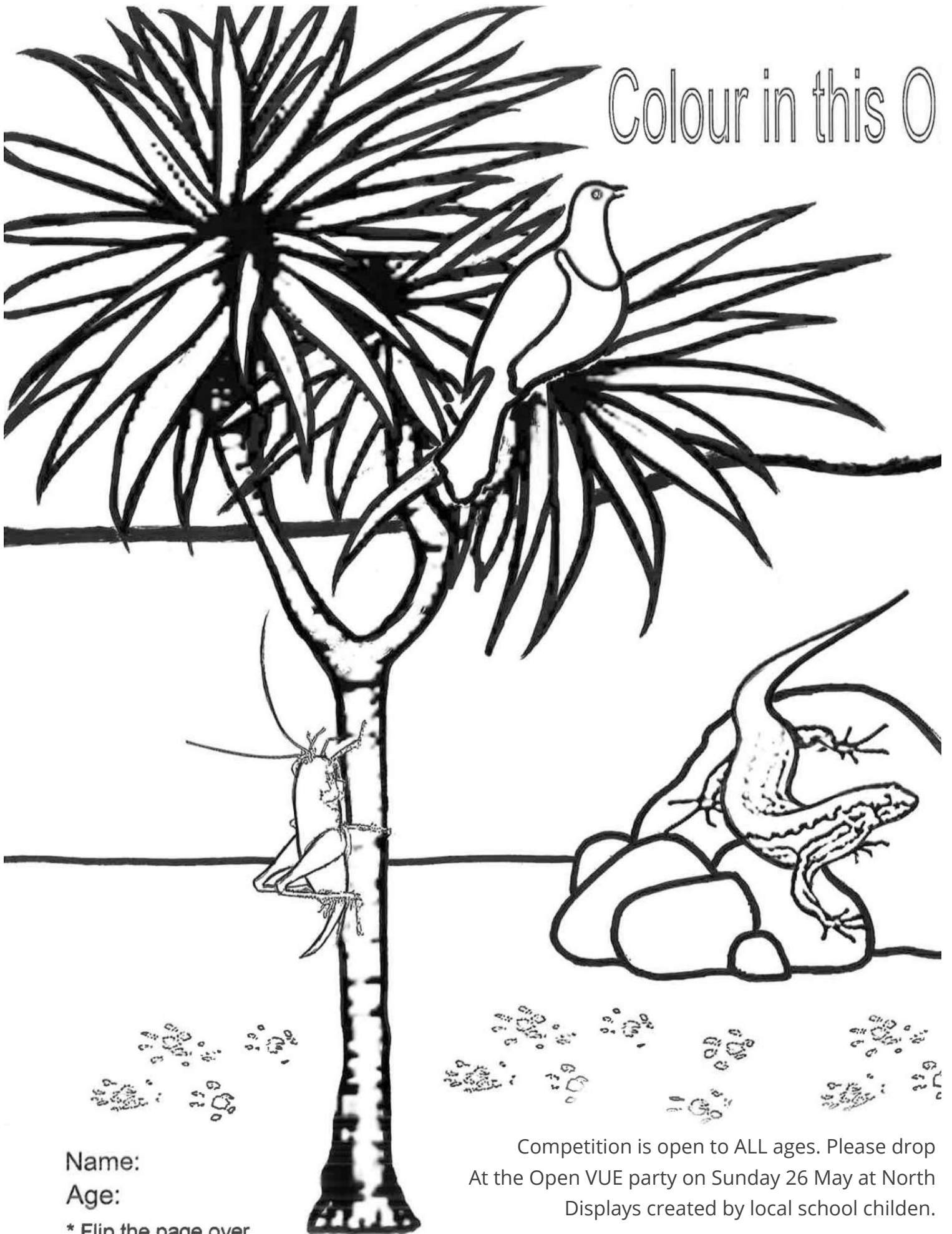
Our collaborators

While this funding has really helped to propel us towards our goals, we would not be as far along as we are without our amazing community support and our strong collaborative partnerships. Collaborations are such an important aspect to the success of community conservation projects such as this.

We collaborate with the local community, the Valley Project, Orokonui Ecosanctuary, the University of Otago, Love the Lindsay, and have received sponsorship from Mitre 10. We have also received donations from Studio Tula and Conservation Volunteers Coastal Otago.

**Invertebrates are generally small animals that don't have an internal skeleton (unlike humans). Some invertebrates have a hard outer shell (called an exoskeleton) like insects, spiders, beetles and crabs, and some have soft bodies, like worms, slugs and octopuses.*

Colour in this 0



Name:

Age:

* Flip the page over
and add your contact details

Competition is open to ALL ages. Please drop
At the Open VUE party on Sunday 26 May at North
Displays created by local school children.

PEN VUE backyard!



off at the Valley Project, 262 North Rd, by Saturday 25 May. Winners will be announced East Valley Normal School hall, 2-3pm. Come along for awesome activities and More copies of this colouring competition can be printed from Valley Project website, www.northeastvalley.org



FEATURE

celebrating two years of Open VUE
Open Valley Urban Ecosanctuary



COLOURING COMPETITION

Name.....

Contact (email or phone)

Creek bank planting at Chingford



Part of the planting team at Chingford Park.

THE THIRD part of the Creeky Awesomeness trilogy was a blend of earthy down-to-the-roots digging and heavenly art. From the decorated stakes (we truly ARE stake-holders now!) to the planting of a river bank in Chingford Park, it was a rhapsody of team effort and joy.

Luckily we had a few super-heroes (and their parents) on hand including Fertiliser Woman and Mallet Man.

After some strenuous Easter training (egg and feijoa hunt) we trooped off home, happy in the knowledge that our bank deposits (riparian planting) will keep the creek stable in the event of a flood.

Plus the mystery prize for all this community effort? A trip to the glow-worms. Awesome work newies!

Thanks to Open VUE, the Valley Project and all our amazing supporters. This activity was supported by Dunedin's Environment Strategy, Te Ao Tūroa.—*Kaitrin McMullan*

You're invited to the..

OPEN VUE Party



Presenting:

**Invertebrates
and Lizards**

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2pm -
3pm

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Loads of fun
activities and
displays!

Hope you
can come!



Design by Grace Fagerlund, Year 8

'It's very embarrassing': editor's booboo



AFTER coming up with the great idea of asking our community for a voluntary subscription to the *Valley Voice* community newsletter, we then gave the wrong bank account number to make a donation!

All was not completely lost, however, as it has been truly heartwarming to see how many people have been in touch by phone and email to say they tried to donate but there was an error in the number. For people to take that extra step to get the right number so they can still donate is just amazing and a great indication of how much our community enjoys the newsletter.

It's very embarrassing that we didn't double-check, but for those that

would still like to donate here is the (quadruple-checked!) correct bank account number: 03-1726-0005606-00. You are also welcome to send a cheque to PO Box 8118, North East Valley, Dunedin, or call into our office at 262 North Rd with a cash donation. Our suggested voluntary subscription is \$10 for the year, or \$20 if you're happy to cover a neighbour too!

Please note this is an entirely voluntary subscription. The *Valley Voice* will still be delivered free to all mailboxes in North East Valley, Opoho and Pine Hill areas. To date almost \$1000 has been donated which a fantastic community response.—*Edith Leigh*

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Check out my work on Facebook

Connect with others through art

A WOMEN'S Art Group starting up in the valley will bring together women who are new to Dunedin to learn and share art and craft skills while making connections with other women in the community.

Group facilitator Chloe Mackenzie says art is a wonderful way to express stories. "The visual nature of craft can transcend the barriers of verbal language, providing an excellent focal point to bring people together."

After becoming involved with refugee resettlement last year through the Red Cross, Chloe began to think about additional ways she could help new Kiwis feel welcome in our community, and had the idea to start a free art and craft group for women to share skills and build connections with others.

"Arts and crafts have always played a central role in my life," says Chloe. From a young age she loved drawing and painting and she has recently developed a passion for needle-felting, creating paintings and small sculptures from wool.

"I hope to bring this idea to life at the Valley Project on Tuesday afternoons. We will cover a range of art and craft topics, from needle-felt to painting and knitting."

All women are warmly invited to come along to learn and share skills in a creative and relaxed environment. Whether they have no background of arts or crafts and want to start, or have a skill they would like to share, anyone is welcome.

Snacks and basic craft supplies will be provided and the topics of



Chloe Mackenzie's enjoyment of art and crafts and a desire to help women new to Dunedin feel welcome and connected has inspired her to start a Women's Art Group at the Valley Project community rooms on Tuesday afternoons.

the classes are flexible and can be shaped by the interests of those attending.

For more information, or to register your interest, contact Chloe on chloejanemackenzie@gmail.com or 027 235 5101. The group will start at 1pm on Tuesdays at the community rooms, 262 North Rd, starting from 14 May.

New playground at school



North East Valley Normal School pupils Liam Read and Tyler Douglas (both 9 years) enjoy playing on the new playground which was opened last term. The playground was installed with help from a grant from the Lion Foundation and fundraising by the school's Parent Teacher Association. Liam says the new playground is fun for jumping and using the tunnels.



Research Study:
Help us understand your holiday experiences!



Research aim:
To understand your holiday experiences

Volunteers Needed

Who:

- Children/young people with disabilities (5 -18 years old)
- Have had a holiday experience in the last 12 months (i.e. travelled at least a weekend away from home within or outside New Zealand for the primary purpose of fun)
- Living in Dunedin at the time of study

When and where: At a place and time that is convenient for you

How: Meeting and having a chat with the researcher (60 minutes max.)

How do I get more information?

Contact Fathimath Shiraani at fathimath.shiraani@postgrad.otago.ac.nz or 03 479 9189.

This project has been reviewed and approved by the University of Otago Human Ethics Committee. Reference: 18/208

services • community

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The importance of community to help former refugees settle

THE THREE former refugee families with housing problems in the valley have been heartened by the community support following our story in last month's *Valley Voice*. Close to \$1000 was raised, along with many donations and kind offers to help the families, as well as some housing options.

So far, one family has found a new rental, but for two other families, the search is still active - with one family currently living in a motel - so keep your eyes peeled for possibilities, please!

These families still have a long way to go to find themselves in

warm, healthy homes and move past what has been a traumatic time in their lives.

It really is so hard to put yourself in the shoes of former refugees familiarising themselves with so many logistical, climate and cultural changes upon arrival. Spending time with these families has brought us a new appreciation of that challenge, but also of the importance of community.

I commend our former refugee families for their fortitude and our community members for showing aroha and support.—Tess Trotter

Classifieds and community notices (for non-profits)

fitness & health

CONTRA DANCE

7.30pm, Mon, \$2, 52 Dundas St. Ph. 473 8640 for more information.

DUNEDIN ACROYOGA

Combining acrobatics and yoga, no partner needed. Beginners classes available. 6-9pm, Tue, Opoho Presbyterian Church, 50 Signal Hill Rd. Facebook or email jooke@gmail.com

DUNEDIN BMX CLUB

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

FOLK DANCING FOR FUN

Baptist Church, 270 North Rd, 10am-11.30am, Fri, \$4. Ph Yvonne 455 2406, stureid1@yahoo.co.nz

HEALING MEDITATION

Guided healing meditation, last Sun of the month, 4-5pm, community rooms, 262 North Rd, \$10. Beginners welcome. Ph Jay 027 584 4537 or bodymindqi@gmail.com

LEARN TAEKWONDO

Korean martial art, supportive environment, family friendly. Training Mon, Thur, Pine Hill School hall, 6-7.30pm. For more details and to register email dunedinolympictkd@hotmail.co.nz

NAKAJIMA JUDO CLUB.

Weekly evening class for all levels and ages. Ph. Keri 021 027 93683.

QIGONG

Classes, Sun, 4-5pm, community rooms, 262 North Rd, cost \$10, last Sunday of the month is a healing meditation. Contact Jay 027 584 4537, bodymindqi@gmail.com

PARKRUN

A free, weekly timed 5km run/walk, Sat, Botanic Gardens. Meet at café, 8am summer, 9am winter. Go to parkrun.co.nz for more info.

SPAN NEV

Stretch'n'flex, low-impact exercise, fun and friendship, community rooms, 262 North Rd, 10am-11am, Tue, over-65s, \$4. Ph 473 9311.

SPORTS AEROBICS

Competitive aerobics and casual fitness classes. No previous experience required. Training held at DNI Fri and Sun. Working towards NZCAF regionals next August. Contact rebeccaishemz@yahoo.co.nz

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

YOGA WITH HAGINO

All levels, BYO yoga mat, 6-7pm and 7.15-8.15pm, Tues, \$10/class or \$45 for 5 classes. Final class on 16 April.

further education

CITIZENS ADVICE

Dunedin Citizens Advice Bureau - a free confidential service for all. We can help with tenancy problems, employment issues, consumer problems & host of other issues. Rodgers House, 155 Princes St, 471 6166, cab.org.nz

COMPUTER CLASS

A free class to learn how to use computers, 10.30am-noon, Weds, community rooms.

FREE LITERACY COURSE

For more information contact Ana & Marg at Literacy Aotearoa, 477 2055.

FRENCH TUTOR

Beginner to advanced, 30 years experience, hourly rate, ph 473 0159 evenings.

LEARN ITALIAN

Planning a trip to Italy this year? Fun, communicative lessons Ph. Samantha 021 0831 8408.

INDOOR BOWLS

Play indoor bowls at the NEV Bowling Club, 139 North Rd, Thurs, 1.30pm start. Ph. Jack for more info 473 9565.

ITALIAN CLASSES

Exp teacher, native speaker of Italian ph Antonella 027 341 8312, 473 0832 antonella.vecchiato@gmail.com

VALLEY VOICE

Deadline for copy is 15 June. Email voice@northeastvalley.org

LEARN ENGLISH

English for daily life and work. Free and low cost courses. Contact Tamara or Felicity at English Language Partners 455 5266, dunedin@englishlanguage.org.nz

STAND-UP COMEDY

Open mic at Inch Bar, 1st & 3rd Thursday every month. Comedy workshop classes every other Thursday, open to all skill levels. For more info contact reuben@dunedincomedy.co.nz

art, craft & music

ART CLASSES

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.

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.

WOMEN'S ART GROUP

An art & craft group aimed at helping new Dunedin residents learn & share skills & connect with others. Tues, 1pm, community rooms, 262 North Rd.

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

COMMUNITY ACCOUNTING

Dunedin Community Accounting provides free accounting training & advice for non-profits in Otago. For more info call 0800 113 160, kiaora@dca.org.nz or www.dca.org.nz.

LEGAL ADVICE

Free at Community Law Otago, legal advice by qualified lawyers, practical solutions, 11am-12.30pm Mon-Fri, 5.30-7pm Mon, Fri and 2-3.30pm Mon, Floor 1, 169 Princes St, 474 1922.

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.

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

Want health, wellbeing and relaxation?

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All welcome

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

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.

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 .

COMMUNITY NOTICES

Community notices welcomed. Email voice@northeastvalley.org Priority given to valley groups.

SENIORS HAIRDRESSING

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

ROSE PRUNER

Winter pruning, experienced, hourly rate, pensioner discount. Ph 473 0159 evenings.

LOG SPLITTER FOR HIRE

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

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

KNIFE SHARPENING

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

COMPUTER SERVICES

I fix computers! Low rates, great service, Windows, Linux, Mac, Android. Call Matt 022 048 0012.

BABYSITTER AVAILABLE

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

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

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, 3.30-4pm 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, 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, a place of peace and friendship for parents. Groups meet weekly, term time. For more info contact 471 2163 or dunedinsteinerplaygroup@gmail.com

YOUNG PARENTS

Young Parents Group for young parents come together to share and support each other. For parents under (about) 26 years. Children welcome, 11.30am-1pm, Thurs, community rooms. Ph Nika 022 690 0440.

THE BREAST ROOM

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

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.

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Clothes a special feature



Franziska and Aileen couldn't resist trying out some new styles as they sort out clothes for the Opoho Church Fair on this Saturday.

THE OPOHO Church Fair clothing sale has become a special feature of the fair with the church space festooned with fabulous fashions and fabrics.

Lots of women's, men's, children's and babies' clothing is available as we celebrate recycling fashion.

It's a chance to explore new styles with scarves, shoes, jewellery and hats and more. Franziska and Aileen have been organising items for the fair and couldn't resist dressing up. Other stalls will be in the church hall including books, white elephant, plants, preserves, crafts and more.

There will be delicious espresso coffee, tea, snacks, hot soup and a sausage sizzle. Our café space is a great place to meet friends and review your fair finds. Come and visit the Opoho Church Fair on Saturday 11 May from 11am–2pm at Opoho Church on the corner of Signal Hill Road and Farqueson Street. See you there.



HEAT SEEKERS

HEALTHY HOMES IN THE VALLEY

DROP-IN CLINICS

Tuesdays
10am-noon
community rooms

ONE-ON-ONE HELP & INFORMATION
Live in a warmer, drier, healthier home this winter!

what's on

art group

Women's Art Group to share and learn art and craft skills and connect with others. Starting Tuesday 14 May, 1pm, community rooms.

multicultural dinner

Multi-cultural potluck dinner with cultural performances, shared kai and community connections. Sunday 19 May, from 3pm, DNI

Open VUE party

The third event of the Certificate of Creeky Awesomeness - planting along Lindsay Creek. Meet at the community rooms on Sunday 14 April at 2pm.

Valley Project AGM

Hear the annual report, community reports and elect board members. Wed 19 June from 5.30pm at the North East Valle Bowling Club.