

Community gardening takes to streets



Several neighbouring Edward Ave residents have got together to beautify part of their street. They started just outside their fencelines but some of these flowers have migrated to the small plots at the corner with Geraldine St, maintained by Christchurch

City Council, dotted in the wide gaps between the native grasses. A resident told StAN that the pollen from the flowers was collected by local bees and also brightened the area, particularly for those living in multiple units that have no gardens.

Saying NO to asset sales... again

by Marney Ainsworth

A standing room only crowd gave a hard no to the Christchurch City Council selling assets at a public meeting in mid-November.

They met at the WEA on 13 November to discuss Phil Mauger's broken promises not to sell Christchurch's "family silver".

In October 2022, Mauger was elected mayor with a 2271 majority over another candidate who also guaranteed there would be no asset sales on their watch. Most likely, he would not be Mayor but for his promise not to sell.

By December, Mauger voted in favour of the Northington report that recommended selling essential infrastructure services including Orion Power, and the three ports that protect and guarantee our access to the outside world (Lyttelton, Christchurch Airport, and Enable Fibre Network).

In fact, not one member of the current council was elected on a platform of selling off the family silver, yet asset sales seem to be the only option that council staff have presented to the Council via the Northington Report.

The Northington report was commissioned in early 2022 as part of a letter to CCHL (the council's commercial arm) that set out the council's expectations until June 2023. The letter specifically asked CCHL to consider whether its purpose set in 1993 "should be enhanced to provide more support to

the city". The letter clearly stated the review was to ensure that "CCHL's future direction is aligned to deliver our strategic priorities and



Standing room only at a public meeting to discuss asset sales. Photographer: Rosemary Neave
community outcomes of: resilient communities, a liveable city, a healthy environment and a prosperous economy."

We don't yet know how or why Northington Partners was chosen, but we do know that this was signed off in August 2022, by the CCC CEO Dawn Baxendale, who resigned suddenly last week. According to their website, Northington Partners specialise in investment banking, corporate finance and private equity.

Unbelievably, in December 2022, two months after the election, CCC voted to accept the report from Northington Partners and its recommendations. This is even though the report completely ignored council's authorising terms of reference and reframed the original purpose of CCHL as about investment only

continued on page 6



The St Albans News — distributed to 7000 households

<http://stalbans.gen.nz>

Published by St Albans Residents Association

Get involved with SARA

Hello everyone.

At the last SARA AGM my neighbour and good friend Jason Harvey stepped down as chair of SARA, and through an extremely thorough and robust election process (I was the only nominee), I was elected chair.

I would like to publicly thank Jason for the wonderful contribution he has made and his guidance behind the scenes. SARA continues to develop and change as our communities do, and the association is in great shape to assist the residents of St Albans in the years to come.

SARA now, is much more than a residents' association, it's a community facility, a shared community garden, a sustainable resource movement, a community activator and enabler, an advocate for our community members in all forms of government, a community group empowerer, a community employer, a community newspaper and much more. We do all these things but we want to get better at it, and to do that we would love you to get involved with us, however, whenever.

Got an idea? Got something to contribute to St Albans News? Would like to get involved in a community group, or start one? Please contact us, lines are open now.....

Have a good break everyone, see you in the New Year.

Mark Wilson

SARA Chair



The office at Kohinga St Albans Community Centre will be closed from:

December 21 to January 8.

Email:

communitycentre@stalbands.gen.nz



Edgware Pool Project

Fundraising quiz
Sunday
December 3rd
6pm start at Bannies

To donate:
edgwarepool.co.nz

EDGEWARE POOL PROJECT
BANNIES BAR AND RESTAURANT

ST ALBANS RESIDENTS ASSOCIATION PRESENTS

Cafe Chat

First Monday of the month
with special guests

10.30AM - 12.30PM
ST ALBANS COMMUNITY CENTRE
1049 COLOMBO ST

GOLD COIN ENTRY

Advertising in St Albans News

If you would like to advertise in the News, phone Lynne on 972 5534 or email advertising@stalbands.gen.nz. Please ask for a copy of our ratesheet, which specifies sizes, prices and requirements.

SARA Committee

St Albans Residents Association will meet at St Albans Community Centre, 1049 Colombo St. on December 6 at 7pm.

St Albans History Group

Next meeting Monday December 4, 2 pm at the St Albans Community Centre.

Email: briangspear@hotmail.com

Wednesday Wheelies

Wednesday Wheelies meet at 9:30am, St Albans Community Centre carpark on Caledonian Road.

BBQ Trailer for hire

St Albans Community BBQ Trailer is available to hire for events. Marquee also available for hire, separately or with the barbecue, for corporate events, community gatherings or private celebrations. Enquiries to: BBQ@stalbands.gen.nz

SARA Website

Check out SARA's website on www.stalbands.gen.nz. Contains digital copies of St Albans News, a calendar of events and occasional blog posts.

StAN on Facebook

St Albans News is published every month. If you wish to comment on stories you read in St Albans News or anything that is happening in the area, you can write a letter to the editor (and wait) or you can go to our Facebook page: [StAlbansNews](https://www.facebook.com/StAlbansNews) and post a message there immediately.

SARA on Neighbourly

SARA also has a presence on Neighbourly, a community asset owned by Stuff. Contains notices, advice, things to buy or sell and topics of interest to the neighbourhood. www.neighbourly.co.nz

SARA on Facebook

Emma Twaddell has set up a Facebook page for the St Albans Residents Association. <https://www.facebook.com/SARA.StAlbans>

SARA and Centre news

Breast cancer poem wins international prize

No award-winning poet in Aotearoa New Zealand has written a poetry collection about their breast cancer journey. Until now.

It's not a subject tackled by established poets, although it deals with life and death topics.

Local poet and historian, Dr Jane Simpson, was therefore delighted when a poem she wrote shortly after her own surgery for breast cancer won a prize in an international poetry competition.

Maternal line came second out of 750 entries in the New Zealand Poetry Society's 2023 International Competition. It is from a manuscript of poems, *Imagined Scar*, which she completed six months after her surgery.

"When I received my diagnosis three years ago, I immediately thought of my maternal line. My mother had had a mastectomy when she was 53. Her identical twin sister died of ovarian cancer aged 64. I remember Mum writing BRCA-1 and BRCA-2 on the family tree. I felt like a ticking timebomb.

"The poem starts with a very different maternal line, formed by people on the hiko to Parliament in 1975, moving over our mother, Papatūānuku, calling for their return of their ancestral land. In the last stanza the two lines come together in a surprising way, as a scar across a breast starts to heal."

Dr Simpson was guest speaker at Kohinga St Albans Community Centre for the monthly Café Chat on November 6, and covered her breast cancer journey which she recorded in poems from a slim volume called *Imagine Scar*. The audience listened intently while sipping tea and eating scones, savouries and small cakes made by volunteers.

Jane read a selection of her poems from *Imagine Scar*, which she sometimes does for groups large and small. These talks also help sell her slim volumes of poetry. For more information email her at janesimpson58@gmail.com

Technology to support people in care

The speaker at the final Café Chat for the year on December 4 is Jonathan Sibbles from Te Wana Ltd: Technologies that Care. He will be talking about monitoring sensors available to support people with epilepsy, intellectual disabilities, autism, dementia or at risk of falling to live positive, independent lives whilst providing peace of mind to those who care and worry. His talk follows a special morning tea with yummy goodies made by volunteers. <https://www.tewanaltd.co.nz>



Letters to the editor

To be considered for publication please mark your correspondence: Letter to the Editor. You will need to supply your first name and surname and your home address. Please keep to a 150 word limit and send it to news@stalbands.gen.nz by the deadline. The next one is January 15.

The deadline for the February St Albans News is January 15. Please send your articles, letters and notices to:
news@stalbands.gen.nz

St Albans News
December 2023/January 2024, Vol 30, Issue 11

The St Albans News is a free local newspaper which is produced by a team of volunteers. The social enterprise is managed by the St Albans Residents' Association.

Send your news contributions and adverts to:

news@stalbands.gen.nz

<http://www.facebook.com/StAlbansNews>

Letters can be mailed to:

1049 Colombo Street, Chch 8014

Editor: Belinda Carter

Contributors: Marney Ainsworth, Basil, Pauline Cotter, Helen Kidd, Rosemary Neave, Robin Walsh, Duncan Webb

Production staff: Maree Coffey, and Daph Parkins

Layout & advertisement design:

Maria Hayward

Advertising: Lynne O'Keefe

The opinions expressed in this publication are solely those of the authors and do not necessarily reflect those of the St Albans Residents Association.



The St Albans Community Centre

And the Residents Association

Wish you a happy Christmas

And a wonderful New Year

See you again in 2024

SARA and Centre news

Activities at the community centre

Weekly groups that meet at the community centre.

Monday	10am	Saygo
	10am	SeniorNet Mac
	11am	Happy Feet
	5pm	Universal Martial Arts
Tuesday	10.45am	Yoga with Tracy
	10am	Neighbournet
	5.30	Pippins
Bookings: refer to classifieds	6.30	Pilates
	8.15	Ungu Capoeira
Wednesday	9.30am	Wednesday Wheelies
	10am	SeniorNet Mac
And 2nd Saturday of the month at 4pm	10.30am	The Corner, coffee and chat
Bookings essential	6pm	Head to Tail
	7.00pm	Capoeira Angola
Thursday	9.30am	Saygo
	10.45am	Yoga with Tracy
	10am	NeighbourNet
	5.00pm	Universal Martial Arts
Friday	10am	SeniorNet Mac
Saturday	1pm	NeighbourNet

Community's paper marks 30 years

by Belinda Carter

Little did we know in 2018, when we celebrated the first 25 years of this community paper, we would be coping with the COVID-19 pandemic a little over a year later. And that our February edition would be pulled off the printer when government inspectors told the printing company (now defunct) their magazines were not deemed important enough to be allowed to print during the first lockdown.

So we pivoted to deliver StAN online as best we could. We had already been producing a pdf version and StAN staffers operate from home anyway, so this wasn't too difficult. We would go on to produce a couple of "pandemic" issues, featuring photos of teddy bears in windows and individual ANZAC vigils at the letterbox and more. Masks, vaccinations and rapid testing would become the norm for most people. The pandemic may have been declared over, but COVID is still with us.

Published bimonthly after the earthquakes, StAN returned to monthly publication (well 11 times a year) in Spring 2021. It has not been without its ups and downs as post-COVID cost of living increases bite residents and businesses and necessitated extra funding to supplement advertising revenue.

The first issue ever printed, an eight page black and white paper, was distributed to letterboxes in December 1993. To cut a long story short, a group of community-minded volunteers, including one owning a printing press got together to set up a monthly newsletter. Talk of the time was a proposal to run a motorway down Madras St.

The full story of STANN and how the Neighbourhood News started is covered in our December 2018 edition and you can access this on the St Albans website: www.stalbans.gen.nz

In 2006, Douceline Wardle and Kate Taylor sold STANN to the St Albans Residents Association, which renamed it St Albans News. It has seen editors and contributors come and go and was even printed at the community centre, adding colour after the earthquakes and getting more acquainted with social media.

Belinda Carter has edited St Albans News since October 2014.

Sustainability

Chip packets to survival blankets



November is proving to be a month with all the seasons thrown in. I have never seen weeds grow so quickly or maybe it's also a timely reminder that Christmas is not too far. With the coming holiday season, there is a habit of purchasing chips to enjoy with the classic Kiwi onion dip. If you've not popped into the Kohinga St Albans Community Centre recently, you may not be aware that I have extended my collection station. We are now receiving chip packets, that must be clean, dry, and flat (not scrunched up). This is to support the NZ Chip Project. After snacking on those crisps, give the bag a rinse and dry. Drop off at the centre where they'll be forwarded onto the Department of Corrections. The bags are fused together and made into survival blankets, bags, pillows, and groundsheets. These are then distributed to the homeless which I'm sure you can imagine is a much-welcomed gift!

The collection station currently receives wine tops, beer bottle tops, can tabs and jar lids. I am going to widen this by accepting the full jar and lid, if properly cleaned. Thank you to everyone for dropping your lids off and separating them, we could not host this collection if tops were unsorted. Many hours are spent behind the scenes, collecting tops, driving around and delivering to the metal scrap yard – next issue I will give the full stats of metals diverted from landfill.

With Christmas nearly upon us and El Nino weather patterns, to prevent food waste it's a good idea to keep bread in freezer or fridge. There are many ways to prevent unnecessary waste of scraps and leftovers. To learn more about this, check out Love Food Hate Waste. <https://lovefoodhatewaste.co.nz/>

Wishing you all a safe and happy holiday break!
Maria



After Hours Counselling Services

Dr Murray Cameron
M.Sc(distinction), PH.D, Dip MH, MEd Counselling (Hons)
Provisional Member of NZAC

Counselling and Relationship Consultant
Available evenings and weekends
Home visits in need

Cell: 027 694 5275
469 Manchester Street
St Albans, Christchurch

Email: murray@afterhourscounselling.co.nz
www.afterhours-counsellingservices.co.nz

Centre to take some batteries

Recently, there have been several fires reported in kerbside collection trucks and back at the materials



recycling facility. The cause of these fires: household batteries and vapes (I liken these to live firecrackers). No battery should ever be thrown away via your CCC bins. They can be dropped off at any of the Eco Drops or at participating stores. Check the link for full details. <https://www.ccc.govt.nz/services/rubbish-and-recycling/learning-resources/batteryrecycling/>

The collection of batteries at the community centre is targeted towards those unable to drive or without the means to reach any of the stores with receptacles set up for the safe disposal of unwanted batteries. The collection station at the community centre now includes alkaline batteries: AA, AAA, button, D, C and 9 Volt.

Have you been wondering what your home is worth?
Call your local experts for a free no obligation appraisal today.

We are here to help



RayWhite

Philippa Gill
Licensed Agent REAA 2008
M 027 471 4051

Teela Gleghorn
Licensed Salesperson REAA 2008
M 022 043 4524

422 Innes Rd, Mairehau

Merry Christmas and a Happy New Year, from the team at FreshChoice Edgware
We thank you for your ongoing custom and continued loyalty

61 Edgware Road,
Edgware.
Open 7am – 10pm, 7 days.
Closed Christmas Day
03 366 1918
[f FreshChoiceNZ](https://www.freshchoice.co.nz)

We invite all our customers to come in and try our extensive range of bakery goods, breakfast and lunch meals and delicious cabinet food all made fresh every day on the premises.

Café Edge
Edgware Village
Edgware Rd

The café will be closed 23 December to 7 January 2024

Keep our assets, continued

continued from page 1

(no social, political or environmental goals).

The report ignored the city's strategic priorities and objectives, focussing only on commercially- based outcomes (ie: how to maximise income) for shareholders, who may or may not be CCC. No residents were consulted, and council staff deemed the impact of adopting these recommendations as low.

By October 2023, after Council voted to take on more debt, including that for a jazzed-up stadium that cost \$150 million more than necessary to provide an adequate facility, Mauger turned around and declared that the city council was in "s**t creek financially".

Creating panic is a classic way of softening up the public to favour selling assets.

A city is different from a for-profit enterprise, and any suggestion that another city's assets are a better bet financially must represent the ultimate vote of no confidence in our own city. Yet, council staff and the Mayor have expressed an interest in the Northington Report's suggestion that Christchurch would be better off financially by investing in other cities' infrastructure.

At the public meeting, speaker after speaker detailed Christchurch's proud history of retaining 100% ownership of Christchurch's airport, its seaport, its fibreoptic cable network (Enable), and the electric lines company, Orion. Public-minded investments by Orion meant that the system was able to restore power quickly.

Without this, we wouldn't have recovered so quickly in

the days and months after the 2010-2011 earthquakes.

Vast sums of money were borrowed against these assets to keep the direct costs of the earthquake recovery to ratepayers down. Once these have been paid off, then Orion could look to paying annual dividends to households, like they do in Auckland where households receive about \$350 each September as their share of the proceeds. Other charges could be reduced to make Christchurch a more competitive place to do business.

Union speakers, Sam Hope from E tū and Mark Wilson from the Rail and Maritime Workers pointed out the other consequences of privatisation, including reduced wages and skimping on health and safety, and maintenance.

Even today, cleaners at the airport are paid the Living Wage of \$26 per hour when they work for the Airport Company; they earn \$3 less when they do the same job for private companies. Other promises to pay all workers in Council-owned companies no less than a Living Wage will be broken as the focus shifts from providing essential services well to making a buck for the shareholders.

The last time CCC looked at selling assets, it backed off after a public backlash. However, as Murray Horton from Keep Our Assets (KOA) said, 'rust never sleeps when it comes to privatisation'.

There are no examples anywhere where the public has been better off once community assets are sold. Privatisation always equals private profit. Once shares are sold, the entire purpose and focus of the operations shifts

continued on page 7

continued from page 6

from owning and providing a service to making money for the shareholders.

A vote to stop asset sales needs only eight councillors. This is because two councillors (Sarah Templeton and James Gough) who are CCH board members do not vote on any matter related to CCHL. Only 15 Councillors can vote.

Next step is to approach community boards for their support to keep the city's assets. This will happen in December.

If you would like to be involved in a campaign to stop asset sales, email St Albans Residents Association chair Mark

Council may Edgware Village Master Plan

As part of the long term planning process now underway, Christchurch City Council may put the Edgware Village Master Plan, prepared more than a decade ago as part of the earthquake recovery plan, aside.

Master plans were drawn up in 2012-2014 for Edgware Village and also for Linwood, Sumner and New Brighton, as part of the suburban centre programme, which relied on the landowners agreeing to and funding changes.

Money was set aside in the 2021 version of the long term plan to be spent in the Edgware Village area from 2027-28 but council may drop the plan and look at other ways of spending the funds (see Pauline Cotter's column on page 10). According to the 2021-2031 long term plan approved in 2021, Council had planned to spend \$564,519 in 2026/27 and \$1,589,323 in 2027/28 as part of the master plan to make streetscape improvements and to "improve

Wilson: Chair@stalbens.gen.nz or phone 020 4156 8847.

You can contact the following councillors who are part of the Waipapa/Papanui-Innes-Central Community Board by emailing or texting:

Papanui: Victoria Henstock

victoria.henstock@ccc.govt.nz, 027 224 2075

Innes: Pauline Cotter

pauline.cotter@ccc.govt.nz 027 296 0881

Central: Jake McKellan

jake.mckellan@ccc.govt.nz 027 844 0296

Keep your eye out for another public meeting in the new year.

safety, accessibility and the use of the streets."

The master plan does not include traffic lights nor the Papanui Parallel cycleway as those additions post-date the plan. Since then the quake-damaged St Albans Community Centre has been replaced with an award-winning new building and the Edgware Pool, although still in the design stage, looks likely to be completed within the next year or two.

The concept drawing shows plenty of leafy trees and wide, tiled footpaths. The most recent master plan can be downloaded from here: <https://ccc.govt.nz/the-council/plans-strategies-policies-and-bylaws/plans/suburban-centres-master-plans/edgware-village-master-plan>

The council is currently drafting the 2024-2034 long term plan and will consult the public on the new plan in March 2024.



BRING ON XMAS!
Merry Christmas
FROM SUPER LIQUOR EDGEWARE

- Fine wine, champagne + local wines
- Great craft beer selection
- Premium spirits
- Shop local

Super Liquor Edgware
1067 COLOMBO ST
ST ALBANS
CHRISTCHURCH
P: 03 379 4564
edgware.superliquor.co.nz

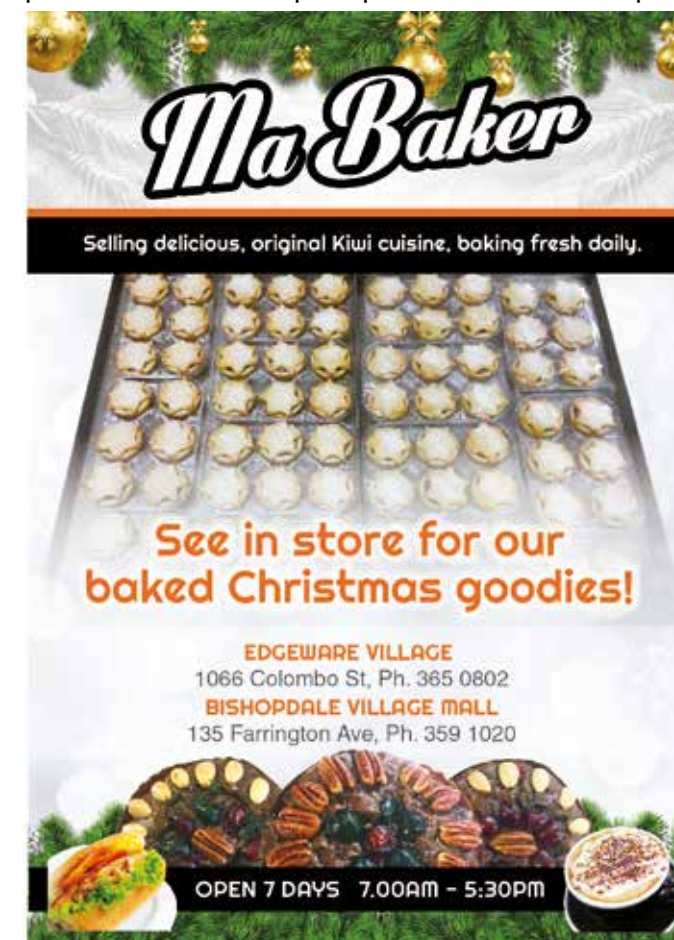


Order Your Xmas Ham and Goodies Now

And check out the Butchers Kitchen next door, ready to heat and ready eat meals, salads, cheeses cakes and more

Visit our Stores in Edgware or Bishopdale

PETER TIMBS
BUTCHERY & DELICATESSEN
www.petertimbsmeats.co.nz



Ma Baker
Selling delicious, original Kiwi cuisine, baking fresh daily.

See in store for our baked Christmas goodies!

EDGEWARE VILLAGE
1066 Colombo St, Ph. 365 0802
BISHOPDALE VILLAGE MALL
135 Farrington Ave, Ph. 359 1020

OPEN 7 DAYS 7.00AM - 5.30PM



NAU MAI HAERE MAI
MALO E LELI
PACIFICA
CAROLS AT THE PA
FRIDAY 1 DEC 5PM - 8 PM
KAPA HAKA
BULA VINAKA
HEAPS OF ENTERTAINMENT
KAI AND CRAFT STALLS

79 SPRINGFIELD RD, ST ALBANS

FOR FURTHER INFORMATION CALL
REHUA OFFICE ON 03-355 5615
OR EMAIL
ADMIN@REHUAMARAE.ORG.NZ

Christmas 2023



Christmas word puzzle

Christmas as celebrated today has roots in both **Christian** and **pagan traditions**. Many **cultures** celebrated winter **solstice festivals** in December, such as **Saturnalia** in Rome and **Yule** in Scandinavia, which marked the return of longer days and the change of **season** in the northern hemisphere. When Christianity spread, church leaders chose to celebrate the birth of **Jesus** around the same time, allowing them to blend existing **customs** with the new Christian beliefs. The **decorating** of **evergreen** trees, for example, symbolised eternal life and was borrowed from pagan **rituals**. Over **centuries**, these merged, giving rise to the modern Christmas **celebration** we know today, **combining** religious **reverence** with non-religious festivities. Print out this puzzle and hand it out to those waiting impatiently for Christmas dinner.

This puzzle was created in Puzzlemaker by Nicky Taylor, who works for Oasis, the Salvation Army programme dealing with problem gambling

Find the words in **bold** to solve the puzzle

T	R	T	B	F	N	J	E	N	O	S	R	M	X	L
C	V	E	F	S	E	A	E	D	C	A	Y	J	Z	X
E	A	U	V	S	Y	E	G	C	T	T	Q	U	X	Z
N	L	X	U	E	R	O	H	A	S	U	P	S	L	F
T	C	S	Z	G	R	S	L	P	R	G	N	G	E	
U	L	A	R	F	I	E	A	V	E	N	N	O	N	S
R	B	E	Y	S	R	U	N	D	W	A	I	I	I	T
I	V	L	T	U	T	C	P	C	J	L	N	T	T	I
E	P	M	T	I	U	Y	G	O	E	I	I	I	A	V
S	A	L	R	S	A	A	K	A	X	A	B	D	R	A
S	U	A	T	N	O	S	A	E	S	V	M	A	O	L
C	S	O	L	S	T	I	C	E	B	W	O	R	C	S
R	M	H	N	A	I	T	S	I	R	H	C	T	E	N
S	S	L	A	V	I	T	S	E	F	K	O	A	D	J
C	E	L	E	B	R	A	T	I	O	N	F	M	E	U

Christmas 2023

Christmas 1950



Surrounded by the local community, Father Christmas visits the dairy on the corner of Abberley Crescent and Springfield Road. Local resident Wayne Marshall (the infant in arms) has provided a copy of this photograph, taken about 1950, for inclusion in the archives of the St Albans History Group. The group would welcome further photos, stories or information of historical interest relating to our suburb for preservation for the future. Any contributions can be left at the Community Centre in Colombo Street, or emailed to briangspear@hotmail.com

First Kiwi Christmas

In 1642, according to the New Zealand history website, Abel Tasman's crew enjoyed the first Christmas dinner in New Zealand – freshly killed pork from the ship's menagerie washed down with 'extra rations of wine'. In 1769 James Cook's crew marked the occasion by feasting on 'Goose pye' (made with gannet). Source: <https://nzhistory.govt.nz>

NZ Christmas tree

The beautiful pohutukawa with its spiky red blooms on display in December is regarded as New Zealand's Christmas tree and it soon caught on with Pakeha settlers. It also holds a prominent place in Māori culture: an 800-year-old tree clinging to the cliffs of Cape Reinga is reputed to guard the entrance to a sacred cave through which spirits pass on their way to the next world. For more detail visit: <https://nzhistory.govt.nz/media/photo/pohutukawa-flowers>

WHIMSY & WONDER
TOYS & CARDS & BOOKS & GIFTS
CNR OFFICE & PAPANUI RD
OPEN MON TUES WEDS THURS FRI SAT



St Albans Pharmacy
Edgware Village

- Great range of gifts
- Something for everybody

Toiletries • Candles • Jewellery
Children's toys • Moana Road items



New range Linens & Treasures Clothing
dresses • tops • trousers

Weekdays 9 am – 6 pm

Saturdays 9.30 am – 2 pm

Cnr Colombo St & Edgware Rd • Phone 366 0404

Your local MP for St Albans

If you would like me to be a guest speaker at your meeting, or you would like some help with a problem, please contact my office:

Duncan Webb

MP for Christchurch Central

366 5519
chchcentral@parliament.govt.nz



Sunday December 3
Live music from 4pm

- Kids' crafts & face painting
- Sausage Sizzle
- Tea and coffee available
- Carol Singing with the St Albans Choir and the New Brighton Silver Band

Bring a picnic, or food to share
Families, friends, neighbours – all welcome

Balancing heritage with need for housing

Thanks to St Albans and Edgware for returning me for a third term as your MP. I am now an opposition MP so my job will be to advocate for the issues that are important to Christchurch from outside of Government.

I love living in St Albans. With everything so close I can pop to the shops or the local on foot or by bike. If you see me walking down the street, don't walk on by – stop and say hi.

One of the issues that is often raised with me is the dilemma between the need for housing and preserving heritage. This has been a particular problem since the earthquakes. There is always a challenge between balancing the individual right of someone who owns a house to treat it as their own (including demolishing it), the local community interest in preserving heritage and history, and the wider social interest in providing affordable and modern housing.

As with any fraught question of this nature there is no "right" answer. Neither are there absolutes – we can dial up some of these objectives without entirely overriding others. Even though I am an owner of a (fairly rickety) classic home, I am in favour of policies which provide more warm, efficient and affordable houses in good locations.

Heritage is important as it is our physical history and cultural memory. There are several frameworks that aim to preserve heritage; for example, some areas are identified as having special character and there are limits on development. The challenge with the remaining earthquake

damaged houses (and there are still a good number) is that they are simply uneconomic to repair.

New homes can vary in aesthetic value and quality. I'm in agreement with those who prefer that newer, medium density developments look attractive and do not overly intrude on neighbours.

It may give us a warm feeling to be in a neighbourhood of classic villas rather than medium density developments, but it's worth remembering that the largest demographic in the Christchurch Central electorate is younger people. Walking past a lovely house is cold comfort to someone who can't afford a home, and of course, many people have no interest in the challenges of owning and maintaining a classic home.

Pushing people out to new developments on farming land, extending motorways, and having to build more infrastructure is short-sighted. Canterbury is set to grow to nearly a million people within the next few decades. Avoiding the realities of climate change and population growth is not good governance.

Ngā mihi

Dr Duncan Webb

MP for Christchurch Central



What shall we do with Edgware village?

Kia Ora,

Warm greetings again! With this year drawing to a hectic conclusion Christmas is upon us again. It's time to dust off the Christmas decorations, offer seasons' greetings by sending old fashioned cards or electronic versions, or just verbally, and think about some delicious seasonal baking to share. The city council and councillors have been working hard on the long term budget for next year, which will see a draft ready for consultation by February.

One thing of particular relevance to St Albans is the proposed removal of the Edgware Village Masterplan funding of around \$2.2 million. If you have any clever ideas that you think could improve the village without too much disruption then let the Council know by feeding into the consultation. Or it's quite possible that we love the village pretty much as it is: a vibrant place, with a great variety of quality shops and hospitality that make for compulsory chats with friendly locals. We welcome and encourage all input into what are the priorities for you, so please let us know what you support and what you do not support.

It's so good to see the new Edgware Pool inching closer to being constructed, and to see the huge support for their fundraisers, which have included the Packe St market

day, quiz nights at Bailies, the Christmas market at Kohinga and the generous donations that are coming through the secure web site. www.edgwarepool.co.nz.

Meanwhile in Shirley, there is also a new collective from various community groups in Shirley, with the purpose of repairing and operating the pool at Shirley Intermediate. This is a good news story as the ministry does not seem interested, and the school does not have the funds, so I wish them well with this endeavour to provide outdoor swimming for Shirley residents, and look forward to some healthy amateur swimming sports between the Shirley and Edgware pools in the very near future.

I wish you all the warmest of Christmas Greetings and a safe and happy holiday, whether you are leaving town or choosing to make the most of the incredible offerings right here in beautiful Ōtautahi.

Ngā Mihi Nui,

Cr Pauline Cotter

Deputy Mayor.



Local history

Loved Midwife: Nurse Mary Duncan

When Daph Parkins talked to Ina Dunstan for St Albans News April edition, she uncovered the tale of midwife Mary Duncan, including links with poet Ursula Bethell and public health nurse Sibylla Maude.

Born in Northern Ireland in 1876, Mary Hood was one of five children of William and Mary Hood. Soon after that, the whole family moved to Scotland. In her teens she suffered rheumatic fever and had a heart murmur for the rest of her life.

As a bride in 1896, she was described as a domestic servant and her bridegroom John Brown Duncan aged 22, a tailor in military service. Mary loved children and over the next 14 years they had five daughters and two sons. Sadly, alcohol interfered with their large family's living costs causing Mary to become the breadwinner. Her three policemen brothers generously paid all her expenses for her training to become a registered midwife.

During those hard times, Mary met Ursula Bethell, a well-heeled New Zealand poet who was busy with social welfare work in Dundee. Ursula arranged for Mary's eldest daughter to venture to New Zealand and work for the Bethell family on their North Canterbury sheep station. In 1916, Ursula sponsored Mary and the rest of her children, aged from seven to 16, to come to Christchurch. Their wartime voyage on the Athenic sailed through dangerous oceans, with German submarines patrolling en route.

The war ended, followed promptly by the 1918 influenza pandemic. In Christchurch, Nurse Sibylla Maude, who had been at the same finishing school in Oxford with Ursula Bethell, soon had Nurse Duncan as a volunteer.

Nurse Duncan opened her first Christchurch maternity home at 77 Rutland St, of which very little is known, but from 1922-46 she lived and worked at 42 Hawkesbury Avenue, named Blair Athol after her links with Scotland.

She was well known for her kindness. Many hundreds of deliveries at Blair Athol included 'depression babies' and 'war babies'. Some girls came from distant towns to hide their pregnancies. Some had difficulty paying. They were all treated with kindness for their first baby but to return, they had to be married. Adoption was the outcome for many of these infants but some babies would stay months or longer waiting for new parents.

With her own family grown up, Nurse Duncan then in her mid-fifties, "this wonderful woman with a big heart",

adopted Ina. She would stay on in Blair Athol with her two sisters until her marriage in 1956.

When Ina was at St Albans School in the 1930s, Nurse Duncan joined the Parent Teacher Association and helped raise £1000 for the school's first assembly hall. Sweet stalls, cake stalls, euchre and other card games were always popular fundraisers and Nurse Duncan was always there. The main fundraiser was a Queen Carnival with four school houses competing to raise the most money. Rolleston House won over Moorhouse, FitzGerald and Bealey. Ina and I both remember being courtiers in the colourful coronation ceremony. However, World War 2 postponed the building of the first hall until 1958. Christmas over the years at Blair Athol was a generous event with a group often exceeding 30 family members, friends and resident mothers. Much of the feast was home grown. After lunch Nurse Duncan would arrange for a friend to be Father Christmas and drive with bell ringing around the block tossing sweets to all the children chasing him.

But change was on the horizon that would impact small maternity homes. The 1939 Social Security Act declared no charge for patients in state or Hospital Board hospitals but only a partial allowance was paid or patients choosing maternity homes. Then in 1945 the Government decided all babies needed to be born in hospitals. At 69, Nurse Duncan was tired and ready for retirement. But it was not for long, as she died in 1946.

A staunch National party supporter, this dedicated midwife died three years before the first National Government was formed but she was always willing to judge the baby shows at Labour Party picnics at Linwood Park on Labour Day.

This life story is largely based on Daph Parkin's report for the St Albans History Group, with information gleaned from several conversations she had with Ina Dunstan earlier this year, before Ina died in May.



Edgware Pool garage sale



A garage sale held at Packe St park raised over \$500 for the Edgware Pool project. This money will be added to the current funding campaign to fund the completion of construction documents. A major fundraising campaign is planned for 2024 to enable the pool complex to be constructed. More about that in the New Year.

Raising awareness of elder abuse

The Office for Seniors is raising awareness of abuse to New Zealand's senior citizens by promoting its Elder Abuse Response Service (EARS) and a free helpline.

An estimated one in 10 New Zealanders will experience elder abuse or neglect in their lifetime, similar to international experience. It is not limited to any one gender, religion, culture, ethnic or income group. Most commonly it happens at home or in residential/ hospital care. It can be intentional or unintentional and may be accepted by family and society as a way of life. The abuser could be a family member, a home support worker, a friend with problems of their own.

Because elder abuse is not spoken of openly the true extent of the problem is unknown. Mistreatment is shrouded in secrecy and hidden behind closed doors and many victims of abuse are often too frightened or vulnerable to speak up fearing it could lead to further abuse, rest home placement or total abandonment.

Physical, email, financial abuse can make life intolerable for vulnerable older people who dread loneliness.

The United Nations, which marks world elder abuse awareness day on June 15 each year, defines elder abuse as "a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person".

Several types of abuse could be present at the same time including:

- Financial/property abuse: where an individual is persuaded/pressured into signing over money,

property or possessions and could include theft

- Physical abuse: where a person is being forcefully confined or restrained, handled roughly, slapped or hit
- Emotional/psychological abuse: involves insults, threats and namecalling. It can include threats, humiliation and harassment
- Neglect is when other people deny others food, medical care, clothing, shelter or social contact to others
- Sexual abuse: being forced to be sexually intimate.

The Office for Seniors, based in Wellington, is a clearinghouse with publications and videos on helpful topics like neglect and psychological abuse. Their website: <https://officeforseniors.govt.nz/our-work/raising-awareness-of-elder-abuse/elder-abuse-response-service/>

The free confidential 24 hour helpline EARS is also run from the Office for Seniors. If somebody suspects an older person is being abused, they can seek help on their behalf as the victims of abuse may not have the strength, awareness or even understanding to do so themselves.

For more information phone 0800 32 668 65, text 5032 or email support@elderabuse.nz A co-ordinator will refer callers to appropriate places for help.

For those who prefer a Christchurch help service, Age Concern's Health Team, based in Papanui, is probably the best place locally for an initial approach for help with elder abuse and neglect. For information and contact details start with this website:

<https://ageconcerncan.org.nz/what-we-offer/elder-abuse-and-neglect-prevention/>

LiquorLand Cranford

CHRISTMAS IS COMING!

Liquorland Cranford has all you need for the festive season. Let us do the heavy lifting with services like Click & Collect, gift ideas and party planning!

CLICK & COLLECT

EARN FLYBUYS

EARN AIRPOINTS DOLLARS™

FUNCTION PLANNING

SALE OR RETURN

GIFTCARDS & IDEAS

Come instore for some friendly advice and drink inspiration to make your Christmas one to remember!

Liquorland Cranford
153 Cranford Street,
St Albans, Christchurch, 8014
ph. 03 356 1405 cranford@liquorland.co.nz

*Conditions apply

Edgware Automotive Ltd
Prestige Automotive Servicing

- WOF, servicing & full mechanical repairs
- Competitive hourly rate
- Latest diagnostic equipment
- Courtesy cars
- Open Saturday

25 Canon Street
377 1133

Find us on **facebook**

<https://www.facebook.com/pages/Edgware-Automotive/148457168640223>

www.edgeauto.co.nz

HSW

ACCOUNTANTS

115 SHERBORNE STREET PHONE - (3) 3434 134
RECEPTION@HSWACCOUNTING.CO.NZ

St Albans parks and gardens

New face at Packe St Park

by Helen Kidd

There is a new face at Packe Street Park. Garden Co-ordinator Nikki Staskiewicz took up her position at the beginning of November, and will run working bees and plan new developments for the park.

Hailing from Australia, Nikki studied permaculture, and got involved with community agriculture and working with young farmers. Her involvement with a community garden started her 'growing your own food' journey which expanded to include nutrition.

Google Nibbled Earth for more information about Nikki's philosophy of 'healthy people, healthy food, healthy planet'. Nikki likes to see the community learn and grow together, having fun along the way, and thinks that Packe Street Park is an "awesome resource". She hopes people will come and see what's happening in the Park, and participate, learning and growing together.

We are looking forward to Carols in Packe Street Park, scheduled for Sunday December 3. Always popular, it starts at 4 pm with live music from singer-guitarist Billy Keene, face painting and crafts for children, and a sausage sizzle and picnic. Bring your own or something to share. The St Albans Community Choir and the New Brighton Silver Band will perform and lead the carol singing from 5 pm. We've also invited Santa to pop in.

Some people's contribution to the Park is not so welcome. Over the past month we have had windows broken, planters

overturned, and neighbours letter boxes damaged and left in the park. Fixing these things takes our volunteers away from the gardening they love, and it's disheartening. We know that others in our community are also being targeted. Keep eyes and ears open and be aware of what is happening around your immediate neighbourhood.

Volunteers are the life blood of the park. We need more keen people who can spend an hour or two weekly or fortnightly to help in the gardens or in any other way. No experience or knowledge is required, and tools are supplied. Currently working bees are on Monday and Thursday afternoons from 2 – 4pm, but these hours may change as the weather warms up. For any changes, keep an eye on the park's facebook page and the park noticeboards.



It's a growing time of the year

Planting and sowing are in full swing this time of year as we hope the winter chills are now behind us. Seedlings of longer-term crops like pumpkin, peppers, zucchini, and tomato can be planted out now if they're not already ticking along. You could plant some leafy greens like rocket, spinach, and coriander around these for a quicker crop while you wait. Remember to keep succession sowing your leafy greens, corn, beetroot, coriander, radish, carrots, parsnip, and cucumber over the next couple of months to ensure you have a continuous harvest. Beans and basil will enjoy warmer soils now, so these can be direct sown, and don't forget those yams, potato, globe artichokes, and spring onions.

If you suspect you'll have some slugs or critters about then you can start many plants in punnets and plant them out when they are stronger, larger and less appealing to slugs, and able to withstand small attacks. Make sure you're providing support for those tomatoes, climbing beans, and the like – best get these in as soon as you plant, so you don't damage any plant roots as they grow. Weeds will be loving the warmth and you many seem a bit overwhelmed, but just think of them as a great, free, nutrient-rich resource for your garden. Try and chop them down before they set seed – if they aren't invasive you can dig them back in to feed the soil. You can also pile them in

a summertime compost heap or even soak them in a bucket of water to use as a liquid compost tea (use a cloth to strain it first and dilute it 1:10 (one part compost liquid to ten parts water)). Flowers that can attract beneficial insects and act as a 'living mulch,' like cosmos, phacelia, calendula and cornflower, are great additions to the garden to increase diversity and bring some colour and life. Spring is a fabulous time to watch everything coming back to life and to embrace abundance. Remember, you can always share excess with neighbours or community services if you end up with a bit too much.

Happy gardening. *Basil*

Community Notices

Are you a model boat enthusiast?

Interested in sharing and comparing your models with others? Contact SARA@stalbens.gen.nz to connect with others.

AUDITIONS Sunday 10th December for Enchanting Productions Junior Company 2024. Musical theatre company for ages 10-18. For more details visit: www.enchantingproductions.co.nz

Cafe Chat at Kōhinga. 1st Monday of the month. 10.30am to 12.30pm. St Albans Community Centre. A guest speaker each month
Canterbury Embroiderers' Guild: Hammersley Community Centre, Amos Pl. Mon, Tues, Wed & Fri. Contact Ros 021 108 5539, Marie 021 68 3547. Email CEGstitchers@gmail.com.

Carols on Cornwall – Community carol singing and free sausage sizzle. All welcome! Bring a lawn chair or picnic mat. Sunday 10 December, 6.30pm, 61 Cornwall St. Indoors if wet; see christchurch.rcnz.org.nz for weather updates on the day.

Christchurch Senior Citizens: Cards: Mon 12.30 - 3 pm. Indoor bowls: Tuesdays 12.45 - 3 pm. Activity group outings. Further information – call Veronica 383 4682 or 021 1187 360 or Beth 389 2375.

Citizens Advice Bureau: Need help? Ask us. It's a free service. Fendalton Library, 4 Jefferies Road 0800 367 222 www.cab.org.nz

Coffee and conversation: Every Wednesday 10.30am - 12.30pm at Kōhinga St Albans Community Centre. Join us for coffee and conversation. All Welcome. Koha for coffee appreciated.

Coffee with friends: Meet new people, make new friends. Join us for a cup of coffee or tea and home baking at. Reformed Church Hall, 63 Cornwall St every Fri at 10.30am.

Computer aided, touch typing for students 9 or older with difficulties reading, writing and spelling. Seabrook McKenzie Centre, London St. Mon, Tues 4-5pm.

Community Bible study: Small non denominational class. Monday mornings, 10.30 to 12pm. All welcome. Phone Veronica on 960 7655 or 021 0229 2613.

Cranford Pippins for 5 and 6 year olds meets Tuesdays during school terms, 5:30 6:30pm. Contact: info@girlguidingnz.org.nz

Edgware Croquet Club: Forfar Street in St Albans Park. Assoc Croquet Thur and Sat 9.30-12 and Golf Croquet 12.45 -3pm. We welcome visitors and new members. Contact Jan 021 30 3843

Elizabeth Bridge Club: Wednesdays 12.50 (for 1.00pm start) to 4.00pm at the Christchurch Bridge club rooms, 21 Nova Place. Visitors welcome. No partner, contact Maureen on 021 646 123.

Family Drug Support Aotearoa New Zealand: Ph 03 21818740

Free Kindergarten Enrolments: Not for profit Kidsfirst Sunbeam Kindergarten welcomes queries and new enrolments. 13 Cornwall Street, (03) 366 7157.

Free insulation: Community Energy Action (CEA) can assess your house and if eligible organise free insulation for above ceilings and under floors. Curtain bank offering free recycled curtains (including fitting). Curtain bank is mobile so can visit your home. More information, visit cea.co.nz

Gambling Harm? Salvation Army Oasis: free counselling and support for anyone affected by gambling harm, whether it's their gambling or someone else's. Ph (03) 365 9659 or call in to 126 Bealey Ave. Website: oasis@salvationarmy.org.nz

HOUSIE: Mary Potter Community Centre, 442 Durham St North, every Thursday at 12.30 - 2.15pm. \$2 per card. Afternoon tea to follow. All welcome. Numbers limited. Gold coin donation. Enquiries ph 372 9224. Visit website: www.lcmchristchurch.org.nz.

Justice of the Peace available at Kōhinga St Albans Community Saturdays 10.30 - 12.30.

Knit & Knatter Shirley: Can anyone help with free wool for these ladies. Contact Mary 027 733 9666 or 980 0811

More Than Music. For families with preschoolers 9.30 every Wed during term time at Rutland St Church. Contact church office 3554101 or text Nicola on 0272831905

NZ Japan Society of Canterbury provides understanding and goodwill between the people of NZ and Japan. Visitors welcome. Contact Jean Bell: 355 9903 or jeanpbell8@gmail.com

Predator Free St Albans: Interested in trapping rats? Ph Philippa 021 064 8861 or FB

Prostate Cancer Foundation Support The Respiratory Relief Society Canterbury Inc. runs weekly exercise classes Tuesdays from 1-00-2.15pm at St. Albans Uniting Church Nancy Ave for people with respiratory, cardiac and vascular conditions. Contact David Chamberlain 332 4471 or Helen Bush 021 230 6338.

Rotary New Horizons meets at St Albans Community Centre every second Wednesday of the month at 6pm. Email Marg: mlyons747@gmail.com. Find us on Facebook, or visit rotarynewhorizons.org.nz

Saygo Falls Prevention: Mondays 10 – 11am and Thursdays 9.30 – 10.30 am. \$2 entry. Spaces available in Thursday class. Kōhinga St Albans Community Centre.

Shirley International Playgroup: a fun playgroup for mothers and under fives from any cultural background. Fridays during school term time. 9:30am 11:30am at the Shirley Hub, 69B

Briggs Road, Mairehau. \$2 per session or \$10 for the term. Call Shauna at Delta Trust on 03 389 0219 for more information.

Scottish Country Dance club, Scottish Society hall cnr Edgware Caledonian Rds, Tuesdays at 7.30pm, April - December. Fun, fitness and friendship. Contact: Margaret Birse, ph 327 0193.

Seniornet Mac runs help sessions for those with Apple devices at the St Albans Community Centre on Mon, Wed and Fridays 10am- noon.

Shirley Rugby League: Need players to join our family club, girls and boys welcome, ages 4 to Masters age 35 yrs. Contact Rochelle 021 133 5437.

Shirley Ladies Friendship Club meets 2nd Wednesday of the month 10.00am at All Saints Church New Brighton Road (by Bassett Street bridge). Interesting speakers, walking group and trips are arranged. Please phone Dale 385 1133 for more information.

St Albans Leisure Group is an older adults' recreation group that provides social contact and activities for its members. Contact Wendy at SARA@stalbens.gen.nz

St Albans Community Pre school: 20 free hours, 2 5 yr olds, casual bookings taken. 3 Thames St. Contact Odette on (03) 355 9396 or look us up on Facebook.

St Albans History Group wants old photos or articles about St Albans. Contact: Brian: brianspear@hotmail.com

St Albans Shirley Football Club. For players 4-40+ Phone 021 0204 2300 for team details.

St Albans Laughter Club: Laughter yoga teaches you to breathe to release tension and stress. Sundays 11am-12pm. Scottish Society Hall, cnr Caledonian and Edgware Rds. \$3. email: hannah@lotustrust.org.nz, FB: Christchurchlaughteryoga

St Albans Uniting Church, 36 Nancy Ave. Services Sundays at 10am.

U3A St Albans: meet at St Albans Uniting Church. Monthly 4th Thursday 9.45am, morning tea followed by speaker. Many more activities. Visitors warmly welcomed. Call Noni, 03 354 5643, for further details.

Women in Harmony community choir: Meets Thursdays in primary school terms from 7.30-9.30pm at Kōhinga St Albans Community Centre. Sing world and popular music in 3 part harmony. No auditions. Please email: women.in.harmony.nz@gmail.com; facebook.com/womeninharmonychristchurch

Weekend Group: Second Saturday of the month 4.00 pm – 5.30 pm at Kōhinga St Albans Community Centre. Meet for friendship and company with lively chat. Refreshments provided. Koha appreciated – (recommended \$5.00 per person).

St Albans News Classifieds

SERVICES

Having difficulty making a good decision about a family, work, relationship or legal problem? We can help you make a thoughtful and practical decision. Give me a call and we can discuss. If needed, we can then meet at the St Albans Community Centre. Bill Demeter at 027 379 3873. There is no charge for this service.

Italian language classes, all levels at St Albans Community Centre. Info on our website: www.dantechch.com

Clarinet, Sax, Flute, Guitar, Bass, & Piano: Experienced local teachers. Ph Nicola and Ivan 385 3856.

Pilates – grab your mat for an early morning session. Tuesdays 6.30 am at Kohinga St Albans Community Centre. Further info call Christine 027687829. E. pilatesreforminglane@gmail.com. Bookings essential.

Netta Home Care Ltd: Brian is offering care in the community, Netta Home Care Ltd, can offer showers, dressing, PC, medications. For hours available ring Brian Henderson at 022 461 0855

Singing lessons available: Experienced local tutor. All ages welcome. Please ph or text Meredith 027 696 6290

Tai Chi: Labelled the Grand Ultimate, Tai Chi is for all people wanting to move well. Sunday night 5.15 at Kōhinga St Albans Community Centre starting 8th October. Visit: www.taichiwell.co.nz

Yoga Class: Tuesday and Thursday 10:45am-12pm at Kōhinga St Albans Community Centre. All abilities and ages welcome. Tracy 022 048 6949

TRADIES

Door Specialist: Repairs, adjustments and installation of all doors and locks, ranch slider wheels and locks. Qualified tradesman. Ph Stewart 0800 677 262 or 021 185 4055.

Eastcoast Landscapes: Specialising in all aspects of PAVING including patios, paths, courtyards and borders. We also do lawns, irrigation, garden makeovers and general property maintenance. Commercial and residential. Small, friendly business. Quality work. Free quotes. Call Blair on 027 699 5815.

General Junk: For residential rubbish

removal call General Junk 027 313 8782

Handyman: Pete Knuiman Ltd. For all your property maintenance, repairs, painting, carpentry, fencing, brickwork, tiling work, alterations and those odd jobs. Ph Pete 021 022 53774 or 385 1718. www.peteknuiman.co.nz, pete@peteknuiman.co.nz

LBP Architectural Draughtsman available now. Renovating or building your dream space? Need help with your plans for council? Contact Kris from Hooked on Architecture 027 218 3221

Painter: Experienced local tradesman, interior/exterior, full repaints, fences, decks. Residential or commercial. Call now for quality painting services at competitive rates. Timeliness guaranteed. Shayne 027 214 1827

Pegasus Landscapes: All aspects of landscaping, design. We do everything on the outside including planting, paving, driveways, lawns, lawn renovation, irrigation, raised timber planters, all timber work, brick and block work, full garden maintenance service. Established in St Albans in 1992. Please contact Andy Cox,

ph 0274337629, email: pegasus.landscapes@gmail.com

Support Services

There are a number of places that offer free help, handy when you are having mental health or violence issues:

• **Aviva**, live free from violence: Free Canterbury-based 24h support line: +64 800 2848 2669

• **Emergency Services:** call 111

• **Allies online mentoring** offered by young Muslim adults to Muslim teens run by Youthline. Free text 234 or phone 0800 376 633

• **After hours counselling:** Call on 027 694 5275 or email at:

murray@afterhourscounselling.co.nz

• **Are You OK?** Family violence helpline 0800 456 450.

• **Comcare Trust:** For health or addiction issues. Tel: (03) 377 7020, Fax: (03) 961 0794, Email: enquiries@comcare.org.nz

• **Counsellors** available via text: 1737

• **Depression:** 0800 111 757 or text 4302

• **Eating Disorder Recovery Support:** Contact: 021 195 6766.

• **Elder Abuse Response Service:** 0800 EA NOT OK/0800 32 668 65 (available 24/7) Email: support@elderabuse.nz or text 5032

• **Family Violence Information Line:** 0800 456 450 (available 9.00am -11.00pm daily)

• **Family Drug Support** Aotearoa New Zealand. Tel: 03 2818 740. www.fds.org.nz

• **Hey Bro helpline:** 0800 HeyBro/0800 439 276 - supporting men to be free from violence

• **Kidslines:** For under 18s, 0800 54 37 54 (speak to a Kidslines Buddy 4pm-9pm weekdays)

• **Male Survivors:** 03 365 9000

• **Mental Health Advocacy Peer Support (MHAPS):** Phone: (03) 365 9479, Text: 022 370 8055, Hours: 9:00am–4:30pm, Monday to Friday

• **OUTLine NZ:** provides confidential telephone support for matters of gender or sexuality, 0800 688 5463

• **Rape Crisis National Call Line:** 0800 88 33 00

• **Sexual Assault Support Service Canterbury (SASSC):** 03 377 5402 for recent and historic cases

• **Shakti Crisis Line:** for migrant or refugee women living with family violence with multi-lingual staff. 0800 742 584

• **Suicidal?** Phone 0508 828 865

• **Worried about a child:** 0508 FAMILY/0508 326 459 (available 24/7) - Oranga Tamariki - Ministry for Children, formerly Child, Youth & Family

• **Youthline:** 0800 376 633 (Free TXT 234)

St Albans events

If you have events you would like announced here, please email: news@stalbens.gen.nz

December 1, 5-8pm: Carols at the Pa , Rehua Marae

December 2, 10am- 2pm: Edgware Christmas Market, Kōhinga 1049 Colombo St

December 3, 4pm: Christmas Carols, Packe St Park

December 3, 6.30pm: Edgware Pool Quiz, Bailies Bar

December 10, 6.30pm: Carols on Cornwall, 61 Cornwall St



St Albans and surrounds

Blind and Low Vision bowlers win big at national tournament

by Robin Walsh

During Labour weekend there was tension, but also anticipation, as the team from Blind and Low Vision Canterbury arrived in Wellington for the annual National Indoor Bowls Tournament.

As it eventuated, the Canterbury teams were all trophy winners, an amazing achievement for Canterbury indoor bowls and for Canterbury Sport as this had not happened before.

Canterbury sent eight bowlers plus four coaches-guides, to compete against other provinces.

In the Pairs competition, Canterbury had two representative teams: Keith Stewart and Warwick Scadden (coached by Scotty Stewart) and Robert Austin and Tom Boyd (coached by Murray Wallis). The Canterbury pairs played each other in the finals, with Keith and Warwick taking the title.

Two teams represented Canterbury in the Fours. Robert Austin, Douglas Chee, Tom Boyd and Robin Walsh (with their coach Gaye Boyd) won all three games to take the Silver Plate Section and the other Canterbury team made up of Keith Stewart, Gwendoline Bremner, Warwick Scadden and Peter Jessett (coached by Coreen Wallis) won two out of their three games to take the runner up title.

It is an example to others in the community that living with a loss of vision is a minor setback in bowls. Bowls New Zealand is an inclusive organization having a 'no exceptions' policy for joining local clubs and participating in the sport.



The Blind and Low Vision team of players and coaches head off to the national indoor bowls tournament

More than 30 keen bowlers with low vision gather to play bowls at 130pm every Wednesday at the Blind and Low Vision Centre on Bristol Street. Some are there to hone their skills to qualify for the team chosen to represent Canterbury at the annual Blind Lawn Bowling National Championships while others are there for fun. New members are welcome to join.

To find out how Blind and Low Vision support people to live their lives without limits, check out the website <https://blindlowvision.org.nz>, phone 03 375 4300 or visit 96 Bristol St on weekdays during working hours.

**EDGEWARE
XMAS
MARKET**

SATURDAY 2ND DEC
10AM TO 2PM

OVER 40 STALLS
PLUS FOOD, MUSIC AND ENTERTAINMENT FOR THE KIDS

ST ALBANS COMMUNITY CENTRE
1049 COLOMBO ST