



## St Albans Pharmacy branching out

by Belinda Carter

When the ProMed building in Sherborne St opens its extension in November it will house a medical practice, a physiotherapist and a pharmacy.

The pharmacy will be run as a branch of St Albans Pharmacy, which will retain its ultimate position at the top end of Colombo St where it is “business as usual.” Manager and Pharmacist Malcolm Pearce says.

He said that the plan for a pharmacy on the ProMed site was a long time in the making.

“It’s good to finally get settled somewhere after being in temporary premises on Colombo St for three years following the earthquakes,” Dr Mark Rogers from Pro Med said. He is one of four GPs who now work from the building at 115 Sherborne St.

When the front part of the building is completed in November, adding rooms and a new waiting area, work will begin on renovating the back part of the building and the parking area. That work is expected to be completed in February 2016.

Prior to the earthquakes, ProMed operated from a building at the corner of Edgware Road and Trafalgar St. It was in an area badly hit by liquefaction and the building was rendered unusable and later demolished.

ProMed spent three years in Colombo St before moving to its current, permanent premises in Sherborne St.

The finished premises will include additional rooms, ProPhysio and pharmacy, a kind of one stop shop health centre. The businesses will operate separately.

All St Albans needs now is a gym, but that’s a different story for someone else and a good use of one of the empty shops in Edgware Village, perhaps? ☿

## Edgware pool getting closer

by Belinda Carter

The dream for a replacement of the St Albans pool is becoming more likely now that the plans for the pool are through to the consent and hearing stage.

Submissions closed on July 1—CCC consultation times are very short—and the council is working through submissions before holding a public hearing. This is mainly for those who made submissions to be heard and for issues to be talked through.

Val Somerville from the St Albans Pool and Pavilion group says that there was a mix of submissions for and against the proposal but she was heartened by the positive submissions and “pleased with the support shown by the community.”

The plan is to install two pools, one 25 metre one and a smaller, learner’s pool suitable for children, on part of the council-owned site at 43a Edgware Road. They won’t

be covered, but they will be heated, allowing for year round use. The main building on the site includes changing rooms and room for the St Albans Swim Club, which has been based at Shirley Intermediate for nearly a decade, and community groups will be able to make use of the facilities. A small building will house heating equipment and several pavilions will provide shade on the sidelines. Landscaping, with plants native to the St Albans area is planned, mostly for the site’s perimeter.

These pools will replace the pool, that was installed in 1934 thanks to community fundraising, and demolished by Christchurch City Council in 2006.

The plan is non-compliant with the zoning requirements governing land use of Open Zone 2 on a number of aspects, hence the need for public notification and the application for resource consent.

The pool group had an L-shaped building designed by Peter Beaven worked out before the earthquakes struck.

*Continued on page 3*





Many things are happening in St Albans at the moment, including 20 odd pipe and road repairs!

St Albans Pool and Pavillion is one step closer to completion with the Resource Consent application lodged. Our Lady of Fatima School rebuild and Rugby Park's new facilities build are moving along quickly.

Consultation on the section of the Papanui Parallel Cycleway, down Rutland St, Trafalgar St and Colombo St is due out very soon and new bike stands and bike repair station along with some more trees are going into Edgware Village any day now.

Warrington Village finally has a new carpark and work is continuing on local flooding and drainage issues. Lots of houses are coming down, being lifted up and rebuilt.

One thing that hasn't changed and annoys me every Saturday morning is the state of public toilets at St Albans Park. A couple of weeks ago the two portable toilets provided were both filled to the brim! With over 200 children and parents using the park for the wonderful First Kicks Football Competition run by the St Albans Shirley Football Club, this is not acceptable.

An issue that in my view continues to get worse is the speed of cars and the behaviour of the drivers. I don't feel comfortable with my children even using

the footpath half the time, especially on the streets where the number of cars using the footpath as parking continues to increase.

We were wanting to report on the findings from the commissioners in regard to the Northern Arterial Extension and the Cranford St Upgrade projects but unfortunately the July 22 deadline has passed and the findings have not yet been released. Keep your eye out for further information on the Northern Arterial Extension and Cranford St Upgrade Action facebook group.

It's great to see the progress on improving the congestion through improved public transport that has developed since the CCC took the project money out of their budget. It's also great to see our local community board speak out in support of light rail.

SARA's AGM is at 7pm on Tuesday 8 September at the St Albans Community Centre on Colombo St. A new Management Committee will be elected so if you are excited by the prospect of uplifting social, cultural and creative capital in St Albans and partnering with the CCC, government and other local and citywide organisations, to enable local leadership to come to the fore, please contact us for further information or come along on the evening.

Enjoy the rest of the wonderful winter we have been having.

Ma te wa

*Emma Twaddell  
Co-chair, SARA*

## 5 Reasons to love living in St Albans

1. A warm cup of coffee/soup or hot chocolate with friends in a cosy cafe
2. The butterfly tree in Abberley Park, where monarch butterflies hang out in winter
3. The St Albans Arts Club meeting in the St Albans Centre again
4. Having a part time manager at the community centre
5. Blossoms and jonquils peeping out, signs that spring is on its way

By A. Resident

## St Albans News August/September 2015 Vol 21, No 10, Issue 210

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.

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

*continued from page 1*

The need for additional pumps on the site post-quake means the building required a different footprint. After Peter Beaven's death the building was redesigned by a local group sympathetic to the architect's ideas and is now a rectangular shape, but with no loss of square footage, Val says.

A great deal of work went into preparing the application, mostly carried out by the Urbis group on behalf of the pool group. The application was submitted in 2013 and the council has come back with queries, which seem to have been answered in the comprehensive document.

A geotechnical survey of the site shows it is TC3 and the building will require appropriate foundations to deal with potential future liquefaction.

The site is also contaminated with concrete, after the sudden demolition of the pools and associated building in 2006 but the soil is also contaminated at a deeper level with lead and arsenic from a prior use. Not the sort of things neighbours like to hear, but the report's authors seem to think that this can be removed from the site and replaced with clean fill. A plan will be drawn up to manage this.

Another area of noncompliance is limited parking. The report notes that there was no on-site parking before but there should be 42 parks and the site can only handle 22. The remaining vehicle parks will be in Edgware Rd.

The buildings come close to the fence line of properties in Dover St and Edgware Road but the report suggests this

will be mitigated with the planned perimeter landscaping.

The pool group is also discussing with the council the possibility of leasing the land rather than buying it. If that happens then the subdivision and rezoning referred to in the application document will no longer be required. Prior to the earthquakes, the pool group had received an offer to bankroll the land purchase, but the business is no longer in a position to do so.

Public hearings have yet to be held and consent has not been granted yet. When it does the pool group will have its work cut out, fundraising millions of dollars, so don't expect this to happen soon. No costs are available yet but, as an indication, the pool planned prior to the earthquakes was costed at more than \$3million. Funding is a big challenge for any community group planning to build their own premises. The group will be eligible for community grants but will also need to organise large scale public fundraising to make their dream a reality.

Either way, don't expect the new pools to be open this summer. Although it is too late to make a submission, people interested in finding out more about the pool plans, including drawings, architectural plans and landscaping should download the document from this site:

<http://resources.ccc.govt.nz/haveyoursay/rma92027200applicationforpublicnotificationedgewarepool.pdf>



This screenshot of most of the site also gives an overview of the pools and associated building and planned perimeter landscaping. Parking, including cycle parks and the Council's water pumps are to the right. For the full plan refer to the link at the end of the article.

## ST ALBANS RESIDENTS ASSOCIATION (SARA) INC AGM

Tuesday 8 September, 7pm  
St Albans Community Centre, 1049  
Colombo St

## AGROPOLIS

Guest Speaker: Douglas Horrell

Douglas will be talking about his involvement in Inner-city transitional projects including Agropolis, a garden to plate experience for the city, and how St Albans could fill local vacant sites with creative and intriguing transitional projects.

### Be the change YOU want to see

Written nominations for SARA Management Committee are now being accepted until September 3rd. Please contact us for further information and post nominations to PO Box 21102, St Albans or emailed to [SARA@stalbens.gen.nz](mailto:SARA@stalbens.gen.nz). Oral nominations may also be received at the meeting.

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## Opportunities Everywhere

In this community of St Albans so much is happening. New housing and new businesses reflect an increasing awareness that St Albans, Edgeware is an excellent area for future growth and a great place to live. New construction is replacing many of the old homes that were badly damaged by the earthquake and with them come new families and workers into the area. Harcourts St Albans has matched that rising confidence with the addition of several new and experienced members to its team. Manager, Jarod Rolton, commented on the calibre of the new members when he said, "I am delighted to have such great people joining our group – we have a fantastic team able to meet the needs of anyone who wants to sell or buy in this area". Like the manager, everyone in the team is delighted to be part of such a dynamic area which is so full of opportunity and optimism.



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## Packe Street Park volunteers jubilant

Volunteers at the Packe St park can now make a cup of tea or go to the toilet without heading down to Bill and Peggy's place.

The shed now has running water and a working toilet thanks to the community pulling together. The shed with a sink and toilet (not usable) had been on the site since 2003, donated by the Christchurch City Council but was never connected to services and could only be used as a toolshed. To make it more useful and to take the burden off Bill and Peggy's kitchen and toilet the committee decided something needed to be done.

The park committee started applying for grants and received funds from Southern Trust, Pub Charity and the Lion Foundation. Park volunteers, aided and abetted by Volunteering Canterbury who dug the trench (which featured in June's St Albans News.) Tipene Plumbing helped out with the plumbing (plastic tubing) to link the park's sole tap to the shed.

What a treat. Now, on Thursday afternoons between 2 and 4 pm, the gardening volunteers come together for a bit of work, but mostly a social gathering at 3pm where the yarn ranges through a wide range of subjects. On top of that—a recent “Good in the Hood” initiative at Shirley's Z petrol station earned Packe St park more than \$600. This will be used to replace the shed's flooring. Come and share this amazing facility with us on a Thursday afternoon from 2–4 pm.

⌘



Packe St Park is getting a second shed. The shed was one of a dozen or so 1940s garden sheds rescued from red zone backyards by rebuild worker Billy Wilson, which he renovated and is donating them to community groups as he leaves the city. They are on display at Peterborough Village, opposite the Christchurch Library until August 10 and will be trucked to the Park soon after. The two-door shed will be used to store gardening things and children's creative stuff, such as paint and mosaics.

### Mid Winter Merriment

A “Miscellany of Song” was provided by the St Albans Community Choir at a early evening concert on 21 June at St Paul's Church hall in Papanui. Popular songs from the 60s and 70s, such as Puppet On A String, The Carnival Is Over and Knock Three Times were among the favourites.

The choir was accompanied by choir leader Heather Mitchell-Gladstone. Benjamin Hurley also played accordion, Carol Smith and Joe Keller sang and played guitar.

The audience were warmed by mulled apple juice, courtesy of choir member Doug Lamb. After the concert a supper was provided by the choir members.

Once again it was a full house and judging by the applause, the concert was enjoyed by all.

If anyone is interested in joining the choir, or for more information, please contact Doug on 021 103 8334 or Heather on 021 644 092.

Choir rehearsals are on a Monday evening at St Paul's Church in Papanui.

### NICKY WAGNER MP FOR CHRISTCHURCH CENTRAL

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## Mates in Construction work on suicide prevention

by *Annette Beautrais*

More than \$700 was raised for suicide prevention in the construction industry at a breakfast held at Baillies Bar in Edgeware Village on July 4. About 40 people attended the fundraiser, including representatives from the construction industry and from local suicide prevention organisations.

The benefit breakfast was the brainchild of Tanya Guerin, a Randstad consultant specialising in the construction, property and engineering division ([www.randstad.co.nz](http://www.randstad.co.nz)). Randstad is heavily involved in recruiting people to work on the Christchurch rebuild.

In her work Tanya became aware of both local and immigrant workers in the construction industry who were facing stressful situations and became depressed and suicidal. In Australia, Randstad is a strong



supporter of Mates in Construction so Tanya decided to raise money to support the work of this charity.

MATES in Construction is a community development organisation aimed at reducing suicide and improving mental health and wellbeing in the construction industry ([www.matesinconstruction.org.au/](http://www.matesinconstruction.org.au/)).

Suicide rates in New Zealand and Australia are higher in men who work in the construction and trades industries than in men in the general population. To address this problem,

Mates in Construction was developed in Australia in 2008 as a suicide awareness programme specifically for the construction and trades industries.

Mates in Construction is now being introduced to New Zealand as a workplace and community suicide prevention programme (for more information contact Annette Beautrais through email [Annette@matesnz.co.nz](mailto:Annette@matesnz.co.nz))

More fundraising activities are planned later in the year. ☘

## Keeping active in Christchurch

Winter is upon us, and families are down at the sidelines on Malvern and English Parks for the winter sports season. While many Cantabrians and future Crusaders look forward to kicking a ball around a field, the results of the latest All Right? Campaign survey found that some of us are finding it harder to stay fit.

Fewer people reported doing regular physical activity (49 per cent in November 2014, down from 56 per cent in November 2012), and All Right? Campaign Manager Sue Turner says that's worrying for our bodies, and our minds.

"Along with the physical benefits, exercise is a proven pick-me-up for general mental health. You don't need to go to the gym or spend an hour on the sports field to feel good either, just do what you can manage... When it's sunny try mowing the lawns, doing some gardening, or a gentle walk around St. Albans Park."

"The onset of winter and colder weather can make going outside difficult, so you may need to be more

inventive about how you get active. Perhaps a family dance party with everyone taking turns to pick the music, or a swim at an indoor pool?"

Start by introducing something small, and you'll soon feel the physical, and mental benefits. If you'd like some ideas for family activities check out the resources available from our website [www.allright.org.nz](http://www.allright.org.nz), our Pack of Tiny Adventures is perfect for families with children aged 6 and under.

### Five Ways to Wellbeing

- 1. Getting active**, as much as you can, is one of the Five Ways to Wellbeing, which are proven to help people stay mentally well. The other ways are:
- 2. Connecting**—with people around you; catch up over coffee.
- 3. Give**—a smile, a compliment, or some of your time; it feels good doing something for others.
- 4. Take Notice**—there's lots happening all around us; the colours of the leaves and changing seasons.



The All Righties have become an integral part of the All Right? Campaign which was set up to help Cantabrians recover from the emotional impacts of the earthquakes and their related stressors.

- 5. Finally, Keep Learning**—one new thing every day; discover the latest books and magazines at the library, or a free podcast to listen to.

Bringing just one, or some of the five Ways to Wellbeing into our lives can make a real difference to the way we feel, even when times are tough. For more ideas head to [www.allright.org.nz](http://www.allright.org.nz). ☘

# Worrybug helps children deal with anxiety

by Belinda Carter

St Albans School was chosen as the venue to launch a resource aimed at helping children deal with anxiety. The resource for schools is based around a book called Maia and the Worry Bug.

The impetus for the book came from Sarina Dickson whose daughter suffered from anxiety after the earthquakes. Author and psychologist Julie Burgess-Manning's ideas for dealing with anxiety provide a useful toolbox for families and teachers to deal with the issue.

All right research suggests that around a third of Christchurch children are more anxious than they used to be and children are among those whose anxieties are boosting demand for mental health services in Canterbury.

The book is being given out free to many Canterbury children in Term 3, thanks to post earthquake funding,

but it is also on sale on the author's website for those not lucky enough to receive a copy.

There is also another book out called Wishes and Worries, written by Sarina Dickson, about a boy called

Dan who gets rid of his worries in a gnarly old tree. It is also available for sale on the website. Wishes and Worries is also available in Maori.

For more information visit the website [www.theworrybug.co.nz](http://www.theworrybug.co.nz) ☞



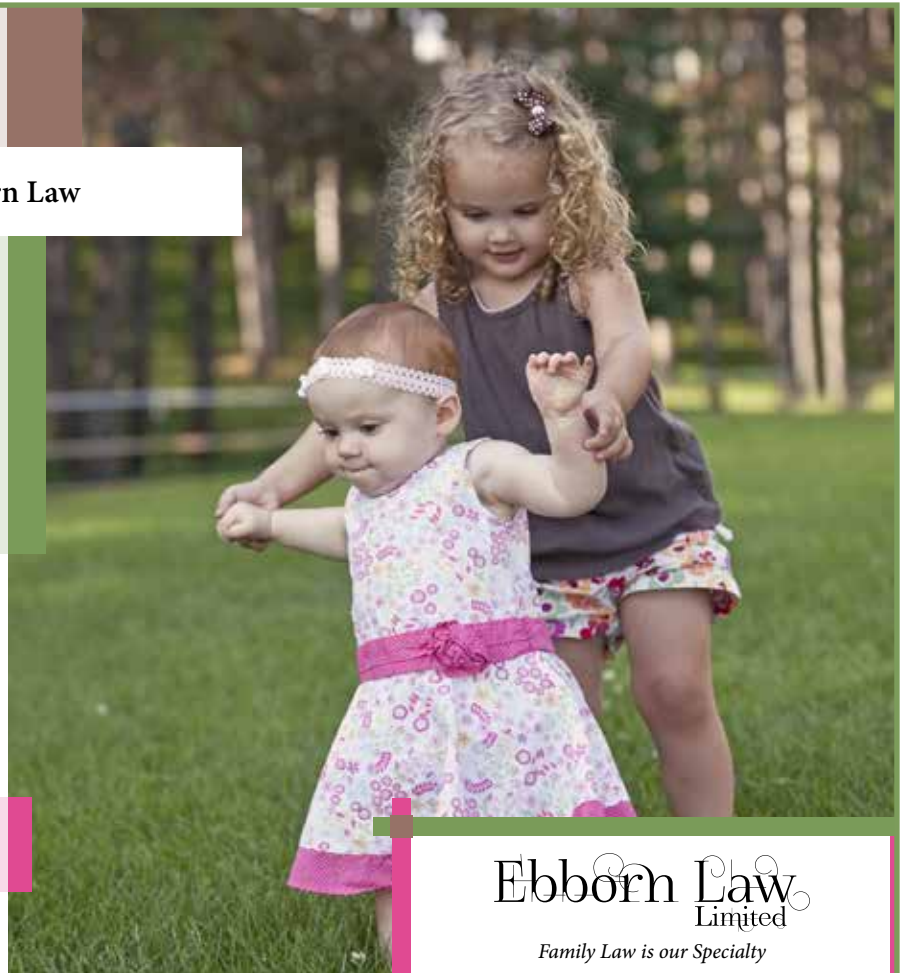
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Above: One of the Wellington contestants, Stanley the teapot

The term Steampunk refers to any of the artistic styles, clothing fashions, or subcultures, that have developed from the aesthetics of steampunk fiction, Victorian-era fiction, art nouveau design, and films from the mid-20th century. (Source: Google)

Capital! Steampunk from Wellington and The League of Victorian Imagineers from Oamaru joined The Christchurch Clockwork Legion for a day of teapot races at the St Albans Shirley Club on Saturday July 11th. The market stalls featured clothing, corsets, jewellery, hats, antiques and many other trinkets.





The Tea Pot Races started at 1pm. It was an exhibition of the most magnificent of Steampunk racing and skills as the competitors raced radio-controlled teapots around an obstacle course. The day ended with a Splendid Steampunk Circulating Soiree at Avebury House in the evening.



Left and right: A steam powered mermaid

## Return to Cyclopolis is on the cards

by **Robert Fleming**

The Papanui Parallel Route, which runs through St Albans, was chosen earlier this year as one of the city's first four cycle routes to be constructed and the Christchurch City Council is in the process of designing and consulting with communities.

The other three routes will link the city to the University, Halswell, and the Coastal Pathway at Ferrymead, along to Sumner. Cities around the world have realised, to their detriment, that building new roading infrastructure eventually creates further traffic congestion as it encourages the use of private vehicles for transportation.

If residents have access to a variety of safe transport choices such as walking, cycling, scooter, public transport, as well as cars, they will use the option that works best for them at the time.

Once known as Cyclopolis in the early 20th century, Christchurch cannot currently claim to be a cycle city. Transport planning and road building, from the 1960s onwards, has favoured driving to destinations as quickly and as easily as possible and less thought was given to the impact of ever-increasing vehicle use on local communities.

Benefits of having good cycling, walking and public transport infrastructure include increased health and well-being, better community connectivity, lower pollution levels, more pleasant city-scapes and improved economic outcomes, including lower roading costs.

We can't afford not to provide safe (separated where possible), convenient and easy to use routes. People should be encouraged to 'give cycling a go', as many have suggested they would like to in surveys.

The St Albans Residents Association believes that the well-being of the community we call home is extremely important, whilst also acknowledging that St Albans will always host transport routes linking the centre of Christchurch to the north. This is why they work to ensure that the 'liveability' of our suburb is of the highest priority.

For businesses, studies around the world have shown that the overall spend by those using bikes for transport

equals that of car users, even if the spend at each visit is less. Secure parking for bikes takes up less space per customer than that for cars, so money that would be spent on more car parking can instead be spent on other enhancements.

The 13 major cycle routes will be constructed to Dutch style standards; when crossing major priority intersections, car/bike interactions are minimised.

Quality urban cycling infrastructure will also help curb future healthcare expenses, partly caused by an increasingly overweight and underexercised population. Consequently, funding of the major cycleways project is now shared by Government transport bodies as well as the City Council.

### The Papanui Parallel Cycleway

As indicated on the CCC Cycleway route map, the Papanui Parallel Cycleway will allow separated bike travel north along Colombo Street to Edgware Village. From Edgware Road it will turn into Trafalgar Street and along St Albans Street before heading north along Rutland Street, crossing Innes Road. At the Rutland Reserve, a shared path with pedestrians will take cyclists past Paparoa Street School to Grants Road and Grassmere Street corner, and then along Grassmere Street to Main North Road (Stage One). In later stages, the route will join with the Northern Line Cycleway via Sawyers Arms Road. Access north will enable easy cycling to Casebrook, Redwood, and Belfast.

Making St Albans streets easier and safer to bike along will make all areas of the suburb more accessible by bike to complement the separated cycleway route.

In Europe, the use of electric power-assisted bikes has boomed in recent years as more commuters see the benefits of cycling. Much longer distances can be easily attained with the boost of e-power. For that reason, providing a quality, completely separated network of cycleways from all corners of the city into the CBD will potentially revolutionise commuting practices for an increasing number of travellers. Future-proofing transport in Christchurch will create a resilient and more liveable city for all.

Make sure you have your say when the cycleways projects come up for consultation.

For more information on local cycling issues and the cycleway project:

[Spokes.org.nz](http://Spokes.org.nz)

[futurechristchurch.co.nz](http://futurechristchurch.co.nz)

[cycleways.cyclingchristchurch.co.nz](http://cycleways.cyclingchristchurch.co.nz)

**Robert Fleming is a member of Spokes Canterbury, and a St Albans resident.**





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## Edgware shops attract transitional project

The Christchurch City Council has a bit of funding for what it calls transitional projects, post earthquake. These are for temporary or semi-permanent additions or improvements to the city.

SARA learnt recently about one planned for the concrete slab outside the Pharmacy and takeaways in Colombo Street near the intersection with Edgware Road.

It involves beautifying the area with some moveable planter boxes filled with small trees, bench seating and fancy bike stands. By this, it means a cycle shaped stand with some added features useful for cyclists, such as bicycle pumps and tools. Something similar to that outside the toilet at the Linwood community centre

The bike stands will provide a handy stopping point for those heading down the new cycle route to places like Belfast.

Items can be moved to other places. Because of the temporary nature of the plan, no consent is needed. Items can be moved to other places.

This is not connected to the Village master plan that came out late last year. However, it is well-placed near the Papanui Parallel cycleway that will run through St Albans.

A council staff member told a St Albans Residents Association (SARA) meeting in June, they expected this to happen some time this year.

SARA co-chair Emma Twaddell asked for SARA to be consulted early for any Council plans for the area. ☞

## CCC steps back from Cranford St four laning plan

In late June, the Christchurch City Council pulled funding for the Cranford St four laning, by not including it in its longterm plan when it was finalised.

The St Albans Residents Association has openly opposed the plan, saying it has been badly thought through and will create problems for St Albans residents while easing them for others (Papanui and Waimakariri) e.g.: pollution, parking, safety and so on.

SARA wants to see more effort put into public transport options, not enabling more vehicles, often with single occupants, to travel to and from the city and boosting traffic numbers longterm rather than easing them. SARA is particularly concerned about what happens between Innes Road and Bealey Avenue, along Cranford St and Sherborne St, which was not part of the four lane plan.

Suggestions have been put forward, or revived, about using Marshland Rd or something similar to what operated in Curletts Road post earthquake, basically creating a three lane system with the second lane allocated at peak times.

The New Zealand Transport Agency, which is responsible for the development, plans to meet with the council, as chief executive Geoff Dangerfield says in a media release, the four laning project is a critical part of the northern motorway extension. "The future of an efficient, safe and resilient transport network for Greater Christchurch is at stake."

NZTA had planned to start work on the Northern Arterial and four laning of Cranford St in 2016. ☞

### Volunteering Canterbury



Help is available for anyone who's involved in supporting volunteers. It's worth checking out the 'Managing Volunteers' section of Volunteering Canterbury's website at [www.volcan.org.nz](http://www.volcan.org.nz).

Forthcoming workshops include 'Not-for-profit Governance' on 12 August, 'Basic Volunteer Leadership' on 20 August and 'Understanding Volunteers and Volunteering Today' on 23 October

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# The LinC project - It starts with you... for a change

by **Helen Ross**

A headline caught my eye in a Press Open Source article early last September. It read: "Support for burned-out leaders".

The article outlined the proposal for a "Leadership in Communities" project (LinC), that aims to keep grassroots community leaders healthy and active. The project grew out of a CERA strategy called Community in Mind which recognised that Earthquake Recovery and Rebuild is not just about the physical bricks and mortar aspect, but also about psychosocial recovery and the ability of people to create their own futures.

Long story short, I applied and joined the first cohort of 40 in the 10 month course of study which started in December last year and runs through until October this year. The hat I wear most is that of representative of the St Albans Community—others hats I don from time to time include the Edgware Village Green, Packe St Park, my faith community of the Quakers and that of a mental health professional. The meaning of community leadership being used in this context is one that recognises the people who "get on and get things done". Many of the people on the course would not define themselves as 'leaders' as they are often termed, but they have all voluntarily stepped up to captain projects in their communities post-quakes. There are, in addition, 10 staff from governmental agencies

which makes for interesting cross-fertilisation between the sectors.

One of the aspects of this undertaking that most excited me is that it is a truly intersectoral undertaking, neatly expressed by the phrase "putting doors and windows in the silos". There are numerous funders and supporters including CERA, Red Cross, MSD, University of Canterbury, CPIT, Canterbury Community Trust, CCC, The Tindall Foundation and the Wayne Francis Charitable Trust. Participants hail from a wide array of geographical communities and communities of interest and reflect a multiculturally diverse and mixed-age community.

I have, however, noted that there are few from the 60s-up age group. It would be interesting to know why—given how the survival of many sporting, cultural and faith communities is in the hands of those in so-called 'retirement'. The project is very capably facilitated by Leadership Lab, a leadership and organisational development consultancy made up of Dr Peter Cammock, Chris Jansen, Tim Pidsley, Anna Russell, Cheryl Doig and Chris Mene. Their promotional tagline is:

"Connecting, growing and unleashing agents of social change."

They have pulled together a strong facilitation team including Coralie Winn and Ryan Reynolds from Gap filler, Jason Pemberton ex Student Volunteer Army, Billy O'Steen, from

the University and Margaret Jeffries from Project Lyttelton.

Outcomes envisaged for individual participants include positive development in knowledge, skills, behaviours and attitude, and improvements in personal confidence and in networks and relationships.

For organisations and agencies the hope is for increased leadership capacity.

At a community level it is hoped that strengthened positive collaborations and partnerships will result and that community projects arising from these collaborations and partnerships will have a positive community impact. An evaluation team has been created that operates alongside the programme to monitor whether these outcomes are being achieved. I have little doubt that they will be achieved. Our sessions to date have been full of 'buzz' and it feels to me like things are really humming.

Sharing, caring, learning and laughing with like-minded, good-hearted, community-focused people on a regular basis is a great remedy for burn-out. ☘



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# Fitzroy: Landmark home now houses Nurse Maude

by Brian Spear

When venturing down McDougall Avenue, residents will see the extensive renovation work which is nearing completion on the original homestead at the Nurse Maude Association Headquarters.

This fine home was built in 1898 by Robert Ewing McDougall for his family. McDougall was born in Melbourne on 27 December 1860, but came to New Zealand as a young child. He completed his formal education at Christ's College. In a case of starting from the bottom he began his working life as a junior clerk with a bank and worked his way up to become the manager and sole proprietor of the largest and most modern biscuit factory in the country, Aulsebrooks. He became a director of many companies including Kaiapoi Woollen Mills and a member of a number of organisations. He was one of the founders of the Christchurch Golf Club and took an active interest in a number of other sports particularly tennis and rowing.

The original 100 acre block, rural section 136, was purchased by Welshman James Wyatt for his 22 year old son Benjamin, who established his farm "Springfield" which extended from St Albans Street to Innes Road and from Rutland Street to Papanui Road. Wyatt farmed here until 1859, when after the death of his wife, Sophia Frances, he subdivided his block and put it up for sale before returning to Britain with his son.

Robert McDougall married Malvina Mary Webb, a Peacock descendant, on 18th February 1897 and the following year purchased a property which extended from Papanui Road to Browns Road and from Murray Place to the properties on the north side of Mansfield Avenue. He named his holding "Fitzroy" after his home suburb in Melbourne. The couple's new home was built on approximately eight acres, faced Papanui Road and was eventually surrounded by extensive gardens.

Robert McDougall died in February 1942 and by 1949 his widow was finding the homestead becoming something of a burden and upon the suggestion of Sybil Maude's niece, Peg, she and her three daughters offered Fitzroy as a gift to the Nurse Maude District Nursing Association.



The offer was enthusiastically received and the building renamed the "The Nurse Maude Memorial Convalescent Home". After alterations had been completed the building was again officially opened in February 1950.

Once the present work is completed the building will once again be a prominent landmark in the area. ☚

*Information from this article was sourced from the University Women's publication St Albans from swamp to suburbs (out of print), Nurse Maude the first 100 years by Vivienne Allan (also hard to find) and the CCC libraries also came in handy. Picture: from Nurse Maude book. Brian Spear is a member of the St Albans History Group.*

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## Community Notices

**The St Albans History Group** wants to make copies of any photos or records of earlier St Albans homes, businesses, personalities or locations. Anyone who could help with this project should contact Brian Spear for further information. His email address is: [briangspear@hotmail.com](mailto:briangspear@hotmail.com)

**St Albans Community Pre-school:** Westminster St/Thames St Cnr. For more information contact Odette on 03 355 9396

**St Albans Uniting Parish presents 'Community Comment'** on the first Friday of each month @ 7.30pm. Nancy Ave/ Knowles St Cnr.

**St Albans Leisure Group** is an older adult's recreation group that provides social contact and activities for its members. Contact Wendy at [sara@stalbens.gen.nz](mailto:sara@stalbens.gen.nz)

**FREE INSULATION Warm Up New Zealand:** Healthy Homes projects provide free ceiling and underfloor insulation for low-income households occupied by people with health needs related to cold, damp housing. Available to home owners and tenants. Contact Right House 0800 744 569,

EnergySmart 0800 777 111 or Community Energy Action Charitable Trust: 0800 GET WARM (0800 438 9276)

**Highland Dancing:** For boys and girls aged four years and above. Saturdays from 9.30-11am during school term at Scottish Society Hall, corner Edgeware and Caledonian Roads, For more information contact: Cushla Piesse at [cp.piesse@orcon.net.nz](mailto:cp.piesse@orcon.net.nz)

**Local residents needed** to lead and/or join local community projects: See the St Albans Community Strategy 2013-2023 for ideas of how you can help out in the community. Contact [SARA@stalbens.gen.nz](mailto:SARA@stalbens.gen.nz) for more information.

**St Albans Residents Association** Community Discussion and Management Committee Meeting. Second Tuesday of each month at 7pm. St Albans Community Centre. All welcome.

**Swim lessons.** The family-friendly St Albans swimming club offers affordable swimming lessons in Shirley Intermediate School's laned, heated pool. The club often has a barbecue at the lessons. Lessons run

from Monday to Thursdays, from 4-5.30pm. For more information email: [paul.valerie@actrix.co.nz](mailto:paul.valerie@actrix.co.nz)

**Canterbury Embroiderers' Guild,** Hammersley Community Centre. 11 Amos Place, off Marshlands Road. Groups meet Mon, Tues, Wed, Fri. Workdays with projects and tutored classes held during the year. All welcome who enjoy any form of stitching at any skill level. Contacts: Kate 027 446 0138 or Lynne 382 2572

**Merivale Elite6:** Every Thursday at 7:30am—8:30am (Arrive 7:20am to order a drink and/or breakfast). At McDonald's Merivale, 217 Papanui Rd, Christchurch 8014. [www.elite6.co.nz/merivale/](http://www.elite6.co.nz/merivale/)

**Over 60?** Anyone is welcome to join us. First Wednesday monthly at the Mary Potter Centre (between Caledonian Rd and Durham St Nth) for a series of talks of interest to those over 60. Next meeting 5th August, 2pm at the Mary Potter Centre. Speaker from Aged Concern. In September we hope to have a speaker from the Genealogy Group. Gold Coin donation. Ph 372 9224 for more info.

## Earthquake Support

**Earthquake Support Coordinators** are available to assist people navigate through the wide range of services involved in repairing and rebuilding people's homes and lives. The Coordinators work with you to access as little or as much help as you need. Earthquake Support Coordinators can meet with you anywhere you choose – your home, place of work, or other location. The assistance is free and confidential and can be contacted on 0800 777 846

**Residential Advisory Service (RAS)** 03 379 7027 – 0800 777 299

The Residential Advisory Service provides free, independent help to residential property owners who are facing challenges in getting their home repaired or rebuilt after it has been damaged by the Canterbury Earthquakes. For more information, go to: [www.advisory.org.nz](http://www.advisory.org.nz)

**Need help to find help?** Feeling distressed and overwhelmed right now?

Call the Canterbury Support Line 0800 777 846 open 7 days from 9am to 11pm. Talking can help. Call 0800 777 846 to be referred to free and confidential advice.

**New Zealand Red Cross** help still available in Christchurch

**Pack and Move.** To assist households in greater Christchurch with limited or no insurance who are moving house because of the earthquakes. Up to \$750 per household paid directly to the moving company

**Storage Grant.** To assist earthquake affected homeowners and renters who have had to vacate their property and pay for storage anytime since 4th September 2010 and have exhausted other financial assistance to pay for storage. Up to \$1,000 per household

**Independent Advice Grant.** To assist homeowners in the Red/Green TC3 Zones or who have over \$100k of damage with obtaining assistance on what to do with the earthquake-damaged property. Up to \$750 per Household. For more information go to: [www.redcross.org.nz](http://www.redcross.org.nz) and click on Canterbury or phone 0800 754 726

**Let's Find and Fix** is a CanCERN project. Call 0800 233 551. Let's Find And Fix specifically targets those homes where there are holes in external walls, the roof or floor, or plastic used as cladding. Problems with drainage where the toilet backs up, or there is raw sewerage/waste water or polluted liquefaction lying on the property. External windows or doors do not open, shut or lock properly.

**In the Know** is a question-and-answer based service that aims to make it easier and faster for residents to get information about the residential rebuild and repair process. It is based at Eastgate Mall until June 26, running workshops and answering questions and can be found online at: [www.intheknow.org.nz](http://www.intheknow.org.nz) or contact Leanne at CanCERN on 027 655 5665 for more information.

### Parents and toddlers group

Do you have a young child and live in St Albans? Jessica Hope-Evans has offered to set up and run a toddler's group that will meet at the community centre. If you are interested please email

[communitycentre@stalbens.gen.nz](mailto:communitycentre@stalbens.gen.nz) or phone the centre manager on 021 317 584 for more information.

### Mairehau Library Inc

The library is run by local volunteers and has an excellent selection of adult and children's books and DVDs. The Children's Library is currently seeking volunteers to take on a once a fortnight place on the roster.

**Monday to Friday**

2.00pm to 4.00pm

**Saturday**

10.00am to 2.00pm

Access from Kensington Avenue or Patrick Street

**The St Albans News relies on your contributions. Please send your articles, letters and notices to:**

[news@stalbens.gen.nz](mailto:news@stalbens.gen.nz).

**The deadline for the next issue is September 14th**

## St Albans News Classifieds

## SERVICES

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**Bookkeeper:** Help with getting your accounts sorted for an accountant, startup, cashflow, budgeting and funding applications. Call Carole 021 264 5772

**Cat Feeding Service:** \$10 per day by reliable trustworthy cat lover. Phone Donna 3777 659 or text 027 5270499. referees available on request.

**Computer Guru:** Highest quality computer servicing, fixing all hardware/software problems, installations, advice and more. Servicing St Albans for five years. Callouts start at \$40/hr. Offsite repairs \$20/hrs. Phone Ron 379 3061 or 021 0243 7398 or pcguru@orcon.net.nz

**Door Specialist:** Repairs, adjustments and installation of all doors and locks, ranch slider wheels and locks, garage doors. Qualified Tradesman. Ph Stewart 365 2969 or 021 185 4055

**Gardening:** Ants' Lawn and Garden services, reasonable rates, WINZ quotes ph: 980 4070

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**Talking Therapy:** Registered Psychotherapists, 178 Harewood Road, Papanui, Christchurch. Ph: 354 8045, fax: 3548042,

<http://www.talkingtherapy.co.nz/>

**Local Writer:** Orphaned Islands (Un) poetry. Offbeat short, short stories. Funny, poignant, quirky and different. orphanedislandsunpoetry.com

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**Meditative Yoga:** St Albans Shirley Club 269 Hills Road. Tuesdays 10–11.30am. Gentle, enjoyable, relaxing, ideal for mature bodies, fuller figures, beginners. Phone Pauline 980-8760

**Yoga Class** Thursdays 10am - 11.15am Abberley Park Hall in the delightful Abberley Park - all abilities and ages welcome. Tracy 02204 86949 or 03 356 1754

**Funky Boots:** Group fitness training in your community. Contact Laura for more information 0211929388. www.funkybootcamps.co.nz

## St Albans Community Centre Manager's hours

If you want to make contact with the centre manager, Sandra Willson for bookings etc the easiest way is to email [communitycentre@stalbans.gen.nz](mailto:communitycentre@stalbans.gen.nz)

or visit the centre on Mondays. Sandra's hours have changed to the following:

Monday 8am - 5pm  
Tuesday 4pm - 6.30pm  
Wednesday 4pm - 6.30pm  
Thursday 4pm - 6.30pm

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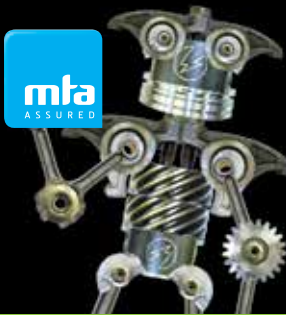
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