

October 2024

Vol 32, Issue 9

Construction noise disturbs neighbours

by Belinda Carter

Construction noise in St Albans, especially pile driving, is forcing some residents for their health's sake to find ways to leave the area, such as spending working hours somewhere else, relocating the household temporarily, or taking a holiday.

One resident in the northwest section of St Albans dealing with health issues, exacerbated by four years of continual exposure to construction noise, has five active construction sites within 300 metres of her home and has relocated to another property, particularly while the piles are being driven. She communicated with the Waipapa/Papanui-Innes-Central Community Board earlier this year seeking relief from construction noise and made some suggestions on how to make things easier on neighbours (included as part of What Can Be Done section at the end)

She said those who cannot move have to put up with endless noise and vibration. An elderly neighbour, well into her eighties and virtually house-bound, is extremely distressed by the constant noise and vibrations, but has nowhere else to go and described it like being in a war zone with constant noises and vibrations.

Another neighbour finds it very hard being woken by diggers on the job earlier than the 7.30am start-time and doesn't know how she will cope when her baby arrives.

Residents are not being nimbies (a derogatory label given to those who complain about planned construction work) when they talk about its impact on their lives. "Earthquake trauma revisits when your whole house suddenly starts to shake alarmingly at 8.00am, rattling glassware and crockery, and you have no idea what is causing the hideous noise or how



The pile driving has come to an end and concrete pouring is well underway for the 18 units that will form part of the Metlife retirement village in Brown's Rd due for completion in mid 2025.

long it will last," one close neighbour said.

People complaining about construction noise have a point. An article titled Noise and Health in Harvard Medical Journal in 2022 found that continual exposure to invasive noise—and it does not need to breach high decibel levels—undermines quality of life and can seriously damage an individual's health by exacerbating or causing serious inflammatory, cardiovascular and other stress-related diseases. Inescapable exposure to continual noise pollution has also been an identifiable factor in cases of severe depression.

It is not always the big contractors that cause grief to neighbours. A builder living in the area works at times he chooses and this has been going on, part time, for years, inflicting heavy machinery noise on neighbours while ignoring them and visiting noise control officers.

Some residents in the Browns Rd area point out that the CCC should be following the Resource Management Act to protect residents from excessive and unreasonable noise. The

RMA(1991) defines "excessive noise" as being any noise under human control which unreasonably interferes with the peace, comfort, and convenience of any person.

According to a city council spokesperson there is no ban on weekend work but the building hours are shorter and noise limits more restrictive on Sundays and public holidays and may require a resource consent. Workers can be on site but must not be carrying out work that generates excessive noise. If builders are working outside normal hours or with concerning noise levels (a hand-held decibel device or phone app might indicate this) and vibrations exceed a certain level, affected neighbours can complain to the city council. If noise standards are likely to be breached or outside the standard hours, construction firms are meant to hold a resource consent. This is a complex area so consult NZ Standard NZS 6803: <https://www.standards.govt.nz/shop/nzs-68031999> for the rules governing noise.

Local representatives

Christchurch Central MP Duncan Webb, who lives in northwest St Albans,

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The St Albans News — distributed to 7000 households

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Published by St Albans Residents Association

SARA helps community to grow

Mark Wilson reported on his first year as St Albans Residents Association (SARA) chair at its AGM on September 8. He mentioned the decision to hold SARA committee meetings bimonthly instead of monthly, with important issues handled outside that time via a group email, which he says works well.

SARA's focus remains to encourage community activation and empowerment, moving St Albans, the surrounding areas and Christchurch towards a healthy community environment physically and socially. "We are an organisation that relies on volunteers to get involved and help run events, groups and facilities. Thank you to everyone who has given some of their time to help build our community."

Mark's report also covered some of the many activities SARA has been involved in during the last 12 months:

"What a wonderful community resource Kohinga is, it's a hub for the community, is very well used and is a great example of how a community can run a community centre." His optimism was echoed later in treasurer Lynne O'Keefe's report about the centre's income.

And then there's the community garden. Kohinga Mārā continues to develop with community gardener Euan Johnston employed for 10 hours a week. Produce from the garden supplies the Community Pantry on Colombo St and residents can also forage in the garden, especially if they participate in working bees. The portacom now has electric power and water and additional raised beds are being built along the east and south sides of the garden, with thanks to Kenneally Timber Products for heavily discounted materials.

St Albans News (STAN) continues to be an important resource for the community, being delivered to around 7000 households. With the increased densification of our communities, and a lot more people coming to live in our neighbourhood, STAN is an important source of community information and local history.

The association's website is in the process of getting a makeover with Catchlight Design developing and expanding SARA's online presence with a new website that will bring all our online content into a portal, accessible across all devices and funded in part by the Waipapa/Papanui-Innes-Central Community Board.

SARA continues to support other community organisations like the Edgeware Pool reconstruction, and the rebuild of the Shirley Community Centre.

Future events planned for Cafe Chat

A number of talks are planned for the first Monday in the month for the rest of the year.

Put these in your diaries:

- October 7:** The St Albans Community Survey 2024
- November 4:** Christchurch City Mission
- December 2:** It takes a village project

SARA Committee

St Albans Residents Association meets bi-monthly at St Albans Community Centre, 1049 Colombo St. Next meeting is October 16, 7 pm.

Advertising in St Albans News

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

St Albans History Group

Next meeting: October 7, 2pm at the St Albans Community Centre.
Email: briangspear@hotmail.com

Wednesday Wheelies

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

The deadline for the November issue of St Albans News is October 14

Please send your articles, letters and notices to:
news@stalbans.gen.nz

SARA Website

Check out SARA's website on www.stalbans.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

Planning for the future: write a will

by Belinda Carter

Although more often associated with seniors, anyone over 18 should organise their own will to show what property (things like land, houses, jewellery, stereo, insurance money etc) should go where after they die.

Community Law says you can use either a lawyer, a qualified legal executive, or a representative from a trustee corporation to set this up.

Two lawyers from the Parry Field firm explained wills, enduring powers of attorney and advanced care plans at the Cafe Chat meeting at Kohinga on September 2.

Parry Field lawyers made the case for using a lawyer because wills can be challenged later and they can give advice on the wording and any issues that might arise such as how to deal with estranged relationships. Wills can be altered as circumstances do, such as having children and your obligations to them. Donations to community groups to carry on their good work can also be part of a Will.

What happens if you get very sick or incapacitated and need to be looked after? That's where appointing people with Enduring Powers of Attorney come in. It is an unpaid role, often held by a family member or a trusted friend. They make decisions when the beneficiary no longer can and is best set up before the beneficiary is sick. Their powers don't kick in immediately but they come to an end when the person for whom they have been organised dies.

The person you give enduring power of attorney to doesn't need a law degree but lawyers can help set them up. It requires a fair bit of paperwork and involves signed contracts. It comes into play at an agreed time and ends when the beneficiary dies.

There are two types of EPOAs: welfare/personal care and property. The Welfare EPOA is responsible for organising



Parry Field Associate Mechaelis-Wall, Cafe Chat organiser Emma Twaddell and Partner Luke Hayward, at the September Cafe Chat held on a lovely spring morning on the community centre's deck.

personal care (which can be contracted to others to carry out). Usually only one person has the EPOA but siblings can fulfill the role.

A Property EPOA handles the finances when the beneficiary is unable to do so eg: pay bills, sell the car. Usually this is one person but can be more than one as it saves having to find and sign up of a new attorney (and all the costs involved) if the first EPOA dies before the beneficiary does.

An Advanced Care Plan, (also known as a living will) outlines your wishes for treatment if you are unable to communicate this. It can

include things like DNR (do not resuscitate) in hospital. A handy template can be downloaded from: <https://www.myacp.org.nz>

This article has been mostly compiled from the talk given on September 2 but it is a simplified version of the process. For more information contact Parry Field via their website: <https://www.parryfield.com/trusts-and-asset-planning/>

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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@stalbans.gen.nz

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

Letters can be mailed to:

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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.



Activities at the community centre

Weekly groups that meet at the community centre.

Monday	10am	Saygo - Rowena
	10am	Multicultural Mums and Bubs
	10am	SeniorNet Mac
	11am	Happy Feet
	5pm	Universal Martial Arts
Tuesday	9.30am	Zumba with JB
	10.45am	Yoga with Tracy Kells
	10am	Neighbournet
	5.30	Pippins
	7pm	Avon Toastmasters
Wednesday	7pm	Ungu Capoeira
	9am	Wednesday Wheelies
	9.30am	Zumba with JB
	10am	SeniorNet Mac
	10.30am	The Corner, coffee and chat
And 2nd Saturday of the month at 4pm	7.00pm	Capoeira Angola
Thursday	9.30am	Saygo - Daph
	10.45am	Yoga with Tracy Kells
	10am	NeighbourNet
	5.00pm	Universal Martial Arts
	7.15pm	Women in Harmony
Friday	10am	SeniorNet Mac
	10am	Social Square Dancing
Call Centre for details	6pm	Impact Youth

The programme lists activities run at the centre on a weekly basis. One off or less frequent activities can be notified for free through community notices or the events column or through paid advertising. Please contact advertising@stalbens.gen.nz for further information.

On The Go!
Active Senior Women's Leisure Group

Are you a senior woman who would like to join 'On The Go' to meet others like you for social activities

New group starting soon. To register your interest please contact shamani@stalbens.gen.nz or phone the St Albans Community Centre on 972 5534



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1049 Colombo St
Ph 972 5534

Organised by St Albans Fellowship Group

Community award for Jason Harvey



Half a dozen Waipapa/Papanui-Innes-Central community board members attended the St Albans Residents Association (SARA) AGM on September 8 to watch Jason Harvey receive his community service award. SARA Chair Mark Wilson read a tribute that mentioned the work Jason had done leading the association through the opening of the new community centre in 2021. Jason, a builder with his own company, began his involvement with SARA when the Christchurch City Council was working out how to link the city to the northern motorway through St Albans. Jason turned up to the AGM (he remains on the SARA committee) with his family of seven children, a daughter in law and a niece. From left to right: Noah, Esther, Abby, Jason's wife Jessie, Lizzy, Jason, the youngest son Abel in the arms of the eldest son Elijah, Israel and daughter in law Jasi who is married to Elijah

Multicultural Mums and Bubs

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Sustainability

Plastic caps and lids can now be recycled

by Maria Lamb

Years ago, I set up four collection points for plastic bottle lids at the Ashburton/Rakaia/Methven Resource Recovery Parks and St Albans Community Centre. The one at the community centre closed post Covid, mainly due to the volume coming in and local artists unable to hold stock.

Fast-forward to 2024 and once again we have options, with landfill diversion at the forefront. The Packaging Forum (which also operates the Soft Plastic Recycling Scheme) has recently launched the Caps & Lids Recycling Scheme, allowing Cantabrians to collect and drop off those lids that tend to present on 60% of household packaging.

Lids accepted include:

- Flip-top/hinged caps
- Screw caps
- Milk bottle caps
- Ice cream container lids
- Yoghurt and dip lids
- Supplement bottle lids
- Household cleaning lids
- Shampoo and cosmetics lids

Plastic caps and lids can be dropped off at Richmond Community Garden and at New World Prestons, Bishopdale, Ilam or Wigram. The St Albans Community Centre takes wine tops, beer tops and jar lids.

Collected plastic lids will be granulated, washed, dried and then sent to Australia for sorting and remodelling into



new products, such as flowerpots and wheelie bins. I sincerely hope this scheme is successful and that the running costs will not be a considerable challenge in the future. But for now, start rinsing and collecting your plastic tops because its 100 times better than going to landfill.

Kia haumaru ki te whai mana
Take care and be safe
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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





Construction noise disturbs neighbours

continued from page 1

said that construction is by nature disruptive to the surrounding area and in the case of the retirement village underway in Brown's Rd, the completed earthworks phase has been very noisy.

"I appreciate that this can be particularly upsetting for people who are home more often. There's always a balance to be struck between peaceful neighbourhoods and building much needed houses and the council and building rules reflect that balance."

Duncan said the resource consent for the Metlife development allows for seven days a week work but it has so far mostly limited construction work to weekdays.

CCC Innes councillor Pauline Cotter was more sympathetic to the plight of neighbours of construction sites. "As a local councillor, I have received many complaints from many residents about the impact of construction next door."

She said the central government sets the hours and days permissible for construction noise. They also set decibel limits for construction noise (55 DB) which is higher than the CCC's setting for residential noise (50 DB).

Following its September 4 meeting, CCC is looking into problems caused by construction work, including ways to improve resources for noise control enforcement teams and a code of compliance/education for construction managers.

What could be done

Some suggestions from residential neighbours living near construction zones would like to see council implement include:

- Making it mandatory for construction companies to

notify neighbours regularly about their Schedules of Work and make them reliable and accurate. "If residents know what to expect they can try to plan around the worst aspects of construction noise," a local resident told St Albans News. "We need to be given the opportunity to do what we can to protect our health."

- Limiting strictly enforced work hours to 730am to 530pm Monday to Friday with no building at weekends and on public. Ongoing "noise polluters" should face financial penalties.
- Ensuring there are completion dates for projects
- Requiring construction companies to discuss with nearby residents beforehand when noisy work is planned, such as jack hammering and concrete cutting.

A number of suggestions from the Building Research Association of New Zealand (BRANZ) guidelines would benefit site neighbours, such as the use of quieter equipment or alternatives. Regular servicing of equipment would help as poorly maintained equipment can cause more noise while modifying equipment with the help from the manufacturer to make it quieter would be beneficial.

Neighbours would welcome replacing piercing vehicle backing alarms with quieter ones and not allowing amplified music on site would also help. A solid fence around the site and an enclosure for fixed equipment such as compressors or vacuum equipment would be a good idea. And best of all should be carried out as far away as possible from neighbours, especially sensitive areas such as bedroom windows.

Our Place 2025 Calendar



Past and Present

From the St Albans History Group's archive
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St Albans Community Strategy

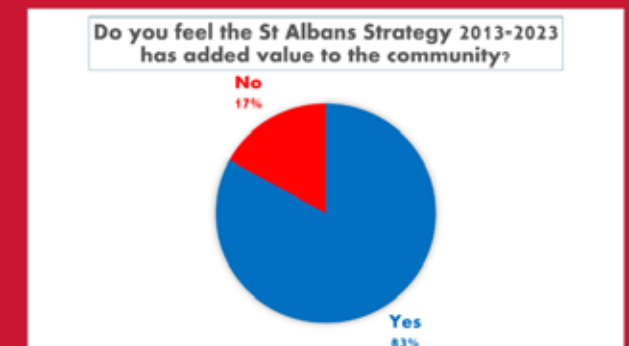
A resident developed plan for our community

The Strategy is important because it gives voice to the wisdom and knowledge of residents and results in positive action in our community

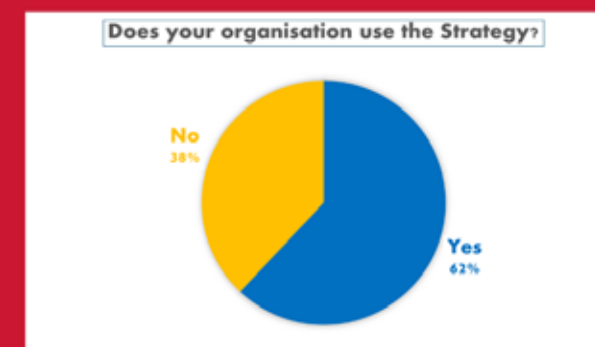
The Strategy is based on information gathered through a community-wide consultation. Now is the opportunity to input into the St Albans Community Strategy 2025 - 2034

From last year's research on the 2013 to 2023 Strategy, we found these results.

From residents



From organisations



The community survey this year will give you the chance once again to shape the future of community-led development in St Albans for the next decade.

Our hope is that the insights gained from the survey will offer the rationale and inspiration for organizations and businesses in our community to advance in a way that enhances inclusiveness, builds resilience, and reflects the rich diversity of our community.

"Never do for people what they can do for themselves."

The decade been

The St Albans community has seen remarkable contributions from its residents over the past decade.

Here are some highlights:



St Albans Survey 2024

By taking part in this survey, you will help pinpoint the top twenty priorities for St Albans residents over the next decade, shaping the Strategy 2025 - 2034.

How to participate



St Albans Community Centre
Kohinga
1049 Colombo St
Edgware Village
St Albans
Christchurch 8014
sara@stalbens.gen.nz
021 914563
03-972 5534



https://stalbens.gen.nz/?page_id=11220

<https://forms.gle/KJqVEKQEk1LsHoMWA>

Scan the QR Code **Go to the St Albans Community Website** **Copy this link into your browser to complete the survey**

The questions

Your ideas can include changes and improvements to current places and spaces, facilities, activities, services, events and projects

Q1) Name up to three things you would use if they were built in the area.

Q2) Name up to three services you would use if they were provided in the area.

Q3) What recreational facilities would you use in the St Albans area?

Q4) What else would you like to happen in the area in the next 10 years?

Dreams, aspirations, hopes for the place you live

Thank you for providing your ideas for the future of St Albans. Responses will be entered into a draw for gifts generously donated by local businesses

City Council invests in community building

It was great to attend the St Albans Residents' Association AGM recently and watch as SARA stalwart Jason Harvey received a Community Service award for the great work he does with the community.

We've been fortunate in Christchurch to have a council that recognises the importance not just of city building, but community building as well, so it was disappointing to hear the PM disparage things like community centres and gardens in a patronising lecture at the recent Local Government Association conference. He also suggested limiting what councils can spend on "nice to haves". This government does not appreciate that community centres, parks, gardens, libraries and swimming pools (including the Edgware Pool) are more than a mere luxury.

Councils are being hung out to dry and given a direction that ignores local issues and solutions. We have recently seen the credit rating of some councils down-graded costing hundreds of thousands of dollars in additional interest because this government won't help local bodies out.

The South Island is even worse off than most. Christchurch with 14% of the NZ population got 8% of the transport funding: Wellington with 8% of the NZ population got 14% of the transport funding. Go figure. Government needs to support councils, not undermine them. Living well in your community means yes to decent roads and footpaths, rubbish and pipes, but as the Kohinga St Albans Community Centre shows, it is also about community connection. Evidence shows this reduces crime, makes a neighbourhood desirable and improves wellbeing.

I'll be at the Christmas Market at the community centre on December 7 to connect with the community. Come on down and have a yarn.

Ngā mihi

Dr Duncan Webb, MP for Christchurch Central



Making CCC parking charges fairer

The Christchurch Council has made the decision to install metered parking in the Botanic Gardens car parks, with the charge being \$4.60 for three hours, seven days a week, from 8am- 6pm. The main purpose is to discourage people from parking all day, leaving fewer spaces for park users. The upside is that the car park surfaces will be improved.

While the City Council sets the amount of a parking charge, the Government sets the amount of an infringement notice. From October 1 this year a public parking meter ticket will rise from \$12 to \$20, and there will be a big leap if you are caught using a disability park without having an approved display ticket. This fee will rise from \$75 to a whopping \$750.

Staff working with Waipapa/Papanui-Innes-Central Community Board on the Cranford St laning consultation (between Innes Rd and Berwick St) are working through the submissions and will bring a report to the board on

November 14, when the board will hear from residents who submitted.

At our last meeting we approved 28 applications for "Summer with your Neighbours", for various neighbourly get-togethers like street BBQs, picnics, Christmas carols, tea parties and so on. The Board makes a small contribution but it helps with costs and makes for happy gatherings. It's really great to see so many people keen to engage socially with their neighbours and community.

Ngā mihi

Pauline Cotter, Deputy mayor and Innes city councillor



More freedom to decide water plan

The Three Waters plan is now history with the current government allowing councils the flexibility to come up with a water plan under its Local Water Done Well plan. Christchurch City Council now has a year to put into place its own water services structure rather than being forced

to join others over a wide regional area. It will still need to comply with certain environmental and water quality requirements. In the early stages of developing and consulting on a new plan, CCC has until September 3 next year to put one in place.

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Prisoner helps build rat trap tunnels

Predator Free St Albans (PFSA) is now working with Christchurch Men's Prison to get wooden tunnels built to house their rat traps.

The group approached the prison a few months ago to see if any men would help out. The prison found someone happy to help because he wanted to give back to the community, Nigel Larsen said.

PFSA took the raw materials out to Rolleston and within a few weeks the first load of 35 trap tunnels was finished.

The wooden tunnels have netting at each end and the traps are placed inside. It means cats and dogs can't get reach the traps and only rats or mice can get through the small opening at the end.

For John (not his real name) the opportunity to contribute to an important environmental project has been life changing. "I'm always keen to help out when I can and it's good to be able to give something back to the community," he says.

It takes him about half an hour to make each trap. "It's easy



The rat tunnels receive some last minute finishing touches through a stencil.

when you have guidelines to make them. I had some skills coming into this work, and I have also learned some," he says.

Christchurch Men's Prison Acting Principal Instructor Tim Frost says projects like this are great for the men in the prison. "They offer men involved a unique opportunity to learn and develop useful skills and give something back to local charities and the wider community. John is very proud of his work and the contribution he is making

to the charity itself, and an important local environmental project. We have noticed quite a change in him - almost like he has found what he should be doing."

PFSA wants as many residents as possible to get trapping. Nigel says there are rats all over the city eating birds, chicks and their eggs. "Getting rid of rats is the best way to ensure our native birds thrive."

He's incredibly grateful the prison is helping out. If you want a trap for your property phone 021 064 8861.

Park emphasizes educational role

Early September was a busy month for the Packe Street Park team with the AGM to organize and new committee members Gretchen Boyd and Hilary Kidd to bring on board.

Co-ordinator Nikki Staskiewicz held the AGM's attention on September 8 with her presentation about recent and proposed developments at the Park. She spoke about the park's emphasis on showing people how to look after their own gardens, and being confident in composting, propagation, organic growing (permaculture) and looking after plants from seedlings to produce on plates.



The sad seal has been given a fresh coat of paint.

The educational focus continues at the fundraising Packe Street Park Spring Fair and Plant Party on October 5. Bring the family and browse the art and craft stalls, the plant sales, and the kids' activities. Sample kai from the food vendors, kick back with live music, and see if you are lucky enough to win a raffle or two.

During the afternoon there will be a workshop on composting, a demonstration of fruit tree air layering, and a presentation from Predator Free St Albans. No charge is made for entry to the fair or the workshops but cash is handy for purchasing food, raffle tickets or an irresistible bargain or two.

Heritage week includes community gardens

Kohinga Mārā, the garden beside the St Albans Community Centre, and Packe Street Park and Community Garden are among sites participating

In Heritage Week, which runs during October. Packe St, at the street number 125, has three dates when the public can visit for a couple of hours (from 10am on October 14 and after 4pm on October 17) and talk to the volunteer gardeners. Kohinga Mārā at 130 Caledonian Rd is holding an open day on Sunday October 20 from 11am to 2pm, where gardener Euan Johnston and others will be present

to answer questions. The garden recently installed running water on site, has started a worm farm and is building additional raised gardens.

Christchurch City Council libraries are holding another photo hunt to unearth photos featuring sport, recreation and leisure. There are lots of events planned throughout the city and as far away as Glentunnel and Coalgate.

For more information about the festival, pick up a brochure at the community centre or go online to the council website and search for /heritagefestival.

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Scan the QR code to find out how to enter or go to St Albans Community website stalbans.gen.nz

Submit your entry by **31 OCT 2024**

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.

Cafe Chat at Kōhinga. 1st Monday of the month. 10.30am to 12.30pm. St Albans Community Centre. Guest speakers.

Canterbury Embroiderers' Guild: Hammersley Community Centre, Amos Pl. Mon, Tues, Wed & Fri. Contact Diane ph 021 024 36739 or Liz 022 547 7642. Email CEGstitchers@gmail.com.

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. Scottish Soc Hall cnr Edgware/Caledonian Rds.

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). 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? Contact: FB page, Predator Free St Albans or ph 021 0648861

Saygo Falls Prevention: Mondays 10 -11am (class full) and Thursdays 9.30 - 10.30 am. \$2 entry. Kōhinga St Albans Community Centre.

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.

Scottish Country Dance club, Scottish Society hall cnr Edgware Caledonian Rds, Tuesdays at 7.30pm, October - 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 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, Mairerhau.

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

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: briangsp@hotm@il.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.

Social Square Dancing Group welcomes dancers who have danced Mainstream. No partner required. Contact: George Murray 0212942669 or email masakomizusawa@hotmail.com

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.

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).

Women in Harmony community choir: Thursdays in school terms from 7.30-9.30pm at Kōhinga St Albans Community Centre. World and popular music in 3 part harmony. Please Email: women.in.harmony.nz@gmail.com; facebook.com/womeninharmonychristchurch

St Albans News Classifieds

SERVICES

CaringStay: Do you need somewhere to stay after an operation/treatment because you live alone or have working family members and find it difficult to manage your daily routine? We provide accommodation and meals (but we cannot give medical or nursing care) in comfortable private homes hosted by caring individuals.

Book on our website: www.caringstay.co.nz or phone Kate 0211294486 for more information

Having difficulty making family, work, relationship or legal decisions? We can help you make practical decisions. Call Bill Demeter 027 379 3873. Can meet St Albans Community Centre. 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.

TRADIES

Guitar Lessons: Jonathon Harper (weebly website) Mairehau 027 413 6299 Learn with a long time professional concert artist, composer, singer, and band leader (AMIGOS).

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

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

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

Roofing repairs: leaks and maintenance. Phone Richie 021 342 852

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)

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

October 5 12-4pm: Packe St Park, Spring Fair and Plant party

10 October, 10am: Hauora Hui at Rehua Mārāe. the powhiri commences at 10am. Contact Rehua for further information and to RSVP

October 7, 10:30am: Cafe Chat on St Albans strategy, at Kōhinga/St Albans Community Centre

October 10 1-3pm: Prostate Cancer Talk by Russell George from the Cancer Society at Kōhinga/Community Centre



Edgware & Barbadoes

News from St Albans and beyond

Having fun in the park



The age-old debate about children and toy guns aside, it was wonderful to learn that these local boys get together a couple times a week to run around and enjoy themselves in the park.

Photo: Emma Twaddell

Hauora Hui at Rehua Mārāe

Rehua Mārāe is hosting a Hauora Hui at the Mārāe on Thursday October 10. At this month's korero lawyers will be in conversation about Maori Land. If you are interested RSVP to Rehua for catering purposes. The event is open and free to the community. A powhiri for new visitors to the Mārāe commences at 10am.

More time for plan changes

St Albans residents will have to wait longer to find out all the rules relating to greater heights and densities governing Christchurch suburbs. An initial meeting on September 18 removed some badly maintained inner city buildings from the heritage list and agreed that buildings less than 28 metres tall won't need resource consent. But outside the central city decisions have been delayed till a council meeting on December 20 so Christchurch City Council can work through an independent hearing panel's recommendations on Plan Change 14.

The decision was meant to be made by September 12 but the Government granted more time before the decisions were to be notified. Less urgent items will be dealt with in late 2025.

Merivale Chronicle hits a century

In August this year, The Corner published the 100th issue of the community newspaper Merivale Chronicle. The Corner began in March 2004 at St Mary's Anglican Church in Church Lane, known as All Souls since the merger with St Matthews. Funding granted in March 2007 enabled The Corner to publish a community newsletter for Merivale and the first edition of the Chronicle was produced in March/April 2007. It is now delivered to over 3750 homes and businesses.

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