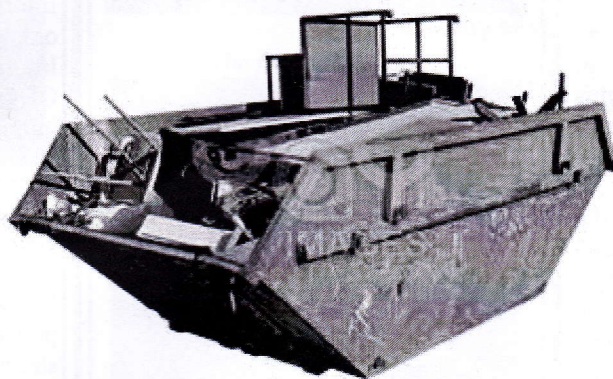




# ***Community News***

**3rd QUARTER 2013**



<http://www.yayimages.com/image/ffileid/11666042>

## ***SKIP DAY WITH BBQ***

**Saturday, 13<sup>th</sup> July, 2013**

**Gayhurst Road Medical Centre Carpark**

**9.00am - 1.00pm**



**PREVIOUS RULES APPLY:**

**1 BOOT OR BARROWLOAD ONLY**

**NO CONCRETE, BRICKS, ASBESTOS OR GARDEN RUBBISH PERMITTED**

**NO LOUNGE SUITES OR LARGE FURNITURE**

This Community News is published quarterly by the  
Dallington Residents' Association,  
with the help of the Shirley Service Centre.

Contributions and queries should be forwarded to the Editor:  
Beryl Starr, Dallington Community News  
Email: [maibeanland@clear.net.nz](mailto:maibeanland@clear.net.nz)  
Ph: 385 1457 or 021 266 1424

**Facebook:** Dallington Residents Christchurch  
**Website:** [www.dallington.co.nz](http://www.dallington.co.nz)

### **DALLINGTON RESIDENTS' ASSOCIATION**

<b>Chairperson:</b>	Mark Beanland (385 1457)
<b>Secretary:</b>	Kathy Furborough (386 0239)
<b>Treasurer:</b>	Carol Manson (385 1573)
<b>Members:</b>	Philip Haythornthwaite, Fay Brorens, Diane Percy, Andrew Brunsden, Charlie Manson, Beryl Starr
<b>Patron:</b>	Anton Korunic
<b>Community Board Representative:</b>	Linda Stewart <a href="mailto:linda.stewart@ccc.govt.nz">linda.stewart@ccc.govt.nz</a>



### APOLOGY

The DRA apologises to those who attended the AGM expecting to hear Mathew Clark from CERA as our guest speaker. Unfortunately he was unable to attend the meeting and, at short notice, Chrissie Williams was invited to speak and she so kindly accepted.

### CALLING ALL DALLINGTON DOOR-KNOCKERS AND NEIGHBOURS

The Dallington Residents' Association is heading up a door-knocking exercise in Dallington.

A meeting of a new group called the Dallington Discussion Planning Group (a group of Dallington folks interested in providing an opportunity for the people of Dallington to respond to their own needs and to be heard) was held in June. At this meeting the idea of Dallington doing its own door-knocking exercise was raised.

The Dallington Residents Association was already looking at such a project and, with the endorsement of this group, are now looking for Dallington locals who could perhaps spare some time to check in with their neighbours and others in Dallington to:

1. Find out what issues and aspirations the community has and which are the most important for the community to progress first.
2. Provide an opportunity to reconnect neighbours and community with each other.
3. See if there is anyone in the area who could perhaps do with a bit more support in some way.

Full training and support will be given for those interested in being a Dallington Door Knocker and anyone interested in being part of this project should contact the Dallington Residents' Association Chair - Mark Beanland, ph 385-1457 to register their interest.

### Facebook page:

Dallington Residents Christchurch

### Website:

[www.dallington.co.nz](http://www.dallington.co.nz)

### A little light relief:

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

If you are going to try cross-country skiing, start with a small country.

### Moving forward – resilience after the quakes:

Some good tips from:  
[www.addresssthestress.co.nz](http://www.addresssthestress.co.nz) and  
[www.allright.org.nz](http://www.allright.org.nz)



*It's all right if you're a tad on edge this morning.*



*It's all right to feel proud of how we've coped.*



*It's all right to feel a little blue now and then.*



*It's all right if you're feeling pretty stoked.*



*It's all right if you feel frustrated at times.*



*It's all right if you're over it right now.*



*It's all right to feel over-whelmed some days.*



*It's all right to feel lucky.*

### Red Cross:

The Red Cross Outreach Team provides a listening ear and information on Red Cross programmes and services or referrals through to other services. The grants team can help with questions about available grants, including eligibility or general application questions.

Website:

[www.redcross.org.nz/canterbury/](http://www.redcross.org.nz/canterbury/)

Information about grants: 0800 754 726

or [eggrant@redcross.org.nz](mailto:eggrant@redcross.org.nz)

Information about outreach: 0800 4

OUTREACH or

[outreach@redcross.org.nz](mailto:outreach@redcross.org.nz)

### Graffiti:

If you see a person tagging, call the police on 111. If you see graffiti on a structure e.g. fences, parks or buildings, if possible please provide Christchurch City Council with the address details to investigate removal. If possible take photos and email them to [info@ccc.govt.nz](mailto:info@ccc.govt.nz).

If your property is tagged with graffiti, Council may be able to help you remove this.

Call 941 8999 or 0800 VANDAL (0800 826 325).

### Educational Child Care Centre Inc. 96 Gayhurst Rd, Christchurch 6. Telephone 385-3636

"We are a parent-governed non-profit incorporated society."

The Educational Child Care Centre is a not for profit community based early childhood centre. We are open from 8am till 5pm and we would love for you to pop in and see what we have to offer. We care for children age 0-5 and provide an exciting, stimulating learning environment with qualified, registered teachers. We strongly believe in warm relationships and encourage our parents to join the committee and have a say! We offer competitive rates of \$5.50 per hour and offer 20 subsidised hours for 3-5 year olds. We provide morning and afternoon tea and a lovely photographed journal of the children's journey with us at the ECCC. Pop in and grab some info or alternatively call Sarah on 385 3636.

### Canterbury Quake Support and Counselling Line:

This service is free and confidential.  
Phone: 0800 777 846 between 8am and 11pm, 7days



**Photos from the "Summer of Fun" event held in March in Burwood Park:**

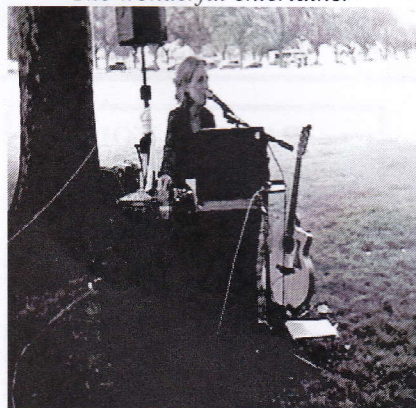
*Fay and Derek barbecued hundreds of sausages.*



*Some of the crowd enjoying the barbecue*



*The wonderful entertainer*



*The ever popular face-painter.*



*The balloon wizard.*



*The free pony rides.*



*The bouncy castle.*



**Other places still up and running in Dallington:**

Banks Avenue School  
Kindercare in Coopers Road.  
Kidsfirst in Ajax Street.  
The Educational Child Care Centre  
in Gayhurst Road.

**Community Cottage Craft Shop:**

The Dallington Community Cottage Craft Shop in the block of shops on the corner of McBratneys and Gayhurst Roads has a wonderful selection of hand-made gifts. The Plunket Society recommend the shop to new mums, as one of the few remaining craft shops where woollen hand-knitting is available to keep new babies warm.

**Dallington Discussion Planning Group**

In April 2013 a brief survey was given to businesses and organisations in the Dallington area to see if they believed the community wanted to get together and talk about the future for Dallington and issues/concerns. They were also asked just what this get together could look like. Conversations were also held with a variety of these groups and businesses.

On Wednesday June 12<sup>th</sup> a meeting was held of those respondents who wanted to be involved in planning the next steps in getting the Dallington Community together to talk about the future and issues they have. The group are called the Dallington Discussion Planning Group and anyone who lives in Dallington or who has a business in Dallington is welcome to come along and get involved at any time. The first meeting was a starting point for the community.

The community will be kept informed of what is going on with the group through the Dallington Residents' Association Newsletter, word of mouth, information posters and email updates. Support for this project is being provided by the Christchurch City Council Community Support Unit under the guidance of Local Strengthening Communities Adviser, Natalie Dally.

The proposed Residents' Association door-knocking project seemed to be the ideal opportunity to:

1. Capture ideas not already identified to date.
2. Prioritise community issues.
3. Provide an opportunity to reconnect neighbours and community with each other.
4. See if there was anyone in the area who could perhaps do with a bit more support in some way.

Learning Centres and Banks Avenue School will be approached to find an appropriate level/mechanism to get specific feedback around what the children of Dallington think. They will be asked to respond around three questions – What do you like now about Dallington? What would you like to see changed/improved in Dallington? and What would you like Dallington to be like in 10 years? At this point this project is being initiated by Tasha Black the Earthquake Recovery Community Advocate for Burwood Pegasus. Tasha can be contacted on ph 941 5328



**The Community Craft shop** is open in the block of shops on the corner of

McBratneys and Gayhurst Roads. . Please call in and see us, stop and chat and have a cup of tea. Lots of lovely things to look through, including woollen handknits for new babies – recommended by Plunket.



**The Friendship Group**

is meeting on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month at the Burwood Park Tennis Club, Cresswell Ave. We'd really love you to come along and join us. We'll make you really welcome – we've all been through a hard time and we need to help and encourage each other, so please come.

**Art Class – Art classes continue to meet on a Monday afternoon, 1.15-3.15 pm**

at St Paul's Lutheran Church in Burwood Road. You are welcome to come along and visit us. Enquiries to Jayne – 03 313 3580 (Rangiora).



**The Walking group**

- if you would like to get out for a stroll then why not join the group on a Monday morning for a walk or even just a coffee. You can 'phone Anton on Ph. 942-8692 for more information.



**Oscar** an out-of-school care and recreation programme for five to 13 year olds is held at Banks Avenue

Primary School. If interested, please telephone Christine on mobile 027 438 2604



**Burwood Playcentre** – 241 New Brighton Road. Children 0-6 years. Phone 385 4378

Monday to Friday mornings or Sara on 386 3395 or Sally on 383 4947 anytime.

**Scouting:** The scout den in Halberg Street is still the venue for the following scouting activities. New members are welcome:



**Keas** (6-8 yrs) Wed. 6.15-7.15 pm  
**Cubs** (8-10.5 yrs) Thurs. 6.30-8.00 pm  
**Scouts** (10.5-15 yrs) Mon. 7-9 pm  
**Venturers** (14.5-18 yrs (Tue. 7-9 pm  
For more details call Chris on Ph. 371 9126 (work) or mobile 027 471 5619.  
[dallingtonscoutgroup@xtra.co.nz](mailto:dallingtonscoutgroup@xtra.co.nz)  
Facebook – dallingtonscoutgroup

Councillor Glen Livingstone:

Email:

[glenn.livingstone@ccc.govt.nz](mailto:glenn.livingstone@ccc.govt.nz)

Councillor Peter Beck:

Email:

[peter.beck@ccc.govt.nz](mailto:peter.beck@ccc.govt.nz)

**Dr Rob's recovery tips:**

A fast recovery is not necessarily a good recovery. Pace yourself and focus on things that give your life value and meaning, e.g., relationships, family, recreational activities, your health or your career.

Take time to assess your energy levels. If you are feeling tired or stressed consider ways you can recharge your battery. Maybe you could get away for a weekend, or take a walk, listen to music or talk to friends – you decide how best to take care of yourself.

Ensure you maintain control of your own recovery by identifying, and focusing, on the things you can control. It's ok to acknowledge things beyond your control but try not to focus on them.

**Action needed**

The Dallington Residents' Association welcomes suggestions and invites participation in its activities. Residents are encouraged to ring committee members with suggestions or when further information is required. Letters and items of local interest are also welcome for this publication. Email Beryl Starr on at [majbeanland@clear.net.nz](mailto:majbeanland@clear.net.nz)

Make a point of playing a part in this vibrant expression of a friendly community.

**BAMBI DRAPERY**

**693 Gloucester St**

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Thank you to our advertisers for their  
help with costs.

Some additional copies of this Commu-  
nity News are available at the  
Community Centre shop.

The Dallington Residents' Association  
Committee meets at 7.00 pm on the  
second Tuesday of each month at Trade  
Aid in Gayhurst Road.