

2020–21

Activities and Services for Older Adults

Living in the Halswell, Hornby
and Riccarton wards





Places to go,
things to do,
people to meet
every day of the week

Message

From the Waipuna/Halswell-Hornby-Riccarton Community Board

We encourage people to be active and enjoy their leisure time with others through participation in community recreation activities. One way we can support you is to provide as much up-to-date information about the services and activities in your area as possible.

Despite the stereotypes of retirement and old age, this period of life can be one of achievement, satisfaction and fulfillment. We want to enable you to visit new places, do new things and meet new people every day of the week. That's certainly the case in our ward.

This booklet was first published in 2015. Since then, we have received great feedback about the comprehensive lists of activities in the area. In late 2019, it was decided to review and update the directory.

Many thanks to the organisers of clubs and groups who help make our community such a vibrant, fun, fascinating and supportive place to live in our golden years.

Please keep this booklet handy. We hope you will refer to it often.



Mike Mora

Chairperson, Waipuna/Halswell-Hornby-Riccarton Community Board

Copies of this directory can be picked up at your nearest Council service centre or library in the community board area, and is available online at ccc.govt.nz/rec-and-sport/activities-for-older-adults

It is also available online: ccc.govt.nz/rec-and-sport/activities-for-older-adults

This booklet was compiled before the COVID-19 lockdown. Staff have checked the information to the best of our ability before printing. If you see anything we have missed or any errors, please contact us on hholderadults@ccc.govt.nz or **03 941 8999**.

Acknowledgements

Halswell-Hornby-Riccarton Community Governance Team
Waipuna/Halswell-Hornby-Riccarton Community Board
Oak Development Trust

Updated June 2020

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Recreation and Leisure Activities

Arts and Crafts

Art Group Nor'wester

Where: Christchurch Girls' High School art rooms, 10 Matai Street East, Riccarton

Phone: 029 777 9393

Email: artmixnorwester@gmail.com

Meets on Tuesdays, 7.15–9.15pm. A teaching and participation art group in all mediums for all ages. A yearly subscription of about \$240 applies.

Christchurch Quilters Inc

Where: Philatelic Society Rooms, 97 Mandeveille Street, Riccarton

Phone: 03 383 2471

Email: enquiries@christchurchquilters.nz

Share the enthusiasm for quilting. Meet 1st Tuesday of month, 7.30pm. Speakers, demonstrations, use of extensive library. Workshops held during the year. New members welcome.

Christchurch Woodturners Assn Inc

Where: Harvard Lounge, Corsair Drive, Wigram

Phone: 03 366 9795

Email: secretary.chchwoodturners@gmail.com

Web: woodturning.nz

Woodturning instruction. Meets 4th Wednesday of the month. Every Thursday holds two open workshop sessions, 1–4pm and 7–9pm at Auburn Avenue Reserve, Riccarton. Men and women. Great camaraderie, mixed ages.

Church Corner Creative Leisure Group

Where: Upper Riccarton Methodist Church, corner of Yaldhurst Road and Brake Street, Upper Riccarton

Phone: 348 9260

Email: family.hulston@gmail.com

Arts and crafts, painting, leather work, easy and advanced exercise groups - and bowls.

Halswell Community Craft Group

Where: Halswell Scout Den, Halswell Domain

Phone: 03 322 8178

Meetings are Wednesday mornings during school term 9.45am–12noon. Card making, knitting, crochet, etc. Bring along own work or something to share with others.

Halswell Pottery Group

Where: 3/43 Candys Road, Halswell

Phone: 03 342 8006

Email: halswellpotters@gmail.com

Handwork and wheel classes are held on Tuesday evenings during term time. Club day, Mondays 10am–4pm. Gallery open every weekend 10am–4pm.

Hei Hei Variety Group

Where: 126 On The Corner, 126 Hei Hei Road, Hei Hei

Phone: 03 342 5864 or 022 017 6278

Email: heiheibcd@xtra.co.nz

Meets weekly on Tuesdays from 1–3pm. Offers a variety of crafts and activities.

Hornby Handiscope

Where: Hornby Community Centre, 2 Goulding Avenue, Hornby

Phone: 03 349 5411

Email: owengal@xtra.co.nz

Craft and social group meets Thursdays, 10am–1.30pm during school terms only.

Knit and Stitch

Where: 27 Amyes Road, Hornby

Phone: 03 980 2296

Email: info@hopechurch.net.nz

Fortnightly on Wednesdays at 7pm.

Knit and Yarn

Where: Hornby Library, 8 Goulding Avenue

Phone: 03 941 7923

Email: library@ccc.govt.nz

This is free and everyone is welcome.

Knitting for Plunket

Where: Knitting for Plunket
Phone: 03 963 8040 or 021 1901 661
Email: barbara@kiwifamilytrust.org

Kiwi Family Trust organises knitting to be done at home. The Trust is looking for volunteer knitters. Wool can be provided if needed.

Life Church Craft Group

Where: La Vida Centre, 34a Hansons Lane,
Upper Riccarton
Phone: 03 343 4935
Email: admin@lifechurch.nz

Enjoy crafting, morning tea and a short thought for the day in a relaxed environment. Fortnightly during the school term. For all ages.

My Time @ 10 Craft Group

Where: Riccarton Community Church,
48 Elizabeth Street, Riccarton
Phone: 021 056 9315
Email: nicki@odt.org.nz

Connecting women and learning new skills as we do crafts and other activities together. Craft group meets Wednesday mornings during the school term, 10–11.30am.

Southern Felters

Where: Halswell Community Hall,
450 Halswell Road, Halswell
Email: southernfelters@gmail.com

A monthly get-together to spend the day felting. \$10 door charge. Email for dates and more details.

St Peter's Upper Riccarton Card Making Group

Where: St Peter's Anglican Church, 22 Main South
Road
Phone: 03 348 5653
Email: stpeter@world-net.co.nz

Card-making group that gets together several Saturdays throughout the year, 10am–4pm. Phone or email for more information.

Book Clubs

Speak to your local librarians to find out about library-based groups near you.

Book Discussion Scheme

Where: 425 Columbo Street, Sydenham
Phone: 03 365 6210
Email: bds@bds.org.nz

Book Discussion Scheme supports book clubs by purchasing and distributing books and discussion notes to groups throughout New Zealand. Contact us to find out about a group near you. 9am to 5pm Monday to Friday.

Cards and Games

Canterbury Chess Club

Where: 9/27 Tyne Street, Riccarton
(just off Mandeville Street)
Phone: 021 1289 543
Email: canterbury@chess.org.nz

Promoting and playing chess. Social nights on the 1st Thursday of the month from March–November. Drop in or contact us for more information or visit us online at chess.org.nz.

Christchurch Scrabble Club

Where: 28 Hutcheson Street, Sydenham
Phone: 03 335 0610
Email: pojopete@gmail.com

Tournament-style Scrabble. All abilities.

Crockfords Bridge Club

Where: 218 Riccarton Road, Riccarton
Phone: 03 348 7478
Email: crockfordsbridge@gmail.com

Bridge for all levels. Monday–Thursday evenings at 7pm. Thursday afternoons at 1pm. Contact the office from 10am–2pm daily for more details.

Friday Afternoon Euchre

Where: Halswell Bowls Rooms,
Halswell Domain, Halswell
Phone: 03 322 8636

Held in the Halswell Bowling Club rooms, first Friday in May to last Friday in September, 1.15–3.30pm. Small cost. Play is followed by a cuppa.

Choir and Drama

Halswell Community Choir

Where: Aidanfield Christian School, 2 Nash Road, Aidanfield

Phone: 021 185 0447

Email: halswellcommunitychoir@gmail.com

A fun choir for all ages and abilities. Weekly rehearsals during school terms, and performances at local events and venues.

Halswell Drama Group

Where: Halswell Hall, 450 Halswell Road, Halswell

Phone: 03 322 4460

Email: halswelldramagroup@outlook.com

A community theatre group of young and old, who love to perform. We do one main show a year (6–8 performances) in August/September.

Paua Cantata (Halswell Choir)

Where: South West Baptist Church, 6 Balcairn Street, Halswell

Phone: 03 322 4124

The community choir, Paua Cantata, meets each Thursday at 7.30pm. No audition required. All ages welcome.

Plainsmen Barbershop Chorus

Where: Chch West Methodist Church, Brake Street, Upper Riccarton

Phone: 021 142 7668

Email: enquire@plainsmen.co.nz

Web: plainsmen.co.nz

Enjoy singing in four part harmony. Most Mondays at 7.15pm. Come along to a rehearsal or contact us to find out more.

Did you know

You are able to come and watch a Waipuna/Halswell-Hornby-Riccarton Community Board meeting. At the start of each meeting there's a public forum space where you can speak to the Community Board for five minutes on any topic.

Riccarton Players

Where: 2/30 Carlyle Street, Sydenham

Phone: 03 338 4699

Email: riccartonplayersnz@gmail.com

Riccarton Players welcomes all new members, whether they have a yearning to tread the boards, work backstage away from the limelight, or simply come along to see for yourself.

St Peter's Church Choir

Where: St Peter's Church, Church Corner

Phone: 03 348 5653

Choir of over 20 members, including some instrumentalists. Contact the Director of Music through the Parish Office.

Social Groups

Anglican Elder Care Group – Fendalton

Where: 8 Tui Street, Fendalton

Phone: 03 354 1428

Email: jamesruthnz@gmail.com

Anglican Elder Care Group offers a fun programme of social activities, outings, friendship and support. Come and meet new and old friends, have afternoon tea and enjoy good conversation in great company. Mondays 1–3pm, \$3 a session.

Association of Anglican Women – Riccarton

Where: Riccarton St James' Church, 69 Riccarton Road

Phone: 03 348 6626

Email: stjamesricc@orcon.net.nz

Meets 1st Thursday of each month. Begins with short devotional service, followed by a guest speaker or activity, refreshment and fellowship.

Christchurch Citadel Companion's Club

Where: 166 Moorhouse Avenue

Phone: 03 366 0740 or 322 9527

Email: Christchurchcity_corps@nzsalvationarmy.org

Monthly meeting for the over-50s with outings and guest speakers. Afternoon tea included. A friendly, caring environment.

Coffee & Cake @ Halswell Community Hub

Where: Halswell Community Hub,
381 Halswell Road, Halswell
Phone: 020 4127 6083 or 027 370 0344
Email: halswellhub@gmail.com

Tuesdays from 10am–12noon. New to the area?
Feel like a chat? Want to meet new people?
Pop in, we'd love to see you!

Coffee & Chat @ St Peter's

Where: St Peter's Anglican Church,
22 Main South Road
Phone: 03 348 5653
Email: stpeter@world-net.co.nz

Thursdays 10am–12noon.

Common Ground Café

Where: 80 Rattray Street, Riccarton
Phone: 03 960 6878
Email: carol@odt.org.nz

Held on the 1st and 3rd Fridays of the month from 1–3pm.
Tea, coffee and home-made food. Men and women of all
ages welcome. Some activities available.

Halswell Friends and Neighbours

Where: St Mary's Church Hall,
329 Halswell Road
Phone: 03 322 7328

Fun and fellowship for seniors. Fun housie, cards, scrabble,
pot luck lunches and outings, quiz afternoons.

Halswell Friendship Club

Where: Te Hāpua Halswell Centre,
341 Halswell Road
Phone: 03 322 8288
Email: robynwhite@xtra.co.nz

Friendship Clubs are for the retired or semi-retired to make
new friends, enjoy monthly meetings and group outings,
celebrate special occasions, dining and socialising together.

Did you know

There is support to help you quit smoking?

You can call Quitline's free helpline
on 0800 778 778.

Halswell/Prebbleton Association of Anglican Women Daytime Group

Where: St Mary's Church Hall,
329 Halswell Road
Phone: 03 420 0923

The group meets on the 4th Wednesday of the
month at 11am after the 10am mid-week service.
Interesting speakers.

Halswell/Prebbleton Association of Anglican Women Evening Group

Where: St Mary's Church Hall,
329 Halswell Road
Phone: 03 322 9962
Email: mresmaryed@xtra.co.nz

This friendly group meets on the 2nd Thursday of each
month at 7.45pm. A range of fun activities, from dinners
to having visiting speakers.

Healthy Day at the Pa

Where: Te Puawaitanga Ki Ōtautahi Trust, Tuahiwi
Marae
Phone: 0800 669957 or 03 344 5062
Web: whanauoraservices.co.nz

Social group that meets on the last Friday of the
month to enjoy a meal and educational talk at
Tuahiwi Marae, Tuahiwi.

Hei Hei Broomfield Community Development Trust

Where: 126 On The Corner, 126 Hei Hei Road, Hei Hei
Phone: 03 342 5864 or 022 0176278
Email: heiheibcd@xtra.co.nz

Cooking, crafts, outings, walking group, Tai Chi,
men's group, monthly community lunch. Phone for
more information.

Hei Hei Broomfield Men's Group

Where: 126 On The Corner, 126 Hei Hei Road
Phone: 03 342 5864 or 022 017 6278
Email: heiheibcd@xtra.co.nz

Men's group meets 2nd Friday of the month for outings
and socialising.

Hornby Good Companions

Where: Hornby Working Men's Club,
17 Carmen Road, Hornby
Phone: 03 322 9066
Email: marygrose@xtra.co.nz

Meets every Monday at 1pm, upstairs at Hornby Working Men's Club. Play bowls, cards or housie. Entertainment once a month as well as bus trips.

Hornby Working Men's Club & MSA Inc

Where: 17 Carmen Road, Hornby
Phone: 03 349 9026
Email: reception@hornbywmc.co.nz

Food and beverages, weekly entertainment, variety of sporting pursuits, gaming machines and TAB.

Life Church 50+ Social Group

Where: 34a Hansons Lane, Upper Riccarton, or other city locations
Phone: 03 343 4935
Email: admin@lifechch.org.nz

For those over 50 who want to connect with others in a social setting; various activities held about every 6 weeks.

Manchester Unity Social Group – Canterbury

Where: Philatelic Society Building,
67 Mandeville Street, Riccarton
Phone: (03) 980 3687
Email: paul.hopewell.nz@gmail.com

Meets fortnightly on Mondays at 7.30pm. Lodges have some form of social activity on their meeting nights to help members get to know one another better, and from these many lasting friendships are formed.

Manchester Unity Social Group – Riccarton

Where: Methodist Church Hall, Brake Street,
Upper Riccarton
Phone: 03 313 0246
Email: je.winsloe@slingshot.co.nz

Meetings of the Lodge are on alternate Thursdays. Also has social groups that meet in the local area.

Mary Potter Community Centre

Where: 442 Durham Street North,
Central Christchurch
Phone: 03 372 9224
Email: Lcm.chch@xtra.co.nz

Social and recreational services to seniors, Mondays 9am–3.30pm, Thursdays 10am–4pm.

Muffins & Conversation @ St Ninian's

Where: St Ninian's Church Hall,
5 Puriri Street, Riccarton
Phone: 03 348 6418
Email: stninians@xtra.co.nz

The group meets on Thursdays at 10am for muffins and chats.

Oak Development Trust

Where: 80 Rattray Street, Riccarton
Phone: 03 960 6878
Email: carol@odt.org.nz

Various gatherings for older people. Bi-monthly on Wednesday afternoons. Free variety entertainment for men and women. Afternoon tea with discussion relating to meeting topic.

Our Ladies of Victories Leisure Group

Where: Our Ladies of Victories Church,
106 Main South Road
Phone: (03) 348 6100
Email: olv@paradise.net.nz

Leisure group meets on the 1st Friday of the month for outings or entertainment. Contact the church office for more details.

Riccarton Neighbourhood Support Group

Where: 80 Rattray Street, Riccarton
Email: riccartonnsg@gmail.com

Meets 1st Wednesday of the month at 6pm, with a pot luck tea and then a meeting.

Sizzling Seniors

Where: 44 Elizabeth Street, Riccarton
Phone: 03 348 5507

A friendship group meeting on Mondays from 10am–12pm.

Slow Down Trips

Where: St Ninian's Church Hall,
5 Puriri Street, Riccarton
Phone: 03 348 6418
Email: stninians@xtra.co.nz

Four days away from Christchurch with a small group.

Social Beginners Mahjong @ Halswell Hub

Where: Halswell Community Hub,
381 Halswell Road, Halswell
Phone: 020 4127 6083 or 027 370 0344
Email: halswellhub@gmail.com

Wednesdays during school terms, from 12.30–2.30pm.
Pop in and give it a try. A great way to learn the game and meet new people.

St Bernadette's Church, Hornby

Where: St Bernadette's Church, 76 Hei Hei Road,
Hei Hei
Phone: 03 342 9763
Email: hornbyparish@xtra.co.nz

Samoan, Tongan and Zimbabwean community/friendship groups. Contact the church office for details.

St Peter's Daytime Fellowship Group

Where: St Peter's Church
Phone: 03 348 5653
Email: stpeter@world-net.co.nz

Meets on the 1st Wednesday of the month at 10am.
Celebrate Holy Communion in the Parish Hall, followed by morning tea and a guest speaker. Outings are held from time to time.

St Timothy's Senior Citizens Group

Where: St Timothy's Church Hall, 46 Kendal Avenue
Phone: 03 358 4984

Social group providing entertainment and friendship.

Te Ora Hub

Where: La Vida Café, 34a Hansons Lane,
Upper Riccarton
Phone: 03 343 4935
Email: admin@lifechch.org.nz

Come and enjoy a hot drink and homemade baking while connecting with others. For all ages.

The Salvation Army Hornby

Where: 23 Manurewa Street, Hei Hei, Christchurch
Phone: 03 349 6268
Email: hornby_cm@nzf.salvationarmy

Support, advocacy, budgeting, food assistance for those in need. Mentoring and goal setting/support. Social and spiritual activities (craft, prayer, study, coffee, community services).

Time for You

Where: 452 Main South Road, Hornby
Phone: 03 349 7311
Email: hornby.anglican@xtra.co.nz

Meets 3rd Tuesday of every month from 1.30–3pm, with speakers, entertainers and outings. Afternoon tea provided. Under 60s welcome.

Women's Leisure Club, City Wide

Where: Various locations
Phone: 03 332 8108

Social activities for women aged 65+. Cinemas, meals out, pot luck dinners and shows. Monthly programmes available to members.

Youth for Life (for Seniors)

Where: Living Waters Christian Centre,
13 Meeking Place, Halswell
Phone: 03 322 1243
Email: office@lwcc.org.nz

Afternoons of fun and fellowship once a month. Some off-site outings as well.

Did you know

Falls are the leading cause of injury for older people?

If you have had a fall or have concerns about your balance, please speak to your health professional, as they can advise you which falls prevention programme is best for you. The Live Stronger website provides practical advice and information, livestronger.org.nz

Service Clubs and Toastmasters

Christchurch North Zonta Club

Where: Chateau on the Park, 189 Deans Avenue, Riccarton

Email: christchurchnorth@zonta.org.nz

Meets on the 2nd Monday of the month. Members volunteer their time, talents and money to support women and girls in their local communities and advocate on women's issues at all levels of society.

Everest Toastmasters Club

Where: Upper Riccarton Library, 71 Main South Road

Phone: 0800 736 753

Email: everest@toastmasters.org.nz

An advanced group to help men and women develop self-confidence and leadership ability through public speaking. Meets on the 4th Monday of each month.

Girl Guiding NZ – Trefoil Guild

Phone: 0800 449 663

The Trefoil Guild is open to anyone over 19 years of age who is no longer in active Guiding, but wishes to remain in contact. Guild members may like to undertake the Dark Horse Venture. This scheme for the over 50s aims to discover the hidden talents and abilities of older people and put them to creative and practical use.

Hagley Ladies' Probus

Where: Crockfords Bridge Club, 218 Riccarton Road, Riccarton

Phone: 03 352 1338

To advance intellectual and cultural interests of professional and business people who have held positions of responsibility and who have recently retired or are semi-retired. Monthly meetings with a wide range of guest speakers.

Halswell and District Lions Club

Where: Halswell Bowling Club, 301 Halswell Road, Halswell

Phone: 021 228 4569

Email: halswell.lions@hotmail.com

Our Lions Club comprises 30 men and women serving the local community. Offering fellowship within a group of members who have fun and serve the community. Meets on the 1st and 3rd Wednesday of each month at 7pm.

Did you know

NZ Post will give you free redirection when you move house?

Present your Gold Card when you go to your local NZ Post Shop.

Hornby Combined Probus

Where: Hornby Working Men's Club, 17 Carmen Road, Hornby

Phone: 03 349 0533 or 027 201 7747

To advance intellectual and cultural interests of professional and business people who have held positions of responsibility and who have recently retired or are semi-retired. Meets monthly, with a wide range of guest speakers.

Hornby Rotary

Where: Wigram Base, 14 Henry Wigram Drive, Wigram

Email: rotaryclubhornby@gmail.com

Meets every Wednesday at 5.45pm.

Hornby Toastmasters

Where: Hornby Community Care Centre, 8 Goulding Avenue, Hornby

Phone: 027 711 6615

Email: hornby@toastmasters.org.nz

Meets on the 2nd, 4th and 5th Wednesday nights of the month at 7.30pm. You're never too old to improve your speaking, listening and thinking skills. Use these advanced skills to make your oral history come alive and have fun learning in a supportive group.

Inner Wheel Club of Christchurch West

Where: Te Hāpua: Halswell Centre, 341 Halswell Road, Halswell

Email: iwnz297chairman@gmail.com

Inner Wheel's goals are friendship, personal service and international understanding. Women over the age of 18 with or without Rotary connections can join Inner Wheel.

Inner Wheel Club of Riccarton

Where: Riccarton Racecourse
Email: iwzn297chairman@gmail.com

Fund raising and service projects during the year, Christmas party in December, club birthday dinner in September. Members activities between each monthly meeting: movies, craft, walking, gym fitness. Meets on the 3rd Monday of the month.

Kiwanis Club of Christchurch

Where: Armadillos, 155 Colombo Street, Beckenham
Email: sturgejsnz@gmail.com

Kiwanis is a global organisation of volunteers dedicated to changing the world, one child and one community at a time. Meets 1st and 3rd Thursdays at 6pm.

Kiwanis Club of Downtown Christchurch

Where: Christchurch RSA, 74 Armagh Street
Email: grahamandlois@xtra.co.nz

Meets on the 1st and 3rd Mondays of the month at 6.30pm at the Christchurch RSA.

Kiwanis Club of North West Christchurch

Where: Lion's Den in Burnside Park
Email: grahamandlois@xtra.co.nz

Meets on the 2nd and 4th Mondays at 6.30pm at the Lion's Den in Burnside Park (entrance opposite 353 Avonhead Road).

Lions Club of Riccarton – Waimairi

Where: Showgate Lounge, Riccarton Racecourse
Phone: 03 347 4747
Email: barrettd@snap.net.nz

Service Club for the Riccarton area, based on Lions International.

Lions Club of Wigram

Where: Showgate Lounge, Riccarton Racecourse
Phone: 03 941 1783
Email: sec.wigramlions@lionsclubs.org.nz

Wigram Lions meets twice monthly on the 1st and 3rd Tuesday of each month. Lions Clubs are made up of community volunteers who work to help others, working alongside organisations they support.

Merrin Ladies' Probus

Where: St Christopher's Church,
244 Avonhead Road, Avonhead
Phone: 03 352 7862

To advance intellectual and cultural interests of professional and business people who have held positions of responsibility and who have recently retired or are semi-retired. Monthly meetings with a wide range of guest speakers.

Oaklands Toastmasters Club

Where: Halswell Bowling Club,
301 Halswell Road
Phone: 022 602 0105
Email: Oaklands@toastmasters.org.nz

Provides a supportive and fun learning experience to develop skills and self confidence in communication and leadership. Meets every Monday at 7.30pm.

Riccarton Men's Probus

Where: 173 Memorial Avenue, Fendalton
Phone: 03 357 9105
Email: alwynaustin@xtra.co.nz

To advance intellectual and cultural interests of professional and business people who have held positions of responsibility and who have recently retired or are semi-retired. Monthly meetings with wide range of guest speakers.

Riccarton Rotary

Phone: 021 166 6141 or 027 468 0310
Email: sandra@impleo.co.nz

Rotarians meet weekly for fellowship and interesting, informative programmes dealing with topics of local and global importance. Weekly on Mondays at Chateau on the Park.

Riccarton Toastmasters Club

Where: Upper Riccarton Library,
71 Main South Road
Phone: 0800 736753
Email: riccarton@toastmasters.org.nz

Learn public speaking, oral communication, thinking and leadership skills in a relaxed and friendly atmosphere. Thursdays 6.15pm in the Upper Riccarton Library Community Room.

Women's Institute – Burnside

Where: Resolution Place, Burnside

Email: exec@wi.org.nz

An organisation to enable women to take an active part in the life of the community and its development. Skill building, friendship and fellowship. Meets at 7.30pm on the second Tuesday of the month.

Women's Institute – Oaklands

Where: Halswell Community Hub,
381 Halswell Road, Halswell

Email: exec@wi.org.nz

An organisation to enable women to take an active part in the life of the community and its development. Skill building, friendship and fellowship. Meets on the 1st Tuesday of the month at Halswell Hub.



Garden Clubs and Community Gardens

Avon Bonsai Society

Where: Isleworth School Hall,
Farrington Avenue, Bishopdale

Phone: 03 358 2591

Email: vanzsai@xtra.co.nz

Meets at 7.30pm on the 1st Wednesday of the month (except January).

Avonhead Garden Club

Where: Upper Riccarton Methodist Church Hall,
3 Brake Street Upper Riccarton

Phone: 03 377 4079

Email: shanz.delaney@gmail.com

For those with an interest in home gardens. Meets on the 1st Tuesday of the month. Speakers on gardening, floral art, horticulture and practical demonstrations.

Canterbury Horticultural Society

Where: The Kiosk, Christchurch
Botanic Gardens

Phone: 03 366 6937

Email: office@chsgardens.co.nz

Meetings held twice a month on 1st Monday from 7pm, followed by Tuesday morning 9.45–11.45am.

Visit chsgardens.co.nz or phone to find out more.

Friends of the Christchurch Botanic Gardens

Where: The Kiosk, Christchurch Botanic Gardens

Phone: 03 385 0264

Email: friendsofthegarden@gmail.com

Public events held approximately every six weeks.

Walks, visits, lecture topics and quarterly newsletter.

Halswell Community Garden

Where: 329 Halswell Road, Halswell,
behind the Old Vicarage

Phone: 03 741 2229

Email: loadersande@xtra.co.nz

A community-based garden with veges, herbs, flowers and fruit trees. Turn up on Saturdays, 10.30am–12noon.

Halswell Garden Club

Where: Te Hāpua:Halswell Centre,
341 Halswell Road, Halswell

Phone: 03 322 7214

Email: lebarrett@xtra.co.nz

Meets on 2nd Tuesday of the month (except January) from 1–3pm. Speakers, demonstrations, workshops, day trips.

Okeover Community Garden

Where: Engineering Road, University of Canterbury

Phone: 03 364 2017

Email: matt.morris@canterbury.ac.nz

Garden working bees on Tuesdays 2–4pm and Fridays 1–4pm. All interested people can help out in the garden, learn new skills, meet new people and share in that day's harvest.

Riccarton West Community Garden

Where: 151–153 Peverel Street
Phone: 022 313 4801
Email: madtepaah@hotmail.com

A community-based garden. Working bees are held at the garden on the 1st and 3rd Wednesday of each month from 10am.

Waiutuutu Community Garden

Where: Engineering Road, University of Canterbury
Email: niki.jones@canterbury.ac.nz
Web: www.canterbury.ac.nz

All interested people can come along and help out in the garden, learn new skills and meet new people. Gardening bees are held every Friday afternoon.

Menz Sheds

Halswell Menz Shed

Where: 26 Nash Road, on St John of God grounds, Aidenfield
Phone: 027 229 1928
Email: roger.s@xtra.co.nz

Multiple sessions throughout the week. Woodwork, metalwork, community projects, own projects if you like making things. Morning tea and friendship.

Riccarton Community Menz Shed

Where: Middlepark Motel, 120 Main South Road
Phone: 03 342 5375

Every Tuesday 1–3pm. Bring a project, join in with something that is already under way, or just drop in for a look or a chat. Shed is the large building to the left of the reception office. A small annual subscription or a cost for each visit.

Other types of groups

Christchurch Photographic Society

Where: 44 Elizabeth Street, Riccarton
Email: secretary@cpsnz.com

Photographic club with weekly meetings on Wednesdays, 7pm start. Competitions, tutorials, guest speakers and field trips.

New Zealand Society of Genealogists Riccarton Branch

Where: Upper Riccarton Library, 71 Main South Road, Upper Riccarton
Phone: 03 343 4501
Email: riccartongenealogy@hotmail.com

Meets on the 2nd Wednesday of the month at 7.30pm. Promotion of researching and recording of genealogy and family histories.

Riccarton Floral Design

Where: Upper Riccarton Library, 71 Main South Road, Upper Riccarton
Phone: 03 389 8091
Email: carolethorne@paradise.net.nz

Meets on the last Monday of every month, at 7pm. A demonstration or invited guest, and then members are invited to join in a workshop.



Exercise and fitness

Be Active Programme – Sport Canterbury

Where: Wharenui School Hall,
32 Matipo Street, Riccarton

Phone: 03 373 5060

Email: grxsupport@sportcanterbury.org.nz

An 8-week programme offering a range of activities suited to people who are new or returning to activity, with a focus on enjoying being active and giving things a go. Cost: \$3 per session.

Christchurch Southern Community Classes

Where: Cashmere Club, 50 Colombo Street,
Somerfield

Phone: 03 332 5116

Email: pilatesroger@gmail.com

Yang-style pilates on Mondays at 7pm. Ladies' fitness group on Mondays at 10am. Chiball lite class on Thursdays at 10am.

Church Corner Creative Leisure Club

Where: Upper Riccarton Methodist Church,
corner Yaldhurst Road and Brake Street,
Upper Riccarton

Phone: 03 358 5335

Email: family.hulston@gmail.com

Wednesdays, 10–11am. Easy exercise.
Cost: annual subscription \$35.



Frocks on Bikes

Phone: 027 848 6927

Email: meg.christie@cdhb.health.nz

Frocks on Bikes is a social group – mainly for women, but we do welcome men too – who meet for a bike ride at least once a month. We believe people do not need special sporty clothing and don't need to be athletes to ride bikes. Rides range from gentle 5km loops to a 45km return ride along the Little River Trail. We have themed rides, and rides to special destinations.

Get Into Gear

Where: St John of God, 26 Nash Road, Halswell

Phone: 03 338 2009

Email: enquiries.granada@sjog.org.nz

Have fun in a supportive and friendly environment. Wednesdays from 1:15pm. Exercise group to keep fit, strengthen and maintain your abilities with a mixture of seated, supported, standing and walking exercises. Cost: \$5.

Green Prescription Clubs

Where: Various locations throughout Christchurch

Phone: 0800 228 483

Social sessions to experience various exercise options and learn healthy lifestyle tips.

Halswell Sit And Be Fit

Where: St Mary's Church, 329 Halswell Road, Halswell

Phone: 03 351 3236

Thursday from 11am–12 noon during school terms.

Halswell Taekwon Do

Where: Te Hāpua, Halswell Centre, 341 Halswell Road

Phone: 021 131 7809

Email: contact@halswelltkd.co.nz

Taekwon-Do is the Korean art of self defence. Classes on Tuesdays and Thursdays 6–7.30pm. Open to all ages and abilities.

Hornby Working Men's Club

Where: 17 Carmen Road, Hornby

Phone: 03 349 9026

Email: reception@hornbywmc.co.nz

A variety of sports clubs: billiards, cards, cribbage, cricket, darts, fishing, golf, indoor bowls, mid-week indoor bowls, amalgamated outdoor bowls, pool and table tennis. Phone reception for more information.

Keep Active

Where: 6 Balcairn Street, Halswell
Phone: 03 338 1674
Email: ioxley@xtra.co.nz

Fun social setting to help maintain or improve fitness. These sessions include an aerobic warm-up, circuit activities, stretching cool-down and social cuppa. Tuesdays and Fridays, 9.30–10.30am. Cost: \$4.

Move It Or Lose It – Hei Hei

Where: 126 On The Corner, 126 Hei Hei Road
Phone: 022 017 6278
Email: Tracey.heihei@accd.org.nz

Move It Or Lose It is a fun fitness club, one hour a week on Wednesday afternoon from 1.30–2.30pm. Koha donation.

Move It Or Lose It – Halswell

Where: St Mary's Hall, 329 Halswell Road
Phone: 027 326 3958
Email: mark.krissy@xtra.co.nz

For those who want a fun, gentle exercise class, that works with flexibility, strengthening and balance. It is accredited with Live Stronger For Longer. Wednesdays from 1.30–2.30pm at Hei Hei, and Thursdays from 11am–12noon at Halswell. Cost: \$60 a term.

Monday Movers

Where: Halswell Baptist Church,
6 Balcairn Street, Halswell
Phone: 03 322 7244

Mondays at 1.15pm. Cost: \$5 (includes tea/coffee).



PEPSA Exercise

Where: St Ninian's Church Hall,
9 Puriri Street, Riccarton
Phone: 027 437 6417
Email: pepsa@xtra.co.nz

On Wednesday mornings. There's a 9am class, and an easier class at 10am. Exercises both to music and matwork. Duration: 55 minutes.

SAYGo Falls Prevention Exercise Class – Halswell

Where: Halswell Te Hāpua Centre, 341 Halswell Road
Phone: 03 366 0903
Email: team@ageconcerncan.org.nz

Steady As You Go (SAYGo) is an exercise class designed to help older people reduce their likelihood of having a fall. Gold coin donation. Contact Age Concern for more details.

SAYGo Falls Prevention Exercise Class – Riccarton

Where: Kauri Lodge, 148 Riccarton Road
Phone: 03 366 0903
Email: team@ageconcerncan.org.nz

Steady As You Go (SAYGo) is an exercise class designed to help older people reduce their likelihood of having a fall. Thursdays at 9.30am. Gold coin donation. Contact Age Concern for more details.

SAYGo Falls Prevention Exercise Class – Upper Riccarton

Where: Community Lounge - Fletcher Place Social
Housing Complex, off Bowen Street,
Upper Riccarton
Phone: 03 366 0903
Email: team@ageconcerncan.org.nz

Steady As You Go (SAYGo) is an exercise class designed to help older people reduce their likelihood of having a fall. Gold coin donation. Tuesdays at 10.30am. Contact Age Concern for more details.

Shotokan Traditional Karate

Where: Halswell Community Hall,
450 Halswell Road, Halswell
Email: jkschristchurchsouth@gmail.com

St Peter's Anglican Church

Where: 22 Main South Road, Upper Riccarton
Phone: 03 348 5653
Email: stpeter@world-net.co.nz

Exercise class, Tuesdays at 9:30am.

Tangata Atumotu Trust Exercise Group

Where: Samoan Seventh Day Adventist Church,
37–61 Brougham Street, Sydenham
Phone: 03 940 5692
Email: tatorg189@gmail.com

An exercise class for older Pacific adults.
Tuesdays, 11am–12noon. Transport can be provided.
Fellowship and games. Refreshments provided.

Therapy Professionals

Where: Presbyterian Church Hall,
27 Amyes Road, Hornby
Phone: 03 377 5280
Email: admin@tpl.nz

Exercise class designed by physiotherapists with expert knowledge about appropriate exercise for people with painful joints and balance problems. Cost: \$10.

Walking Netball

Where: Hagley Netball Courts, Hagley Park,
Christchurch
Phone: 021 379 499

This latest craze, introduced in England, is for ladies and gents aged 18+ who may have previously enjoyed netball and would like to play the game again. Games are held weekly on Wednesdays, 10–11.30am, at the Hagley Netball Courts. Wear comfortable clothing and suitable shoes. Cost: gold coin.



Dance

Cathedral City Line Dancers

Where: RSA Templeton, Kirk Road
Phone: 03 389 8809 or 021 216 3382
Email: marystanleyshepherd@gmail.com

Line dance classes for beginners and intermediates. Beginners start at 6.15pm and intermediates at 7pm, every Tuesday. Classes also in other areas.

Christchurch Rock 'n' Roll Club

Where: Hei Hei Community Centre,
Wycola Avenue, Hei Hei
Phone: 021 2105841
Email: kethomson@extra.co.nz

Wednesdays, 7–8pm. The 4-week beginners course. Cost: \$40.

Kathleen's Dance Group

Where: Papanui Smallbore Rifle Club,
Waterloo Road, Hornby
Phone: 03 349 6929

Contact 03 349 6929 for more details.

Linedance Christchurch

Where: Methodist Church, Brake Street,
Upper Riccarton
Phone: 03 329 4857

Wednesdays, 1–3pm.

Line Dancing for Adults

Where: 80 Rattray Street, Riccarton
Phone: 021 155 8062
Email: Changhun@odt.org.nz

Line dancing for all ages. Thursdays during term time.

Mature Movers Dance Fitness

Where: Halswell Community Hall, 450 Halswell Road
Phone: 021 269 2391
Email: karen@tranceform.co.nz

Move and groove! Shake and shimmy! Fabulous music, including old school tunes, upbeat Latin and even a few current songs. We keep it simple and FUN! Wednesdays at 9.30am. Cost: \$7.

Nia Nirvana

Where: Te Hāpua: Halswell Centre, 341 Halswell Road; and Halswell Community Hall, 450 Halswell Road

Phone: 021 296 1689

Web: nianirvana.co.nz

Cardio dance group fitness class that incorporates martial arts, dance arts and healing arts. Nia promotes mindfulness, holistic fitness and wellbeing. Mondays and Fridays 9.30–10.30am at Te Hāpua and Mondays 6.30–7.30pm at the Community Hall.

Rewi Alley Chinese School

Where: 32a Matipo Street, Riccarton

Phone: 03 343 0136

Email: principal@rewialley.ac.nz

Chinese and folk dancing, Saturdays 3.30–5pm, and ballroom dancing, Saturdays 7–9pm.

Riccarton Dance Club

Where: St Silas' Redwood, 237 Main North Road, Redwood

Phone: 03 349 6929

Old-time and sequence dancing every Thursday, 8–10:30pm. Good music and supper provided.

Templeton Country

Where: Templeton Community Hall, Kirk Road, Templeton

Phone: 03 942 7385

Email: dwanhalla@paradise.net.nz

Intermediate group. Meets Mondays, 7.15–9.15pm.

Zumba Gold

Where: Riccarton High School, 31 Vicki St, Sockburn

Phone: 03 348 5073

Wednesdays, 5.30pm. Low-intensity class focusing on all elements of fitness: cardio and muscular training, flexibility and balance. Cost: \$8.

Golf

Hagley Golf Club

Where: Harper Avenue, Christchurch Central

Phone: 03 379 8279

Email: hagley@golf.co.nz

Contact the club for more details.

Hornby WMC Golf

Where: 17 Carmen Road, Hornby

Phone: 021 029 35971

Email: reception@hornbywmc.co.nz

Contact for more details.

Riccarton Park Golf Complex

Where: Steadman Road, Yaldhurst

Phone: 03 342 1066

Email: info@riccartonparkgolf.co.nz

Has a driving range and a mini golf course. Coaching is available.

Russley Golf Club

Where: 428 Memorial Avenue, Russley

Phone: 03 358 4748

Email: info@russleygc.co.nz

Contact the club for more details.

Templeton Golf Club

Where: Pound Road, Templeton

Phone: 03 349 7571

Email: office@templetongc.co.nz

Contact the club for more details.

Did you know

You can get moving with a Green Prescription?

A Green Prescription is a health professional's written advice to a patient to be physically active, as part of the patient's health management. Sport Canterbury's Green Prescription team will talk through your current activity level, and help you to set an activity plan and realistic goals suited to your individual needs, health and lifestyle.

Indoor Bowls

Church Corner Creative Leisure Group

Where: Upper Riccarton Methodist Church,
corner Yaldhurst Road and Brake Street

Phone: 03 358 5335

Email: family.hulston@gmail.com

Fridays, 1–3pm.

Halswell Indoor Bowls

Where: Halswell Community Hall,
450 Halswell Road, Halswell

Phone: 03 980 0460

Meets at 7.30pm every Monday from the 1st Monday in March, until the last Monday in September.

Hope Presbyterian Indoor Bowls

Where: 27 Amyes Road, Hornby

Phone: 03 980 2296

Email: info@hopechurch.net.nz

Bowls played fortnightly on Mondays at 10.30am.

Hornby Bowling Club

Where: 531 Main South Road, Hornby

Phone: 03 349 8680

Email: hornbydbc@gmail.com

Meets every Monday at 1pm, upstairs at Hornby Working Men's Club. Play bowls, cards or housie. Entertainment once a month as well as bus trips.

Hornby Good Companions

Where: Hornby Working Men's Club,
17 Carmen Road, Hornby

Phone: 03 322 9066

Email: marygrose@xtra.co.nz

Friendly bowling club, always looking for new members.



Lawn Bowls

Canterbury Bowling Club

Where: 109 Salisbury Street, Christchurch Central

Phone: 03 355 9718

Ring to find out different programmes.

Christchurch Bowling Club

Where: 237 Worcester Street, Christchurch Central

Phone: 03 379 9703

Email: filop47@vodafone.co.nz

Ring to find out different programmes.

Elmwood Park Bowling Club

Where: 46 Heaton Street, Strowan

Phone: 03 355 7689

Email: erin@elmwoodclub.co.nz

All-year-round bowls: winter Saturday and Tuesday from 1pm; summer, Wednesday and Saturday from 1pm. Both competitive and social bowls available.

Halswell Bowling Club

Where: Halswell Domain, 301 Halswell Road,
Halswell

Phone: 03 942 3356

Our season runs from September–April; winter club also available. Visiting bowlers welcome.

Hornby Working Men's Club Outdoor Bowls

Where: 17 Carmen Road, Hornby

Phone: 03 349 9390

Email: reception@hornbywmc.co.nz

Ring to find out different programmes.

Riccarton Racecourse Bowling Club

Where: 171 Racecourse Road, Sockburn

Phone: 03 342 7029

Email: rrbc@xtra.co.nz

Meets once a month for a social game of bowls. Mostly played at Hornby Domain with two trips away. \$10 a year.

Croquet

Elmwood Croquet Club

Where: 46 Heaton Street, Strowan
Phone: 03 352 6857
Email: erin@elmwoodclub.co.nz

Promoting and playing the game of croquet. Come and enjoy yourself. Outdoor in summer, indoor in winter.

Hornby Croquet Club

Where: Hornby Domain, 531 Main South Road, Hornby
Phone: 03 349 8272
Email: helen.harry.webber@xtra.co.nz

Meet at Hornby Domain on Tuesdays and Thursdays from 1–4pm, with additional session Saturday from 1–4pm in summer.

United Croquet Club

Where: North Hagley Park, Riccarton Avenue
Phone: 027 407 9036
Email: unitedcroquetclub@gmail.com

Club days Wednesday and Saturday. Drop in and have a go. All equipment provided. You can be playing croquet within five minutes.

Swimming and Leisure Centres

Canterbury Swim School

Where: Waitaha Aquatic Centre,
25 Charente Way, Yaldhurst
Phone: 03 260 2220

Ring to find out opening hours and programmes. Casual swims available as well as Mellow Monday class, Mondays 9–10am, followed by morning tea.

He Puna Taimoana

Where: 195 Marine Parade, New Brighton
Phone: 03 941 7818
Email: info@hepunataimoana.co.nz

Located next to New Brighton beach are five hot water pools, a sauna and steam room. Enjoy discounted entry as a Christchurch resident with a community services or gold card.

Jellie Park Recreation and Sport Centre

Where: 295 Ilam Road, Burnside
Phone: 03 941 6888

A wide range of programmes for all age groups, levels and abilities. Has a group fitness studio.

Kings Swim School Lessons

Where: 109 Main South Road, Sockburn
Phone: 03 341 7579
Email: info@swimkings.co.nz

Tuesday and Friday evenings for 30 minutes. These classes aim to be fun and rewarding. Held at a discreet time when the complex is not too busy.

Pioneer Recreation and Sport Centre

Where: 75 Lyttelton Street, Somerfield
Phone: 03 941 6888

The fitness centre is well-equipped with a wide range of cardio and weight gear, a group fitness studio, spin studio and mind/body room.

Te Hāpua: Halswell Centre Outdoor Pool

Where: 339 Halswell Road, Halswell
Phone: 03 941 8999

Summer only.

Templeton Outdoor Pool

Where: 62 Kirk Road, Templeton
Phone: 03 941 8999

Summer only. Season pass membership with a key system.

Wharenui Pool

Where: 80 Elizabeth Street, Riccarton
Phone: 03 348 6488
Email: reception@wharenui.co.nz

Aerobics in the pool for fun, fitness and friendship. Tuesdays, 9.15am (general class); Tuesdays and Fridays, 10.15am, 50+.



Racquet Sports

Halswell Tennis Club

Where: Halswell Domain, Halswell Road
Phone: 03 322 9507
Email: halswelltennis@gmail.com

A range of casual and social groups, as well as competition and coaching.

Hornby Tennis Club

Where: Hornby Domain, 531 Main South Road, Islington
Phone: 03 942 4022
Email: russlorn@gmail.com

A 12-court purpose-built facility. Offers a variety of memberships, or casual court hire from \$25. Contact reception to book or for more details.

Riccarton Domain Tennis Club

Where: Upper Riccarton Domain, 92 Yaldhurst Road
Phone: 021 208 1121
Email: riccartontennis@gmail.com

Friendly and relaxed group from all walks of life who just like to turn up and have a good game of tennis. No joining fee. Full senior membership is \$185 to play socially all year.

Did you know

There are public tennis courts you can use at any time. Just grab a friend, turn up and have a game.

Your local public tennis courts are:

- Forgan Reserve, Forgan Lane/Marsack Crescent, Halswell
- Upper Riccarton Domain, Yaldhurst Road, Ilam
- Hagley Park North, Armagh Street entrance
- Templeton Domain, Kirk Road
- Halswell Domain, Halswell Road

Squash Canterbury

Where: 8 Takaro Avenue, Sockburn
Phone: 027 5337 348
Email: info@squashcanterbury.co.nz

Courts start from \$10 for a 30min booking. Phone 027 552 1281 for booking details. The venue has four squash courts with changing rooms and parking. Racquets and balls available on request.

Table Tennis Canterbury

Where: 294 Blenheim Road, Upper Riccarton
Phone: 03 341 5561
Email: ttc@ttcanterbury.org.nz

Senior inter-club opportunities as well as social tennis each Saturday at 2pm and Wednesday evenings at 6pm during daylight savings time.

Yaldhurst Tennis Club

Where: 150 School Road, Yaldhurst
Phone: 03 358 5259
Email: yaldhursttennis@gmail.com

Friendly tennis club. Saturday tennis, Monday morning interclub and Wednesday morning friendly hit out.

ZHU Badminton Centre

Where: 98 Aidanfield Drive, Wigram
Phone: 03 322 1020

Call 021 029 36054 for more details.

Regional Sports Clubs

Canterbury Hockey

Where: Various locations
Phone: 03 360 3010
Email: sam@canterburyhockey.org.nz

Runs masters comps for men's and women's hockey, October–December and January–March each year. Mid-week comps Monday nights for men, Tuesday nights for women during the winter, with the most members 35–65 years of age.

Canterbury Metro Rugby

Where: Various locations
Phone: 021 837 107

Offers a Metro Classics league for more mature players.

Canterbury Rugby League

Where: Various locations
Phone: 03 338 4531
Email: info@crfl.co.nz

Offers an over-35s President's league. Plays Saturdays, 1pm kick offs.

Canterbury Softball

Where: Various locations
Phone: 03 389 9167
Email: admin@csa.org.nz

Some clubs offer masters aged teams and mixed teams.

Christchurch Metro Cricket Association

Where: Various locations
Phone: 03 281 8948
Email: info@christchurchmetrocricket.com

Offers a President's grade for the more mature cricketer. One-day, limited-over cricket on Saturday afternoons.

Mainland Football

Where: Various locations
Phone: 020 404 94482
Email: josh@mff.nz

Runs four Masters leagues, two 35s+, 45s+ and 50s+ leagues.

Sports with Masters groups

Canterbury Tennis Seniors

Where: Various locations
Phone: 021 045 6014
Email: canty10seniors@gmail.com

Seniors tennis in Canterbury. Social, representative and competitive tennis available.

FC Twenty 11

Where: Avonhead Park, 146 Hawthornden Road, Avonhead
Email: admin@fctwenty11.co.nz

Masters 35s and 45s teams.

Halswell Tennis Club

Where: Halswell Domain, Halswell Road
Phone: 03 322 9507
Email: halswelltennis@gmail.com

Senior inter-club opportunities and social tennis each Saturday at 2pm, and Wednesday evenings at 6pm during daylight saving.

Halswell United Football Club

Where: Halswell Domain, 347A Halswell Road
Phone: 027 774 8232
Email: huafcgm@gmail.com

Masters 35s, 45s and 50s teams.

High School Old Boys Football Club

Where: 92 Heaton Street, Strowan
Email: proyal@xtra.co.nz

Masters 45s.

Hornby Cricket Club

Where: Denton Park, Main South Road, Hornby
Phone: 021 299 0334
Email: kevinandfamily@slingshot.co.nz

Has a team in the President's grade. Play Saturday afternoons.

Hornby Panthers Presidents

Where: Leslie Park, corner of Halswell Junction and Main South Roads, Hornby
Phone: 021 1295 885
Email: hornbypanthers@hotmail.com

Plays in the over-35s President's league, Saturdays 1pm.

Hornby Rugby Club – Golden Oldies Team

Where: Denton Park, Main South Road, Hornby
Phone: 027 522 2008
Email: hornby.secretary@gmail.com

Contact 027 222 7083 for info on their Golden Oldies team.

Riccarton Knights Presidents

Where: Crosbie Park, Apsley Road, Avonhead
Phone: 021 260 0575
Email: tony.knightman@gmail.com

Plays in the over-35s President's League, Saturdays 1pm.

Riccarton Softball Club

Where: Crosbie Park, Apsley Drive, Avonhead
Phone: 021 047 1640
Email: riccartonsoftball@hotmail.com

Women's and men's masters teams.

Southern United Hockey Club

Where: Sydenham Pavilion, Hockey and Cricket, Corner of Brougham and Colombo Streets
Phone: 021 386 783
Email: secretary@suhc.co.nz

Has four teams which play in summer masters 35s competitions.

Walking Groups

Beckenham Walk 'n' Talk

Where: South Christchurch Library, corner of Colombo Street and Hunter Terrace

Phone: 03 941 8999

Meets 1pm every Thursday, various locations.

Broomfield Wanderers

Where: 23 Manurere Street, Hei Hei

Phone: 03 349 3644

Meets monthly every Wednesday at 9.30am, wet or fine. The last Wednesday of the month is a trip outside of Hornby, ending in a lunch out.

Fendalton Walk 'n' Talk

Where: Fendalton Library, 4 Jeffreys Road, Fendalton

Phone: 03 941 8999

Meets at Fendalton Library, Thursday 10am.

Halswell Walking Group

Where: Te Hāpua: Halswell Centre, 341 Halswell Road, Halswell

Phone: 03 322 8057

Meets Saturdays, 1pm. Walks around various areas for upwards of one hour, sometimes whole day.

Hope Presbyterian Walking Group

Where: 27 Amyes Road, Hornby

Phone: 03 980 2296

Email: info@hopechurch.net.nz

Meets 9am Thursdays for a variety of walks in the area.

Pioneer Trampers

Where: Pioneer Stadium, Lyttleton Street

Phone: 027 571 3699

Email: pioneertrampers@gmail.com

Meets Thursdays at 9am. Walks around Canterbury, mainly 50–70 age group. Moderate fitness level (2 groups). Cost varies for transport.

Riccarton House and Bush

Where: 16 Kahu Road, Fendalton

Phone: 03 341 1018

Email: info@riccartonhouse.co.nz

Guided tours of the House or visit Deans Cottage. Take a stroll through the bush and grounds before taking refreshments in the Drawing Room.

St Peter's Upper Riccarton Walking Group

Where: St Peter's Anglican Church, 22 Main South Road

Phone: 03 348 5653

Email: stpeter@world-net.co.nz

Different walks two days a week. Mondays 1.30pm and Thursdays 9.30am.

Sunday Walks

Where: Christchurch City Council

Phone: 03 941 8999

Email: warren_cain@hotmail.com

Meets on Sundays at 10.30am, at various locations around Christchurch. Walks are about 60mins on the flat.

Walk 'n' Talk Halswell

Where: St Mary's Church, 329 Halswell Road, Halswell

Phone: 03 941 8999

Meets on Mondays, 10am. Sociable 30–45 minute guided walks, discovering the hidden gems in your community.

Wayfarers

Where: Various locations

Phone: 03 981 9546

Email: lillianchamberlain17@gmail.com

Our group does a two-hour walk every Thursday, and once a month we have a meal out after our walk.

Westfield Walking Club

Where: Westfield Riccarton, 129 Riccarton Road, Riccarton

Phone: 03 983 4500

Email: riccarton@scentregroup.com

We offer an environment that is both safe and warm for people to come together for exercise and to socialise.



Yoga, Tai Chi, Qigong and Pilates

Adapted Yoga & Pilates

Where: Level 1, 34 Yaldhurst Road, Sockburn, and The Oaks, 29 Ensign Street, Halswell

Phone: 03 972 5452

Email: adaptedyogaandpilates@gmail.com

Various classes daily. Visit website for class times and more information.

Affinity Fitness

Where: 107 Blenheim Road, Riccarton

Phone: 03 338 3000

Email: info@affinityfitness.co.nz

Tuesdays and Thursdays, 6.15–7am. \$5.99 a week as part of the unlimited classes gym membership.

Beginners Tai Chi for Joy

Where: Halswell Community Hall, 450 Halswell Road, Halswell

Phone: 03 260 1256

Email: sandyjsky@gmail.com

Combination of yoga, gentle stretching and meditation. Try the 1st class for free. 1.30–2.30pm Monday. Cost \$56 per term or \$9 for casual, Community Service card or Super Gold card holders.

Chans Martial Arts

Where: Māori Women's Welfare, 153 Gilberthorpes Road, Hei Hei

Phone: 03 366 0791

Yang style Tai Chi Chaun. An ancient martial art that is great for health, based on relaxation, accuracy and the principles of Yin and Yang. Tuesdays and Thursdays, 6–7pm.

Christchurch Southern Community Classes

Where: Cashmere Club, 50 Colombo Street, Somerfield

Phone: 03 332 5116

Email: Monday night yang style, 7pm.

Monday 10am, ladies' fitness group. Thursday 10am, chiball lite class.

Halswell Sit And Be Fit

Where: St Mary's Church, 329 Halswell Road, Halswell

Phone: 03 351 3236

Thursday, 11am–12noon during school terms.

Hot Flow Yoga

Where: 25 Mandeville Street, Riccarton

Phone: 03 348 8889

Email: info@flowhotyoga.co.nz

Various classes running every day of the week. Visit their website for class times and further information.

ReAlign Pilates

Where: 68 Ravensdale Rise, Westmorland

Phone: 027 405 7119

Boutique studio in Westmorland offering small affordable Pilates mat classes for up to 6 people. \$14 for a block course or \$19 casual rate. Class times vary.

Rewi Alley Chinese School

Where: 32a Matipo Street, Riccarton

Phone: 03 343 0136

Email: principal@rewialley.ac.nz

Tai Chi classes Saturday and Sunday, 9–11am.

Risingholme Community Centre – Yoga

Where: Riccarton High School, 31 Vicki Street

Phone: 03 332 7359

Email: info@risingholme.org.nz

Functional Yoga, Mondays and Wednesdays, 6–7.30pm. Cost: \$98 for 8 weeks/12 hrs.

Stop Drop and Yoga

Where: Halswell Community Hub, 381 Halswell Road

Tai Chi by Gai Tangney

Where: Prebbleton Hall, 617 Springs Road

Phone: 027 827 2791

Email: tangneyfamily@gmail.com

Tai Chi is an ancient exercise system which integrates mind, body and breath by way of slow, gentle and effective movements. Enhances wellbeing and relaxation. Mondays, 10am. Cost: \$8.

White Cloud Taichiquan

Phone: 03 322 1289

Contact for more details.

Health

Health information

healthinfo.org.nz

Up-to-date information on health topics, medication and health services in Canterbury

Counselling

Albany House

Where: 23 Auburn Avenue, Upper Riccarton

Phone: 343 3840

Email: albanyhousechristchurch@extra.co.nz

Provides an affordable professional service to empower people to make effective changes in their lives. Formerly called Rata Counselling Centre. Monday–Friday 9am–5.30pm. Late nights Tuesdays and Wednesdays until 8pm.

Petersgate Counselling Centre

Where: 29 Yaldhurst Road, Upper Riccarton

Phone: 03 343 3391

Email: info@petersgate.org.nz

Petersgate Trust provides affordable professional counselling to the community. We respect and look after the needs of everyone, regardless of creed, culture or socio-economic background.

Te Whare Awhero Counselling

Where: Level 2, 648 Halswell Junction Road, Hornby

Phone: 03 967 4673

Email: counselling@hopecentre.net.nz

Web: hopecentre.net.nz

A professional counselling service providing hope, compassion and confidentiality. Our clients are listened to and helped to explore difficulties and concerns that they have.

Vagus Line

Phone: 0800 567 666

Chinese mental health consultation and counselling services.

Women's Centre

Where: Unit 3a, 242 Ferry Road, Waltham

Phone: 03 371 7414

Email: support@womenscentre.co.nz

Free counselling service Monday–Friday 9.15am–2.15pm. There is no criteria for accessing this service. As this service is popular, we do have a waiting list.

Helplines

Adult Mental Health Services

Phone: 0800 920 092

If you require urgent or crisis mental health care.

Alcoholics Anonymous

Phone: 0800 229 6757

A 24-hour helpline for those worried about problem drinking, drinking blackouts or other alcohol problems affecting your life and that of your friends and family. Assists people to find their nearest AA meeting.

Chinese Lifeline

Phone: 0800 888 880

A helpline for speakers of Mandarin and/or Cantonese.

Continance

Phone: 0800 650 659

Free helpline and referral information for people with bladder and bowel control problems.

Depression and Anxiety Helpline

Phone: 0800 11 1757

Talk to a trained counsellor about how you are feeling or to ask any questions. Available 24 hours a day, 7 days a week. Can also put you in touch with face-to-face support groups around Christchurch.

Elder Abuse Hotline

Phone: 0800 326 6865

24-hour confidential helpline for people experiencing elder abuse or who know someone who is. Registered nurses will listen and advise anyone who needs information or support. Age Concern Canterbury provide an Elder Abuse Response Service.

Gambling Helpline

Phone: 0800 654 655

A 24-hour helpline for those worried about gambling or the gambling of others.

Healthline

Phone: 0800 611 116

Free advice from trained registered nurses. The service operates Monday–Friday 8am–4pm. Call Healthline if you're:

- Feeling unwell – but not sure if you need to see a doctor;
- Needing some urgent advice about a family member or friend who's sick;
- On holiday and want to know where the nearest doctor or pharmacy is.

Helpline

Phone: 0800 787 797

A 24-hour helpline for friendly, confidential, non-judgemental advice and support about your own or someone's else's drinking or other drug use.

Lifeline

Phone: 0800 543 354

Telephone counselling service provides 24-hours-a-day, 7-days-a-week counselling and support.

Quitline

Phone: 0800 778 778

Quitline is dedicated to helping New Zealanders beat smoking addiction. Call to get help quitting.

Seniorline

Phone: 0800 725 463

Helping older people navigate the health system. Information for older people to make decisions about staying at home, retirement villages, home care, day care and rest homes.

Other Health Services

Advance Care Planning

Where: 03 364 4188

Email: acp@cdhb.health.nz

Advance Care Planning helps you, the important people in your life and your health care team plan for your end-of-life care. For more information please speak to your GP or practice nurse, or search 'Advance Care Planning' on healthinfo.org.nz

Aspire Canterbury

Where: 314 Worcester Street, Linwood

Phone: 021 308 877

Email: manager@aspirecanterbury.org.nz

Operating for over 40 years, we offer information, helpful products, activities and administer the half-price taxi scheme for those with disabilities, impairments and the elderly.

Arthritis New Zealand

Where: 15 Washington Way, Sydenham

Phone: 03 366 8383

Email: arthritis.org.nz

We provide a range of services to assist people to manage their arthritis through information and advice, exercise classes (both water and land-based), along with support groups and self-management courses.

Live Stronger for Longer

Web: livestronger.org.nz

Practical information and advice on how to stay active, well and independent for over 65s and those caring for over 65s.



Meals on Wheels

Phone: 03 335 4443

Email: mealsonwheels@cdhb.health.nz

Available by referral from your General Practitioner or other health professional. Hot meal delivered at lunchtime on weekdays.

Medication Management Service

Phone: 03 353 9926

Email: mms@ccpg.org.nz

This is a free service to eligible patients that allows you to sit with a pharmacist (either your local pharmacist or a member of the service's mobile pharmacy team) and talk about your medicines. The discussion can include the reasons you are taking them, any problems you are having with your medicines, and any other concerns.

National Foundation of the Deaf

Phone: 0800 867 446

Email: enquires@nfd.org.nz

Support and advice on all things to do with hearing.

Nurse Maude

Where: 24 McDougall Avenue, Merivale

Phone: 03 375 4200

Web: nursemaude.org.nz

Provides nursing, personal care and domestic assistance so people can stay in their own homes and communities. Also has in-patient care in its hospital and hospice. They have a range of community health services, including hiring out mobility aids and delivering meals.

Oak Development Trust – Nail Care Clinic

Where: 80 Rattray Street, Riccarton

Phone: 03 960 6878

Email: carol@odt.org.nz

For people with health, mobility and eyesight issues. Foot spas, foot massage, nails trimmed; supervised by a registered nurse. Six-weekly. By appointment, 03 960 6878.

Pacific Trust Canterbury

Where: 177 and 189 Montreal Street, Christchurch City

Phone: 03 366 3900

Email: info@pacifictrust.co.nz

The largest provider of Pacific health and social services in the South Island. Delivers a range of social, whanau ora, community primary health, mental health and addiction services, and a Pacific health clinic with full GP medical services.

Presbyterian Support Upper South Island Kaiawhina Community Support

Where: Waimakariri and Christchurch

Phone: 03 261 2888

Email: enliven@psusi.org.nz

Liaison and access to community and services for kaumātua/elders in situations where a Māori support worker is preferred.

Rapuora Mobile Nurses

Where: Te Puawaitanga Ki Otautahi Trust,
153 Gilberthorpes Road, Hornby

Phone: 0800 669957 or 03 344 5062

Web: whanauoraservices.co.nz

Team of nurses providing a home-based service to people who are at risk or have a chronic health disorder, e.g. diabetes, heart disease or respiratory illness. The team works to support whanau to remain healthy and out of hospital.

St John of God Halswell

Where: 26 Nash Road, Halswell

Phone: 03 338 2009

Email: enquiries.halswell@sjog.org.nz

Web: sjog.org.nz

Residential care service supporting people living with physical and neurological disability. Our unique model of care supports people to live a life meaningful to them.

Tangata Atumotu Trust

Where: 189 Montreal Street, Christchurch Central

Phone: 03 940 5692

Web: tatorg189@gmail.com

Works in partnership with Primary Care and the CDHB to provide health literacy and competency by ensuring patients understand their conditions and the treatments prescribed. Transport and interpreters can be provided.

Places to go,
things to do,
people to meet
every day of the week

Te Whatumanawa Maoritanga O Rehua Trust – Kaumata Day Service

Where: Rehua Marae, 79 Springfield Road
Phone: 03 355 5615
Email: admin@rehuamarae.org.nz

Supports kuia and koroua remaining in their own homes for as long as possible with appropriate help. Provides a variety of marae-based day activities, including te reo classes. Nurse available at the marae. Requires GP or other health professional referral.

The Granada Centre for Neurological Rehabilitation

Where: 26 Nash Road, Halswell
Phone: 03 338 2009
Email: enquiries.halswell@sjog.org.nz
Web: sjog.org.nz

Specialist service provider with experience supporting people living with neurodisability such as brain injury or stroke. Our team of rehabilitation experts supports people living in residential care and operates outpatient services for people living in the community.

65 Alive

Where: 98 Greers Road, Burnside
Phone: 03 358 2690
Web: odysseychch.org.nz

Programme designed to enhance the quality of life for people aged 65 years and over, who are concerned about their use of alcohol and other drugs, including prescribed medication, and co-existing mental health and medical problems.

Did you know

About mobility permits?

This is a parking scheme that enables those with a physical impairment to park conveniently close to their destination. For more information on the scheme, contact CCS Disability Action on 0800 227 2255.

Respite

Harakeke Club

Where: Presbyterian Support Upper South Island, 7a Harakeke Street, Riccarton
Phone: 0800 477 874
Email: enliven@psusi.org.nz

Day activity programmes for people with Alzheimer's disease or related dementia. Providing socialisation and participation in a personalised activity programme. Provides respite for carers.

Hornby Day Care Trust

Where: 93 Carmen Road, Hornby
Phone: 03 349 3129
Email: hornbydaycare@xtra.co.nz

Provides a community activity programme for older people living in the community. Monday–Thursday 9am–3pm. A wide range of stimulating activities, along with the companionship of other members.

Matua Pacific

Where: St Paul's Trinity Church, corner Madras and Cashel Streets
Phone: 03 388 4964
Email: johnahdar@xtra.co.nz

Day care centre for Pacific Island older adults, Mondays, Wednesdays and Thursdays, 9am–4pm.

Totara Club

Where: Presbyterian Support Upper South Island, 7 Harakeke Street, Riccarton
Phone: 0800 477 874
Email: enliven@psusi.org.nz

A day programme for older people, providing opportunities for socialisation and participation in a personalised activity programme. Provides respite for carers.



Medical and Health Centres

Amyes Road Surgery

Where: 7 Amyes Road, Hornby

Phone: 03 349 8263

Monday–Friday 8am–5pm. Saturday and Sunday closed.

Doctors on Riccarton

Where: 183 Riccarton Road, Riccarton

Phone: 03 348 8989

Monday–Friday 8am–6pm. Saturday 9am–5pm.
Sunday closed.

Halswell Health

Where: 36 Ensign Street, Halswell

Phone: 03 322 8121

Monday–Thursday 8am–5.30pm. Friday 9am–5.30pm.
Saturday and Sunday closed.

Hei Hei Health Centre

Where: 18 Wycola Avenue, Hei Hei

Phone: 03 344 3274

Monday–Friday 9am–5pm. Saturday and Sunday closed.

High Street Health Centre

Where: 62 Riccarton Road, Riccarton

Phone: 03 341 8780

Monday–Friday 8am–6pm. Saturday and Sunday closed.

Hornby Medical Centre

Where: 15 Brynley Street, Hornby

Phone: 03 349 7348

Monday–Friday 8am–5pm. Saturday and Sunday closed.

Longhurst Health

Where: 53 Caulfield Avenue Halswell

Phone: 03 322 8121

Monday–Wednesday 8am–5.30pm.
Thursday 8am–6.30pm. Friday 8am–5.30pm.
Saturday and Sunday closed.



Riccarton Clinic and After Hours

Where: 4 Yaldhurst Road, Church Corner

Phone: 03 343 3661

8am–8pm daily.

Riccarton Medical Practice

Where: 59 Division Street, Riccarton

Phone: 03 348 8711

Monday–Tuesday 8am–7pm. Wednesday 8am–6pm.
Thursday 8am–7pm. Friday 8am–4pm. Saturday and
Sunday closed.

Straven Medical Rooms

Where: 12 Straven Road, Riccarton

Phone: 03 348 5749

Monday–Thursday 8.15am–6pm. Friday 8.15am–4.30pm.
Saturday and Sunday closed.

Templeton Medical Centre

Where: 5 Kirk Road, Templeton

Phone: 03 349 6716

Monday–Friday 8.30am–5pm. Saturday and
Sunday closed.

University of Canterbury Health Centre

Where: University of Canterbury, 90 Ilam Road, Ilam

Phone: 03 364 2402

Monday–Friday 8.30am–5pm. Saturday–Sunday closed.

Upper Riccarton Medical Centre

Where: 318 Riccarton Road, Upper Riccarton

Phone: 03 348 3074 or 03 348 7598

Monday–Wednesday 8.30am–5pm. Thursday closed.

Friday 8.30am–5pm. Saturday and Sunday closed.

Waimairi Road Medical Centre

Where: 203a Waimairi Road, Ilam

Phone: 03 358 5535

Monday–Friday 8.30am–5.30pm. Saturday and Sunday closed.

Wecare Health Wigram

Where: 67 Skyhawk Road, Wigram

Phone: 03 349 8613

Monday–Friday 8am–8pm. Saturday 10am–4pm. Sunday closed.

Yaldhurst Family Doctors

Where: 129 Yaldhurst Road, Sockburn

Phone: 03 343 4034

Monday–Friday 8.30am–5pm. Saturday and Sunday closed.

Did you know

The Fire Service install and test alarms?

This service is free of charge.

Contact 0800 6937 4636 (0800 NZFS INFO) to find out more.

Support Groups

Harakeke Club

Where: Presbyterian Support Upper South Island, 7a Harakeke Street, Riccarton

Phone: 0800 477 874

Email: enliven@psusi.org.nz

Day activity programmes for people with Alzheimer's disease or related dementia. Providing socialisation and participation in a personalised activity programme. Provides respite for carers.

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Phone: 0800 477 874

Email: enliven@psusi.org.nz

A day programme for older people, providing opportunities for socialisation and participation in a personalised activity programme. Provides respite for carers.

Breast Cancer Support Group

Phone: 03 379 5835

Information, support and practical assistance for women with breast cancer. Referral by health professional, or self-referral.

Breast Cancer Support Group

Phone: 03 379 5835

Information, support and practical assistance for women with breast cancer. Referral by health professional, or self-referral.

Cancer Society

Phone: 0800 226 237

Email: contact@cancercwc.org.nz

Provides help and support to anyone with a cancer diagnosis. Any cancer, any question.

Cardiac Companions

Phone: 03 359 5517

Email: rudi.brink@gmail.com

Rehabilitation for all people who have had any type of heart condition. Eligibility: Must have completed Stage 1 and 2 of Rehab programme through hospital or referral from doctor or Green Prescription. \$3 per session.

Christchurch South Alzheimer's Monthly Café

Where: Wigram Airforce Museum, Christchurch

Phone: 03 379 2590

Meets on the 3rd Monday of every month. Other support groups in the area. Phone for more details.

Christchurch Stroke Club

Where: 97 Fitzgerald Avenue

Phone: 03 359 8350

Email: marg.rosco@gmail.com

Offers support and friendship for stroke people who have similar difficulties, e.g. speech, mobility, doing everyday things, frustration and possibly depression. Meets 4th Tuesday of the month, 7pm.

Continance New Zealand

Phone: 0800 650 659

Free helpline and referral information for people with bladder and bowel control problems.

Dementia Canterbury

Phone: 0800 444 776 or 03 379 2590

We operate a number of support groups: carer support group, post placement support group, memory groups, café group, Alzheimers group. Phone for more details.

Diabetes Christchurch Inc

Phone: 03 925 9972

Email: info@diabeteschristchurch.co.nz

Support group for over 55s who wish to meet a fun group of other people with diabetes. Get togethers are held on the last Friday afternoon of the month.

Epilepsy Association of NZ – Canterbury – West Coast Branch

Phone: 0800 37 45 37

Email: canterbury.westcoast@epilepsy.org.nz

Provides support and promotes the welfare of people living with epilepsy, along with their families/whanau, including support groups, seminars and social events.

Multiple Sclerosis and Parkinson's Canterbury

Phone: 03 366 2857

Email: support@ms-pd.org.nz

Multiple Sclerosis and Parkinson's Canterbury provides professional support and information to people with MS or Parkinson's. We have a specialised gym, exercise and self-management programmes, and social/peer support.

National Foundation of the Deaf

Phone: 0800 867 446

Email: enquires@nfd.org.nz

Support and advice on all things to do with hearing.

Osteoporosis Society

Email: info@osteoporosis.org.nz

A support network and information source for those affected by osteoporosis.



Ostomy Society – Canterbury

Phone: 027 416 4185

Email: ostomycanterbury@gmail.com

Rehabilitation, support, education for ostomates (people who have undergone bowel or bladder surgery resulting in a colostomy, ileostomy or urostomy). Guest speakers and product distributors. Regular newsletters.

Prostate Cancer Foundation of New Zealand Inc

Phone: 0800 477 678

A support group for sufferers. To increase public awareness of prostate problems and prostate cancer in particular.

Stroke Foundation

Where: 3/47 Mandeville Street, Riccarton

Phone: 03 381 8500

Email: southern@stroke.org.nz

The Stroke Foundation is a charitable organisation which provides information and support to stroke survivors, their friends, families and carers.

Stroke Foundation – Hornby Club

Phone: 03 342 6321

Email: petefay@xtra.co.nz

Support group and friendship amongst people who have similar difficulties. Contact for meeting details.

Te Hā – Waitaha Stop Smoking Canterbury

Phone: 0800 425 700

Email: smokefree@cdhb.health.nz

Te Hā – Waitaha Stop Smoking Canterbury offers free stop-smoking support to anyone in Canterbury. We work with you and your whānau to find ways that can make quitting easier. Stop Smoking practitioners are based across Canterbury and our support is tailored to you.



Advocacy and Social Support

Age Concern Canterbury

Support Services, Information, Advice and Personal Advocacy:

- Responding to a range of queries from older people and their carers, e.g. advising what services are available and how to access them.
- Providing confidential support and empowerment to older people.

Information Resources:

- Providing written materials, e.g. pamphlets and resources. Material also available from a comprehensive database containing information on services, clubs, social contact groups and recreational activities. You can view the information database at ageconcerncan.org.nz or on info.ageconcerncan.org.nz
- Keeping On, quarterly publication available by subscription (\$15 per year).

In-home Support:

- Referring recommended people for trades, handymen, home help and gardening services. All providers are vetted and approved by Age Concern Canterbury and charge reasonable rates for their services.

Visiting Services:

- Providing visitors who make regular visits to socially isolated older people in their homes via the Age Concern Accredited Visiting Service.

Outings Service:

- Providing a door-to-door service, social contact and an outing for those who are lonely.

Elder Abuse Response Service:

- Providing confidential support, advocacy and information for people facing elder abuse and neglect.

Education:

- Holding training seminars on elder abuse and neglect and other related topics.

Courses:

- A Staying Safe course for mature drivers – This is held in a safe and enjoyable environment, provides workbooks for future reference, involves no tests or exams and provides an opportunity to share experiences and concerns. We ask for a \$10.00 contribution towards lunch and morning tea, and the course runs between 9.30am and 2.30pm.
- Steady As You Go – falls prevention classes. \$2 per class, runs every week of the year in a facility near you.
- Home and Personal Safety – Age Concern Canterbury, in conjunction with the New Zealand Police, NZ Fire Service, Neighbourhood Support and Civil Defence, provide factual information and tips about personal safety. The course is designed to build confidence and offer practical ideas. Having attended one of these courses, participants receive a free home safety audit and the installation of a tamper-free smoke detector. The course is free.
- Life Without a Car is an important course for people to attend if they are concerned at all about their driving ability. Facing life without a car will probably come to us all in time, and being informed and prepared is wise. It's a free two-hour course.
- Other courses, including Financial Security, Scams and Mobility Scooter Safety, may be available.

Venues for all courses are in and around the community or at Age Concern Canterbury. Phone to make a booking.

Representation:

- Providing representation and advice on older peoples' issues to local influential groups, e.g. District Councils.

Contact Information

Postal address:

24 Main North Road, Papanui, Christchurch 8053

Physical address:

24 Main North Road, Papanui, Christchurch 8053

Telephone: 03 366 0903

Facsimile: 03 365 0639

Email: team@ageconcerncan.org.nz

Visit the website: ageconcerncan.org.nz

Legal Advice

Citizens Advice Bureau Legal Service

Where: Hornby Community Care Centre,
8 Goulding Avenue

Phone: 0800 367 222 or 03 349 5236

Email: christchurchwest@cab.org.nz or cab.org.nz

We offer information to enable people to make informed decisions. Free Legal Advice Clinic: Thursday evenings from 6.15pm (15 minutes per person); and Justice of the Peace sessions, Mondays and Thursdays 9.30am–12.30pm (10 minutes per person). Please ring to confirm both JP and free legal advice clinic.

Community Law Canterbury

Where: 198 Montreal Street, Christchurch Reception
03 366 6870, Legal information line

Phone: 03 371 3819

Email: canlaw.org.nz

Offers a general legal advice service as well as specialist advice and information services. Also provides an advice service for older people by appointment at Age Concern Canterbury (phone 03 366 0903 to make an appointment).

Public Trust

Where: Level 4, BNZ Centre, 120 Hereford Street

Phone: 800371471

Email: publictrust.co.nz

Provides wills and estate administration services. Also has a range of products and services, including legal advice.

Did you know

If you need a JP to certify documents or witness a signature – look in the phone book under Justices of the Peace, check out your local library or go to www.justiceofthepeace.org.nz

Advocacy and Housing Services

Asian Wellbeing Hub

Where: 80 Rattray Street, Riccarton
Phone: 021 155 8062
Email: changhun@odt.org.nz

Support for migrants provided by Oak Development Trust, assisting with meetings with Government agencies, including health and welfare professionals.

Beneficiary Advisory Service

Where: Christchurch Community House,
301 Tuam Street, Christchurch Central
Phone: 03 379 8787 or 028 415 5942
Email: bas@cprc@gmail.com

BAS provides information, support, advice and advocacy to those on a benefit or a low income. Support where issues arise with Work and Income, and limited support for other organisations, such as Studylink and ACC. Our assistance can include dealing with benefit reviews, appeals and fraud investigations.

Canterbury Fiji Social Service Trust

Where: 40 Hillary Crescent, Upper Riccarton
Phone: 03 942 9498

Provides assistance for Fijian and Pacific Island people and other ethnic groups in Christchurch. Provides help with education, courts, housing, interpreting, health and finding employment.

Christchurch Building and Housing Information

Phone: 0800 836 262
Web: building.govt.nz

Offers advice and information for landlords and tenants. Receives and holds bonds until the end of a tenancy and provides dispute resolution services.

Christchurch Resettlement Services

Where: Level 1, 283 Lincoln Road, Addington
Phone: 03 335 0311 ext 22
Email: admin@crs.org.nz

Supports people from refugee and migrant backgrounds living in Christchurch to settle successfully in New Zealand by providing a range of professional services that build on strengths to promote wellbeing and resilience.

Comcare Trust

Where: 251 Lichfield Street, Christchurch Central
Phone: 03 377 7020
Email: enquiries@comcare.org.nz

Comcare provides community services and social housing for people experiencing mental illness.

Greypower Christchurch Superannuitants Association

Where: Cashmere Club, Columbo Street, Cashmere
Phone: 03 942 6905
Email: fayian@paradise.net.nz

Meets 3rd Wednesday of each month. An advocacy organisation promoting the welfare and wellbeing of all citizens aged 50+.

Hornby Heartlands

Where: 25 Shands Road, Hornby
Phone: 03 961 9248 or 027 33 555 30
Email: hornby@heartlandsservices.govt.nz

A drop-in service connecting local communities to the right services. Has a range of face-to-face service providers: Green Prescription, Family Planning, Pegasus Community Health, Te Whare Hauora, Justice of the Peace, counselling, social workers. We have a range of 20+ on-call services that we use.

National Health and Disability Advocacy Service

Phone: 03 377 7501 or 0800 555 050
Web: advocacy.org.nz

The Nationwide Health and Disability Advocacy Service is a free service that operates independently from all health and disability service providers and agencies. If you want to know more about your rights when using health or disability services, get questions answered, or talk through your options for making a complaint, we can help.

Pacific Island Evaluation Inc.

Where: 177 Montreal Street, Christchurch
Phone: 03 366 3900

Empowering through educating and promoting healthy and positive lifestyle choices amongst Pacific people.

Residential Advisory Service (RAS)

Phone: 0800 777299
Web: advisory.org.nz

RAS is a free, independent service for residential property owners who face challenges in getting their home repaired or rebuilt after it has been damaged in a natural disaster. RAS gives you access to a skilled broker, legal and technical expertise, and helps you work with your private insurers and EQC to manage your claim.

Salvation Army Hornby

Where: 23 Manurere Street, Hei Hei
Phone: 03 349 6268
Email: hornby_cm@nzf.salvationarmy

Support, advocacy, financial mentoring, AA, food assistance for those in need and free bread. Mentoring and goal setting/support. Social, community singalong and spiritual activities (craft, prayer, study, coffee, community services).

Tenants Protection Association

Phone: 03 379 2297
Email: info@tpa.org.nz

Free and confidential advice, information and advocacy services, which include assisting tenants through mediation and tribunal processes.

Vaka Tautua

Where: Unit 18, 105 Bamford Street, Woolston
Phone: 0800 825 282
Email: Kaiongo.t@vakatautua.co.nz

Vaka Tautua is a national “by Pacific for Pacific” health and social service provider. Information and advice to Pacific people with any form of disability in Canterbury. Provides advocacy for those with cultural and language barriers.

Whanau Ora Navigator

Where: Te Puawaitanga Ki Otautahi Trust,
153 Gilberthorpes Road, Hornby
Phone: 0800 669957 or 03 344 5062
Web: whanauoraservices.co.nz

Provides housing support to whanau who are still having difficulties arising from the earthquake/housing.

Did you know

There is a health and disability advocacy service?

It is your right to have a supporter with you when receiving any health or disability service. If you don't have a family member or friend who can accompany you, the Health and Disability Advocacy Service can provide one for you. These services are free and confidential and can be accessed by calling 0800 555 050.



Community Information

Community Information Christchurch (CINCH)

cinch.org.nz

CINCH is an online community directory of clubs, community organisations and continuing education course providers in the greater Christchurch area.

New Zealand Superannuation and Veteran's Pension

New Zealand Superannuation (NZ Super) is a payment you can get when you reach 65 years of age. You need to meet a few conditions, such as being a New Zealand citizen/permanent resident and living in New Zealand for a certain amount of time. The Veteran's Pension is paid at the same rate and has most of the same rules as NZ Super, with some added benefits for the veteran.

If you live alone, you may qualify for an extra amount that recognises the costs of running a household on your own.

How to apply

The easiest way to apply is online at workandincome.co.nz, or you can call us on 0800 552 002 and ask for a paper application form. It's best to apply 3–4 weeks before you turn 65.

For more information about NZ Super or Veteran's Pension, you can:

- visit the Seniors website: workandincome.co.nz/seniors
- get a copy of the Services for Seniors brochure – available online, or by calling Senior Services
- call the Seniors Line on 0800 552 002 from 8am–5pm Monday–Friday
- visit your local service centre at Hornby or Riccarton. It is best to make an appointment before you go. You can request an appointment online through my.msd.govt.nz or phone 0800 552 002.

If you're deaf or find it hard to communicate by phone, you can send a message to our Deaf Link free-fax on 0800 621 621 or email MSD_Deaf_Services@msd.govt.nz

SuperGold Card and App

The SuperGold Card and app give you access to a wide range of discounts from businesses around the country and government/local council services. This includes the free off-peak public transport operating in many regions around the country.

The card is sent to you automatically soon after your NZ Super/Veteran's Pension is granted. You can also download the app from the App Store or Google Play onto your smartphone or tablet.

For more information about SuperGold and the discounts available, visit supergold.govt.nz or phone 0800 25 45 65.

Community Services Card

The Community Services Card gives you and your family discounts on doctors' visits and prescriptions. It can also help towards the costs of services such as home insulation. You may be able to get a card if you are on a low-to-middle income, even if you work.

For more information about the Community Services Card or to get an application form, visit: workandincome.govt.nz/csc or phone 0800 999 999.

Disability Allowance

The Disability Allowance can help towards covering the extra costs you have because of a disability or health condition. It can help pay for a range of things like regular visits to the doctor, medicines, special foods, lawn mowing or a medical alarm.

You don't have to be on a benefit to get this payment. It mostly depends on your income situation and a health condition or disability lasting more than six months.

To apply, you'll need to fill in a form and provide proof of your costs, such as receipts or invoices.

You'll also need to ask your doctor or nurse practitioner to complete a medical certificate. They'll be able to confirm your costs with us.

For more information about the Disability Allowance, or to get an application form, visit: workandincome.govt.nz/seniors or phone 0800 552 002.

Accommodation Supplement

This is a weekly payment that can help with the costs of renting, boarding or owning your own home.

How much you get depends on your income and assets, where you live, your family situation (single/married/children) and your accommodation costs.

To find out what you might be able to get, visit workandincome.govt.nz and search 'Accommodation Supplement' or phone 0800 552 002.

Residential Care Subsidy

If you need long-term residential care in a rest home or hospital, you may be able to get a Residential Care Subsidy from the Ministry of Health. This subsidy helps with the cost of your care and is paid directly to the rest home or hospital.

To qualify, your assets need to be under a certain level. If they are under this level, Senior Services will look at your income to help them work out the amount you'll need to pay towards the cost of your care.

For more information about Residential Care Subsidy, visit: workandincome.govt.nz/seniors or phone 0800 999 727.



Eldernet

Eldernet

Phone: 0800162706
Email: team@eldernet.co.nz
Web: eldernet.co.nz

Eldernet is an information provider about services relating to older people.

On Eldernet (eldernet.co.nz) older people, and those supporting them, can access free, unbiased and comprehensive information about home support services, retirement villages, aged residential care (rest homes etc.) and other products and services.

On Eldernet you can also view a report, updated daily, that identifies current rest home, dementia, hospital, and psychogeriatric bed vacancies.

Where From Here booklet

Phone: 0800 162 706
Email: team@carepublications.co.nz
Web: carepublications.co.nz

Where From Here is a regional handbook to help seniors, and those supporting them, to navigate the ageing journey. The book covers important information about staying well and at home, as well as providing detailed indexes on home support services, day programmes, retirement villages, and aged residential care options (like rest homes, etc.).

The book is available free of charge from many agencies (your DHB, Age Concern, Alzheimers/Dementia organisations, etc.), or directly from the publisher.

retirementvillages.co.nz

Phone: 0800 162 706
Email: team@eldernet.co.nz
Web: retirementvillages.co.nz

Retirementvillages.co.nz is a comprehensive guide to New Zealand retirement villages. The website includes checklists, coming open days, and listings for village units which are currently on the market.

Libraries

Safe and welcoming community spaces for you to connect with others, use free internet, access magazines, large print items and talking books, plus audio and e-books. We run a variety of programmes at different libraries such as:

- knit and yarn, and other craft groups
- book discussion groups including for ESOL, Korean and Chinese,
- mah jong and scrabble
- family history
- technology help drop-in sessions.

For more information on what is available at your local library please refer to our website christchurchcitylibraries.com or call 03 941 7923.

Hornby Library

Where: 8 Goulding Avenue, Hornby
When: Monday–Friday 9am–6pm,
Saturday 10am–1pm.

Mobile Library

Where: Multiple Christchurch locations
Phone: 03 941 7923 for more details.

Te Hāpua: Halswell Centre

Where: 341 Halswell Road, Halswell
When: Monday–Friday 9am–7pm, Saturday
and Sunday 10am–4pm.

Upper Riccarton Library

Where: 71 Main South Road, Sockburn
When: Monday–Friday 9am–8pm, Saturday
and Sunday 10am–4pm.

Did you know

You may be able to get help to insulate your home?

If you're a homeowner and your house was built before the year 2000, you may be able to get help to insulate your home. For more information visit energywise.govt.nz or phone 0800 749 782.

Council Service Centres

Beckenham

Where: South Library, 66 Colombo Street, Beckenham
When: Monday–Friday 9am–5pm.

Fendalton

Where: Fendalton Library, 4 Jeffreys Road, Fendalton
When: Monday–Friday 9am–5pm.
NZ Post services also available.

Halswell

Where: Te Hāpua: Halswell Centre,
341 Halswell Road, Halswell
When: Monday–Friday 9am–5pm. In summer,
opening hours are the same as the outdoor
pool extended hours.

Hornby

Where: Hornby Library, 8 Goulding Avenue, Hornby
When: Monday–Friday 9am–5pm.

Riccarton

Where: Rārakau: Riccarton Centre,
199 Clarence Street, Riccarton
When: Monday–Friday 9am–5pm.



Council Community Facilities for hire

For more details on the venue, go to ccc.govt.nz. To hire the venue, phone the Council on 03 941 8999. For other options, search under halls/meetings rooms in CINCH (cinch.org.nz)

Harvard Community Lounge

31 Corsair Drive, Wigram

Hei Hei Community Centre

12 Wycla Avenue, Hei Hei

Rārakau: Riccarton Centre

199 Clarence Street, Riccarton

Te Hāpua: Halswell Centre

341 Halswell Road, Halswell

Templeton Community Centre

62 Kirk Road, Templeton

Waimairi Road Community Centre

166 Waimairi Road, Ilam

Residents' Associations

For contact details search CINCH or phone the Council on 03 941 8999 to ask the Halswell-Hornby-Riccarton Community Development Adviser for details.

Awatea Residents' Association

Central Riccarton Residents' Association

Deans Avenue Precinct Society

Delamain Residents' Association

Gilberthorpes Estate Residents' Association

Greater Hornby Residents' Association

Halswell Residents' Association

Ilam and Upper Riccarton Residents' Association

Kennedy's Bush Road Neighbourhood Association

Riccarton Bush/Kilmarnock Residents' Association

Riccarton Park Residents' Association

Steadman Road Area Residents' Group

Templeton Residents' Association

Westmorland Residents' Association

Yaldhurst Rural Residents' Association

Did you know

What to do if your wheelie bins go missing?

Contact the Council within 24 hours of your collection day to ensure it is replaced without charge. Phone 03 941 8999.



Community Information

Canterbury Neighbourhood Support Inc.

Where: Hornby Police Station, 9 Tower Street, Hornby
Phone: 03 420 9944
Email: manager@canterburyns.net

Help set up Neighbourhood Support Groups.

Christchurch Area Citizens Advice Bureau – West Branch

Where: Hornby Care Community Centre,
8 Goulding Avenue, Hornby
Phone: 03 349 5236
Email: christchurchwest@cab.org.nz

A voluntary service, offering free and independent advice, including JP and free legal help. Helping people to know and understand their rights and obligations.

Community Energy Action

Where: 299 Tuam Street
Phone: 03 374 7222
Email: info@cea.co.nz

Free or subsidised insulation, information on efficient heating, recycled curtains from the curtain bank and independent energy advice.

Community Watch Riccarton Inc

Phone: 03 335 0114
Email: ricccompatrol@gmail.com

We are a community-based organisation who act as the "eyes and ears" for the police. We patrol in a marked car providing community reassurance. Find out about volunteering with us.

Halswell Hub

Where: 381 Halswell Road, Halswell
Phone: 020 4127 6083
Email: halswellhub@gmail.com
Web: halswellcommunity.net.nz

The Hub is open for you to drop in and see what is going on in the local community. It has a comprehensive website filled with local information. Tuesday morning is coffee morning, all welcome.

Hornby Community Care Centre

Where: 8 Goulding Avenue, Hornby
Phone: 03 349 9793
Email: admin@hornbycc.org.nz

Community rooms available for hire, secondhand shop, site of Hornby Citizens Advice Bureau.

Hornby Community Patrols Inc

Where: Hornby Police Station, 9 Tower Street,
Hornby
Phone: 022 086 4400
Email: hornbycommunitypatrol@gmail.com

We are a community-based organisation who act as "eyes and ears" for the police. We patrol in a marked car providing community reassurance. Find out about volunteering with us.

Neighbourly

Web: neighbourly.co.nz

Join and connect with your neighbours on this website to stay informed and share important local information. It has a verification process to only connect you with your neighbourhood.

New Zealand China Friendship Society

Where: Rewi Alley Education and Cultural Centre,
32A Matipo Street, Riccarton
Phone: 027 422 3142
Email: goodie.chris@gmail.com

Meets on the last Thursday of the month. To foster interest in China and promote the study of its history, culture, political and social structure, past and present; to improve mutual understanding and goodwill; to promote friendship between the peoples of China and New Zealand.

Oak Development Trust

Where: 80 Rattray Street, Riccarton
Phone: 03 960 6878
Email: admin@odt.org.nz
Web: odt.org.nz

The trust has a number of programmes aimed at improving the lives of those in the Riccarton area. It has a comprehensive website (riccarton.org.nz) filled with local information. Drop-in sessions at the Common Ground Café on the 1st and 3rd Friday of the month from 1–3pm.

Philippines Culture and Migrants Group

Where: St Teresa's Church Hall, 10 Puriri Street, Riccarton

Phone: 03 981 9683

Email: del_richards@yahoo.com

Filipino culture through dance, music, and sports.

Did you know

What to do to renew your driving licence?

You have to get a medical certificate from your doctor if you are 75–80 years and every two years thereafter.

Volunteering

Volunteering is a great opportunity to make connections within your community by sharing your skills, polishing up some you thought you had forgotten, or learning something totally new! Meet new people and have some fun at the same time. Many of the groups or organisations mentioned in this book are looking for new volunteers. If you have a particular interest in an organisation or activity, try contacting them directly to ask how you can help them.

Volunteering Canterbury

Where: 301 Tuam Street

Phone: 03 366 2442 or 0800 865 268

Web: www.volcan.org.nz

Contact them if you're interested in volunteering or have questions about running a volunteer organisation or project.



Community Pantries and Produce

Free food for community members, sourced by the community. Food can be taken or dropped off at any time.

126 On The Corner Food Shed

126 Hei Hei Road, Hei Hei

Community Library

Clarence Street Reserve, Riccarton

Community Pantry

1 Haslett Street, Upper Riccarton

Halswell Community Project Sharing Shed

381 Halswell Road

Ilam Learning Centre Community Pantry

University of Canterbury, 66 Ilam Road

Riccarton West Community Garden

151–153 Peverel Street, Riccarton

Food Co-operatives

Hornby Food Together Hub

Where: Hornby Community Centre, 8 Goulding Avenue, Hornby

Phone: 03 349 9793

Email: admin@hornbycc.org.nz

A bag of fruit and vegetables for around half the price paid elsewhere. Content varies depending on what is available fresh from the market. Paid ahead weekly. Pick-up every Wednesday 9am–12noon.

Riccarton Food Together Hub

Where: Riccarton Community Church, 44 Elizabeth Street, Riccarton

Phone: 021 255 5200

Same as above.

Continuing Learning

It's never too late to learn something new, extend your knowledge and contribute to your community. Many Christchurch organisations offer learning services, no matter your age or ability.

Also check out your local library as they run a variety of different programmes such as:

- knit and yarn, and other craft groups,
- book discussion groups including for ESOL, Korean and Chinese,
- mah jong, scrabble
- family history
- technology help drop-in sessions.

For more information on what is available at your local library please refer to our website christchurchcitylibraries.com or call 03 941 7923.

For details of English language classes and conversation groups, please refer to the English Language Classes and Conversations section on page 42.

Ara – Institute of Canterbury

Where: Clock Tower Centre, 1 Brynley Street, Hornby
Phone: 0800 24 24 76
Email: info@ara.ac.nz

A wide variety of part-time and flexible courses on the Madras Street and Hornby Campuses. Computing for Free courses available at Hornby.

Canterbury Workers' Educational Association

Where: 59 Gloucester Street, Christchurch
Phone: 03 366 0285
Email: admin@cwea.org.nz

A range of educational classes each week from dance to philosophy, drawing to science.

Cashmere High School

Where: 172 Rose Street, Somerfield
Phone: 03 332 9129

A wide range of classes suitable for all ages. Our classes are held in the late afternoons, evenings or weekends. Contact the school for more details.

Gen Connect

Where: Upper Riccarton Library, 71 Main South Road, Riccarton
Phone: 03 941 3723

Gen Connect meets Thursdays 1–2pm, connecting generations by sharing knowledge. Questions about your iPad, smart phone or tablet? Riccarton High School students available every Thursday during term time to help answer questions.

Hagley Community College

Where: 510 Hagley Avenue, Addington
Phone: 03 379 3090
Web: hagley.school.nz/after-3
after3@hagley.school.nz

A wide range of classes suitable for all ages. Our classes are held in the late afternoons, evenings or weekends. Contact the school for more details.

Hillmorton High School

Where: Tankerville Road, Hillmorton
Phone: 03 338 5119
Email: ace@hillmorton.school.nz

We offer evening and weekend classes covering a range of topics: art, cooking, craft, fitness and health, languages, personal development, special interests and workshop.

Literacy Aotearoa

Where: 22 Cholmondeley Avenue, Opawa
Phone: 03 337 5555 or 0800 678 910
Email: info.c9@literacy.org.nz

Learn digital literacy and take control of your device. Free courses available.

Men2Cook

Where: 80 Rattray Street, Riccarton
Phone: 03 960 6878
Email: admin@odt.org.nz
Web: odt.org.nz

Chef-led courses for men wanting to learn to cook, or to take their cooking a step further. Six-week courses run periodically throughout the year. \$5 per session – Thursday evenings 5.30–7.30pm.

Power-up – Computer Classes for Pacific Islanders

Where: Rowley Primary School, 48 Rowley Avenue, Hoon Hay
Phone: 03 940 5692
Email: Tatorg189@gmail.com

Meets 10am–12 noon on Thursdays to assist older Pacific Islanders learn new skills on the computer.

Rewi Alley Chinese School

Where: 32a Matipo Street, Riccarton, Christchurch
Phone: 03 343 0136
Email: principal@rewialley.ac.nz
Web: rewialley.school.nz

Library service. Classes on computing, English (ESOL), Chinese (Mandarin).

Risingholme Community Centre

Where: 22 Cholmondeley Avenue, Opawa
Also at: Christchurch Girls' High - 10 Matai Street; Hornby High, 180 Waterloo Road; Riccarton High, Vicki Street, off Curletts Road.
Phone: 03 332 7359
Email: info@risingholme.org.nz
Web: risingholme.org.nz

Risingholme has 75 years' experience at delivering adult and community education courses to learn, up-skill, to be creative or to simply get fit or relax. Courses are delivered at Risingholme as well as four other locations throughout the city.

Senior Chef

Where: Various locations throughout Christchurch
Phone: 03 337 7781 or 0800 333 405
Email: senior.chef@pegasus.org.nz
Web: seniorchef.co.nz

A free 8-week cooking course for older people who want to improve their skills, confidence or motivation around cooking for one or two people. Classes are held in various locations around Canterbury.

SeniorNet Inc – Garden City

Where: Chch West Methodist Church, 3 Brake Street, Upper Riccarton
Phone: 03 348 44 99
Email: seniornet.gardencity@xtra.co.nz

Help sessions are held on the 2nd Thursday of each month from 1–3pm. Tutors are available to help members who are experiencing difficulties, or just need a guiding hand. Members of the public are also welcome on these practice days to come and visit the rooms and find out more about SeniorNet. Social afternoon on 4th Thursday of the month.

Te Hāpua: Halswell Centre Programmes

Where: Te Hāpua: Halswell Centre, 341 Halswell Road, Halswell

Programmes providing both individuals and groups with hands-on skills in using information and communication technologies.

U3A Godley

Where: St Mark's Church, 150 Withells Road, Avonhead
Phone: 03 328 7262
Email: u3agodley@gmail.com

Hour-long lectures in five-weekly series on topics of interest to stimulate mature minds. Meets on Monday at 10.30am.

U3A Kate Sheppard

Where: St Christopher's Church, 244 Avonhead Road
Email: u2akates@xtra.co.nz

U3A (Uni of the Third Age) is the meeting together of like-minded people to learn, contribute and make new friends. Lectures and talks on a variety of topics. Meets on Thursday mornings. Email for more details.



U3A Mountfort

Where: St Mark's Church, 150 Withells Rd, Avonhead
Phone: 03 349 5535

U3A (Uni of the Third Age) is the meeting together of like-minded people to learn, contribute and make new friends. Lectures and talks on a variety of topics. Meets on Wednesday mornings. Email for more details.

U3A Okeover

Where: St Stephens Church, 376 Yaldhurst Road, Russley
Email: burrowda90@gmail.com

Meets weekly on Thursday morning at 10am for coffee, with the presentations starting at 10.30am. The group selects and creates interesting courses and stimulating adult education for people of retirement years.

U3A Rutherford

Where: St Christopher's Church, 244 Avonhead Road
Phone: 03 942 4523
Email: u3aruth@gmail.com

U3A (Uni of the Third Age) is the meeting together of like-minded people to learn, contribute and make new friends. Lectures and talks on a variety of topics. Meets on Friday mornings. Email for more details.

U3A South West

Where: Te Hāpua: Halswell Centre, 341 Halswell Road, Halswell
Email: u3a.southwestchch@gmail.com

Meets on the 2nd Wednesday of the month at 10am. The club meets monthly with a guest speaker who has unique experience in their field. Interest (study) groups meet at other times and it is encouraged that members belong to at least one study group.

UC Connect

Where: University of Canterbury, Ilam
Email: events@canterbury.ac.nz
Web: canterbury.ac.nz/wi16w

The University of Canterbury holds free public lectures on campus throughout the year from various academic speakers on a variety of topics.

English Language Classes and Conversations

Canterbury College

Where: 142 Riccarton Road, Riccarton
Phone: 03 365 1920
Email: info@can.can.com

Provides English language classes. Also provides education and training services to new migrant, refugee and Pacific peoples with the aim of enhancing resettlement in New Zealand.

English Language Partners Christchurch

Phone: 03 377 3141
Email: christchurch@englishlanguage.org.nz

English language reading and writing focus. Contact for more details on classes.

Halswell English

Where: Te Hāpua: Halswell Centre, 341 Halswell Road
Phone: 03 322 8843

English conversation sessions.

Oak Development Trust

Where: 80 Rattray Street, Riccarton
Phone: 03 960 6878
Email: joylife365@gmail.com

Beginner level English classes. Fridays 9am–11am. \$4 per session.

PEETO – Multi Cultural Learning Centre

Where: 20 Twigger Street, Addington
Phone: 03 343 2890
Email: info@peeto.ac.nz

Beginner level English classes. Thursdays 9–11am. \$4 per session.

Did you know

You may be eligible for a rates rebate?

If you are a ratepayer in Christchurch, contact the Christchurch City Council on 941 8999 to find out more.

Rewi Alley Academy

Where: 32a Matipo Street, Riccarton, Christchurch

Phone: 03 343 0136

Email: academy@rewialley.ac.nz

English Language courses and programmes to a variety of levels. Contact the Academy for more information, including fees and class times. Various days and times.

Risingholme Community Centre

Where: Upper Riccarton Library, 71 Main South Road, Upper Riccarton

Phone: 03 332 7359

Email: info@risingholme.org.nz

Web: www.risingholme.org.nz

Free weekly conversational English group. Thursdays 11am–12noon.

St Peter's Church

Where: 22 Main South Road, Riccarton

Phone: 03 348 5653

English language school. Contact for more details.

Upper Riccarton Library Conversational English

Where: Upper Riccarton Library, 71 Main South Road

Weekly classes on Friday mornings 10am–12noon during term time for migrants, particularly those without permanent residency. Classes for beginners, new learners and for those with intermediate to advanced English. Child minding is provided. A donation of \$5 per lesson is requested.

Wigram English

Where: Cadet Forces Rooms, 43 Corsair Drive, Wigram

Phone: 03 978 0548

Provides conversational community English classes in Riccarton and the city. Call for more details.

Did you know

You can protect yourself from door-to-door scams?

- Always ask for identification. Make sure you are happy with the quality of the ID. If not, don't allow them into your home.
- Don't agree to deals straight away. Tell the person you're not interested, or that you want to get some independent advice. Legitimate companies won't mind arranging to come back later while you check out the offer.
- If you're not interested, just say 'no' – don't feel that you're being impolite. Once you've said 'no', don't accept a return visit.
- By law, door-to-door traders must leave when you tell them to. 'Please leave' is all you should ever have to say. If you say that and they refuse to comply, call the police. They are breaking the law. Do not accept late-night visits from sales people. Tell them to 'please leave' and close the door.

Places to go,
things to do,
people to meet
every day of the week

