



### Connect, Learn & Grow

Newsletter June—August 2015

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## Neighbourly

Find us on  
Join now at [www.neighbourly.co.nz](http://www.neighbourly.co.nz) and  
get to know your community better!

**Next meeting**  
**18th June**  
**2015**  
**Orakei**  
**Community**  
**Centre**  
**18:30**



Hi Everyone

Putting this newsletter together has been such a joy as it has provided me with an opportunity to reflect on the comings and goings over the past few months.

Whanaungatanga (connecting and building strong relationships) has been an integral part of my work within the Orakei Community Centre and the wider Orakei area. I have valued the many opportunities that have arisen for me to connect with our community by listening to stories, and being part of important conversations on what the people of Orakei would like to see happen in this great, wee centre in the future. I have certainly enjoyed hanging out in the great spaces available within the centre.

I am delighted to inform you all that the Orakei Community Centre is growing to become a 'hive of activity' with existing activities aligning with new and exciting programmes and partnerships that are being planned from July onwards. This growth is because our community have taken time to come and say hello and share their ideas.

It is so encouraging to see volunteers contacting us, eager to participate in the community garden (Manaaki Whenua' – care of the land). I acknowledge and am extremely grateful for the support and assistance. Elaine and her group of valued gardeners, who have consistently worked this garden for a long time, are happy to work closely with volunteers to ensure that skills are shared and that all who attend feel welcome.

Matariki 2015 begins 18 June. Matariki is when the Matariki star cluster appears in the skies over New Zealand marking a month-long celebration across the country. This is a celebration of new beginnings, diversity, culture, language, spirit and people. Matariki is our Aotearoa Pacific New Year. Take a look online to see where celebrations are happening at a place close to you

A warm thank you to the Orakei Local Board for their ongoing support and to all those who are working alongside me to bring about another vibrant and connected community centre in the Orakei Local Board area.

Jenny McKay

# What's on in Orakei...



## YOGA

**WEDNESDAYS 5:45pm & 7:15pm**

**Some benefits of YOGA:**

- Helps with weight management.
- Increases flexibility and strength.
- Detoxifies and improves circulation
- Reduces stress, helps with anxiety, depression and concentration level
- Excellent for toning muscles.



**Mans Parsotam—Certified Sivananda Teacher (RYT500) & REPS registered**

Phone: (09) 570 5657 Mobile: 021 1349 000

Email: [mans.p1@xtra.co.nz](mailto:mans.p1@xtra.co.nz)



NEW ZEALAND  
**FITNESS  
AWARDS**  
FINALIST  
**2014**

Come to class with this flyer to claim

**50% discount\***

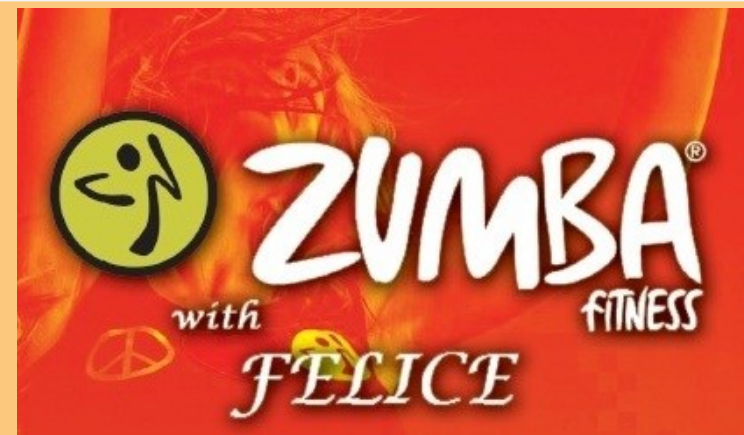
**On your first 10 Zumba Fitness  
Classes\***

**BOOKING REQUIRED!**

Contact Felice on 021 0288 7020 Fe-  
licia8.zumba.com

\*Card valid for **New Members** & for one person  
Only.

Must be used within 3 months from date of purchase



**50%  
discount!**

**9am Every Saturday**





# Arts 4 Us

Art therapy group  
for children on the  
Autism Spectrum  
and related  
disorders

Orakei  
Community  
Centre,  
Mondays  
after school

## Specialty Programme

Art therapy group for school age children on the Autism Spectrum or with related disorders, such as ADHD or a developmental delay.

The programme is designed to support social skills and emotional literacy through art making.

The Arts 4 Us Specialty Programme is facilitated by experienced DTNZ therapists. Through our programmes, children will be able to express themselves creatively while simultaneously gaining skills in communication, self-regulation and social interaction. The groups help children develop self-expression and self-esteem.

The small size of the group allows for individualised therapeutic support for each child.



To register or for more information:

[www.dancetherapy.co.nz](http://www.dancetherapy.co.nz) • [info@dancetherapy.co.nz](mailto:info@dancetherapy.co.nz) • 09.636.3029



**MEN BEING REAL**

**Essentially Men Education Trust**



There's no preaching, or note taking, rather a series activities and processes aimed at connecting men to feelings we've typically been trained to ignore by a world that expects us to always be strong.

**The next course is on August 14-16** at the Orakei Community Centre. For more information, contact Mark on 09-376 2386, [mark@essentiallymen.net](mailto:mark@essentiallymen.net).



# What's on in Orakei...



## WISE (Women-Inspired-Strong-Empowered and Enterprising).

A new WISE Hub is now meeting weekly in the Main Hall in the Orakei Community Centre every Wednesday 12 midday till 3pm, linking women to support, information, wellbeing, training and social enterprising opportunities.

For information contact:

**Heather Tanquay on 09 625 2440/mobile 027 699 5480.**

Email: [wise@arms-mrc.org.nz](mailto:wise@arms-mrc.org.nz)





**Turned 4?**  
Get your free B4 School Check!

Information for  
**Parents and Guardians**

### How does my child get a B4 School Check?

Your child's B4 School Check is due when they turn 4. To find out more or to book a check contact your local provider.




### What is the B4 School Check?

The B4 School Check is free for every 4 year old child in New Zealand, and is the last Well Child check.

It's a good idea for your child to have their B4 School Check soon after their 4th birthday. That leaves enough time to follow up before they start school.

It is a chance to have your child's health and development checked before they start school.

The Check is an opportunity for you to talk with a nurse about your child and ask about things important to you – and it won't cost you a thing. Your child will also have their vision and hearing checked.

After the check, you can get a copy of the results.

### What happens in the B4 School Check?

You will be asked to fill in questionnaires about your child's development and wellbeing. If your child attends a preschool, kindergarten or kōhanga reo, they will also be asked about your child's learning and development.

You and your child will have about a 45 minute appointment with a nurse. You will be able to talk with the nurse about your child's wellbeing and can ask about anything that is worrying you.

**The Nurse will talk to you about:**

Your child's health and development, teeth, height, weight, social and emotional wellbeing, and immunisations.

Your child's vision and hearing will be assessed by a vision and hearing technician, so this may happen at a different time.

### What happens after the B4 School Check?

After the check, you can get a copy of the results, and ask any further questions about your child's health and development.



Please bring along your child's Well Child Tamariki Ora Health Book, so the nurse can record your child's growth and development.

If you or the nurse thinks your child has any health or development issues that need further assessment, the nurse will discuss this with you and offer to refer you to other services that may help. The nurse can also help if your child needs any catch up immunisations.



[health.govt.nz/b4schoolcheck](http://health.govt.nz/b4schoolcheck)





Here at Orakei community centre  
we hold a community gardening workshop  
every week.

Open to all, come along and help out:

Wednesday 10:30am—12:00pm





# Upcoming Events...

## matariki 15 festival

Celebrate Māori New Year  
Whakanuia te Tau Hou Maori

20 June – 19 July

20 Pipiri – 19 Hōngongoi

[www.matarikifestival.org.nz/](http://www.matarikifestival.org.nz/)

Matariki  
on the  
Move

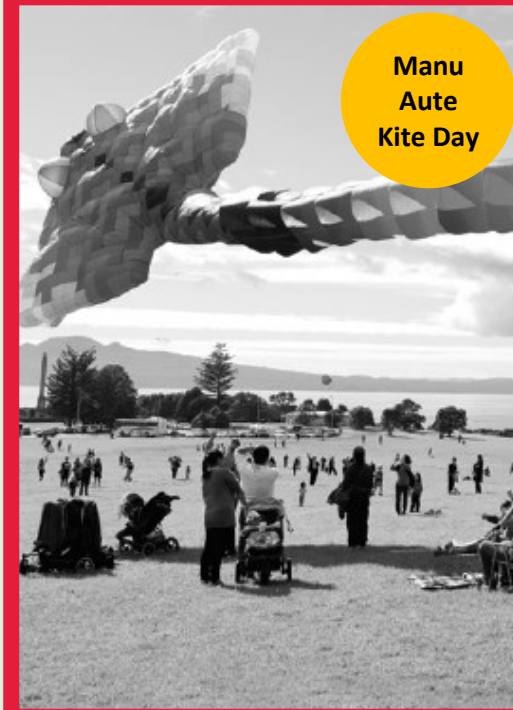
Wānanga  
-ā-kai

Dawn  
Karakia

Kapa  
Haka  
Super 12s



Manu  
Aute  
Kite Day



## Mission Bay WINTER SPLASH

21 JUNE 2015 12-2PM

FREE

Win prizes, thanks to our sponsors:

- Overnight cruise from Hauraki Blue Cruises
- Auckland Whale and Dolphin Safari
- America's Cup sailing experience from Explore and much more...

Dress in your best nautical outfit for a chance to win. Youth activities organised by the Orākei Youth Board. Sausage sizzle.

Theme: Nautical  
Where: Selwyn Reserve, Tāmaki Drive, Mission Bay  
Registration: 12.00pm  
Swim: 1.30pm



FIND OUT MORE:  
phone 09 301 0101 or visit  
[aucklandcouncil.govt.nz/events](http://aucklandcouncil.govt.nz/events)





# An update from the Orakei Local Board

I live in the suburb of Orakei and encourage you (if you haven't already) to join the newly formed Orakei Community Association. All 10 Orakei ward suburbs now have a respective residents' association to help keep residents connected and advocate for projects and issues important to them. I would like to personally thank those who have volunteered to take a leadership role in the Orakei Community Association committee – treasurer Peter Haarhaus, vice chair Mark Topham and secretary Ross McCullough. To contact the association, email [orakeicommunity@gmail.com](mailto:orakeicommunity@gmail.com) or go to [www.orakei.org/](http://www.orakei.org/).

On the subject of advocacy and input, Colin Maiden Park in St Johns is now in our hands and we are urging all users and those interested to have their say on how this should now be used in the future. Three options have been developed based on initial feedback and we are now holding an open day on Saturday 20 June from 11am to 1pm at Colin Maiden Park maintenance depot on Merton Road, where you can talk with board members and planners. Submissions will be open from 15 June to 13 July electronically via [www.shapeauckland.co.nz](http://www.shapeauckland.co.nz).

With winter certainly making itself felt of late, it is appropriate to remind you of the annual Winter Splash. This year the theme is 'nautical'. If you are keen to take part, please come down to Mission Bay on Sunday 21 June. I'll be sorting out my outfit and I hope other adventurous folk will join me for a 'quick splash'. The event will be held from noon to 2pm, with the ocean dip taking place at 1.30pm, and there are fantastic prizes up for grabs for the best costumes.

On a more serious note, there have been some major changes to the council policy on liquor in public places. All parks and reserves must now have evidence of a lcohol- related crime and disorder or the liquor bans currently in place will lapse on 31 October, 2015. Are you concerned about public drinking in your neighbourhood? We need to hear your views. Submissions are open from 19 June to 17 July,

electronically via [www.shapeauckland.co.nz](http://www.shapeauckland.co.nz) to have your say.

The community has also asked that we revisit dog access rules for Thomas Bloodworth Park, Shore Road Reserve, Wilson's Beach, Ladies Bay, Churchill Park, Gentleman's Bay, the foreshore between Glendowie Boating Club and Vista Crescent, and Orakei Basin West and East reserves. Please tell us what you think the rules should be by having your say at [www.shapeauckland.co.nz](http://www.shapeauckland.co.nz) from 12 June to 17 July.

As you can see, we are always keen to ensure we hear from you before making our decisions. My board colleague Kate Cooke also lives in Orakei and we both thank you for taking the time to share your thoughts with us.

Desley Simpson  
Chairperson  
Orakei Local Board

## Did you know a **dragon** has made its home amongst the swings at the Patteson Avenue Reserve playground?

The board is inviting local children to help choose a name for it. Please go and take a look and email your ideas to [orakeilocalboard@aucklandcouncil.govt.nz](mailto:orakeilocalboard@aucklandcouncil.govt.nz) by 1 July and be in the draw to win great prizes from Mission Bay Movenpick and Dos Amigos restaurant.



DID YOU KNOW THAT EVERY YEAR AUCKLANDER'S SEND 1.2 MILLION TONNES OF HOUSEHOLD AND COMMERCIAL WASTE TO LANDFILL? THIS AMOUNT COULD COVER EDEN PARK RUGBY FIELD TO TWICE THE HEIGHT OF THE SKY TOWER!

# NATURAL HISTORY YOUTH HOLIDAY PROGRAMME

Join experts from Auckland Museum to discover how you can be an active kaitiaki (guardian) for your neighbourhood at this **FREE** full-day workshop. Don't miss the chance to get hands-on with the Museum's natural history collection of native birds and taonga (treasures), and learn new creative and practical skills which can be used on your school projects.

*Plus, create your own 'take home taonga' to show your friends how you're a kaitiaki!*

## BOOKINGS ARE ESSENTIAL.

Book at your local Community Centre (list below).

For more information please contact:  
apula-taylor@aucklandmuseum.com  
Facebook.com/youthinthemuseum

*Note:* Please bring your own lunch and wear old clothing, you may get dirty

## ORAKEI COMMUNITY CENTRE



IF YOU ARE INTERESTED, PLEASE CONTACT  
JENNY MCKAY.  
PHONE: 0274 873 905  
EMAIL: JENNIFER.MCKAY@AUCKLANDCOUNCIL.GOV.T.NZ

### OUR CENTRE CONSISTS OF

- 2 SPACIOUS ROOMS
- 2 SMALLER ROOMS FOR MEETINGS & FUNCTIONS.
- WIFI ACCESS
- THE ENTRANCE AREA PROVIDES A SPACE TO WELCOME EVERYONE IN AND INCLUDES AN ADJOINING CERTIFIED KITCHEN.
- AMPLE AMOUNTS OF PARKING
- A GREAT INDOOR/OUTDOOR FLOW ON TO A PAVED COURTYARD WHICH IS ENHANCED WITH A COMMUNITY GARDEN.

MAKING ORAKEI COMMUNITY CENTRE A FABULOUS PLACE FOR ACTIVITIES INCLUDING FITNESS, MEETINGS, SEMINARS, KIDS PARTIES, HOBBIES, PRIVATE EVENTS AND MUCH MORE!!