

Invercargill Neighbourhood Support NEWSLETTER



5 Ways to Wellbeing

Introduce these five simple strategies into your life and you will feel the benefits.

Give

Your time,
your words,
your presence

**BE
ACTIVE**

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

**KEEP
LEARNING**

EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



CONNECT

TALK & LISTEN,
BE THERE,
FEEL CONNECTED

**TAKE
NOTICE**

REMEMBER THE
SIMPLE THINGS
THAT GIVE YOU JOY



Welcome to the February 2017 Issue of The Neighbourhood Support Newsletter!

I hope you managed to catch a couple of sunny days this summer! Neighbourhood Support has been busy with a large number of updates in groups.

Big thanks to all the groups who put their time and effort in to updating their phonetrees and warm welcome to the new contact people stepping into this role.

Keep up the good work!

Help me spread the word about neighbourhood support! Let your colleagues, relatives and friends know about it. Let's turn the streets of Invercargill into neighbourhoods!

Sarinya Thompson



neighbours day

AOTEAROA

Neighbours Day Aotearoa 25-26 March 2017 is approaching! Let's put Invercargill on the map!

Hosting a get-together is a great fun and simple way to meet your neighbours! If you have anyone in your Neighbourhood that might be keen to help you invite them to join you in organizing the get-together. Ask your neighbours to bring a plate to share

Neighbourhood Support Invercargill can provide you with resources and assistance to make sure it is easy for you to connect with your neighbours. We can print invitations, create and print a poster for your street, provide a food voucher to buy fruit or bbq meats. Whether is it a street party, morning or afternoon tea, bbq or simply gathering in a local park – Neighbours Day Aotearoa is a great opportunity to get to know your neighbours!

10 Plaza SuperValue Vouchers for \$20 are available for you group gathering on Neighbours Day. First in first served. Call or email me to get yours!



Signs replacement

Some of the neighborhood support signs became faded.

Do you have a sign on your street that needs to be replaced with new bright signs? Let me know about it, Let's work together to give your Group a fresh new look!

Sharing homegrown produce

Many of us grow vegetables and fruits in our backyard

We get excited about picking the first tomatoes and the first salad we make from our homegrown vegetables. And then, when summer is at full production mode we can't keep up eating all the wonderful produce.

You might freeze a bunch of your vegetables or make preserves. But have you thought of sharing your bounty with your neighbours? Food is a well known connector of people. Sharing your homegrown produce can be a good way of introducing yourself to your new neighbourbours and asking them to join a Neighbourhood Support Group.



Helmsdale St

Welcome to: Wallace Street, William Street, Tramway Road/Princes Street & thanks for updating the groups; Queens Drive, Carron Street, Crinan Street, Dalrymple Street, Catherine Street, Dyson Street, Tweed street, Stobo Street, Leet Street, MacMaster Street & High Street.

Neighbourhood Support Group:
Helmsdale group gathering.



During Waitangi Weekend the Neighbourhood Support group in Helmsdale Street gathered for an afternoon tea. The attendance was great, 13 adults and 3 kids came along. We did a round of introductions, it was fascinating to learn about the people - who they are and where they come from. We were treated to traditional national dishes brought by our neighbours from Thailand and China. The meeting was well worthwhile and we think it can be replicated in a couple months time.

Ewen Muir



Meeting in Anderson Park

Neighbourhood Support had the pleasure of holding its first 2017 meeting for contact and deputy contact people in late February. This time we decided to do something different and held a meeting in a park on Saturday instead of on an evening during the week. Anderson Park was chosen and despite the unpredictable Southland weather which treated us with rain throughout the whole event, we still had a good turnout. Fortunately, we were able to hide from the rain in the covered pavilion where lunch was served.

We had planned to see the police dogs in action, but unfortunately a last minute cancellation prevented this. The Police have promised, to book the dogs for the next time we hold a meeting.

We put our recycling skills to the test in a recycling game provided by Wastenet. Some great learning and fun was had by all as we competed for a high score.

Darren Ludlow, the deputy mayor, presented certificates to our two winners of the Inaugural National Neighbourhood Support Awards. He spoke about the importance of having an active neighbourhood support group in place, being in touch with your neighbours and looking out for each other. He also thanked Neighbourhood Support people for their time and contribution to making Invercargill a safe and better place to live.

It was great catching up, I look forward to seeing you at future meetings. Get in touch with me if you have comments, feedback or ideas for our next meeting. I would love to hear from you.



+ Darren Ludlow and Saniya Thompson with Neighbourhood Support award recipient Gill Poplur.

+ Recycle, compost or landfill? Throwing items into the correct bins to collect points.



+ Jen Lowther explaining the rules of the Recycling Game.



ANDERSON PARK



+ Ian Rolfe receiving a Neighbourhood Support Award from Darren Ludlow. Photos by David Russell.



Invercargill
Neighbourhood Support

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