

Regular Events

Free Community Bootcamp - every Tuesday at 1:00-2:00 p.m. at the New Zealand Institute of Sport, 66 B Wharenui Road. Free fitness sessions to the local community to suit all age groups and fitness levels! Bring your friends, wear exercise clothes. Any updates or cancellations will be posted on the Riccarton Community Facebook page: 'Riccarton Neighbourhood Updates'.

Common Ground Café - A welcoming place for people of all ages and backgrounds to enjoy meeting old friends and making new ones. Enjoy a nice coffee, tea or hot chocolate along with some home-made baking. Join in the activity of the day or just have a chat. There is a table for people to practise their English language skills and toys available for pre-schoolers. Runs on the first and third Fridays of each month from 1-3pm at 80 Rattray St - corner Rattray and Peverel Sts. August dates are Friday 3rd and 17th. For more information contact Nicki Aitken phone 021 056 9315 or just turn up.

New to Riccarton or know someone who is?

Nicki Aitken (works with Oak Development Trust and) is our Community Development Worker and her role is to meet new people to the area and help them to connect. She can visit with a small welcome gift bag that includes an information booklet about local groups and activities that people can get involved with. If you are new and would like a visit or have a new neighbour, please let Nicki know. Phone 021 056 9315 or nicki@odt.or.nz

Important Contacts

Emergencies: 111
Non-emergencies: (03) 363 7400
Crime Stoppers (anonymously): 0800 555 111

Community Constable Aaron Thorn: 363 8162 / aaron.thorn@police.govt.nz

Sockburn Fire Station: 349 0181

Christchurch City Council (to report graffiti, rubbish, noise etc): 941 8999 or 0800 826 325 or info@ccc.govt.nz or Snap Send Solve mobile app

Neighbourhood Support Canterbury: 420 9944 or www.christchurch.getsready.net

Facebook Page: 'Riccarton Neighbourhood Updates' (for first-hand heads-up on what's happening in Riccarton)

Contributions for newsletter: 341 5332 or 027 864 7745 or jackym37@hotmail.com

Enquiries about Neighbourhood Support Group: 021 077 2427 or riccartonnsg@gmail.com

Riccarton Community Newsletter



August 2018

Welcome to the Riccarton Community Newsletter which is published monthly. Your contribution is welcome—please refer to contacts on the back page of the newsletter for details.



Children's Wonderful Me Course Completed

Recently a local parent with a postgraduate degree in Life Coaching and Art Therapy ran a four week course for children called Wonderful Me. This was about affirming each child's uniqueness and self-worth, teaching them to respect and value others around them and showing them how to build healthy friendships. These things are keys for positive growth and development and ultimately future success and wellbeing in life. Feedback from the children and their parents has been very positive. This course was made possible by funding from the Halswell, Hornby, Riccarton Community Board and support from Oak Development Trust.



Neighbourhood Group Gathering

Is having a **FISH N CHIPS** evening on **Wednesday 1st August** at 6:00 p.m. at 80 Rattray Street. Cost : \$4. Enquiries about NSG please contact, Richard on 021 567 262 or Tiffany on 027 611 6363.



The Riccarton West Community Garden is closed from the 1st June through to the 30th August for maintenance. In the meantime, produce from City Harvest will be available Tuesdays, Thursdays and Saturdays. Produce from the garden will be available from December. The garden is always looking for new volunteers - any help is appreciated. You are welcome to help Nick and Loretta from Monday to Sunday, 10:30 am to 12 noon during fine days, close on rainy days. During the summer, starting times may be earlier and closing times later.

Connor Duncan Caley (the young son of Karen Duncan Caley, a member of the Bunnings Activities Team) is unwell after brain surgery. Additionally, the family have suffered financial hardship after losing their home following the Christchurch earthquakes. Equally, they have suffered financial hardship caring for a younger child while also supporting Connor in his rehabilitative care at Starship Hospital, Auckland. The father's loss of employment has further complicated their dilemmas. Karen has been actively involved in the Riccarton community and the Riccarton West Community Garden. The Garden would like to show their appreciation by helping them in some small way. If you can give a donation, please contact Loretta 0220966215, or Nick on 0211204841, or Carol at Oak Development Trust. We thank you in advance.

Enjoyable Multicultural



Wednesday, 3:45 p.m. to 4:45 p.m.
 Starting on the 15th of August
 5-12 years old
 \$5 per session (10 sessions)
 80 Rattray Street, Riccarton
 For more information, please contact:
 admin@odt.org.nz
 022-680-2299
LIMITED SPACE AVAILABLE!



Obviously bread is taken from the Swap Stall at the Community Garden to feed the ducks at Paeroa Reserve. We want to remind that feeding ducks with bread is a classic hobby but the harm of it was unknown until recent years.

Ducks' natural foods vary by species, but most have a pretty diverse diet.

Mallards, for example, eat a mix of plants and seeds as well as insects, worms, snails and crustaceans. Bread, in particular white bread, may offer calories, but it has few of the nutrients ducks can get from their environment. And once you're full of bread, who wants to forage?

Too much free food of any kind may also endanger ducklings just by teaching them to beg rather than forage. Furthermore it causes overcrowding, diseases due to too many droppings both in water and on land, and delayed migration.

In young birds, malnutrition may lead to 'angel wing', a deformity in which wings jut out instead of folding up, often making flight impossible. It's an incurable condition brought about as a result of a high-calorie diet, one extremely high in protein and carbohydrates and low in vitamins D, E and manganese – the exact diet a bird would get if they primarily ate white bread.

Even the bread the birds *don't* eat can hurt local water quality. If enough calorie-rich foods accumulate in the water, they, along with all those extra duck droppings, can trigger algae blooms that deplete oxygen from the water. Known as hypoxia, this can wipe out pond life and rob birds of natural food supplies. Also on land, any mouldy leftovers lying around could be particularly dangerous if animals eat them.

There are alternative snacks that are less harmful to ducks and geese.

- * **Wheat, barley or similar grains**
- * **Grass seeds**
- * **Pumpkin seeds**
- * **Oats (uncooked)**
- * **Chopped lettuce or other salad mixes**
- * **Vegetable trimmings or peels (chopped)**
- * **Peas or corn**
- * **Rice (cooked or uncooked)**
- * **Grapes (cut in half)**



Riccarton Community Hub
www.riccarton.org.nz
 What's happening in Riccarton and where to find it.