

Invercargill Babywearing Community

'THE GATHER'

The Gather, is several voluntary Southland groups who offer families support over various topics. Morning Tea provided, Baby's & children most welcome, safe and friendly environment. Support Services: PND Southland Invercargill Babywearing, The Milk Room and Breastfeeding Peer Supporters, Birth and Baby Support Southland.



Meeting dates:

6th October 2020

9:45 to 11:30 am

Gold coin donation please.

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## INVERCARGILL CITY LIBRARY SCHOOL HOLIDAY PROGRAM

28 September to 9 October 2020

Different activities each day, check in with the library

10:30 am and 1:30 pm sessions

<https://ilibrary.co.nz/category/school-holidays/>

Children under 14 years must be accompanied by a parent or caregiver. Scavenger hunts, story times, read to a pet, around the world in Bluff, Harry Potter and much more.

<https://ilibrary.co.nz/> for full schedule of events



## Wheelchair

South Centre has a wheelchair available for short term hire. Please contact us on 218 2777 to book.



## FRIDAY NIGHT AL-ANON FAMILY GROUP

Meeting weekly @ 7:30 pm

Open Meeting last Friday of the month

Contact 027-9206376



## Alcoholics Anonymous

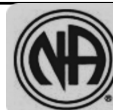
Held at the South Centre every Monday and Wednesday nights at 7.30 p.m. Open meeting for public is held on the first Monday of the month. For Further Information, please call: 0800 2296757 0800 AA Works.

## Narcotics Anonymous

Where: The South Centre back building.

When: Sundays at 7.00 pm

For further information please ring 021 0762 714



## LOVE LOCAL

**Fresh Veg & Fruit Collection Hub, Delivered here every Wednesday**

Healthy Whanau bags are available weekly for those that have a valid Community Services Card, and have a mixture of fruit and vegetables, which are season dependant. These are delivered to South Centre free of charge.

If you would like to order a bag and require more information can be found on their website [www.lovelocal.org.nz](http://www.lovelocal.org.nz), their Facebook Page or call 03 928 5073.



# South Centre



# Newsletter

## October 2020

### Hours

Monday to Thursday 9 am - 4 pm

Friday 9 am - 3 pm

9 Jenkin St Invercargill Phone 2182777

## LIBRARY

Selection of Library books to borrow. If you like reading why not come along to South Centre and check out our library. We have a broad range of books to suit most tastes.



## Garden Circle Group

WEDNESDAY 14 October 2020

1:00 p.m.

**This month the Garden circle will be meeting at South Centre then on to Queens Park.**

We look forward to seeing you!



## FAMILY SUPPORT SERVICES AT SOUTH CENTRE

The Family Support Service is a home based service offering support and assistance to families who may be struggling in some areas of their lives by setting goals and empowering them with services and options to achieve these.

We work alongside families on issues such as parenting skills, management and communication. These skills will help increase your knowledge of parenting and understanding your children's needs and build strengths and develops confidence.

*For further information or to refer to this service—*

**Phone (03) 214 0344 or (03) 218 2777**

## EUCHRE

Every Tuesday, starting at 1.30 p.m.,



\$3 per person

Euchre is a trick-taking card game played with four people in two partnerships with a deck of 24, 28, or sometimes 32, standard playing cards. South Centre is host, and invites those wishing to play a game of Euchre to come along. This is a warm and friendly environment, everyone is welcome. Euchre is every Tuesday at the South Centre, and starts at 1.30 p.m. There is a small cost of \$3 per person, and this also includes afternoon tea. We would love to see you there!



## Sit & Be Fit + Falls Prevention Classes

In conjunction with the YMCA, Fabulous Pam will guide you through a workout to increase your strength and balance. Sit & Be Fit is every Monday from 2.30 to 3.30 p.m. Falls Prevention is every Wednesday from 1-2 p.m. There is a small charge of \$4 per session. Please note:



***All exercises will be here for the rest of the year. (2020)***

## PATTERN & PUZZLE LIBRARY

Do you love to Knit, Crochet and Sewing? We have a lot of patterns which are free to borrow. Please feel free to pop in, have a cuppa and look at what we have. All patterns are free to borrow, there is no limit of how many you can borrow and we work on a trust system, of when you are finished with them, you bring them back for someone else to use. If you prefer a bit of a challenge why not come and pick out a puzzle or 2.



## Homebound Elderly

The aim of the program is to help alleviate loneliness in older people who are socially isolated through disability or ill health and who have little or no family support.

- You must live south of Tay Street and be home-bound
- We will visit you in your home
- If required we will provide a Buddie who will make contact weekly and offer support and friendship
- Buddies don't do housework—they are there to spend time with you
- We ensure all supports are in place
- We will discuss with you and support you with ways that you can maintain your health and independence

If you are interested in this program or are keen to find out more about becoming a Buddie

phone 03 2182 777



## WEIGH IN GROUP

Every Monday, 9.30 - 11 am  
Cost: \$1, Fines .50c plus 1 x

piece of fruit. Great way to stay motivated and lose those unwanted kg's. Join the supportive group and let your weight loss journey begin. The person who has the greatest weight loss for the week takes home the fruit. The group meets all year round, and the person who loses the great amount of weight at the end of the year has their loss celebrated. Come along and meet the group and let your weight loss journey begin.