

THE FRIENDSHIP GROUP



AUTUMN ZINE

ARTWORK BY DWAYNE SHEDDAN

FRIENDSHIP GROUP BBQ



The four friendship groups got together for a BBQ picnic at Woodhaugh Gardens on Saturday the 2nd of March. It was a beautiful hot and sunny day, and everyone seemed to have a grand time. After three attempts to find a BBQ that worked, a large portion of sausages were cooked and eaten under the trees. Once everyone had eaten the groups went for a stroll around the duck pond and discussed future get togethers for the coming months.



THE TROUBLE CRAZY FINCH EATS



CRANBERRIES TEAM



These last few months the group have been spending Thursday's and Friday's tidying up all the garden beds after the summer break. The group have also harvested their new potatoes, garlic, shallots, cauliflower and the remaining silver beet and broad beans. The Edible gardening group received some funding from Our Food Network for a variety of garden materials. They were also visited by Our Food Network's Project Manager, where they took them on a tour of their gardens. The group also organised a raffle and a selection of fantastic prizes. They all worked really hard and sold all of the raffle cards and have raised enough money to visit Orokonui and buy more vegetable plants to fill their remaining gardens.





THE POOL SHARKS



The Pool Sharks have done a whole range of things these last few months. They have visited Bathgate park, Toitu Museum, The Kensington to play pool and darts, Chingford Park for a picnic and frisbee golf, Bowline, the Otago Museum and watched Cool Runnings at the South City Mall. The group are currently selling raffle tickets to pay for the remaining bus fare to Oamaru. The group are really keen to fundraise for a camp later this year.





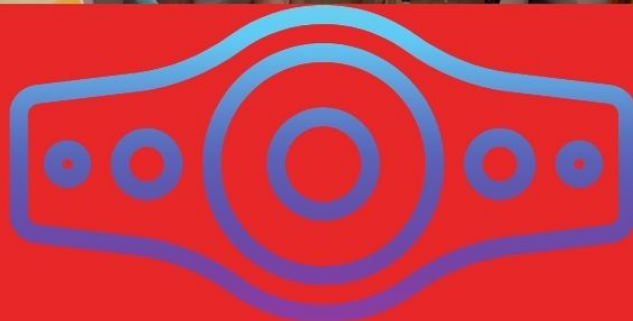
The Adventure and Exploration Team

The Adventure and Exploration Team have done a whole range of things these last few months. They have visited The Botanical Gardens and Café, Doughbin Café, St Clair Beach and Salt Café, been on a walk along John Wilson Drive, played table tennis at Unipol and filled in word finds together as a group. They also have a new group member, David Stevens. The group are currently selling raffle tickets to pay for the remaining bus fare to Oamaru.



TALKING SMACK DOWN WWE FAN GROUP

Talking Smack Down are planning to watch Wrestle Mania together on Sunday the 7th of April at Stephen and Dave's house. Stephen is also keen to host a WWE Xbox afternoon at his house for the group in a few months time. There is also a possibility the SPW (Invercargill wrestling) will have a match in Dunedin later in the year, so everyone can go to this together. The group are also going to be attending another Friendship Group get together on Saturday the 13th of April.



SOUTH DUNEDIN STREET FESTIVAL

PERFORMANCES BY...

FREEDOM TO SING

Philip – “I enjoyed performing in front of a live audience and getting positive feedback on my singing”.



&



David: “I found it very interesting. The songs were different. We sung Over the Rainbow, Yellow Submarine, Itsy Bitsy Teeny Weeny Yellow Polka Dot Bikini, Take Me Home Country Road, Tutira Mai Ngaa Iwi. It was a really good set up. I found the dancing interesting too.”

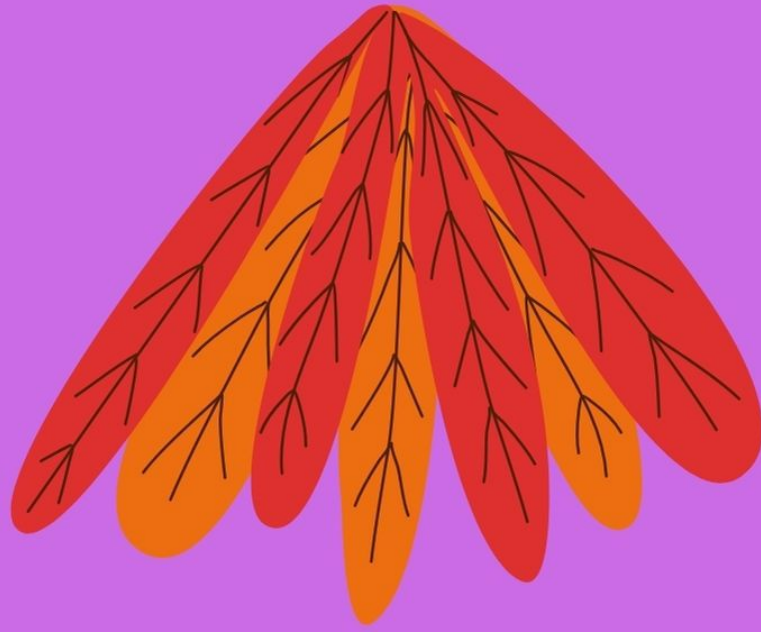
GASP! DANCE

Joseph: “I found it absolutely excellent, it was an excellent confidence booster. I hadn’t really performed on the stage before. A great outing! I enjoyed listening to the music too.”



Dwayne: “I had a good time, I did my own moves and everyone else did too. It was really good. I didn’t see much of the crowd, I was just doing my dancing”.

Kara: “I found it good. I have fun singing and dancing. I liked all of the songs.”



Individual Friendship Stories



Yvonne's Craft



“I’m colouring in with lots of colours. I find it relaxing. I have been colouring this in since the start of the year. I’m going to put it on my wall.”

PHILIP'S DAY OUT

In February my Mum and I went on a mystery bus trip with the Sunshine Club.

We stopped at a cafe out Waitati and had a hot drink and a piece of slice.

Then we drove through Coast Road through Warrington, SeaCliff and Karitane. We then drove through Palmerston, went along the beach and drove back through Trotters Gorge and back to Palmerston. We went to a pub where we had a fantastic lunch of lamb, roast potatoes, pumpkin, peas and carrots. We also had a sticky pudding with ice cream and custard. After lunch we drove through the Pig Root to Macrae's Flat to look at all the trucks and diggers at the Golden Point Historic Reserve. After that we drove through Middlemarch then back towards Mosgiel and home. It was a grand day out and I really enjoyed my day.





JOSEPH LAWN BOWLS

Bowls is a game for everyone. I started playing lawn bowls at the age of 12 years old.

You do meet a lot of people doing lawn bowls, through competitions. You can either play competitively or socially.

Lawn bowls is a strategic game, the whole idea is to get as close to the Jack as possible. With either 2 bowls in a fours event, 3 bowls in a pairs event, 2 bowls in a triples event and 4 bowls in a singles event.



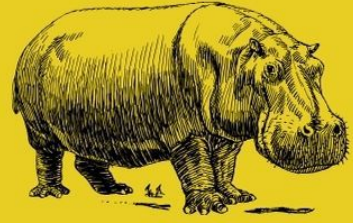
Shane's Holiday

I left Dunedin on the 22nd of March and bussed to Christchurch on the Intercity.

On the Saturday I went to the driving range and on the Sunday, I went on a paddle boat on the Avon River. I went to Orana Park on the Monday. It was a warm day, 25 degrees! On the Tuesday I went go carting and, on the Wednesday, I went on the all-day tram pass around Christchurch City. It rained but I still had fun. On the Thursday I went back to the driving range. I had a great time and I enjoyed myself in Christchurch, meeting new people. I'd love to go back in the near future.



Philip's Jokes



What's a hippo's favourite dance?

Hip Hop



What's a panther's favourite band?

Pink

Where do rats like to go shopping?

The Final Countdown



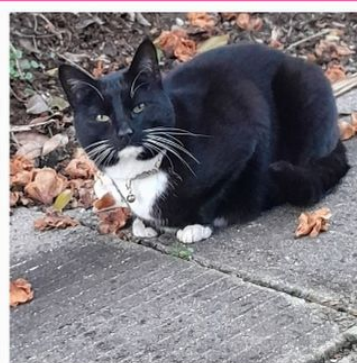
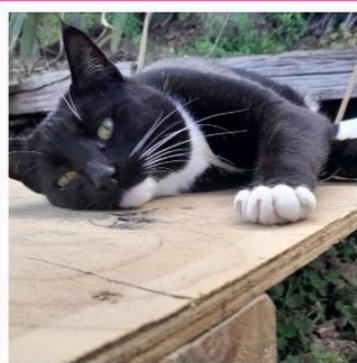
DWAYNE'S MOSAICS



Dwayne wanted to try and make a mosaic Rooster. He started making his Rooster 8 months ago. He wants to sell it for \$150. Dwayne found drawing the rooster hard, he got some help at the beginning. It's the biggest mosaic he's done so far.

Winnie the Garden Cat

Winnie is a black and white cat with a curious nature that lives in the Beresford Street flats. She is owned by Tara. Every Thursday and Friday she follows the gardening group down to the garden to see her gardening friends. She doesn't like pats or to be picked up but likes to be around and to cause trouble. She likes sniffing around the vegetables and plants, climbing trees and playing with sticks and flax leaves. We have put a few coverings on the plants, so she stays out and doesn't poop on them. We say she is our mascot as she also comes down when her mum is away. She has a lot of fun at the garden getting all the attention from people. When gardening group comes to an end at 3pm she follows Tara all the way back home for a well-deserved treat.





Garden Resources for CCT clients

Give to Grow Ōtepoti collects donated garden tools and resources and redistributes them to people who want to grow their own food but have limited tools and resources to do so.

We can generally provide the following to people CCT supports:

- pots
- trowels, small cultivators
- forks (long and short handled)
- spades (long and short handled)
- rakes
- watering cans

We also sometimes have seeds, seedlings, small plants

There is no charge for our resources but we do accept a small koha if people are in the position to give one.

If you would like Give to Grow's support with gardening resources, please let your key worker or friendship group facilitator know.



Food resilience is an essential element to any community. Our Food Network, Ōtepoti is an organisation that believes in an integrated, accessible, and collaborative approach to ensure Ōtepoti neighbourhoods have what they need in order to nurture this resilience. There is so much awesome work happening around this beautiful city in terms of localising food. OFN is simply helping to connect the dots.

Check out www.ourfoodnetwork.org.nz for community news, events, and resources to help us on our way to becoming more food resilient!

Contact: ourfoodnetwork@gmail.com Follow us: [Instagram](#) / [Facebook](#)



What's Happening In The Community

- Studio2: Studio2 is a small art studio for people with disabilities. They provide a supportive space where people can explore their creativity through a variety of processes and mediums.
Studio open Mondays - Wednesdays 9am-12pm and 1pm - 4pm
and Thursdays and Fridays 9am-12pm.

<https://www.instagram.com/studio2creativespace/> <https://www.facebook.com/MargaretFreemanGalleryAndStudio2/>

- Super Grans: They provide a caring, confidential and non-judgemental service that aims to share home skills, including cooking, sewing and gardening.
They offer Group Workshops at Super Grans place and one on one home-based mentoring.

OPENING HOURS

10am till 2.30pm - Monday, Tuesday, Thursday and Friday
You'll find them right beside Pregnancy Help in South City Mall

- Gasp! Dance Trust: Inclusive Dance for people with and without disabilities. They offer movement exploration and unique performance for people of all abilities.
Senior class (over 16 years): Mondays 6pm-7pm and 7.15pm - 8.15pm
Junior class (under 16 years): Tuesday 4pm-5pm
Classes are at the New Athenaeum Theatre, 23 The Octagon, Dunedin
Classes suited for all levels and abilities.
Please wear comfortable clothing, and bring some water. No dance shoes necessary.

- Freedom to Sing: Every second Saturday a group of singers meet at 10.30am at the Friend-Link office, 185 Hillside Rd Dunedin.

contact: friendlinkdn@gmail.com 0274318213 or 021435020

- Fever Club: Come for a Boogie! The 3rd Wednesday of every month. 6:30-9pm Alley Cantina, 140 George Street, Central Dunedin. (No Fever Club in December, starts back 17th of January).

- Friend-Link: Dunedin Friend-Link supports people with intellectual/learning disabilities to participate, contribute and belong to the Dunedin community.

It does by identifying what would make life more enjoyable and supporting someone to fill the gaps through friendship, groups membership or pursuing a dream. 185 Hillside Rd Dunedin contact: friendlinkdn@gmail.com
0274318213 or 021435020

