



Lincoln & Districts
Community Care
Association Inc.

JULY: Water water everywhere nor any drop to drink—from the Rime of the Ancient Mariner by Samuel Taylor Coleridge....Selwyn has certainly had its fair share of rain over the last month. However those with their own wells will be smiling and it sets us up well for spring growth both on the local farms and in our private gardens.

Our **FROM the PLOT to the POT** project will certainly reap the benefits, Call 325 2007 or email servicesdevelopment@lincolncomcare.co.nz to register for either, or all of the following workshops.

AUGUST: DON'T TREAT YOUR SOIL LIKE DIRT Saturday 19th from 10.00 am to 11.30 am Tutors Roger McLenaghan and Judith van Dijk from Lincoln University Soil Science Dept. will teach you all you need to know about the soils around Lincoln. This session is to be held at the Lincoln Envirotown Community Garden. Please park on the street.

AUGUST: HEARTY FOODS

Wednesday 23rd from 6.30 pm to 8.30 pm hosted by NZ Heart Foundation and Sandra from Lincoln Community Care. Sessions on nutrition for heart health and for children; tasty breakfasts, delicious lunchbox ideas for the family and heart-warming soups. There will be taste testers and open discussion.



This workshop will be held in the Tod Lounge, Lincoln Events Centre, Meijer Drive. Registrations close on Friday 11th August so get your name on the list.

SEPTEMBER—a busy month with three workshops at Lincoln Envirotown's Community Garden, James Street—behind the Maternity Hospital. Please remember to park on the roadside and bring a gold coin donation for the community garden.

Saturday 16th from 10.00 am to 11.30 am **STARTING and MAINTAINING a WORM FARM** delivered by Sharon Breakwell, WasteBusters Ashburton.

Saturday 23rd from 10.30 am until 11.30 am **SPRING INTO ACTION** Rachel Vogens' guide to vegetables and herbs for the coming season.

Saturday 30th from 10.00 am to 11.30 am **LAWN GROWING and MAINTENANCE** Tutor Claire Scott.

*** Keep an eye out in next month's newsletter for information about our October workshops.*

Part time position available for 3–4 hours a week, preference is Mon & Wed late morning with flexibility to assist with general household management, preparation of meals, for a gentleman shifting to Lincoln. Role will commence in the Spring. If you have a sense of humour, enjoy social interaction, honest and reliable have farming and rugby interest, kind but firm, love music and are a good cook we would love to hear from you. Contact Lois @ Lincoln Community Care on 325 2007.

EXERCISE for ARTHRITIS

sufferers – we have had a request to commence gentle exercise classes for those who suffer severe arthritis. Firstly we need to determine if there is sufficient need for these. Would you participate if we commenced a twice weekly class? Please call 325 2007 to confirm. If there is a positive response we will engage a professional person to deliver these.



WANTED—MENTORS SELWYN YOUNG DRIVER MENTORING PROGRAMME

over the past year we have been delivering a free mentoring pilot programme to support students from Lincoln and Darfield High Schools who are on their Learners License to achieve their Restricted. This has been very successful—6 of the 7 students have passed and the 7th is almost there too—very exciting! The programme was delivered in partnership with Selwyn District Council Road Safety Officer, Ngaire Tinning and AML; training was provided by 2DriveSafe Instructor Duncan Seed. This is now a



permanent programme and will be extended to include Leeston as well. We are looking for men and women interested in becoming mentors. Initially there will be an information session on 31st July from 10.00 am to 12.30 so you can find out more and have your questions

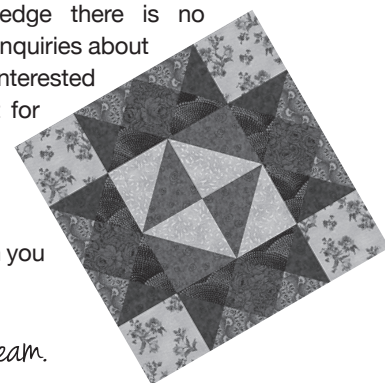
answered. Once confirmed there is a one-off four hour training session. The mentoring is delivered in the students (or their parents) car—with appropriate insurance and regular road worthiness checks.

If you have 2–3 hours week to give back to your community and support young drivers to gain practical skills to help ensure the safety of all road users, then please call Lois on 325 2007 or email servicesdevelopment@lincolncomcare.co.nz for more information.

QUILTING group—to our knowledge there is no quilting group in Lincoln. We have enquiries about establishing one—would you be interested either as a Tutor, a learner or just for the friendship/sharing factor? If so, call 325 2007 to let us know. Many thanks.

Looking forward to catching up with you again next month,

The Lincoln Community Care team.



Tash Smith. Qualified Personal Trainer
REPs registered.

Mon, Wed & Fri
9 am and 11 am

027 482 7427

Special offer
2 weeks free group
fitness classes to
NEW mums within
6 months of baby's
birth.

- Fun pram friendly group classes
- low-medium fitness level for women of all ages.
- Have fun—play games & core focused exercises.
- Outdoors plus indoors in bad weather.
- Complimentary trial sessions available.

Lincoln FITcamps