

NEWSLETTER – MARCH 2018

EMERGENCY preparedness - our region has certainly experienced the aftermath of tropical cyclones recently but we can be thankful Canterbury was not affected as severe as some regions. Selwyn residents are very fortunate to be able to sign up to our Councils' Selwyn Gets Ready project. When an impending event such as severe winds, snow or flooding are predicted you receive an alert via text and email with advice on how to prepare yourself. As conditions change you get regular updates. If you are not signed up already check the details out at <https://selwyn.getsready.net>



MEALS on WHEELS – our longest standing, but ever popular service. Volunteer drivers deliver hot meals to your door Monday to Friday except public holidays. To be eligible for Canterbury District Health Board subsidy a referral is required from your Doctor. Meals comprise a main and a dessert; special dietary needs can be catered for. Frozen meals are delivered to clients who prefer to have their main meal in the evening. Customers can also purchase these privately for a mere \$7.00 for the two courses.

FROM the PLOT to the POT – Our first workshop for 2018, was a great success.

We have two workshops scheduled for March:

BASIC BONSAI TECHNIQUES - Saturday 17th March from 9.30am until 12.30pm,



at the Lincoln Envirotown Community Garden (on James Street, behind the Maternity Hospital). For just \$15.00, presenter Tony Bywater will introduce you to this ancient art. The registration fee includes tuition, a tree, potting mix, grow bags, wire and morning tea. There is a limited number of places available so get in quick by calling Ruth Wood on 325 2913.

POLLINATORS in our GARDENS – Saturday 24th March from 10am until 11.30am, again at the Lincoln Envirotown Community Garden (details as above). Did you know that bees contribute \$5 billion annually to our economy? Dr Brad Howlett, pollination scientist at Plant and Food Research, Lincoln will introduce us to bees and other insects that assist with vegetable and crop pollination.

For both workshops, please bring a gold coin donation and park on the roadside.

LINCOLN COMMUNITY VISITING service – Community Care Lincoln is establishing a



new service for residents in Lincoln and surrounds. Trained and Vetted volunteers will be available to visit anyone who is in need, for example following a bereavement or other loss; due to loneliness and isolation; changes in health conditions; retirement; new to Lincoln or decreased eyesight or hearing loss.

Potential clients can self-refer or have their names put forward by family, professionals or friends by calling 325 2007. We will endeavour to match client and visitor according to needs, interests, culture, age and gender. For further information, do not hesitate to call 325 2007 Monday to Wednesday.

TREASURE TROVE - AUTUMN garage sale – on Saturday 17th March from 11am until



2pm we will be holding a “garage” sale on the green beside our building at 16 Lyttelton Street. Items such as clothing, bedding and bric a brac will be sold at bargain prices. There will be **cash** sales only with all proceeds going to help us support residents in the Lincoln district.

INVITATIONS to LINCOLN residents – over the next twelve months representatives from our organisation will be undertaking a campaign to visit all local residents and invite them to join their neighbours in a friendly get together at our premises to share a cuppa. It will be an opportunity to learn more about what we do and to offer up suggestions of additional services you might like us to deliver. We trust you will accept our invitation to join us.



WHY NOT BECOME a SUBSCRIPTION member - and support all the many services we deliver? For just \$10.00 per year you can make a valuable contribution towards helping our organisation assist those in need. You are welcome to call into our office to make a payment or call 325 2007 for further information.

The Community Care Lincoln team.