

## October Newsletter

Haven't the blossoms on the trees been just stunning - it reminds me of my Mum's favourite poem:

**TREES** (written in by Joyce Kilner in 1913)

*I think that I shall never see*

*A poem as lovely as a tree.*

*A tree whose hungry mouth is prest*

*Against the earths' sweet flowing breast;*

*A tree that looks at God all day*

*And lifts her leafy arms to pray;*

*A tree the may in summer wear*

*A nest of robins in her hair;*

*Upon whose bosom snow has lain;*

*Who ultimately lives with rain.*

*Poems are made for fools like me,*

*But only God can make a tree.*

**SPRING FLING** – our renowned annual fundraiser Spring Fling, Selwyns' favourite Country Fete, is on next **Sunday, 8<sup>th</sup> October**. It will held again at beautiful Broadfield garden, 250 Selwyn Road, from 11am to 4pm. There will be garden tours, plant stalls, artisan items, refreshments, live music, devonshire teas, arts and crafts and a silent auction. A fun, relaxing day for all ages – bring your picnic blanket and join us. Get your tickets from [www.evetnfinder.co.nz](http://www.evetnfinder.co.nz) or New World Lincoln, Paper Plus in both Hornby and Merivale, or from our office, 16 Lyttelton Street, Lincoln - \$15 per adult; school age children free. Tickets will be selling at the gate on the day for \$20.



**LINCOLN PATCHWORK and QUILTING group** –will be

meeting for the first time on

**Tuesday 17 October** from 6.30 to 8.30 pm in the Habgood room at the Lincoln Events Centre. The group will meet every second Tuesday evening during school terms.

There will be a small annual subscription fee of \$20 payable at Lincoln Community Care, 16 Lyttelton Street, Lincoln. To launch the group, we will have a display at the Lincoln Pharmacy, Gerald Street, Lincoln – pop along and get inspired. For further information, call Lois on 325 2007 or Janet on 348 6098.



**SAYGO (Steady As You Go) exercise classes** – from Wednesday 4<sup>th</sup> October Lincoln Community Care, in partnership with Age Concern will be delivering gentle exercise sessions to assist with falls prevention in older persons who are less active. Classes improve balance, strength, mobility, general fitness and wellbeing.

Sessions are held every Wednesday from 1.30pm until 2.30pm at our building, 16 Lyttelton Street. There is a small fee of \$2.00 per session.



**LEAD the WAY** – our free mentoring programme, originally entitled SAGES, has a new name – “LEAD



the WAY”. Trained and vetted mentors share their skills – with anyone of any age who wishes to learn something new. Whether it be parenting advice; support to write your C.V.; crafts such as crocheting, sewing or knitting; preparing your ground, composting, growing and cooking your own fresh vegetables, or any other skill you might wish to learn. Give Lois a call on 325 2007 to learn more about this service or to request a mentor.

**FROM the PLOT to the POT** – Call 325 2007 or email [servicesdevelopment@lincolncomcare.co.nz](mailto:servicesdevelopment@lincolncomcare.co.nz) to register for the following workshop.....

**OCTOBER – Saturday 14<sup>th</sup>** at the Community Garden from 10am to 11.30am - **“VEGES 101”**. Graham and Errol will take you through the steps of bed preparation, planting seeds and seedlings and the ongoing maintenance of your spring vegetable garden.

Graeme Pile will also discuss how applying liquid nutrients and organic products through your irrigation system can improve your veges and flowers.

Following this workshop Lincoln Community Care’s volunteer mentors will provide one on one free support to help you get your own garden established.



\*\* Keep an eye out in next month’s newsletter for information about our November workshop.

In the meantime, enjoy the trees in our leafy green Envirotown.

The Lincoln Community Care team.