

February – hooray, summer has arrived, celebrate and enjoy it while it lasts. Go for a walk on the beach, have a barbeque, relax under a tree, take time to smell the roses.



SAGES – our free, confidential mentoring service is available for families and individuals. It's as easy as a phone call to 325 2007 and a visit from our Coordinator to make it happen. Our Coordinator, Lois, will discuss which one of our experienced volunteers will be the best fit for you. They can help you to learn or improve your knowledge in cooking, gardening, sewing, knitting, crocheting, parenting or anything else you may desire. So call now to make a time to meet.

FROZEN MEALS – we have a regular Meals on Wheels delivery for residents in need who meet the criteria and live in the Rolleston, Prebbleton, Tai Tapu and Lincoln regions. For those outside the delivery area we can offer frozen options tailored to your needs. Meal options can meet any dietary requirements such as gluten free, diabetic, and vegetarian. A main and a dessert costs \$7.00 and you can order any number you choose. These are great to have in your freezer as a backup or to purchase for a family member. Why not consider ordering a bulk supply as a gift for someone?



Groups for INTERNATIONAL people - A number of interest groups have been established for international people living in Lincoln – groups such as MUMS TOGETHER, for expectant and new mothers; LEARNING to SEW, BAKE, GARDEN or KNIT and a WALKING group. Soon there will also be both a Children's and an Adults BASIC ART CLASS, CONVERSATIONAL ENGLISH and DRIVER CONFIDENCE. For information about these groups call 325 2007.



“From the Plot to the Pot” - our collaborative venture with local groups and businesses features on the front page of this newsletter. The first workshop of the series is on Sunday 25th March from 10am to 12 midday at the Lincoln Envirotown Community Garden, Birches Road, behind the Maternity Hospital. A gold coin donation would be appreciated. Park on the roadside, plants will be on offer at reasonable rates – all proceeds to Lincoln Envirotown for supporting this project. Call 325 2007 to register. Participants are also eligible for special purchasing rates at Hammer Hardware and XCV84U Gardening Supplies. Look in next month's newsletter for the days and times for June's workshops.



The Lincoln Community Care team.

