

Who would have thought it - May is here already and next month will bring us half way through 2017!

FROM the PLOT to the POT – As a result of our gardening workshops we have twelve local residents (so far) who have registered for FREE support to establish a vegetable garden and/or composting system. This is so exciting and it is not too late for you to give us a call to request the same. We are privileged to have some willing, experienced volunteers who relish the opportunity to share with others the fun of growing your own fresh vegetables.

Remember anyone who participates in this project is entitled to 10% reduction on anything purchased from Hammer Hardware and XCV84U (Leeston Hire).

MAY – we have 2x separate workshops based around cooking of the vegetables you will grow in your garden. On Monday 8th May Sandra will show you how to COOK ON A BUDGET with delicious economical recipes and ideas. On Thursday 11th May, Chef Ben will deliver a TASTES FROM the GARDEN workshop – instructions on simple but delectable ways to turn vegetables into tempting meals.



Both sessions will be held at Lincoln High Schools Food Technology room (entrance off Boundary Road) from 6.30pm to 9.00pm. To register please call 325 2007 or email Lois on servicesdevelopment@lincolncomcare.co.nz

JUNE – most vegetable gardeners are aware that we tend to grow more than we can eat....in June we will hold a workshop to teach you what you can do with your excess produce (including fruit), to save money and avoid wastage. Tutors Sally and Anne will show you how to dehydrate/dry/preserve/pickle/freeze and make chutneys. Learn these old skills and sample the end results. Wednesday 14th June from 6.30pm to 9pm at the Lincoln High School Home Technology room.

** Keep an eye out in next month's newsletter for information about the July gardening workshops.

BROLLY SHEET service – incontinence affects all age groups - from young children through to older adults. We have renowned Brolly Sheets available for hire or purchase. Holding up to 2 litres of fluid and with a 12 month guarantee, they are perfect for overnight use, especially as they save on linen. The sheets are quiet, comfortable and come in a variety of colours. We also have chair pads, as well as pillow and mattress protectors. A pricelist is available – just call 325 2007 to find out more. There is a modest weekly hire fee or they can be purchased outright at wholesale rates. We have single and king single sizes in stock but can order queen sized, they are here within 48 hours.



CONVERSATIONAL ENGLISH sessions for international people – these commenced on 27th April and are open to residents of Lincoln and surrounds, including University families. Sessions are held from 4pm to 5.30pm, on the 2nd and 4th Thursday of every month at Lincoln Community Care – 16 Lyttelton



Street, just behind the Library on the main street. You are welcome to come along and join in conversation with our friendly volunteers – this is a FREE service.

Make the most of our lovely autumn days and enjoy the beautiful changing colours in our leafy town.

The Lincoln Community Care team.