

**JUNE** - named for the Roman goddess JUNO, wife of Jupiter, she was the patroness of marriage and the wellbeing of women. In recent times possibly referred to as the “hump” month - the cusp before we commence the downhill slide to Christmas!

**OUR ORGANISATIONS’ AGM** - this year’s AGM is to be held in the Habgood Lounge of the Lincoln Events Centre, Meijer Street, Lincoln, at 7.30pm.

We are privileged to have Mr Vince Barry, Chief Executive Officer from Pegasus Health, as our guest speaker. Vince will speak about the challenging needs in our community and how Pegasus Health realigns to meet those needs.



This is a public meeting and everyone is welcome to attend.

**HEALTH in NEW ZEALAND** – an information evening for all new residents, migrants and internationals across Selwyn. To be held on Monday 26<sup>th</sup> June, from 7pm to 9pm at Lincoln Community Care, 15 Lyttelton Street, Lincoln (behind the Lincoln Library). Representatives from Pegasus Health, University Health Centre, Lincoln Medical Centre and Community Law will explain about eligibility to services, registering with your local Doctor, the roles of Doctors, Dentists, Hospitals, Specialists and ACC.



Also emergency services, immunisations, prescriptions, entitlements and medical insurance. There is plenty of parking available, come and have your questions answered. Supper will be provided too.



**FROM the PLOT to the POT** – Call 325 2007 or email servicedevelopment@lincolncomcare.co.nz to register for either, or both, of the following workshops.....

**JUNE** – “ WASTE NOT, WANT NOT “ - 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 14<sup>th</sup> June from 6.30pm to 9pm at the Lincoln High School Home Technology room.



**JULY** – “WINTER is NOT the TIME to RELAX” – gardening guru Terry Windle invites you to join him at his home to learn about fertilisers, rose pruning, maintenance / sharpening of garden tools and building of cloches to protect your spring seedlings.



\*\* Keep an eye out in next month’s newsletter for information about the August ‘winter warming’ workshops. This initiative is developing into a long term project taking participants from their garden plot to the plate and beyond. There will be future workshops and supports focussed on spring gardens, composting, worm farming and more – watch this space.

**FREE CONVERSATIONAL ENGLISH** sessions for international people – these commenced in April and are open to residents of Lincoln and surrounds, including University families. Sessions are held from 4pm to 5.30pm, on the 2<sup>nd</sup> and 4<sup>th</sup> 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.



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.

WELCOME to LINCOLN information packs – new residents are welcome to call into our office for a free pack, outlining local services and supports – a raft of information to help you settle into our wonderful township.

ADULTS and CHILDRENS ART classes – we have two professional artists who have agreed to hold weekly art classes for us – one of adults along more traditional lines one for children with the freedom to express themselves. Before we proceed further we would like to gauge the interest. If you have a desire to develop or improve your skills, give us a call.

The Lincoln Community Care team.

