

November 2017 Newsletter

NOVEMBER – the month of the flower Chrysanthemum. First cultivated in China, it can be used as an herbal remedy for headaches, reducing blood pressure and as an anti-inflammatory. The flowers symbolise loyalty, honesty and love. Novembers’ birthstones are Citrine, known as the healing quartz because it promotes vitality and energy, and Topaz which symbolises love and affection.

BROLLY (continence) SHEET service - Midnight toileting accidents and built up laundry are no longer a headache, Lincoln Community Care has a Brolly Sheet service to support families living in Selwyn who are struggling with children’s bed wetting issues. They are just as useful for older persons too.

Brolly Sheets, the perfect solution to waterproofing, were designed out of necessity by Diane, a kiwi Mum, who created a waterproof mattress protector that her children could comfortably sleep on.



Guaranteed for twelve months, they are fabulous to sleep on, soft and comfy, breathable and quiet. The perfect solution for home or away!

An added bonus occurs when anyone gets a tummy bug - put one over their pillow or on the couch where they are “recovering” in front of the telly.

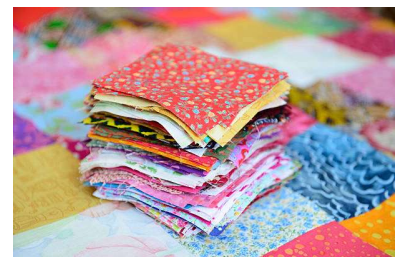
Lincoln Community Care have sheets available in arrange of sizes and colours, at our premises 16 Lyttelton Street, Lincoln. They can be purchased at competitive rates. Brolly Sheets achieved an award for their design and are recommended by health professionals.



If you have enquiries about this service or would like a price list, please call Janet on 325 2007

LINCOLN PATCHWORK and QUILTING group –our new group met for the first time on Tuesday 17 October from 6.30 to 8.30 pm in the Habgood room at the Lincoln Events Centre. They will continue to meet every second Tuesday evening during school terms.

There is a small annual subscription fee of \$20 payable at Lincoln Community Care, 16 Lyttelton Street, Lincoln. Both new and experienced quilters are welcome and our Tutors have starter packs available for a nominal fee. For further information, call Lois on 325 2007 or Janet on 348 6098.



SAYGO (Steady As You Go) exercise classes – every Wednesday at Lincoln Community Care, Christine from Age Concern holds gentle exercise classes for the slightly less active. The focus is on falls prevention as the programme is designed to 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.



SUPPORT for NEWCOMERS and MIGRANTS – we have a range of services such as Welcome packs for newcomers (crammed full of informative information); social Conversational English sessions every Thursday from 4pm to 5.30pm; one on one mentoring, teaching other cultures to cook and/or bake New Zealand foods; driver confidence, (for those who have a license and vehicle) as well as support to learn new crafts such as crocheting, knitting, quilting. If you are new to Lincoln or know anyone who is, please give us a call on 325 2007 or pop in to our office at 16 Lyttelton Street, to learn more.

FROM the PLOT to the POT – our final workshop for 2017 focusses on the task of composting.

Our passionate gardener Terry, with over 60 years of experience, will instruct everyone on how to construct a compost heap, which additives to use, which to avoid. As well, he will instruct participants how to develop suitable watering systems for raised beds and fruit tree areas.

Don't forget Lincoln Community Care's volunteer mentors will provide one on one free support to help you get your own garden established. The prices of fresh produce have skyrocketed and there is nothing nicer (and more healthy) than growing your own vegetables.



Next month we will all be counting down to Christmas!

The Lincoln Community Care team.