



## FREE INTERNATIONAL SUPPORT GROUPS, 2017

\*\*each service is available in your own home or in a group setting at the University Campus.

**INFORMAL GET TOGETHERS** – In The Workshop building on Farm Road, which has television, a pool table, a kitchen and study rooms. Join other students and families (bring your children) to share a cup of tea, information, advice and a friendly chat. (Information on days and times to be communicated via Facebook and email).

**CONVERSATIONAL ENGLISH** – Friendly, informal group sessions to help improve your communication with English speaking people. For beginners and advanced English speakers.

**LEARNING to SEW** – experienced mentors come to your home to help you to learn to sew articles for yourself and your family. Learn a new skill and save money.

**LEARNING to KNIT** – experienced mentors will come to your home to teach you to knit warm garments for your family for the winter.

**LEARNING to GARDEN** – vegetables or flowers. Assistance to learn to prepare the soil, grow and care for the seeds or plants. Develop your own garden and enjoy eating your own home grown vegetables.

**LEARNING to BAKE** – cakes, muffins, biscuits, scones. An experienced mentor will come to your home and teach you to bake tasty treats to share with your family and friends.

**BASIC ART CLASS** – develop your hidden talent – our Tutors will support you to improve your skills in an encouraging, learning environment. Family members welcome.

**MUMS TOGETHER** – for expecting, new and not so new Mothers. Share experiences, concerns, ideas or information together over a friendly cup of tea. Occasional guest speakers, resources and advice.

**WALKING group** - every Wednesday at 1pm. Meet outside the Recreation Centre (University Gym) and join Instructor Penelope for a walk around the campus. Wear comfortable footwear, bring your drink bottle, your friends and family.

**CONNECTING the GENERATIONS** – do you miss having Grandparents in your family? We can match you with an older person who can enrich your family's life – share fun activities, impart knowledge, learn together.

**DRIVER CONFIDENCE** – support to feel confident driving on New Zealand roads. Learn the road regulations, practice your driving skills. You are required to have your Learners Licence and a vehicle with its' current Registration and Warrant of Fitness.

For enquiries or information about days and times for any group:

contact our **SAGES Coordinator**

**Lincoln Community Care, 16 Lyttelton Street, Lincoln**

**Ph: 325 2007 or 027 488 6698**

**Email: [Sages@lincolncomcare.co.nz](mailto:Sages@lincolncomcare.co.nz)**

**Website: [www.lincolncommunitycare.co.nz](http://www.lincolncommunitycare.co.nz)**

**Facebook: [lincolncommunitycare](https://www.facebook.com/lincolncommunitycare)**