



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—1st and 3rd Thursday of each month from 4.00 pm to 5.00 pm at The Workshop building on Farm Road, Lincoln University. Bring your family to meet other families and make new friends. Share a cup of tea, information, advice and a friendly chat.

CONVERSATIONAL ENGLISH—2nd and 4th Thursday of each month from 4.00 pm to 5.30 pm at Lincoln Community Care, 16 Lyttelton Street (just behind the Lincoln Library on the main street, in the township). Friendly, relaxed, informal group sessions to help improve your communication with english speaking people. For beginners and advanced learners.

LEARNING to SEW—experienced mentors help you to learn to sew articles for yourself and your family. Learn a new skill and save money. These one-on-one sessions occur at The Workshop building. Call 325 2007 so we can allocate you a mentor.

LEARNING to KNIT— experienced mentors will come to your home to teach you to knit warm garments for your family, much needed over the winter months.

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 CLASSES—for children and for adults—develop your hidden talent. Our tutors will support you to improve your skills in an encouraging, learning environment.

MUMS TOGETHER— at The Workshop building every Thursday from 10.30 am to 12.00 pm. 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 (2nd hand clothing/toys) and advice.

WALKING GROUP—every Wednesday at 1.00 pm. Meet outside the Recreation Centre (University Gym) and join instructor Penelope for a 45 minute walk around the campus. Wear comfortable footwear, bring your drink bottle, your friends and family.

OTHER WALKING GROUP OPTIONS – if Wednesdays at 1.00 pm coincide with your other commitments, Lincoln Community Care also has a Tuesday and a Wednesday Walking Group. They have varied and interesting programmes, are very social and welcoming of new members. Some walks are around Lincoln, others venture further afield to discover new places. Programmes are available on our website or you can pick up a copy from our Reception at 16 Lyttelton Street, Lincoln (behind the Lincoln Library on the main street).

CONNECTING the GENERATIONS—do you miss having grandparents in your family? We have quarterly events in June, November and February— 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.

Second hand items— we have clean clothing and bedding of various sizes donated to our organisation. If you are in need of extra items, give us a call to arrange a day and time to pick some up.

For enquiries or information about joining any of our groups

contact our SAGES Coordinator

Lincoln Community Care, 16 Lyttelton Street, Lincoln

Ph: 325 2007 or 027 488 6698

Email: Sages@lincolncomcare.co.nz

www.lincolncommunitycare.co.nz

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