



Birkdale Beach Haven
**Community
Project Inc**
We Belong Here | Māori kōwhiri tātou

TERM 3 PLANNER 2020

BIRKDALE & BEACH HAVEN COMMUNITY HOUSES

WWW.BIRKDALEBEACHHAVEN.ORG.NZ

 facebook.com/birkdalebeachhaven

Supported by



BIRKDALE & BEACH HAVEN COMMUNITY HOUSES

Open Monday to Friday 9am-3pm

Facilities are also available outside these hours.



Birkdale and Beach Haven Community Houses offer a wide range of activities and services for the local community. Classes, clinics, groups, events and community information.

New activities and ideas are always welcome. Please let us know if there is something you would like to see provided at YOUR Community Houses.

BEACH HAVEN COMMUNITY HOUSE

Beach Haven community House is set in the beautiful Shepherds Park, 130 Beach Haven road, within walking distance of the Beach Haven shops. Shepherds Park has large green spaces and a playground in-view of the house. The house itself has 3 great spaces available for hire. See our website for more information.

BIRKDALE COMMUNITY HOUSE

Birkdale Community House is located at 134 Birkdale Road and has multiple spaces of varying sizes available to the community for hire. It's located just up the road from the Birkdale shops and near to birkdale primary. If you want to know more about our spaces see our website for more information.

*Please note: We do not have EFTPOS facilities at the Community Houses.

To book or for more information please contact us at:

houses@birkdalebeachhaven.org.nz

Birkdale Community House
134 Birkdale Road, Birkdale
09 483 9149

Beach Haven Community House
130 Beach Haven Road, Beach Haven
09 483 9942



Our **Community Eats** program is a weekly community-led initiative distributing rescued and donated food to families and individuals within the Birkdale and Beach Haven area. 09 483 9942

Please call us to request a food box for you to collect from Beach Haven Community House, 130 Beach Haven Road

the following Monday

Due to an increase in requests, we are asking for your help to build our non-perishable food stocks e.g. pasta, rice, canned foods for our community eats food boxes. Drop off at our community houses and participating schools and shops.

thank you ❤️



HELP WHERE YOU CAN
COMMUNITY EATS CANNED FOOD DRIVE



Auckland North Newcomers Network

Connecting People

The Newcomers Network is about creating an inclusive community where all meet around a common appreciation of living together in a peaceful environment. Supporting groups and multicultural celebrations at Birkdale and Beach Haven Community Houses e.g;

Boomerang Bags - Sewing, Global Friends Coffee Group English Conversation Circle, NZ Chinese Friends of Peace Japan Kauri Education Trust, Beginner English Book Club.

www.newcomers.co.nz





BIRKDALE COMMUNITY DAY

SAT 15 AUGUST 9.30AM - 3PM




CLAY A special opportunity to create a ceramic ring for an art installation in the Community Sensory Garden.

*Bookings essential
houses@birkdalebeachhaven.org.nz
Sessions 9.30-12.00pm and 1.00-3.30pm

Bring along your clothing for mending or altering.
cash only. 10.00am - 2.00pm

SEWING



PLACE MAKING

Calling all Birkdale locals to share your ideas on how we can work together to make Birkdale an even better place to live.

*WORKSHOP
12.00-1.00pm

Delicious authentic Indian curry. Chicken or vegetarian.
cash only. 12.00 - 1.00pm

CURRY

CONNECT WITH YOUR COMMUNITY & HAVE SOME FUN!
FOR MORE INFO VISIT [FACEBOOK.COM/BIRKDALEBEACHHAVEN](https://www.facebook.com/birkdalebeachhaven)

Bike 
Kaipātiki

Bike Kaipātiki will be available with their team of community bike mechanics who volunteer their time so you can bring your bike in for a safety check, service, limited repairs and advice. 10.00am - 2.00pm

MONDAY

9:30 | Classical Pilates. Dynamic, progressive and highly effective. **Booking essential. Contact Kate Saynor for more info 021 027 04186**
\$13 per person.

12:30-2:30pm | Scrabble. Just come along, all welcome. **\$3 per person.**

12:30-2:30pm | Community Eats. Providing food boxes to support local people and families in need. **Booking essential; call 09 483 9942. Collect on Mondays, between 12.30 - 2.30pm from Beach Haven Community House.**

6:00-7:00pm | Yoga Haven Yoga . A gentle yet challenging stretch to rejuvenate body, mind and spirit. Beginners welcome. If you can breathe you can do yoga! **Bookings essential. Contact Cherry 021 756 127**

TUESDAY

10:00-11:30am | H.U.G.G. Haven Ukulele & Guitar Group.
Fortnightly, from Tuesday 7 June. Come along to this fun, social and casual Ukulele session, all levels. The community is welcome to come along and listen while you enjoy the music and a hot drink. **\$10 per person. Contact Joe Powell 09 482 3443 or email jandapowell@xtra.co.nz**

10:00-11:30am | Ukulele Jam. Fortnightly. A small group of enthusiastic novice bridge players. Come along if you are keen to play. **\$3.00 per person.**

10:00-12:00pm | Mainly watercolour - Non-tutored art group. A friendly, social art group with the occasional guest tutor. **\$3 per class.**

12:00-2:00pm | Bridge. A small group of enthusiastic novice bridge players. Come along if you are keen to play. **\$3.00**

7:00-9:00pm | BBHandcrafters. A group of locals who love to craft beautiful things by hand; crochet, embroidery, tapestry, cross stitch, knitting and more. Learners and more experienced are welcome. **Contact via Facebook 'BBHandcrafters'**

WEDNESDAY

10:00-11:00am | Advanced French. Email laure.graffeuille@yahoo.fr or **09 482 0519.**

12:00-1:00pm | Intermediate French. Email laure.graffeuille@yahoo.fr or **09 482 0519.**

12:30-2:30pm | Special Hands Art class. A fun art group for people with special abilities. Bring along your work and work together on creations. **\$3, includes refreshments.**

7:30-9:30pm | Friends of Shepherd's Park. 4th Wednesday of the month. This group of local residents meet to discuss and contribute ideas for the use and maintainance of Shepherds Park. **Contact Ian Grant on 021 755-667 or Elizabeth Collins 09 483 9167.**

THURSDAY

10:00-12:00pm | Hand Crafts and Creations. \$3 per person. Bring along your own work **Contact Ngaere 09 483 8339.**

10:00-12:00pm | Arts and Oils. \$3 per session. Bring along your own work. All welcome.

1:00-2:30pm | Afternoon Guitars at the House. \$3 per person. Everyone's welcome to come along to a casual jam session.

6:30-7:30pm | West African Drum Class. Learn how to play Djembe, Dunduns, Shakers and Bells. Beginners are welcome and drums are provided. **\$15.00 per session or \$80.00 for the Term. Contact Dyames dyamesortiz85@gmail.com or phone 022-0824270**

FRIDAY

9:30-10:30pm | Global Friends Coffee Group. All welcome. Make new friends and new connections in a welcoming environment. Tea and Coffee by donation. Contact **Laure aucklandnorth@newcomers.co.nz**

12:30-2:30pm | Peggy Squares. 1st Friday of each month. Learn to knit or teach others; knitting for the Community.

Keep an eye on our website for class changes BIRKDALEBEACHHAVEN.ORG.NZ

TUESDAY

10:00–12:30pm | CMA - Companionship and Morning Activities for seniors (community house) Games, quizzes, gentle exercise and fun for over 65s. Morning tea & lunch included. Come and meet some new faces in your area. **Call 09 4898954 or email info@cmans.org.nz. \$6 per morning, \$4 extra for transport if required.**

1:00–2:30pm | English Conversation Circle (community house) An opportunity to practice speaking English in a safe environment and meet new people. **\$3.00 per session, refreshment provided.** Please **register your interest by contacting [Laure aucklandnorth@newcomers.co.nz](mailto:Laure.aucklandnorth@newcomers.co.nz)**

7:30–8:30pm | Flute Fun (community house) For Flute players who love to get their instruments out and have fun making music with others! **\$10.00 per session. Contact Pene Brawn-Douglas penebd@xtra.co.nz**

WEDNESDAY

9:00–5:30pm | Integrated counselling for positive life change (community house). Contact Helena 021480171

THURSDAY

9:30–11:30pm | Boomerang Bags Sewing Group (community house). A friendly space to gather with others and sew reusable bags to share in our community. Opportunity to work on your own creations also. Sewing machines and tea & coffee provided. **Contact the community house with any enquiries.**

7:00–9:00pm | Women's Consciousness Circle (community house). **Third Thursday of the month.** If you are a woman who is interested in growing in consciousness and who wants to connect with others who are doing the same, you are warmly welcomed to this group! **\$20.00 (negotiable) Contact Liz 021 988 468 email Liz@beinspired.co.nz**

FRIDAY

11:00–12:00pm | Anti-P Ministry Walk-In (community house). Are you or your loved ones struggling with addiction? From 16th July, come and

see us at our fortnightly drop-in clinic. We're here to offer support and information.

SATURDAY

2:00–3:00pm | Beginners English Book Club (community house). **Starting August 1,** a fortnightly group to engage in english conversation, discuss books and news articles and meet other locals. **Gold coin donation. Contact Bill Harrison 0212446366, email hbill5916@gmail.com**

BY APPOINTMENT

Anya Black - Massage Therapist. Women only. Relaxation, anti-cellulite and face massage. **02102325635 anya.black@yahoo.co.nz**

Mariana Torkington Art - Therapist. Children & Adults. Email torkington@xtra.co.nz or call 021 156 7345

Marilyn Shearer - Psychotherapist. ACC Sensitive Claims Assessor. Call 021832926

Phil Walker - Counsellor. New Beginnings Counselling & Therapy. **www.newbeginningstherapy.co.nz**

Simon Tennant - Psychosynthesis Counselling. Email info@simontennant.co.nz or call 027 820 5868

Marie Franklin - Psychotherapist Psychotherapist; with with a passion for healing in nature. Contact **marsfranklin@gmail.com or call 021 147 6147**

Helena Te Aika - Integrated Counsellor. Talk Therapy, Massage, Theta Therapy, Emotional Freedom Technique, TRE Trauma/Tension Release Technique, Chi Nei Tsang abdominal health. Ask about our Wednesday clinics. Bookings essential, **ph Helena 021480171 or email info@mauriorawellness.co.nz**

Paula Melville Attuned Self: Become a more connected, mindful version of your self. Offering Reiki, Massage Therapy, and Workshops. Paula is an NZ Qualified Holistic and Massage Therapist with 20 years experience, a Reiki Master, and Certified Business Coach. **Book via www.facebook.com/attunedself**