

## BIRKDALE & BEACH HAVEN COMMUNITY HOUSES

TERM 2  
PLANNING  
2021



## 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



## BEACH SUSTAINABILITY ACTIVITIES

Sat 29 May, 2 - 4pm Birkdale Hall. Learn all about composting and receive a \$40 voucher towards composting system. Call to enrol or visit our Facebook events for more info.

At Birkdale House with Kaipātiki Project. **Ecostore recycling** for branded bottles & packaging.

Also at Birkdale House, recycling for **plastic bread tags, aluminium can tabs, all-brand toothpaste/mouthwash packaging, toothbrushes, disposable razors & packaging, small sized batteries.**

Pestfree Kaipātiki **Mothplant Pod collection** bin outside Beach Haven Community House.

Your opportunity to kōrero Māori within a Te Ao Māori, whakaaro Māori setting, guided by Mātua Shannon Leilua. Enjoy a comfortable space where all levels of te reo Māori are celebrated. Nau mai, haere mai!

BEACH HAVEN COMMUNITY HOUSE  
130 BEACH HAVEN RD  
2nd & 4th Thursday each month  
6 - 8pm, FREE.

## KŌRERO MĀORI MAI

Te Wānanga  
o Aotearoa



## VEGAN COOKING CLASS



Auckland North  
Newcomers Network  
Connecting People



6 - 8pm Wednesdays  
@ Beach Haven House  
6 weeks from May 5th.  
\$96, tickets via eventbrite



School Holiday Programme for children aged 5 - 13yrs. A 'home-away-from-home' in Birkdale, where your kids can have fun, be creative, active, comfortable and safe.

OSCAR approved.  
Early booking recommended.  
8am - 6pm  
\$35 per day, trips \$55.  
call 022 483 9149

www.birkdalebeachhaven.org.nz

## Community Eats

Providing rescued and donated food, on Mondays, to families and individuals within the Birkdale and Beach Haven area who are in need of food.

**Please call us to request a food box.**  
Phone 09 483 9942





# BEACH HAVEN COMMUNITY HOUSE

## MONDAY

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

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

## TUESDAY

**10:00-11:30am | String Along - Ukulele.** A weekly ukulele jam session. Guitars etc welcome. **\$3 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.**

**12:30-2:00pm | Bridge.** A small group of enthusiastic novice bridge players. Come along if you are keen to play. **\$3 per class.**

**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

**9:30am-1:30pm | Journey through changes.** A 9 week Professionally facilitated programme created to teach you skills to break free from the cycles that have become strongholds in your life so that you can move forward and achieve your potential. **Enrol and more information Te Puna o Te Raki Paewhenua, Ph 09 489 3049**

**11:00-12:00pm | Advanced French.** Email [laure.graffeuille@yahoo.fr](mailto:laure.graffeuille@yahoo.fr) or **09 482 0519.**

**12:30-1:30pm | Intermediate French.** Email [laure.graffeuille@yahoo.fr](mailto: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.**

**6:00-8:00pm | Vegan Cooking Class.** Starting 5th May, a 6 week Vegan cooking class with Chef Arno Jullien. **Bookings essential. More info on our Facebook page or email [aucklandnorth@newcomers.co.nz](mailto:aucklandnorth@newcomers.co.nz)**

**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 [friendsofshepherdspark@gmail.com](mailto:friendsofshepherdspark@gmail.com)**

## THURSDAY

**9:30am-1:30pm | Māna Matua Parenting Programme.** A 9 week programme designed for parents of all ages and stages to gain the necessary skills to become capable, confident parents. Parents are mentored throughout the programme by their Kaiārahi to address, enhance and restore tapu and mana. **Enrol and more information Te Puna o Te Raki Paewhenua, Ph 09 489 3049.**

**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 person.** Bring along your own work. All welcome.

**1:00-2:30pm | String Along - Guitar.** A weekly Guitar jam session. Ukulele etc welcome. **\$3 per person.**

**6:00-8:00pm | Kōrero Māori Mai.** 2nd & 4th Thursday of each month. Your opportunity to kōrero Māori, two nights per month, within a Te Ao Māori, whakaaro Māori setting, guided by Matua Shannon Leilua. Enjoy a comfortable space where all levels of te reo Māori are celebrated. Nau mai, haere mai! **Enquiries 09 483 9149**

**7:00-9:00pm | Women's Consciousness Circle.** 3rd 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 or email [liz@beinspired.co.nz](mailto:liz@beinspired.co.nz)**

## FRIDAY

**9:00-10:15am | Diversi-tea.** All Welcome. Tea and coffee group - make new friends and new connections in a welcoming environment. Tea and Coffee by donation. **For more info email [aucklandnorth@newcomers.co.nz](mailto: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.

# BIRKDALE COMMUNITY HOUSE

## MONDAY

**6:00-7:00pm | Yoga Haven Yoga (Birkdale hall).** A gentle yet challenging stretch to rejuvenate body, mind and spirit. Beginners welcome. If you can breathe you can do yoga! Coming soon - additional classes - Online Yoga via ZOOM! **Bookings essential. Contact Cherry 021 756 127 [cherry.yogahaven@gmail.com](mailto:cherry.yogahaven@gmail.com)**

## TUESDAY

**10:00-12:30pm | CMA - Companionship and Morning Activities for seniors (Birkdale Hall)** 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](mailto:info@cmans.org.nz). \$6 per morning, \$4 extra for transport if required.**

**1:00-2:30pm | Homeschool (Primary) Kapahaka & Waiata (Birkdale Hall)** Kia ora, ko Tina Talaic ahau. He uri nō Ngāti Kahungunu, Tūhoe, Waikato Tainui hoki Come & join us for kapahaka & waiata & learn poi, tītī tōrea, waiata & haka. **All ages welcome Whakapā mai, get in touch if you have any queries 0212176514 [tinatalaic@gmail.com](mailto:tinatalaic@gmail.com) Mauri Ora**

**7:30-9:30pm | 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](mailto:penebd@xtra.co.nz)**

## WEDNESDAY

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

**10:00 - 11:00am | Skills through play (Birkdale hall).** A monthly playgroup for preschoolers (up to age 6) on the Autism Spectrum. This relaxed session is an opportunity to learn about play & communication for your pre-schooler. Hosted by the Children's Autism Foundation. **12 May, 9 June, 7 July. Please confirm your attendance by booking free tickets via [www.autism.org.nz](http://www.autism.org.nz)**

## THURSDAY

**9:30 - 10:30am | Line Dancing (Birkdale hall).** Line Dancing Class with Pamela. All levels of experience welcome. Free class. **Email [clifford\\_pamela@hotmail.com](mailto:clifford_pamela@hotmail.com)**

**9:30-11:30am | Boomerang Bags Sustainable Sewing (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 Laure [aucklandnorth@newcomers.co.nz](mailto:aucklandnorth@newcomers.co.nz)**

**6:30-7:30pm | West African Drum Class (Birkdale Hall).** 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](mailto:dyamesortiz85@gmail.com) or phone 022-0824270**

## BY APPOINTMENT

**Anya Black - Massage Therapist.** Women only. Relaxation, anti-cellulite and face massage. **02102325635 [anya.black@yahoo.co.nz](mailto:anya.black@yahoo.co.nz)**

**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](mailto:info@mauriorawellness.co.nz)**

**Inger Bennett - Blissout Body Therapies.** Offering Mirimiri, body therapy and massage to all ages for koha (donation). **Booking essential. [blissoutbodytherapies@hotmail.com](mailto:blissoutbodytherapies@hotmail.com)**

**Mariana Torkington Art - Therapist.** Children & Adults. **Email [torkington@xtra.co.nz](mailto:torkington@xtra.co.nz) or call 021 156 7345**

**Marie Franklin - Psychotherapist**

Psychotherapist; with with a passion for healing in nature. Contact **[marsfranklin@gmail.com](mailto:marsfranklin@gmail.com) or call 021 147 6147**

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

**Phil Walker - Counsellor.** Qualified Counsellor and Coach. **[www.newbeginningstherapy.co.nz](http://www.newbeginningstherapy.co.nz) email [philip@newbeginningstherapy.co.nz](mailto:philip@newbeginningstherapy.co.nz) 021 058 3234**

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