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For your industries needs



Greetings to you all, Talofa Lava, Kia Ora, Malo o Lelei, Bula, Mingalaba, Sua s'dei, Halo, Buenos Dias, Chao, Kia Orana, Namaste!



wikitōria pitopito kōrero



Members of the Victory Square Kindergarten Team (left to right) Alesha, Luise, Deidre, Donna & Bex. Donne head teacher "We have a real passion for working in this wonderful multicultural community" Check them out if you are interested in places for your children/tamariki.

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My name is Rachel Thomas and I am the new Victory Community Nurse. I had a wonderful handover from Penny and wish her well for her retirement. I grew up in Motueka and moved to Nelson in 1991 to do my nursing training. I have strong ties to the Victory area having lived here and had 2 of my 3 children while living on St Vincent Street. I have been nursing for 22 years and have worked in the hospital, general

practice and community settings. I have also raised 3 children of which we now only have one at home.

We are always looking for opportunities on how we can help and support our community so if you have any ideas or need a hand with a problem please pop in and say Hi. We hope to be able to provide several clinical services at Victory soon including cervical screening so watch out for our next newsletter or pop down to see what we are offering. I look forward to connecting with you, the school and the community.

Driver's Licence Course



Earlier this year, 9 people gathered at the Victory Community Centre to learn about the Road Code.

The 8 week course was tutored by Kei and Sally from Adult Learning Support.

"We had a wonderful time with this course," said Kei. "It was great seeing the excitement at the end when everybody saw their progress." Of the 9 learners, 8 passed their practice test.

"Their reward for passing the practice test was that we paid for them to sit the real thing. The one learner who didn't pass is continuing with support from us, so we're hoping they can pass very soon."

"So far, 7 people have sat the real test and passed. And the other 2 are due to sit it in the next few days. This has been our most successful driver licence course yet."

Thank You to Nelson City Council, NELSUST Inc, Downer, Lift N Shift, New World, NZ Fire Service, Hirepool & Creative Communities New Zealand for supporting our Matariki Lantern Parade

MATARIKI LANTERN PARADE

Come along on Wednesday 14th June from 3:30-8pm Wrap up warm and bring the family to this fun community event. Bring a lantern or torch for the walk up and down the walkway. Performances, drumming, fire show and more! Cost \$1 entry per person. Free soup & roll & hangi & vegetarian option for dinner \$3 a plate. Let us know you are coming for the Kai. Phone 546 8389 or email vcceception@victory.school.nz



Lantern Workshop

Come and create your own unique lantern for the Matariki Lantern Parade at the centre on Saturday 10th June from 1-3pm. Contact us to register 546 8389 or email vcceception@victory.school.nz. Cost 2 per lantern.

Food Recovery Project

Neil and Sam have been volunteering for the past 6 months to support the Kai Rescue Project at the community centre. Monday to Friday Neil collects the donations of bread, fruit and veggies from FreshChoice Nelson. Neil and Sam sort through the items bagging them up so families can take away a range of items that are available. Any food that is not suitable is put into boxes for chicken food or rabbits. Boxes of food and bread are put out around 9.30am and people are welcome to take one bag of veggies and one loaf of bread or rolls per family. We put out another lot at 2.45pm whenever there is enough. We want to say a huge thank you to FreshChoice, and our special volunteers Neil and Sam for making this happen every day.



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Victory Community Centre



Nau Mai, Haere mai Nursing Services at Victory Community Centre

Call in for a cuppa and a chat. Together we can find solutions or help find the right service for you.

You can find us at: 2 Totara Street,
Phone 546 8385 or 021 349 819 or 0800 022 453



Public After Hours FREE nurse clinics @ Franklyn Village 5:30 – 7:30pm Every 2nd Tuesday

Call in for: Any queries or concerns, general health checks, blood pressure, diabetes & Pregnancy tests. We can help you work through personal issues or direct you to the right service. For enquires please call 546 8385

Prepare for winter

Winter can be a time when colds and flu can interrupt our daily lives.

1. Have the influenza vaccination. For some people the flu vaccine is free.
2. Wash your hands often. Winter illnesses are easily spread by hands. Wash both sides of the hands and between the fingers for at least 20 seconds, use soap, and dry hands with a paper towel or clean dry towel.
3. Exercise daily. A 30-minute walk outside gives you some fresh air and helps your body get stronger.
4. Eat healthy foods. This helps to build your immune system. Include fresh vegetables with some lean protein and try to reduce sugar and salt intake.
5. Get fresh air in your home. Open windows during the day (even for a short time) and then close them before the sun goes down or before you turn on the heating. A well-aired home helps keep it dry and keeps your family well.
6. Reduce dampness. Keep the bathroom door closed when showering or bathing to lessen dampness settling around the house. Dampness allows mould and mildew to grow and can lead to respiratory illness.
7. Take care with coughs and sneezing. Cough or sneeze into your bent elbow rather than your hand, when it can spread bugs more easily. Be extra careful coughing and sneezing around babies and small children as they can get sick very easily.
8. If you have asthma make sure you take your preventer every day as prescribed.
9. Use Healthline or your GP clinic after hour's phone line for urgent advice. If you or your child is feeling unwell you can get free health advice from registered nurses by phoning Healthline on 0800 611 116

Nursing Services Available at Victory Community Centre

We offer FREE or low Cost Services.
Services Available Monday – Thursday
between 9 & 3pm.

Appointments not always necessary.
General health enquires plus

- Health Assessments
- Diabetes & Lifestyle Advice
- Smoking Cessation Support
- Diet Advice
- Weight Management
- Ear Assessments- Wax or not hearing properly?
- Housing
- B4 School checks
- Wound Care & Advice
- Income & Welfare
- Counselling

We can help link you to other health & social services.

Low Cost Cervical Screening and STI checks will be available soon.

Nau Mai Haere Mai Ki Te Kohanga Reo O Waimeha!

We have spaces available for
Tamariki aged 0-5

He waka eke noa

A canoe we all row without
exception

Te kohanga reo o waimeha

Victory 03 539 4253 or email
whanau@k10a031.kohanga.ac.nz
Open 9-3pm Monday - Friday



NEW Stop Smoking Services will be available
FREE to all smokers in the Nelson region from
31 May

Contact the Victory Community Nurse for more
information

Victory Square Pharmacy

health care at the heart
of the community

Pharmacist: Deirdre Magee

142 Toi Toi Street
03 548 9990

victory.pharmacy@extra.co.nz



wikitōria pitopito kōrero

Circulated to

Washington Valley, Bishopdale and Victory

If you'd like to advertise or have some news
to be included, please ring Gareth on 546 8389

FAMILY FUN DAY

Come along to Founders Park on Sunday 18th June between 11.00 and 3.00pm for a few hours of fun for all ages. This event hosted by Nelson Tasman Kindergartens, with funding from Nelson City Council, is the regions way of celebrating National Children's Day. There will be heaps of fun activities designed for all ages; you can buy a snack or maybe bring a picnic. There is a free bus service available – go to www.ntk.org.nz for a timetable and more details about the event. All activities are free although you will be asked for a gold coin as you enter. Come along and enjoy the fun.



Inviting Volunteers

to help make Matariki Lantern Parade (14 June) happen this year. We need YOU to support our annual Matariki Lantern Parade. Roles include helping to set up and break down the event on 13 and 15 June from 9 to 4. Plus we have lots of jobs that we need covered on the day, these include: Help to prepare and serve the kai, stewarding, collecting money. If you're interested please contact the centre on 546 8389 or email vccreception@victory.school.nz

QuickStart

Nelson City

QuickStart is a relaxed but comprehensive, Green Prescription session during which you'll discuss how and why being active and eating well can have a positive influence on your general health and well-being.

You'll leave motivated and confident.

The session is free but bookings are essential.

6pm - 9pm

Thursday 20 July

Victory Community Centre

2 Totara Street

Nelson South


Nelson Bays Primary Health
Hauora Mātua ki Te Tai Aorere

Rongoā Kākāriki
GREEN
PRESCRIPTION

Call **Marc 543 7828**
or **Jackie 543 7832**



Victory on the Move Update

Table Tennis Monday 7:00-8:30 Bring the whole family for this social table tennis club. Play games and get tips on how to improve your game. \$2 Per person

Badminton Club Thursday 5:30-7:00 Join our family friendly Badminton club. No experience necessary, come along and have a go. \$2 per person. For both these activities children under 8 must be accompanied by an adult/caregiver over 16

Taoist Tai Chi Saturday 8:00-9:30 am. An introduction to Tai Chi, this is a gentle form of exercise which will improve your health, flexibility and balance. It is very relaxing and is suitable for people of all ages.

DATE: 3rd June – 8th July **COST:** \$2 per session or \$12 for the course

Bubs Music Class Wednesday 9:30-10:15

This is a music and movement class for 0 to 5 years (older siblings welcome) led by Tami & Pam. Songs, dance, bubbles and more. A fun and social group for parents and children. \$2 per person or \$5 for the family

For more info on these contact 546 8389 or email vccreception@victory.school.nz

FORGET COOKING Talks

Tuesday June 27th 1:30pm-2:45pm & Thursday June 29th 6:00pm-7:15pm

How to easily get amazing raw foods into your diet to improve your health. Get more energy & live a pain free life!

In these FREE talks you will learn:

- How green foods can easily fit into your lifestyle, save you time & give you energy
- The basics and how to add your own creativity
- Discover equipment and strategies that make preparation a breeze.
- Why it is so important to eat more greens.
- Taste a 'Glowing Green Smoothie' and take away '10 ways to get your daily greens'

Contact Sally by phone or text to reserve a place on 0211 709 443

Get a WOF for your Walking Stick

Too high, too low, won't do the trick
And a worn out tip can end in a slip.
Next thing you know you have a broken hip.
Don't let this happen to you.

Free Warrant of Fitness check available at
Collingwood Street Pharmacy, Hardy Street Pharmacy
& Life Pharmacy

Nelson Tasman
KINDERGARTENS
NGA KOHUNGAHUNGA MAI WHAKATU KI AORERE
For the best possible start

We have spaces available at Nelson South Kindergarten for children aged 2-5 years old. We offer 30 hours free per week for children from 2 years of age. Please contact 548 9970 to enquire or pop in and visit us at 150a Waimea Road, Nelson.

Knitted Goods For Sale



The Elma Turner Library knitting group are selling hand-knitted baby garments and toys at very reasonable prices to fund the purchase of wool for the group. Sale is being held at the Elma Turner Library, Saturday 3 Jun from 10am – 12noon

Burn only clean, dry, untreated wood this winter

Suppliers area available from the Council's approved Good Wood suppliers.

Visit nelson.govt.nz or google: Good Wood Nelson.

Treated pine releases poisons into the air we breathe, harming us all.

This wood includes construction timber/wood for outdoor use (fencing or decking, outdoor furniture or cladding) is often treated with copper chrome arsenic (CCA) or other chemicals.

The ash created by treated timber is also poisonous. Treated timbers can be identified by stamps on the wood, a coloured dye or green tinge to the wood. If unsure about the timber you have, general rule is "if in doubt, throw it out!"

DEFINITELY DO NOT BURN ANY OF THESE WOODS!

Take all treated, coated or manufactured wood products to the transfer station to be dumped.

Victory Youth Leaders Wanted

The YMCA want any young people aged 13-18 interested in developing a Youth Programme to contact them!

Weekly catch ups will start term 2. Drop in to see us if you want to be involved!

Email Chelsea on admin@ymcanelson.org.nz or phone (03) 545 6636

Nelson Public Libraries celebrate Matariki

Matariki is on 25 June this year and in the lead up to this important date we are organising a number of special events. The programme, organised by our Maori Library Assistant Cindy Batt, will run between 12 and 30 June and will feature:

- A harakeke (flax) weaving workshop
- A plant, seed and seedling exchange – supported by Nelmac
- Cooking with Wayne DeuxBerry – demonstrating how to cook fresh, local and traditional foods
- A display featuring stories from the Ancient Races
- A presentation by Wakatu Incorporation
- Cooking with the Angels Trio – who also talk about their origins, business and feeding families in need.
- Kapa haka performance

Details are still being confirmed, but all events will be at Elma Turner Library. Check Our Nelson, It's On and our webpage for details – www.nelsonpubliclibraries.co.nz

Kia Toa, Positive Behaviour For Learning

at Victory Primary School is being supported by the Kia Toa Community Project run by Victory Community Centre. The Vision: Victory is a community where people feel safe and respected. The Principles: Be respectful; Be responsible; Be supportive. If you have some spare time and would like to be involved please call Marcia 0272 498893 or The Centre on 03-546 8389 E: vcceception@victory.school.nz

Healthkids Preschool

We are a well established centre catering for children aged 3 months to 5 years.

We offer:

- Quality care and education in a fun, stimulating and open environment.
- Experienced, trained teachers
- Primary caregiving; focusing on relationships
- Individual, unique profile books
- Outdoor environments that encourage exploration
- Close to Nelson hospital and CBD
- We welcome your visit to look around.

We have vacancies for children aged 3 to 18 months. If you are interested please phone Pam or call in to visit. Ph: 546 9963. 49 Tipahi Street.





NURTURE @ HOME


Nurturing & educational care for 0 to 5 year olds

Want FUN, FULFILLING and FLEXIBLE work?
LOVE enriching the lives of young children?

Call us now to find out about
working with the most fun, vibrant
& über awesome team of
home educators in Nelson


BOUTIQUE CHILDCARE & EDUCATION


Phone 541 8871
www.nurtureathome.co.nz



WE NOW DO CAR REGISTRATION!

Opening Hours Monday to Friday 7am to 8:15pm
Saturday to Sunday 8am to 7:30pm





MONEY TRANSFER

148 Toi Toi St, Victory Square • Ph 03 548 2500

Opening Hours Monday to Friday 7am to 8:15pm
Saturday to Sunday 8am to 7:30pm

Many thanks for printing the
Victory Newsletter

FUJI XEROX

