

Invercargill Babywearing Community

'THE GATHER'

The Gather, is several voluntary Southland groups who offer families support over various topics. Morning Tea provided, Babies & children most welcome, safe and friendly environment. Support Services: PND Southland Invercargill Babywearing, The Milk Room and Breastfeeding Peer Supporters, Birth and Baby Support Southland.

Meeting dates:

First Tuesday of each month February to December check their Facebook page Invercargill Babywearing Community for updates and news

9:45 to 11:30 am

Gold coin donation please.



Did you know?

South Centre has a book, puzzle, sewing pattern and crochet/knitting pattern free lending library. We work on an honesty system and any donations are always welcomed.



Art & Craft Group - expressions of interest.

Are you keen to participate in a monthly art and craft session at South Centre in Jenkin Street? Looking at third Thursday each month from 1.30 to 3.30 pm - cost \$5 per session. A great way to socialise and meet new people.

Please contact Lucy at reception for more details.

LOVE LOCAL

Fresh Veg & Fruit Collection Hub, Delivered here every Wednesday

Healthy Whanau bags are available weekly for those that have a valid Community Services Card, and have a mixture of fruit and vegetables, which are season dependant. These are delivered to South Centre free of charge.

If you would like to order a bag and require more information can be found on their website www.lovelocal.org.nz, their Facebook Page or call 03 928 5073.



Alcoholics Anonymous

Held at the South Centre every Monday and Wednesday nights at 7.30 p.m. Open meeting for public is held on the first Monday of the month. For Further Information, please call: 0800 2296757 0800 AA Works.



Narcotics Anonymous

Where: The South Centre back building.

When: Sundays at 7.00 pm

For further information please ring 021 0762 714

FRIDAY NIGHT AL-ANON FAMILY GROUP

Meeting weekly on Friday @ 7:30 pm

Open Meeting last Friday of the month



A member of Anglican Care Network

South Centre



Newsletter

February 2021

Hours

Monday to Thursday 9 am - 4 pm

Friday 9 am - 3 pm

9 Jenkin St Invercargill Phone 2182777

FREE HAIRCUTS & OTHER SERVICES FOR THOSE IN NEED—

Event #11

When: SUNDAY FEBRUARY 28th 2021

Where: Aurora College Gymnasium, Tramway Road, Invercargill

FREE OFFER

For those in need, please come along between 1.00 pm to 3:30 p.m. Mobile: 0275333600 if you are needing a ride to and from home. Donations warmly welcomed from January 15th to Southland Express.





WEIGH IN GROUP

• Every Monday , 9.30 - 11 am
 Cost: \$1, Fines .50c plus 1 x piece of fruit. Great way to stay motivated and lose those unwanted kg's. Join the supportive group and let your weight loss journey begin. The person who has the greatest weight loss for the week takes home the fruit. The group meets all year round, and the person who loses the great amount of weight at the end of the year has their loss celebrated. Come along and meet the group and let your weight loss journey begin.

Sewing Group Meets every Thursday evening during term time 7-9 pm and every 2nd Friday contact Yvonne 218 9764

Sit & Be Fit + Falls Prevention Classes

In conjunction with the YMCA, fabulous Pam will guide you through a workout to increase your strength and balance.

Sit & Be Fit is every Monday from 2.30 to 3.30 p.m.

Falls Prevention is every Wednesday from 1-2 p.m.

Falls Prevention (session two) is every Thursday from 9-10.00 am

There is a small charge of \$4 per session.

Please note:

All exercises will be here for 2021



Garden Circle Group

WEDNESDAY 10th February 2021

1:00 p.m.

This month the Garden Circle will be meeting at South Centre, in the Cottage at the back. Then on to Val's house to see her doll collection.

Catch up and share ideas what you would like to do as a group the year. There is a plant swap and event planning session.

Raffle 50c



Homebound Elderly

The aim of the program is to help alleviate loneliness in older people who are socially isolated through disability or ill health and who have little or no family support.

- You must live south of Tay Street and be home-bound
- We will visit you in your home
- If required we will provide a Buddie who will make contact weekly and offer support and friendship
- Buddies don't do housework—they are there to spend time with you
- We ensure all supports are in place
- We will discuss with you and support you with ways that you can maintain your health and independence

If you are interested in this program or are keen to find out more about becoming a Buddie

Phone (03) 2182 777

EUCHRE GROUP

Every Tuesday, starting at 1.30 p.m.,

from 9 /2/21 \$3 per person

Euchre is a trick-taking card game played with four people in two partnerships with a deck of 24, 28, or sometimes 32, standard playing cards. South Centre is host, and invites those wishing to play a game of Euchre to come along. This is a warm and friendly environment, everyone is welcome. Euchre is every Tuesday at the South Centre, and starts at 1.30 p.m. There is a small cost of \$3 per person, and this also includes afternoon tea. We would love to see you there!



FAMILY SUPPORT SERVICE

The Family Support Service is a home based service offering support and assistance to families who may be struggling in some areas of their lives by setting goals and empowering them with services and options to achieve these.

The service is:

- Voluntary and free
- To enhance parenting, knowledge of child development and behaviour management
- Available for families up to 17 years
- Child centred and family focussed
- To support linkages to community services and or organisations
- For those residing in the Invercargill boundary

For further information or to refer to this service—

Phone South Centre (03) 214 0344 or (03)

218 2777