

Library

If you like reading but do not want to have too many books at home we have a community library where you can borrow books. We do not restrict the amount of books you take out or how long you have them for. You don't have to be a member to borrow books.

We can suit most tastes in reading, we have fiction and non fiction books available. We have romance, thrillers, crime, spy we also have recipe books and craft magazines. There is a children's section too. The library runs on a trust system we do not record books taken.

ALCOHOLICS ANONYMOUS

Meeting held at South Centre 9 Jenkin Street

Every MONDAY & WEDNESDAY NIGHTS At 7:30 pm

Open meeting for public is held on first MONDAY of the month.

For further information please phone 0800 22 96757 0800 AA-WORKS

JIGSAWS & DVD'S—We have a collection of jigsaws and DVDs available to borrow. You are welcome to come and have a look at what we have.



Friday Night Al-Anon Family Group

Meeting weekly on Friday at 7.30 pm
Open meeting last Friday of the month

Narcotics Anonymous

Meet at South Centre back building Sunday's at 7 pm. For more support please text 0272344745

Love Local

Fresh Veg & Fruit Collection Hub. Delivered here every Wednesday
Healthy Whanau bags are available weekly for those who have a valid Community Services Card. There is a mixture of seasonal fruit and vegetables and are delivered to South Centre free of charge. If you would like to order a bag or require more information see their website www.lovelocal.org.nz, their Facebook Page or call 03 928 5073



Sewing and knitting pattern LIBRARY

At South Centre you can discover and borrow a variety of **knitting, crochet and sewing patterns**—some interesting vintage ones too. Free to borrow on an honesty system—donations welcomed

South Centre



9 Jenkin Street, Invercargill

Phone 218-2777

Email: officesthcn@xtra.co.nz

GARDEN CIRCLE



Wednesday 10th March 1:30 pm

This month the group will meet at South Centre at 1.30 pm then on to visit a garden in Gladstone at 2 pm followed by afternoon tea at a café of choice.

Raffles 50c

Senior Citizens Cards

If you are looking for a fun place to play a few hands of Euchre then come along to South Centre on Tuesday afternoons 1.30 pm and join the friendly group who play here.

Cost \$3 includes afternoon tea.



Weigh in Group



Would you like support while you try to lose weight? Come along to South Centre on Monday mornings at 9.30 am and join our fun supportive group of people.

Cost is \$1—fine 50c. Please bring a piece of fruit as this goes to the person who loses the most weight. Past and new members welcome.

Homebound Elderly

South Centre provides a service for the elderly people who live south of Tay Street who are homebound. The ageing population in New Zealand means the number of elderly is increasing and we aim to assist those who meet our criteria to retain their independence, wellbeing and remain in their homes with support.

Our support also helps alleviate the burden of the health service cuts and loneliness in older people who have become socially isolated through health or disability and who have little or no family support. Our scheme is enhanced by a team of volunteer and co-ordinated by our community worker. Volunteers are buddied to a client who assists with support and befriends the client by sharing an hour or two of their time each week either by phone or visits. This is not a domestic help service.

If you are aware of any elderly person whom you feel would benefit from this service or if you would be interested in becoming one of our buddies we would welcome your enquires.

Call Sue on 218-2777



Family Support Service

What is the Family Support Service?

Family Support is a free home based service, offering support and assistance to families under stress, by helping them set goals empowering them with options to achieve this

What is a Family Support Worker?

Family Support workers, visit you in your own home and are able to help you choose options based on goals set, supporting families to improve their lives and family situation.

What can I expect from a Family Support Worker?

You can expect a friendly supportive service which respects your values, beliefs and culture

In what areas do you offer assistance?

We can offer someone who will work with you in the following areas:

Children

Parenting Education and support—
Communicating with your children—
Advocacy—Support with access /
custody issues and resources and other
issues causing stress in families

Accessing Community Services

Health—Welfare—Legal—
Educational—Budgeting

Relationships

Communicating with
others —Coping with
separation— Solving
Problems



**If you need some help and
support please phone**

214-0344 or 218-2777

South Centre

Have you ever wondered what happens at South Centre? Well we work with you for you, our community, offering a wide variety of community services and general programmes and activities. You don't have to live just in the South Invercargill area to become involved, although our Homebound Elderly Service is restricted to south of Tay Street due to the large number of elderly in this area.

Our support for families includes.

- Family Support Service for families experiencing difficulties in their lives
- Parenting education—Advocacy and other support.

Some of our general community programmes include:

Senior Citizen Cards—Gardening Circle—
Weigh in Group—Falls Prevention

Our facility is also available to other organisations including: Baby Wearing –
AA- Al-Anon—Narcotics Anonymous—
Open Home Foundation

Call in if you are passing and have a look at what we do.



Falls Prevention Exercises

Fall Prevention exercises in conjunction with the YMCA—Fabulous Pam will guide you through a workout to increase your strength and balance

- * **Monday** afternoon sessions are **2:30 pm to 3:30 pm**
- * **Wednesday** afternoon sessions are **1 pm to 2 pm**
- * **Thursday 9 am to 10 am**
- * There is small charge of \$4.00 per session
- * All classes will be at South Centre in 2021

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

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

Gold coin donation please