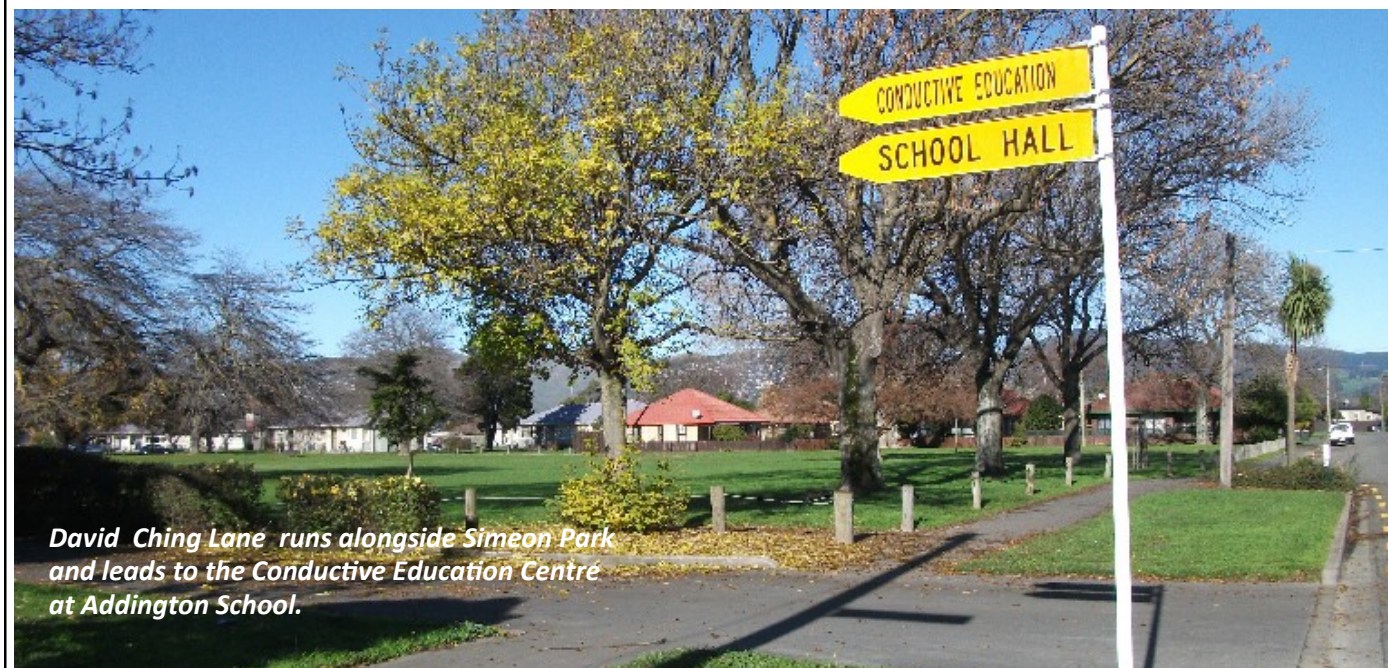


OLD ADDINGTON: The Conductive Education Centre



David Ching Lane runs alongside Simeon Park and leads to the Conductive Education Centre at Addington School.

David Ching taught at Addington School for eight years from 1964. He returned to the school as its Principal in 1990, and in 1996 at the request of parents, he worked to establish a Conductive Education facility at the school.

Back then, there was no place in New Zealand schools for children with motor disorders, such as cerebral palsy, caused by damage to the central nervous system. However, in Hungary, Andras Peto had developed a method of enhancing these children's physical, cognitive and social functions by training 'conductors' (facilitators) to work with the children in groups. There was no available training in New Zealand, so would-be conductors had to go to Hungary to train. David Ching was instrumental in introducing Conductive Education to New Zealand, and setting up the centre at Addington School.

When he retired in 2005, David Ching became National Coordinator of the New Zealand Foundation for Conductive Education. This supports nine Conductive Education Centres around New Zealand. Sadly, David has since died, but we remain very proud of his achievements. **(Ed.)**

Addington Times

The production of Addington Times is a project of Manuka Cottage/ Addington Community House Inc. Funding towards cost of production is kindly provided by the Spreydon-Cashmere Community Board.

Delivery issues contact: manukacottage@gmail.com
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Signed articles represent the opinions of the writers.

DISCLAIMER: as Addington Times is classified as a newsletter, we will deliver to mailboxes marked 'No Junk Mail', etc. If you do not wish to receive it for any reason, please contact Cherylan Davies, Manuka Cottage 3381613 and leave a message, or txt STOP and your address to 0220175478.

Addington Times

July 2017



Photo above: An oak tree at Parlange Courts—one-time site of the Addington Show Grounds.

When I was reviewing changes in Addington resulting from housing intensification, I soon realised that knocking down old houses and replacing them with blocks of flats or multiple two and three-story units resulted not only with the loss of our early architecture but also with the loss of green space and trees.

We need trees to absorb the excess carbon dioxide in the air brought by an horrific increase of traffic through our suburb, and also to lift our spirits in the increasingly urban wilderness. We are very lucky that early settlers had the foresight to plant trees and we should treasure those that remain in larger gardens and in public parks. Building intensification is resulting in the loss of trees, so we must cherish our public spaces and the magnificent trees that remain. **(Ed.)**



Trees in Simeon Park

addington.net



We are based at Lighthouse Baptist Church on the corner of Barrington and Bewdley Streets.

Open: Mon-Fri, 10am -12 noon, and 1-3pm.

Addington.net offers expert assistance in all aspects of computer use at minimal cost. For bookings, call 9627244 or e-mail: info@addington.net

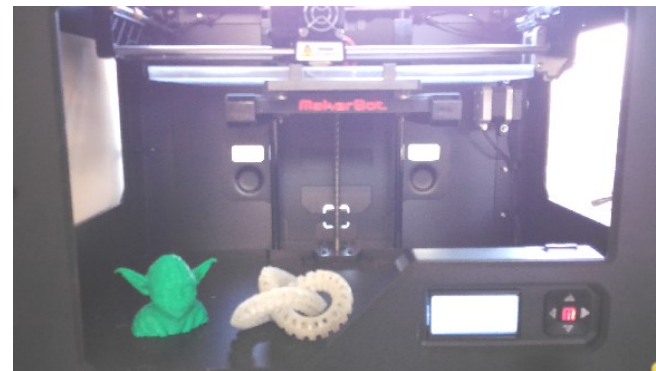
The 2017 year continues to be a busy time of learning and growth for Addington.net. As well as offering one-on-one learning sessions we have developed a number of group learning opportunities.

Connect-Abil-IT is a group where people with disabilities can work on their own projects and where Addington.net learning facilitators are on hand to offer support and answer questions. This is a social, friendly and welcoming group. New members are welcome to join us on the second and fourth Mondays of the month from 2.30 to 4.00 pm.

At Addington.net we love our 3D printer and enjoy sharing this technology with others. In our 3D Printing and Design group, members learn to design or enhance their 3D design skills and are able to finish the project by printing in our 3D printer. The 3D Printing and Design group meets on the first and third Tuesdays of the month from 6.00–7.30 pm.

Lynda Sawyers

The picture below shows our 3D printer in action.



A NAME CHANGE for Addington.net: The competition to find a new name and logo is still open. We want something that reflects the changing nature of what we do in this digital age. (See our contact details above.)

Addington OSCAR

After School Care and Holiday Programme

High quality and low cost care for your child
A variety of activities including sports, games, toys, art, crafts and cooking

After School 3pm – 6pm

\$14 per session

Holiday Programme

Long Day \$35 (7.45-5.30)

Short Day \$25 (9-3)

WINZ assistance available and supported by the OSCAR network and MSD

Addington OSCAR
The Haven
19 Poulson St, Church Square

Phone 0204 086 49 47
Coordinator: Menna Harries
Email: addingtonoscar@yahoo.co.nz



Dave Gorton

CONGRATULATIONS DAVE!

Dave Gorton's voluntary contribution to our local community was honoured at a recent Community Services Award evening held in June by the Spreydon/Cashmere Community Board.

Dave, a former editor of the *Addington Times*, was one of the founders of the Addington TimeBank, and is a member of the Core Governance Team at Manuka Cottage, Addington Neighbourhood Association, Addington Well-being, and much, much more.

He has made an extraordinary contribution to the Addington community. He has been a volunteer for *Addington Times* for 11 years – approximately five of those years as editor. He has been a member of the Core Governance Board at Manuka Cottage/Addington

Thanks, Dave for your passion and expertise!

Since he resigned as editor in 2012, Dave Gorton has continued to contribute historical features to the *Addington Times* on an occasional basis. He has a particular passion for railways, and trams, and when the Invercargill Birney no. 15 was restored at Ferrymead, he wrote:

'My favourite, of course, is the Invercargill Birney. One reason is that I was born in Invercargill, and the other is that Birney no. 15 was the very tram that my father drove on the Windsor route.'

Community House Incorporated as a Cottage Representative since 2012. Currently he is on the committee overseeing the Manuka Cottage Building Project. Serving on the CG at Manuka Cottage has given the people who connect with the cottage a voice at the governance level. Dave's support enables due diligence in an organisation that is grounded in community development in Addington.

An active member of Addington Neighbourhood Association (ANA) from 2008 to 2016, Dave supported residents in Addington to have a voice where needed and to be part of the wider group that ensured the well-being of residents.

Dave attended the Addington Well-Being Group for five years representing *Addington Times* and ANA. This group includes members of helping agencies, the local Community Board and our MP, Megan Woods, or her representative. Dave's contribution to the Addington Well-being Group empowered the groups he represented to help facilitate change and minimize negative outcomes in Addington.

In 2012, Dave received a Community Service Award for his volunteer work with Addington TimeBank over two years. His current award is for his total contribution to our community for many years.

Dave was nominated for the award by Cherylan Davies and Amanda Wallis.



Invercargill Birney No. 15. Photo: Dave Gorton.

TUNE INTO RADIO ADDINGTON AT 107.5 FM.



ADDINGTON TIMEBANK

Our members exchange their time helping others in order to 'purchase' the help that they themselves need. Members don't have to make a one-to-one exchange. Just advertise what you can offer and/or the help you are looking for, and see who responds.

You can join us either on-line at www.addingtontimebank.org or come to our community centre, Manuka Cottage (currently based at St. Marys, Church Square), 11am to 1pm on a Wednesday, and have chat to Chrys.

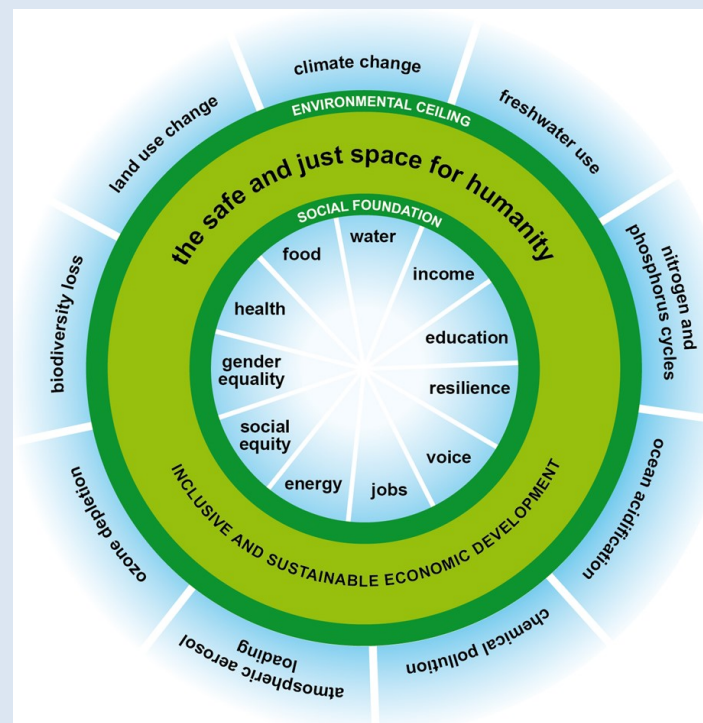
LIVING IN A DOUGHNUT

The dough in a 'Doughnut' according to Kate Raworth, is the space in which all human beings on the planet live happy, fair lives within our 'planetary boundaries'. Planetary boundaries are limits on our use of resources like carbon, water, nitrogen and phosphorus and the others outlined in the picture that the planet imposes.

Kate notes that our economy requires inputs from community owned assets, and households or families. The last two are just as critical to a well functioning economy as business and government policy and yet most mainstream economists ignore them.

This is where Timebanking comes in. It helps us foster and value more of the community inputs into our economy and recognise the sheer amount of well-being that is created when neighbours help each other out, or run community groups, or contribute to local activities. Timebanking is one way in which we can help spread that value out right across the community. It helps us exchange local goods and services without necessarily doing it with money.

You can find out more about doughnut economics by Googling it (and there are some great little videos available on You Tube).



Find out more about Timebanking by going to www.addingtontimebank.nz Chrys Horn

MANY THANKS TO THE COURT THEATRE FOR TICKETS DONATED TO TIMEBANK VOLUNTEERS FOR THEIR RECENT PRODUCTION OF *UNCLE VANYA*



A Great Service!

Now is a good time to contact the Curtain Bank run by Community Energy Action (at 299 Tuam Street, phone: 374-7222) if you require curtains. When you have measured your windows, ring up to make an appointment to choose your curtains. There is also a choice of rings, hoops or runners for hanging, and curtains can be altered accordingly.

A friend of mine was absolutely delighted with the service. She was able to choose curtains from a big range of colours and patterns and the alterations were made to fit her windows snugly.

Anyone can take advantage of this wonderful service, so —

Stay warm this winter!

Judy Clements

Manuka Cottage Addington Community House Incorporated

Operating from St Mary's Church

Activities Co-ordinator: Dianne Fitzgerald

A warm and friendly place for you to enjoy, run by the community for the community.

- Mon** 10am Walkie Talkies Walking Group
10am-1pm Coffee n Chat—10c per cup
11am Parlour Games, cards, etc.
11am-1pm Art Group (*limited places*)
- Tues** 10.30am- 3pm **Women only Day**
Morning tea, Bits and Bobs Projects, Bring and Buy
12 noon Shared lunch
1pm Craft Group - *gold coin donation*
- Wed** 10.30 -11.30am cuppa n chat
12-1pm Community Lunch - *gold coin donation*
11am-1pm Manuka Trading Post Timebank
11am-2.30pm Manuka Fruit and Vege Co-op
Collect your order and pay \$13 for the next
- Thurs** 10am Addy-venturers Walking Group
10.30am-12 noon Writers' Group
10am-12 noon Café 10c per cup, 20c biscuit
12.30am-2.30pm Mothers' Community Programme

New activities and groups will arise from time to time. Our goal is to help you to have a sense of belonging and connection in your neighbourhood.

Everybody is welcome and accepted.

Cherylan Davies, Community Development Worker.

ADDINGTON BUSINESS ASSOCIATION

Contact Dean at:

addington.business@gmail.com

Megan WOODS

Member of Parliament for Wigram



P 338 6347 or 338 6307

E megan.woods@wigram.org.nz



Labour

Authorised by Megan Woods MP, Shop 8/12 McCarthy Street, Christchurch

ADDINGTON NEIGHBOURHOOD ASSOCIATION

Addington Neighbourhood Association meets on the last Wednesday of every month at St Mary's Church, Church Square, at 7pm. All Welcome.

Sarah McKenzie,
ANA Chairperson



To hire the ANA Trailer

Phone Eric—981 5252



MIND YOUR STEP!

Deep gutters along some local streets are obstacles for the unwary.

A local woman recently broke her arm when trying to cross Simeon Street.

We want You! We need You!

We urgently require people who would like to deliver *Addington Times* to residents in Addington. This occurs once a month and is Addington based. The deliveries are broken into small local delivery areas. This position is a voluntary position and you will join a number of people who serve their local neighbourhood. For further details please txt, leaving your name and contact details to:

Cherylan Davies 0220175478 or leave a message on 3381613.

Marie's Corner

Looking out for people with disabilities

Hi all! There are three things that I am going to tell you about. The first one is about the cycle lanes and the driveways where people with disabilities can't get up when they are crossing the road from the other side. This is because the cycleway has a kerb. Cars can cross easily but wheelchairs can't.

The second one concerns the lights crossing over Brougham Street at the end of the Collins Street cycle lane. There are green rise tiles near the lights, so parents please be careful of children on bikes who are on the cycle lane. The lights will change as the bike goes over the green rise tiles.

The third one is for those who get the benefit from Work and Income. There are some changes you should know about. To get hold of Work and Income you can go to the website <https://www.workandincome.govt.nz/> then go to mymsd. (You can also get a food grant through mymsd.)

Marie Zitterstein



1. A local resident negotiates the step — it's harder getting up!



2. A bike on the green rise tiles will change the lights.



A Charitable Trust Working in the Neighbourhood

We'd like to introduce ourselves - Catapult Employment Services, 478 Barrington Street. Maybe you've seen our sign - near the intersection with Lincoln Road. Employers from a range of industries work with us and you could do the same. We're local, here in the community, working with local people and offering a whole lot more than your standard employment agency: shortlisting candidates; checking referees, access to employment subsidies; on-the-job coaching for new staff to assist with a smooth transition into the job, and workplace mentoring. We're exceptional at what we do, and were recognised as winner of the Charity Small Enterprise Award in the Champion Canterbury Business Awards 2016.

It's free: no costs, no hassles — just pick up the phone and call **Ali 021 290 0636 or Greg 021 055 8570** to see if we have suitable candidates. If we do then we'll discuss their suitability with you and follow-up to ensure the employment process runs smoothly.

If this brief introduction has sparked an interest please take a look at our website www.catapult.org.nz to find out more. Now we'd also like to introduce you to Julia who's been helping us out recently at Catapult. It's been a win/win really: Vicky our administrator, often rushed off her tiny feet, has had the chance to catch her breath while Julia has gained current work experience, fine-tuning and updating administration skills she's previously used in the workplace. Nice for us but what she's wanting is to move on into a 'real' job. Besides, Vicki's tiny feet are now well rested! Julia will be a focused, honest and dedicated employee bringing skills and experience to any administration role.

Diana Hosted



A Talented Mechanic



Rufus Wenlock

A supremo professional mountain biker like Kiwi, Joe Nation, needs an equally talented mechanic to keep his bikes in top racing condition. Addingtonian Rufus Wenlock is one such mechanic. He returned recently from assisting Joe at the 'Enduro World Series' in Europe.

Rufus explains that there are three categories of bike racing: road, mountain and Enduro mountain. The emphasis in the latter is on the speed of downhill riding.

He says by the time Joe returned to Christchurch, his Enduro world ranking had increased so that he is now counted in the top twenty. Unfortunately the big earnings don't really kick in until a rider is in the top ten in the world.

Rufus and Joe were away for a month and had a fabulous time 'covering most of Europe' in the course of the three Enduro races. They are sponsored by Bergamont, a German bike company. Rufus is modest about his contribution to Joe's success and downplays

his role, but the mechanic is just as important to the professional mountain biker as the pit crew is to a car racer. It was Rufus's first Enduro but it won't be his last; in August he is going to America for three weeks.

Rufus has been a bike mechanic for ten years — three of those years as the owner of 'Back Alley Bikes' in Wise Street. He is very pleased that his assistant, Sam, is on site to mind the fort while he is away. 'Sam is very skilled and he's keen to learn some of the more specialised parts of my work. When I started there weren't any courses available — it was more of an apprentice set-up. There are courses now but I think the apprentice way gets the best results.'

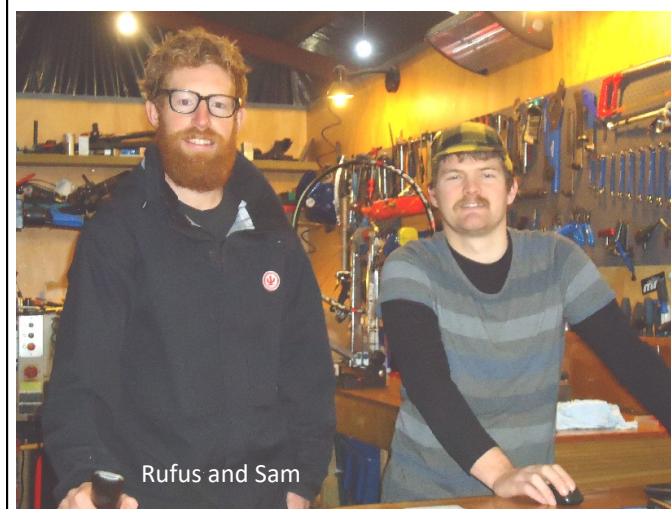
Currently there's plenty of work to do repairing bikes for some of Christchurch's mountain bike aficionados. While Rufus has some specialised skills, he also can work on any bike — including my retro 'Bobbin' which couldn't be less like a mountain bike if it tried.

At time of writing you will find Rufus and Sam in Wise Street. The business is out-growing these premises though, and Rufus is looking for a larger space. It's best to check the website or face-book for his address and hours if you want to be sure to get him.

Cycling in its various guises is alive and well in New Zealand. Rufus is enthusiastic about the future for top class mountain biking. 'I would say biking is just as big in some parts of New Zealand as it is overseas. Rotorua is purely focussed on biking now. New Zealand is a little bit behind overall but we are catching up.'

Internationally it is also in good heart. 'In Europe and America the ski field owners have realised they can become mountain bike resorts. In summer the bikers can use the chair lifts that would be redundant otherwise.'

Di Boyd (text and photos)



Rufus and Sam



Back Alley Bikes, Wise Street.