

# COMMUNITY NEWS – WEEK 6

## INFORMATION

Parent to Parent – support for families of people with disabilities and health impairments – brochure available from the office or phone 470-1086.

## EVENTS

The People's Report and Family Violence Forum – Tuesday 26<sup>th</sup> August 4-6pm – Dunedin Library

Special Rigs for Special Kids – 31<sup>st</sup> August – contact Greg 03-4881-346.

Peppa Pig puppet show – Monday 1 September 10am and 1pm at Regent Theatre

Children's Marathon Challenge – Sunday 8 September – maps available from Kay.

Otago Fish & Game Council – free beginner fishing classes – Wed 10<sup>th</sup> for novice adults, Thurs 11<sup>th</sup> for women only, 6.30pm at Otago Fish & Game Council Office, with field trip later to Southern Reservoir. Contact [s.dixon@fish-game.org.nz](mailto:s.dixon@fish-game.org.nz)

MoveMe – Sunday 14 September 1-3pm at Edgar Centre – Have a Go – a showcase of opportunities for Dunedin people to be active. [www.moveme.org.nz](http://www.moveme.org.nz)

Otago Art Society – Youth Art Awards – 13 to 28 September – no set theme, two- or three-dimensional works, three age groups. Entry forms and details from Kay.

Celebrate 50 years of gymnastics in Dunedin – 19-21 September – St Bernadette's School Hall. To register email [stbernadettesgymnastics@gmail.com](mailto:stbernadettesgymnastics@gmail.com)

Take a Kid Fishing – Southern Reservoir – 20<sup>th</sup> and 27<sup>th</sup> September from 10am till 12 noon. Free but registrations essential at [www.fishandgame.org.nz](http://www.fishandgame.org.nz) or phone 477-9076 for details.

Jane Austen Ball – Saturday 1 November.

## **REGULAR EVENTS**

Dunedin Public Library – Wriggle & Rhyme – every Tuesday at 10.30am – for children up to 2 years. Storytime every Wednesday at 10.30am for pre-schoolers. Once upon a Sunday – first Sunday of the month at 2pm – Kaitrin McMullan

Renaissance Dance Workshop – second Sunday of every month in Nga Mara Hall – 10am till 12 noon – no experience or partner required!

French Music Session – Sunday at Filadelfio's from 2 till 4 – any instruments welcome.

## **PROGRAMMES**

South Zone Junior Netball Academy – Edgar Sports Centre – for 8 to 13 year-olds - Wednesdays 4-5pm – email [brooke.morshuis@netballsouth.co.nz](mailto:brooke.morshuis@netballsouth.co.nz)

Free trial Kumon English or Maths – (daily home-based study programme) 18-30<sup>th</sup> August – email [kumondunedinsouth@gmail.com](mailto:kumondunedinsouth@gmail.com)

Ma-Fi Arts children's art classes – after school and Saturdays –Phone 477-6112.

Oceanagold Diggers Development Programme – Tuesdays at the Edgar Centre - 13 years and under – no experience necessary.

Catholic Social Services – Parenting courses – Phone 455-3838.

After School and Saturday children's art classes – Ma-Fi Arts – Phone 477-6112.

Japanese Drumming – Sundays from 1-2pm – 16 week course – contact [taiko@otago.ac.nz](mailto:taiko@otago.ac.nz)

**FURTHER INFORMATION ON ALL OF THE ABOVE FROM KAY IN THE OFFICE**

## **Health Snippets from our Public Health Nurse**

### Reading to your child promotes health

In the US, paediatricians are being encouraged to “prescribe” daily reading for all children they see.

Studies have found that reading aloud for young children helps their brain development, which in turn develops their language skills, literacy, and social-emotional skills.

Poor literacy in adults is linked to poor health outcomes, so investing in your child’s literacy will help them long-term.

TV viewing does not assist a child’s language development, so switch off the screen(s) and head off to your nearest library or book bus!

Source: American Academy of Paediatrics

**Your public health nurse is:**

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