



Birkdale Beach Haven
Community Project Inc
We Belong Here | Nō kōnei ake tātou

TERM 1 PLANNER 2020

BIRKDALE & BEACH HAVEN COMMUNITY HOUSES

WWW.BIRKDALEBEACHHAVEN.ORG.NZ

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MARCH EVENTS IN YOUR BACKYARD



[FACEBOOK.COM
/BIRKDALEBEACHHAVEN](https://facebook.com/birkdalebeachhaven)



When: Every Monday 9.30am - 11.30am (during term time)

Where: Birkdale Community House, 134 Birkdale Road, Birkdale

Cost: \$3 per family. This includes tea, coffee and morning tea for the caregivers.

For children 0-5 and their caregivers. Come along for a fun filled morning of playing, interacting, craft and music.

Please contact Sarah for more details on 021870494
or email sarahgraciecompain@plunket.org.nz

ALL WELCOME!



BIRKDALE & BEACH HAVEN COMMUNITY HOUSES

Open Monday to Friday 9am-3pm

Facilities are also available outside these hours.



Birkdale Community House

Birkdale and Beach Haven Community Houses offer a wide range of activities and services for the local community. Classes, clinics, groups, events and community information.

New activities and ideas are always welcome. Please let us know if there is something you would like to see provided at YOUR Community Houses.

BEACH HAVEN COMMUNITY HOUSE

Beach Haven community House is set in the beautiful Shepherds Park, 130 Beach Haven road, within walking distance of the Beach Haven shops. Shepherds Park has large green spaces and a playground in-view of the house. The house itself has 3 great spaces available for hire. See our website for more information.

BIRKDALE COMMUNITY HOUSE

Birkdale Community House is located at 134 Birkdale Road and has multiple spaces of varying sizes available to the community for hire. It's located just up the road from the Birkdale shops and near to Birkdale primary. If you want to know more about our spaces see our website for more information.

*Please note: We do not have EFTPOS facilities at the Community Houses.

To book or for more information please contact us at:

houses@birkdalebeachhaven.org.nz

Birkdale Community House
134 Birkdale Road, Birkdale
09 483 9149

Beach Haven Community House
130 Beach Haven Road, Beach Haven
09 483 9942



Beach Haven Community House

OUR VISION

People in Birkdale Beach Haven feel connected and valued.

*"We belong here"
Nō konei ake tātou*

OUR MISSION

The BBCP will provide the organisational framework through which the Birkdale Beach Haven community can:

- 1. Be Heard*
- 2. Be inspired and supported to flourish*

VOLUNTEER

IN YOUR
COMMUNITY
FOR YOUR
COMMUNITY

Ever wanted to help out at Birkdale or Beach Haven Community House?

Contact us at the numbers to the left for more information.

9:30 | Classical Pilates. Dynamic, progressive and highly effective. **Booking essential. Contact Kate Saynor for more info 021 027 04186**
\$13 per person.

12:30-2:30pm | Scrabble. Just come along, all welcome. **\$3 per person.**

1:30-2:30pm | Community Eats. Delivering rescued food every Monday to Beach Haven Community House. Please register for your food box at birkdalebeachhaven.eventbrite.com. **Free. Bookings essential. Collection essential, between 1:30 - 2:30pm. Contact the community house with any enquiries.**

TUESDAY

10:00-11:30am | H.U.G.G. Haven Ukulele & Guitar Group. Fortnightly. Come along to this fun, social and casual Ukulele session, all levels. The community is welcome to come along and listen while you enjoy the music and a refreshment. **\$10 per person. Contact Joe Powell 09 482 3443 or email jandapowell@xtra.co.nz**

10:00-11:30am | Ukulele Jam. Fortnightly. Feel free to join us for music, singing and a few laughs. \$3.00 per person.

10:00-12:00pm | Mainly watercolour - Non-tutored art group. A friendly, social art group with the occasional guest tutor. **\$3 per class.**

12:00-2:00pm | Bridge. Weekly. Join us in learning the game of Bridge, with guidance from a tutor. **Contact the community house with any enquiries.**

7:00-9:00pm | BBHandcrafters. A group of locals who love to craft beautiful things by hand; crochet, embroidery, tapestry, cross stitch, knitting and more. Learners and more experienced are welcome. **Contact via Facebook 'BBHandcrafters'**

7:00-9:00pm | Legacy. 15 week self empowering programme designed for all women from all walks of life. We are about encouraging and empowering one another on the path to greatness. **Contact 0800 162 687.**

WEDNESDAY

10:00-11:00am | Advanced French. Email laure.graffeuille@yahoo.fr or 09 482 0519.

12:00-2:00pm | Intermediate French. Email laure.graffeuille@yahoo.fr or 09 482 0519.

12:30-2:30pm | Special Hands Art class. A fun art group for people with special abilities. Bring along your work and work together on creations. **\$3, includes refreshments.**

1:00-2:30pm | Community Cuppa and Catch up. Come along and join us for a cuppa, meet new local friends and have a chat in a relaxed environment with your host, Denise. All welcome! **Contact the community house with any enquiries.**

7:00 & 8:00pm | Classical Pilates. Dynamic, progressive and highly effective. **Booking essential. Contact Kate Saynor for more info 021 0270 4186**

7:30-9:30pm | Friends of Shepherd's Park. 4th Wednesday of the month. This group of local residents meet to discuss and contribute ideas for the use and maintainance of Shepherds Park. **Contact Ian Grant on 021 755-667 or Elizabeth Collins 09 483 9167.**

THURSDAY

10:00-12:00pm | Hand Crafts and Creations. \$3 per person. Bring along your own work **Contact Ngaere 09 483 8339.**

10:00-12:00pm | Arts and Oils. \$3 per session. Bring along your own work. All welcome.

1:00-2:30pm | Afternoon Guitars at the House. \$3 per person. Everyone's welcome to come along to a casual jam session.

7:00-9:00pm | Man Up. Join the movement that strengthens men to become better fathers, partners and husbands. **Contact 0800 162 687**

7:00-9:00pm | Nest - Childbirth Education Classes Come join us and learn everything you need to know regarding childbirth education and practical parenting skills in a friendly, non-judgemental and comfortable environment. **Contact via Facebook page; Nest Pregnancy and Parenting Education.**

FRIDAY

9:30-10:30pm | Global Friends Coffee Group. All welcome. Make new friends and new connections in a welcoming environment. Tea and Coffee by donation. Contact **Laure aucklandnorth@newcomers.co.nz**

12:30-2:30pm | Peggy Squares. 1st Friday of each month. Learn to knit or teach others; knitting for the Community.

SATURDAY

8:00-9:00am | Yoga Haven Yoga. A gentle yet challenging stretch to rejuvenate body, mind and spirit. Beginners welcome. If you can breathe you can do yoga! **\$12 casual or \$100 for 10 classes. Contact Cherry 021 756 127.**

MONDAY

9:30-11:30am | Busy Bees Playgroup (Birkdale hall). A fun filled morning of playing, interacting, craft and music for children age 0-5yrs and their caregivers. \$3 per family. This includes coffee/tea and morning tea for caregivers. **Contact sarahgraciecompain@plunket.org.nz**

6:00-7:00pm | Yoga Haven Yoga (Birkdale hall). A gentle yet challenging flow. Flexibility is not a requirement, but you may walk out feeling taller and happier! **\$12 casual or \$100 for 10 classes.** **Contact Cherry 021 756 127**

TUESDAY

10:00-12:30pm | CMA - Companionship and Morning Activities for seniors (community house) Games, quizzes, gentle exercise and fun for over 65s. Morning tea & lunch included. Come and meet some new faces in your area. **Call 09 4898954 or email info@cmans.org.nz. \$6 per morning, \$4 extra for transport if required.**

1:00-2:30pm | English Conversation Circle (community house)
An opportunity to practice speaking English in a safe environment and meet new people. **\$3.00 per session, refreshment provided.** Please **register your interest by contacting [Laure aucklandnorth@newcomers.co.nz](mailto:Laure.aucklandnorth@newcomers.co.nz)**

WEDNESDAY

9:00-5:30pm | Integrated counselling for positive life change (community house). **Contact Helena 021480171**

THURSDAY

9:30-10:30am | Strong Fit Women Workout (Birkdale hall). A unique approach to low-impact bodyweight and resistance exercise that will boost your fitness, strengthen your body, tone your muscles and ramp up your metabolism! **Contact Kate Saynor 021 0270 4186**

9:30-11:30pm | Boomerang Bags Sewing Group (community house). A friendly space to gather with others and sew reusable bags to share in our community. Opportunity to work on your own creations also. Sewing machines and tea & coffee provided. **Contact the community house with any enquiries.**

7:00-9:00pm | Women's Consciousness Circle (community house). **Third Thursday of the month.** If you are a woman who is interested in growing in consciousness and who wants to connect with others who are doing the same, you are warmly welcomed to this group! **\$20.00 (negotiable)** **Contact Liz 021 988 468 email Liz@beinspired.co.nz**

BY APPOINTMENT

Mariana Torkington Art - Therapist. Children & Adults.
Email torkington@xtra.co.nz or call 021 156 7345

Marilyn Shearer - Psychotherapist. ACC Sensitive Claims Assessor.
Call 021832926

Phil Walker - Counsellor. New Beginnings Counselling & Therapy.
www.newbeginningstherapy.co.nz

Simon Tennant - Psychosynthesis Counselling.
Email info@simontennant.co.nz or call 027 820 5868

Marie Franklin - Psychotherapist
Psychotherapist; with with a passion for healing in nature. Contact **marsfranklin@gmail.com or call 021 147 6147**

Helena Te Aika - Integrated Counsellor.
Talk Therapy, Massage, Theta Therapy, Emotional Freedom Technique, TRE Trauma/Tension Release Technique, Chi Nei Tsang abdominal health. Ask about our Wednesday clinics. Bookings essential, **ph Helena 021480171 or email info@mauriorawellness.co.nz**

Keep an eye on our website for class changes BIRKDALEBEACHHAVEN.ORG.NZ