

NEWTOWN NEWS

NĀ TE WHARE HĀPORI O NEWTOWN / BROUGHT TO YOU BY THE NEWTOWN COMMUNITY AND CULTURAL CENTRE

TŌ KOUTOU MAKAHINI HĀPORI: MŌ NEWTOWN, NĀ NGĀ TĀNGATA O NEWTOWN / YOUR COMMUNITY ZINE: FOR NEWTOWN, BY NEWTOWNERS

SELF CARE

IS NOT

SELF

INDULGENCE

IT IS

SELF

PRESERVATION

HŌNGONGOI / JULY 2022: SELF-CARE EDITION

KIA ORA NEWTOWN

Kia ora tātou,

If you, like me, are feeling pretty bleak about the state of the world, then it might be time to focus on your self care. With bad news constantly coming at us, plus these cold dark winter days, it feels timely that this edition was planned to celebrate **International Self-Care Day**, which occurs on the 24th of Hōngongoi / July each year.

Some people think that self-care is a social media buzzword, a selfish waste of time, or just about eating some chocolate and having a nice bubble bath. I love the quote from black activist and author Audre Lorde on the cover of this edition. Here's the full quote: "Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare." Surviving and thriving in this hard and brutal world is a radical act. I also think most of us (in Newtown at least, I reckon!) are doing our little bit to try to make the world better - by supporting friends, whānau or community, campaigning, protesting for a cause we believe in, or any other small niceness.

In order to be able to live, thrive, and do this mahi, we need to take care of ourselves first - or else put ourselves at risk of burnout and hard times all round. While choccy and a bath are good short-term fixes, we need more than that to keep us going.

So how about we all do our best to take time off when we need it, sustain the important relationships in our lives, connect with people who are important to us, eat nourishing kai, get out into nature (this is a huge one for me), get mental health support (check out this page from the Mental Health Foundation bit.ly/3HZDn9u), do our hobbies, support each other, and generally take time to recharge in whatever way works for us before getting back out there again. And here's a great article from The Spinoff about self care, mental health, and Covid: bit.ly/3Ozu1Th. Take care of yourself, cos you have to.

Ngā mihi,
Ellie - ellie@newtowncommunity.org.nz / 04 389 4786

Cover image: collage inspired by an Audrey Lorde quote, by Ellie

Thanks for the support of our amazing local businesses! Please support 'em back!



Could this be your business?! We're looking for a new sponsor for the Newtown News. Contact me (details above)

The views and opinions expressed in this publication are solely those of the original authors and other contributors. They do not necessarily reflect those of the Newtown Community & Cultural Centre.

A ZINE WITHIN A ZINE!

This is a pretty meta edition of the *Newtown News*, thanks to Newtown community legend Ebby! Ebby has found that crafting is a great way for her to de-stress. Working on a simple-ish physical crafty task can be a good way to shift your brain out of a funk. So! We're not only gonna give you tools so that, if you're feeling stressed and feel crafting might help, you could craft your own mini zine ANY TIME (as long as you have a piece of paper and a pen). We're ALSO giving you a "Little Book of Calm" to put in your wallet as a handy self-care reminder. All of this is contained within this very *Newtown News* itself! How meta is that!

Before you start, though, take a picture of these instructions, cuz you'll be using this page as part of your zine!

1) Carefully remove this whole A4 sheet from the *Newtown News*.

2) Fold the paper in half, half again, and half again once more! When you unfold it, you'll have 8 equally sized rectangles

3) Look for the 'cut here' lines in the middle. Cut along this line (this is easier to do if you fold the A4 in half first).

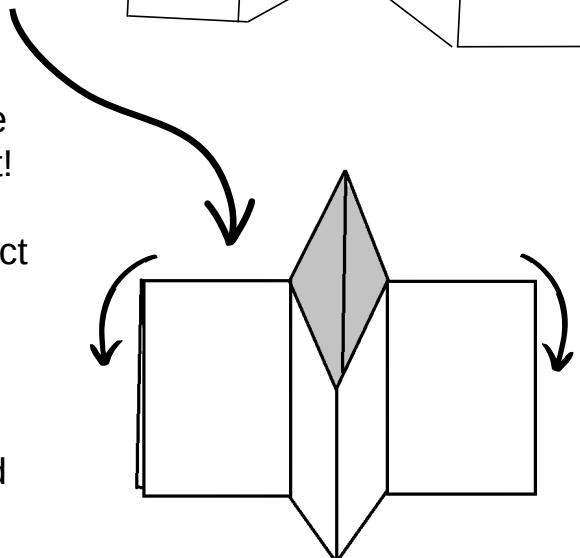
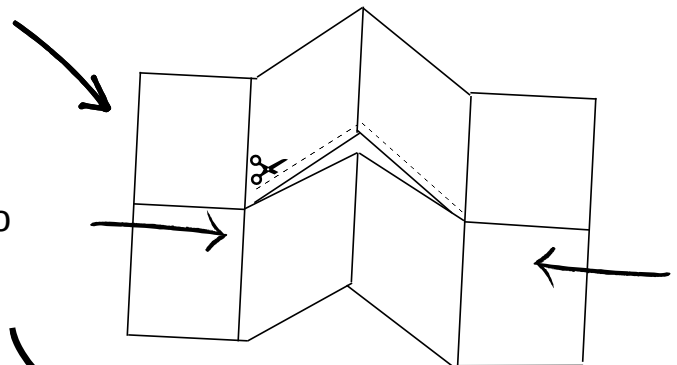
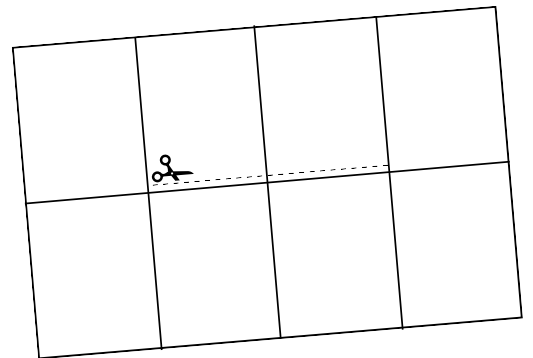
4) Here's the tricky bit! Fold the zine together by laying it out flat (landscape not portrait). Then push the left and right sides towards each other, so the central section gets pushed upwards, until this central section meets in the middle.

5) Splitting the cut section, fold in half lengthways and push everything together so you get a big X shape from the top. Make sure you have the page on the back of this one as the outside.

6) Flatten everything out and fold so the title page 'The Little Book of Calm' is at the front!

7) Realise these instructions are NOT perfect and look at some better ones online, e.g. at [wikihow.com/Make-a-Zine](https://www.wikihow.com/Make-a-Zine).

8) Chuck it in your wallet and have a read of the 'Little Book of Calm' whenever you need a lil' hit of self-care.

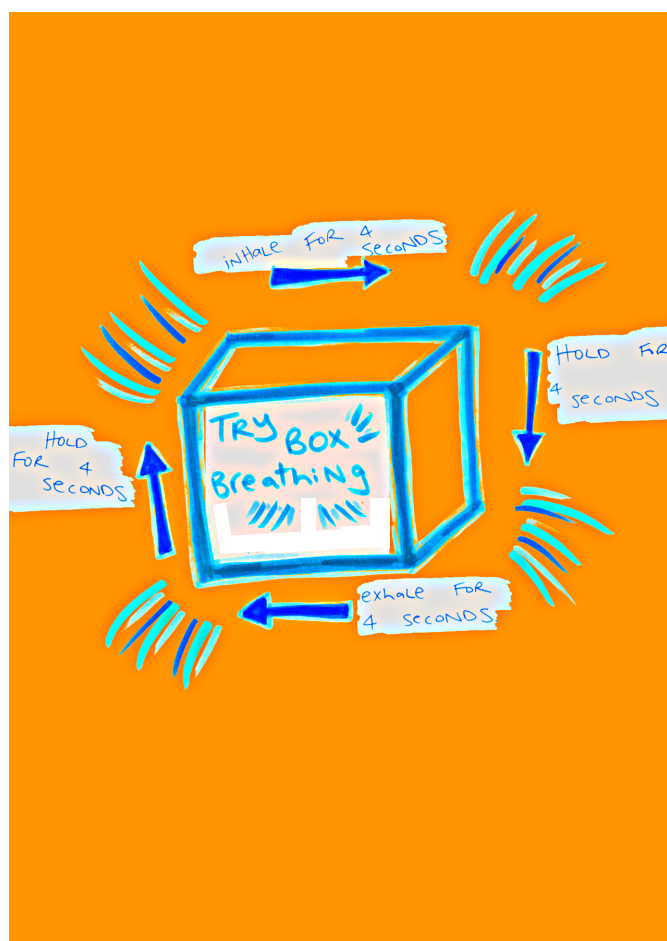


This is the 'zine within a zine' - turn back a page for assembly instructions!







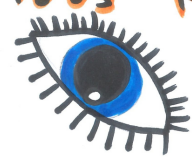
RENEE JAIN

"Don't believe every
worried thought you
have. Worried
thoughts are
notoriously
inaccurate."



THINK OF
3 THINGS
THAT
you Like
ABOUT
YOURSELF!

A SIMPLE MINDFULNESS PRACTISE FOR YOU!

- 1 ONE THING YOU CAN TASTE! 
 - 2 AND FINALLY... JUST CAN SMELL.... 
 - 3 TWO THINGS YOU CAN HEAR 
 - 4 AND 3 THINGS THAT YOU CAN FEEL? 
 - 5 HOW 'BOUT 4 CAN SEE! 
 - NAME 5 THINGS
- 5.4.3.2.1.

REMEMINDER
 SO THIS IS YOUR
 Awesome
 YOU'RE
 Sometimes
 YOU




"When you're feeling under pressure, do something different. Roll up your sleeves, or eat an orange."

ebby.zines@gmail.com

THE LITTLE BOOK OF CALM

A mini zine of "top tips" & reminders for when you're tangled up in stress, anxiety & bad vibes.



This zine was inspired by rewatching 'Black Books' when going through a tough time

Notorious NEWTowner

Bronwyn and Khadro chatted self-care, being an artist and love for Newtown!

Khadro Mohamed has lived in Newtown for the majority of her life, almost 15 years, and lived just down the road in “mini Newtown” before that. Her whakapapa is to Somalia, where her family on both sides can trace its lineage for generations throughout the horn of Africa (East Africa) - particularly through the south. She feels incredibly lucky to be able to speak her mother tongue fluently.

While some of you might know Khadro from her previous work at Wellington City Librarians (usually at Newtown Library, woop!), she is now an advisor for the Ministry of Culture and Heritage.



She works with lovely people there who are passionate about making the arts sector and the lives of artists better. This is very topical as Khadro is an artist herself - a published poet! Her book *We're All Made of Lightning* came out recently, a collection of poems she has put together over the last 2 ½ years or so. It explores the complexities of being a woman of colour growing up in a Pākehā dominated society. She also explores aspects of her homeland and the importance of reconnecting with her whakapapa. Khadro took a journey to Egypt in late 2018/early 2019 which served as a huge inspiration.

Writing poetry is also part of Khadro's self-care regime, alongside reading, running, watching movies and seeing friends. Since her book came out, self-care has been more important to her so she tries to protect some time for herself: “I think it's really important to pause and relax and enjoy things.”

When asked about her favourite places in Newtown, coffee is at the top of the list. “My favourite cafe is Black Coffee on Rintoul Street - not only do they have super great coffee, but the staff are so wonderful and nice. I always grab myself a flat white and sit closest to the door, it's nice for people watching”. She also loves Mercy Park behind Newtown School and St Anne's for peaceful times lying on the grass reading. Newtown Park is a favourite too, with all the Pōhutukawa trees, “especially during the summer when the needles are scattered across the concrete and it feels like you're walking on a blanket of red.” And of course the lovely town belt for strolls.

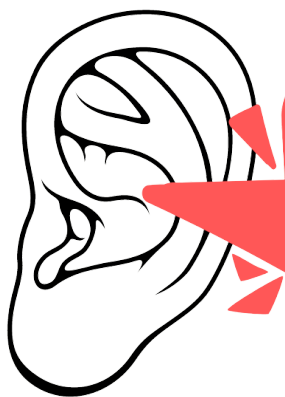
Khadro's message for Newtowners is to get out and explore more! Newtown is actually a lot bigger than you may think and there's always so much to see. Enjoy it on sunny days especially (we don't get many of those during the winter!).



"Recently I've attached a crocheted creature to a bike stand in Newtown. It's a fierce small orange animal. I think of it as a bit of grumpy fun, and perhaps I'll do more! When I was sewing it onto the bike stand, the adjacent shopkeeper brought me a bottle of water to show their appreciation!!! They even requested more creatures – I was delighted. Now, each time I walk

down the road approaching the creature I wonder if it will be there today – all it takes is someone with a sharp implement to take it down, so each day I see it there, I'm delighted. The way we embrace diversity and show kindness to each other in Newtown gives me great pleasure."

- From Mari



OVERHEARD
IN *Newtown*

"ANDY! DID YOU LICK THE MILK??"

Overheard at the Newtown Community Centre,
June 2022. No one had licked any milk.

WHAT'S THE HAPP'S?

AT THE COMMUNITY CENTRE,
2A GREEN ST

Last chance to submit something for the Time Capsule! Drop off Monday - Friday, 9-4.30pm, before 8th July

We're collecting items for the Newtown Time Capsule, which will be buried in the community centre during the renovations, and will be opened up in FIFTY YEARS! Drop us something about Newtown, or your life in Newtown that will be interesting for people of the future to find. Questions? Call 04 389 4786 / email info@newtowncommunity.org.nz

Taste Tripping - explore taste - Saturday 23rd July, 2-3.30pm

When life gives you lemons.... Eat a miracle berry and it'll taste like lemonade! Miracle berries are totally legal and safe. They're little berries that contain a protein called Miraculin. This protein coats your taste buds and changes their receptivity so that sour foods taste sweet. Come and share this weird and fun experience. \$12 and 1TC for Timebankers; \$25 for others (bit.ly/3ONIWv9).

Free Soup Fridays - Fridays 1pm

Everyone in the community is welcome to a free veggie soup lunch each Friday!! Come along to warm up on these wintry days. Any questions? Call 04 389 4786.

NEWTOWN HALL
71 DANIELL STREET

Everybody Dance Newtown - Mondays, 5.30-6.30pm

Just 2 bucks for a fun dance and exercise class? You bet. We believe everyone can be a dancer, so come along, learn some moves, and have fun in a supportive, friendly atmosphere. Teachers and styles rotate every few months. Annika is currently up, teaching fun hip hop. More details at bit.ly/3Mn56BK or call 04 389 4786.

YOUR BACKYARD!

Predator Free Wellington needs YOU! Like the idea of our native manu / birds thriving, but don't love the idea of removing dead kōre / rats from traps? Predator Free Wellington have your back! They'll install and monitor a trap in your backyard - easy peasy to do your bit to support our native manu! Find out more at www.pfw.org.nz/island-bay-to-cbd.

AT SMART NEWTOWN

Reduced opening hours! For most of July, Smart Newtown will be open Monday-Wednesday, 9am-5pm. Free computer access and our helpdesk will be open during those hours so head along to get free advice or support on your tech issues! Call 04 380 0143 or email smartnewtown@gmail.com

GET IN TOUCH

www.newtowncommunity.org.nz / www.facebook.com/Newtown.Community.Centre
04 389 4786 / info@newtowncommunity.org.nz