

Newtown News

World Blood Donor Day

Pipiri / June 2023

Tō koutou makahini hapori: mō Newtown, nā ngā tāngata o Newtown /
Your community zine: for Newtown, by Newtowners



Nā te Whare Hapori o Ngā Puna Waiora /
Brought to you by the Newtown Community Centre

Kia ora Newtown

Kia ora Newtown,

The last few weeks have been an absolute whirlwind. We've opened the renovated community centre and had a beautiful (and pretty emotional to be honest!) dawn blessing. But we're also totally heartbroken to have lost 5 members of our community in the awful Loafers Lodge disaster. We'd like to send aroha to all the friends, whānau and neighbours of those who died, and support to everyone who lost their homes and belongings.

At the centre, we've been overwhelmed by the outpouring of love that y'all have been sending to the people affected - from a visit we had from Newtown School students with a beautiful card, to the many texts and emails I've been getting asking "how can I help??"- our 'burb is full of caring people who come together at times like this, which gives me some hope. There are a few ideas of how to help further on in this issue of the News.

One thing that's **always** helpful to do is to give blood. This edition of the News is in honour of World Blood Donor Day, and you can be sure someone in Aotearoa needs blood, probably right now! I used to give blood regularly, but arghhhh, now every time I remember I should go, it's just after I've had a fresh tattoo - which means you can't give blood for 3 months....I'm thinking now that I should set a calendar reminder for 3 months after the tatt...! We have our very own donor centre here in Newtown, down by Kaicycle farm on Hospital Road so I dare ya to make an appointment to donate blood today!

Ngā mihi, Eryn Gribble - eryn@newtowncommunity.org.nz

Cover art by Sophia Green - inspired by the 'Blood Mobile' music video by *They Might Be Giants* - check it out here, but be wary it's an earworm! bit.ly/41Up12C

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



ELYSIUM

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.

Notorious NEWtowner

Linda and Bronwyn talked esoteric literature and community vibes

Linda Halle migrated from Canada to New Zealand 1991 with almost no idea what it would be like. It was boxing day, and she was baffled as she was driven in from Wellington airport: where were all the people? Wasn't this supposed to be the capital city?



Since then, Linda has grown to love quiet little Pōneke, although the wind has pushed her away a few times. She keeps coming back though, and especially loves Newtown, which she describes as the best 'burb in Aotearoa. She says it feels a lot like Toronto, Canada, where she grew up, because there are so many different people and cultures, foods, arts, music and services: "It's got an inner-city feel to it, a groovy humanness". She's proud to call Newtown home.

Linda's family hails from Estonia on her mum's side, and Norway on her Dad's, and her connection to scandinavian culture shows up in the names of her two boys, Tor and Bjorn. Now in their 20s, both of her kids live in Wellington, and Linda is stoked to be living nearby. In fact, when I spoke to her, she was preparing to move into a place in Newtown, literally across the road from Bjorn! She's looking forward to being based in Newtown again, because it's right in the middle of two of her favourite walkways - the City to Sea track which takes her to the South Coast, and the Mt Vic track up to the lookout. When she's not out walking, Linda can be found browsing the Newtown bookshops and library. She's a self-described "book junkie" with taste in "esoterica and non-fiction".

Linda's new place will also be walking distance to work, at Te Whare Hapori o Ngā Puna Waiora, Newtown Community Centre. You might recognise Linda from the front desk at the centre, where she greets visitors, answers queries and shows people around. As the Kaiwhakahaere Kiripaepae / Reception & Admin assistant, she helps with a range of jobs, and has been instrumental in organising the big move back into the newly renovated centre on the corner of Columbo and Rintoul Streets. She loves the new centre, particularly the way it feels like a place where anyone can belong. She says it's awesome to see people come in and grab a cuppa, and either tuck themselves away in a corner or have a chat with a stranger.

If you haven't come down to check out the new improved Whare Hapori (Community Centre) we highly recommend coming down to say kia ora to Linda or Eryn and having a look around!

Blood donation in Newtown

Sarah Field from our very own blood donation centre in Newtown (on Hospital Road) answered our questions about giving blood here in the 'burb.

Why is giving blood important?

One donation can save up to three lives. When you give blood, you're giving a priceless gift that can't be found anywhere else.

How does the blood get used?

Your blood donation can be used in treatments for those going through cancer, undergoing surgery, or who have been in a traumatic accident. It can also be used to help those with autoimmune disorders or bleeding disorders

Does blood donated in Newtown go to Newtown Hospital or just wherever it's needed?

Blood donations are shared all around the country. Every day our teams are looking at stock levels around the country and ordering and distributing red cells, plasma and platelets as needed.

Who can give blood?

We do have some basic eligibility criteria, people can check their eligibility by doing a quick quiz on our website! Currently less than 3% of the eligible population donate, so we encourage everyone to check if they're eligible and if so, to come on in and save some lives! We only ask for an hour of your time.

What should Newtowners do if they want to give blood?

They can book an appointment at the Newtown Donor Centre via the NZ Blood App, via our website or by giving our friendly team a call on 0800 GIVE BLOOD. On our 0800 number, you can also speak directly with a nurse should you have any specific medical questions regarding your eligibility. We're open Monday – Thursday 7am – 6:30pm and Friday 7am – 2:30pm.

Do you get a lot of Newtowners coming through your donation centre?

We certainly do meet and regularly see a lot of Newtown locals but we also get people from all over the Wellington region!

Do you have any nice donation stories to share?

One really nice part about donating is the notification you get via our app when your blood gets used! This is just one of many stories from one of our regular Wellington donors "Giving blood is one of the most fulfilling things I have chosen to do in my life. I've been donating blood for 20 years now, and plasma for the last two years. It's something I always look forward to doing as I know it is helping people in dire need. My own brother received a lot of blood after a car accident and it saved his life. That's one of the reasons I decided to start donating. The staff at the blood centre are also so friendly and grateful every time I donate. They're very skilled at inserting the needle and I can assure anyone out there thinking of donating but unsure about the needles that you only feel a very slight prick for a split second, or nothing at

all! I encourage everyone to donate if they can and save lives. You'll feel great about it and you never know when you may be in need of someone else's blood yourself."

What're the post donation snacks like? (v important haha)

We have a selection of hot and cold drinks to choose from (the hot chocolates are particularly good, especially as we are approaching the cold winter days). This is accompanied by an array of delicious biscuits and some cheese and crackers, and you can help yourself to a lolly for the road. All prepared by our lovely volunteers!

Menstrual Mates Pōneke

Wellington Timebank, Endo Warriors Aotearoa and the Sustainability Trust have partnered up to combat both waste and period poverty at the same time. They're calling this collab: Menstrual Mates Pōneke! Everyone is welcome at these gender inclusive



sessions of wholesome collective action. We'll be doing regular sewing bees where you can contribute in any way that suits you! It can be a simple task like cutting up pieces of material ready to sew or perhaps you'd like to help teach others, it is entirely up to you! We welcome folk from all backgrounds and abilities. The space can be interactive with kōrero or if you prefer quietness you are welcome to bring headphones and do your own thing.

Menstrual Mates will be an empowering space where you can learn to make reusable products for your own use, or you can make and donate what you make to others. The wonderful folk at Endo Warriors Aotearoa send free packs out across the Wellington region to those who request them as well as making period products available at drop-in locations like your local community centre - here's looking at you Newtown!

There is the opportunity for any one of any gender to be involved, whether you get periods or not! Tea, coffee and baking provided. BONUS, if you are a Wellington Timebank member you get time 'credits' for your giving that you can in turn use to get help with things you need in your life! Reciprocity and community in action! Dignity Matters. Period!

Our first session is Saturday, 3 June 2023, 10 am - 12 pm at the Sustainability Trust, Forrester's Lane, Any questions? menstrualmatesponeke@gmail.com

Loafers Lodge - what you can do

So many people have been offering help and support in the wake of the tragedy at Loafers Lodge. Thank you Newtown, you rock. The information below will likely change, so feel free to sign up to our e-newsletter for further updates - bit.ly/newtowncontact

Here are some current updates and things you can do:

- We're hearing that urgent basic needs of the people affected are being well met by local agencies - shout out to those agencies!!
- However, as people have lost all their belongings, people of course need more than the basics - at the community centre we're compiling a list of things people need - sign up to the e-news (link above) or keep an eye on our social media to find out what donations are needed.
- Donate if you have some spare dollars - you can donate to the City Mission Loafers Lodge appeal and proceeds will go directly to the people affected by the fire, and the whānau of those who died: bit.ly/45wSHG8
- Get the most up-to-date news from reliable news sources rather than social media - Some suggestions: Radio New Zealand, Stuff, New Zealand Herald, Te Ao - Māori News.
- There is a memorial at the decommissioned bus stop across the road from the Lodge on Adelaide Road – all are welcome to leave flowers, memorials and messages there.
- There will be a community event to commemorate the lives lost at Loafers Lodge, organised by the Council. The timing for this isn't right now - the recovery and investigation is still ongoing and this needs to be the focus right now.



Te Whare Hapori o Ngā Puna Waiora

WOAH it's real! We're back in the main community centre on the corner of Colombo & Rintoul Streets after 2 years of renovations. It's a beautiful and character-filled space - drop in and say kia ora during our opening hours - 9am - 4.30pm Monday - Friday.

You may have noticed that along with a refreshed centre, we also have a new name - **Te Whare Hapori o Ngā Puna Waiora – Newtown Community Centre**, meaning 'the community centre of the springs of wellness'. We were gifted the koha of this Te Reo Māori name by Peter Jackson, a kaumatua of Te Atiawa, Taranaki Iwi.

Newtown once contained wetlands, with puna / springs and awa / rivers running through the area, likely sustaining Māori communities who also had māra / gardens around the area. As our suburb became built up, post-colonisation, the springs were pushed underground. However, they still run under our suburb, and our new name honours them and their history, as well as connecting us with our purpose.

Waiora / wellness is central to our mahi / work at the community centre – whether it's providing people with kai, a chance to move their body, or nourishing our mental health with chances to connect – wellness is key for us.

The name also connects us to other organisations in Newtown – Te Kura o ngā Puna Waiora / Newtown School, and Ngā Puna Waiora / Wellington Hospital – both organisations that we are proud to share a kaupapa / purpose with – the separate streams of our mahi connect to nurture and support our community.



People gathering for the dawn blessing

What's the Happs?

Newtown

Community Centre

(Corner Colombo/Rintoul Sts)

We're back at the main centre & open Monday - Friday 9am - 4.30pm:

- **Drop-in** during opening hours - free hot drinks, community fridge, wifi & comfy couches!
- **Free Soup Fridays** - Fridays 1-2pm, have a bowl of hot soup & connect with community.
- **Citizen's Advice Bureau** - 9am-3pm Mon-Thurs, 9am-12pm Friday - get free help and advice!
- **Justice of the Peace** - weekdays, 10.30am - 12.30pm - get your documents certified.
- **Free lawyer** - 1st & 3rd Wednesday of each month (1st & 15th June), 11am-12pm. See a Community Law lawyer for free advice.

Elsewhere in Newtown

Memorial for Loafers Lodge fire - anytime.

There's a memorial set up for those lost in the tragic fire, at the bus stop across from the Lodge on Adelaide Road. Feel free to write a message or leave flowers.

DC Boyle exhibition - June, Baobab Cafe, during their opening hours.

Check out local artist DC Boyle's surreal art while you're grabbing a coffee at Baobab anytime in June!

Shift Happens - free bike workshops - Tuesdays, 6-8pm, EkeRua Rebicycle, 46 Russell Tce

Women, trans, non-binary and femme peeps are welcome to Join EkeRua Rebicycle for these weekly free bike fix ups! Get help to make your ride run smoothly. More deets at: bit.ly/3MT1ta7

He Huia Kaimanawa - 9th-11th June, various times, Te Whaea, Hutchinson Road

Part of indigenous Kia Mau festival, this dance performance explores learning Te Reo Māori
bit.ly/3WvUW8w

Newtown Hall (71 Daniell Street)

GoodFinds Market

Saturday 10th June, 10am - 2pm

Need to refresh your wardrobe but not a fan of fast fashion? Pre-loved clothes as well as local crafts and other goodies will be on show at this market! bit.ly/43iqzVq

Breakfast Sets with Mud+Woman Pottery, Thursday 22nd June, 7.30-9.30pm.

This is a hand building class, where you'll make a plate and mug - then it'll be taken away and fired and glazed for you - so it's ready to eat your brekkie off! bit.ly/43INA43

Get in touch

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