



Phone: 09 444 5023  
 Email: [office@GlenfieldCommunityCentre.co.nz](mailto:office@GlenfieldCommunityCentre.co.nz)  
 Website: [www.glenfieldcommunitycentre.co.nz](http://www.glenfieldcommunitycentre.co.nz)



<https://www.facebook.com/GlenfieldCommunityCentre/>

## Welcome to the Glenfield Community Centre

We are a friendly, not-for-profit Incorporated Society community hub on Auckland's North Shore offering affordable room hire, community and business activities, educational, social and active classes, together with a well-respected and WINZ-approved Early Learning Centre.

The purpose of our Centre is to recognise and respond to the social, cultural, recreational and educational needs of the community and find ways to meet these needs.

If you can't find what you are looking for on the pages within, why not start a group? Do you, or anyone you know need a room for your regular meetings or activities? Do you have a skill you could offer the community but just need assistance in putting something together? We would currently like to add further social/physical activities to our list. *Community is at our Centre* and we would really like to see more of you and offer more to you. Please talk to us.

Featured this Week:

**WISDOM HOMEOPATHIC  
CLINIC AND RESEARCH  
CENTRE**



**DR. SUNIL KUMAR**  
BHMS, Dip. Hom.

**FREE CONSULTATIONS**

**Thursdays 3.00pm-6.00pm**  
*by appointment only*



021800458  
[www.homeopathy4lyf.com](http://www.homeopathy4lyf.com)  
[homeopathy4lyf@gmail.com](mailto:homeopathy4lyf@gmail.com)

**KEEP BODY AND SOUL TOGETHER**

**GLENFIELD Taste Success**  
 Community Centre

**Wholefood Nutrition & Wellbeing  
Programme**



**Open evening: 22 Feb 2018, 6-8pm, Glenfield Community Centre**

Now in its fifth successful year, TASTE SUCCESS is a twelve-week wellness programme that changes lives. Developed by popular Naturopath, Tracey Laughlin, and supported by a passionate team of health facilitators, our healthy lifestyle approach includes a wholefoods-based diet that is nutritionally complete.

**What we offer:**

- One-on-one initial health assessment
- Fortnightly meetings for coaching & support
- Weekly healthy living and wellbeing tips
- Easy-to-follow fortnightly meal plans and shopping lists
- Beautiful family-friendly recipe book, adaptable for new recipes as required, e.g. for vegetarians, vegans, pregnant women etc.
- Option of a session with naturopath for health concerns



**Commonly reported by people on the Taste Success programme:**

- Reduced cravings for sugar & carbohydrates
- Better sleep
- Weight loss
- Improved energy
- Improved gut function
- Improved hormone balance & mood



Call or email now  
to secure one of our limited spaces:

Michelle: 021 190 4980  
[michelle@tastesuccess.co.nz](mailto:michelle@tastesuccess.co.nz)

Next programme starts 1st March 2018

[www.tastesuccess.co.nz](http://www.tastesuccess.co.nz)



**Our Office Hours:**

The Centre office is manned Monday to Friday between the hours of 8.00am and 3.00pm.

**Community Centre Hours:**

Rooms at the Centre may be hired 7 days a week between the hours of 8.00am and 10.00pm only.

*The Glenfield Community Centre is pleased to offer the following:*

**Glenfield Early Learning Centre**

Our Early Learning Centre caters for children aged 1-5 years old between the hours of 9.00am and 2.30pm, Monday to Friday. We offer pre-booked sessions with qualified staff that provide a caring and positive environment for children. Our Centre is registered for 20 Free Hours and Work and Income NZ subsidies. Please phone 444 0818 or visit our website for more information.

**Registered Kitchen**

The Glenfield Community Centre is proud to offer a fully registered “A” Grade Kitchen for hire. The kitchen can be hired for production of food items for re-sale at markets etc. The kitchen is hired out at \$20.00 per hour including GST, Monday-Friday, 8.30am-3.30pm. Please contact the centre office for availability or to discuss further.

**Glenfield Mission Hall**

The Glenfield Mission Hall is a registered Heritage Building. Built by local people for the local community. It was totally refurbished in 2015 and we celebrated its 100 year Centenary in the September. Ideal for larger groups it comfortably seats 65. The floors are carpeted.

**Social Event Room Hire**

Social events such as Christenings/Weddings/Memorial Services may be accommodated at the Community Centre where space and availability permit. Rooms are available only between the hours of 8.00am – 10.00pm. The Centre has a NO ALCOHOL policy. Due to these restrictions, the Centre is not a suitable “party” hire venue. Please contact the Office for further information.

## Free Legal Clinic – Auckland Community Law Centre

ACLCLC recommence their free clinic on Tuesday 13<sup>th</sup> February 2018  
(Note: clinics are not held on public holidays which also includes Dominion Day 24<sup>th</sup> April)



**Supporting The Grief Centre and Families In Mental Illness**  
(see back page for further details)

## Regular Listings

All bookings are subject to change - Keep up-to-date via our website

### MONDAY

#### **PILATES FOR SENIORS - NEW!!! Starting 12<sup>th</sup> February**

A new class this year with Ione Barczak – weekly on Mondays however no classes on public holidays or the last Friday of the month. This Pilates Program will improve mobility, balance, coordination, and strengthen your body through core control and gentle moving. Contact Ione for pricing and calendar. Text 027 537 5733 or email [ionebar2002@yahoo.com](mailto:ionebar2002@yahoo.com)

#### **LITTLE ANNIE – Pop-In Portraits**

Will again be holding photography sessions at the Centre on various dates throughout 2018. Check their website [www.popin.co.nz](http://www.popin.co.nz) for further details and bookings.

#### **ENGLISH LANGUAGE PARTNERS NZ**

English for Everyday Life 10.00am – 12.00 noon, and 6.30pm – 8.30pm

English language classes of various levels held for adult migrants/refugees. All students must **register with the ELP office directly on 489 2078**.

#### **AA GLENFIELD**

Meet in room 1 from 8pm to 9.00pm. If you want to drink that's your business, if you want to stop we can help. Phone Caitlin on 0274 056 004 for information.

#### **ADDA – AUCKLAND DEFENSIVE DRIVING ACADEMY**

Has been running the best value courses in Auckland since 2003. It is unique as they are not a driving school that runs defensive driving courses on the side – they specialise in providing quality Defensive Driving Courses. These courses are approved by Land Transport NZ and the Auckland Defensive Driving Academy is an approved provider. For more information visit [www.addanz.co.nz](http://www.addanz.co.nz) or phone 486 1909.

### TUESDAY

#### **AUCKLAND COMMUNITY LAW CENTRE recommencing 13<sup>th</sup> February**

9.00am – 12.00noon. (Not Public Holidays nor 24<sup>th</sup> April Dominion Day). ACLC Offer a satellite clinic for free legal advice. Conditions apply. This is a walk-in service – first come, first served (no appointments are made. you are seen in order of arrival). Last name taken at 11.30am. Services include: domestic violence, family, immigration, employment, WINZ, HNZA & ACC, tenancy, civil, minor criminal, consumer, neighbourhood disputes. For further information and appointments at their Auckland Office please phone 377 9449.

#### **ART OF LIVING - Follow up class**

6.30pm – 8.30pm. (Includes Yoga and Meditation) **every 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month**. (These classes are for those who have already attended the AoL workshop). Contact Krishna on 441 2223 or 021 155 7377 for more information.

#### **ENGLISH LANGUAGE PARTNERS NZ**

English for Everyday Life 10.00am – 12.00 noon. Classes held for adult Migrants/Refugees. **All students must register directly with the ELP office**. Please phone 489 2078 for more information.

#### **HARMONY TRUST**

Offer counselling, NZTA assessments and group work. For more information please look at their website [www.harmonytrust.co.nz](http://www.harmonytrust.co.nz) or phone 021 183 9759.

#### **WELL WOMEN & FAMILY TRUST**

Offering free cervical screening clinics for Asian women. For dates of next clinics to be held at the Centre and for appointments please contact Jun Li on [asianhealth@wons.org.nz](mailto:asianhealth@wons.org.nz) or Grace Kim [Grace.acu@gmail.com](mailto:Grace.acu@gmail.com)

## WEDNESDAY

### **ADDA – AUCKLAND DEFENSIVE DRIVING ACADEMY**

Has been running the best value courses in Auckland since 2003. It is unique as they are not a Driving School that runs Defensive Driving Courses on the side – they specialise in providing quality Defensive Driving Courses. These courses are approved by Land Transport NZ and the Auckland Defensive Driving Academy is an approved provider. For more information visit [www.addanz.co.nz](http://www.addanz.co.nz) or phone 486 1909.

### **AUCKLAND SCHOOL OF EUROPEAN MARTIAL ARTS (ASEMA)**

6.30pm-8.30pm in the Mission Hall. A collective of students and practitioners dedicated to re-establishing cultural traditions of martial arts and self-defence from across Europe and throughout the ages. Presently running one class a week focused on the Knightly Martial Arts of Medieval Germany but hoping to eventually return to running four classes a week focusing on everything from Medieval Martial arts to 19th century Bare knuckle boxing and everything in between. For further information contact Peter: [vorschlag@windowslive.com](mailto:vorschlag@windowslive.com)

### **ENGLISH LANGUAGE PARTNERS NZ**

10.00am – 12.00 noon. English for Everyday Life

6.00pm – 9.00pm. English for Employees.

**All students must register with the ELP office directly. Please phone 489 2078 for more information.**

### **SHANTI NIWAS**

10.30am – 12.30pm. Culturally appropriate programme for older persons of Indian or South Asian origin. Held on the **1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month** in the Mission Hall. For more information phone Nilma or Naveed on

622 1010 or: [shantiniwas@xtra.co.nz](mailto:shantiniwas@xtra.co.nz)

### **WELL WOMEN & FAMILY TRUST**

Offering free cervical screening clinics for Asian women. For dates of next clinics to be held at the Centre and for appointments please contact Jun Li on [asianhealth@wons.org.nz](mailto:asianhealth@wons.org.nz) or Grace Kim [Grace.acu@gmail.com](mailto:Grace.acu@gmail.com)

## THURSDAY

### **ENGLISH LANGUAGE PARTNERS NZ**

English for Everyday Life 10.00am – 12.00noon, and 6.30pm-8.30pm

English language classes held for adult Migrants/Refugees, various level classes, all students must **register with the ELP office** on 489 2078.

### **PLUNKET/KARITANE**

Various group classes held for instruction on Baby Massage, New Parents, Toddlers, Chinese Groups, etc. Ask your Plunket or Karitane Nurse.

### **UCKG**

6.00pm-9.00pm in the Mission Hall. Faith-based meetings to offer support through prayers and counselling. This meeting is free of charge and open to all, regardless of age, race or religion. We provide meetings to teach and help in different areas of needs. Provided through practical and spiritual advice. For more information contact 09 262 2286 / 021 501 271 [www.uckg.co.nz](http://www.uckg.co.nz)

### **WELL WOMEN & FAMILY TRUST**

Offering free cervical screening clinics for Asian women. For dates of next clinics to be held at the Centre and for appointments please contact Jun Li on [asianhealth@wons.org.nz](mailto:asianhealth@wons.org.nz) or Grace Kim [Grace.acu@gmail.com](mailto:Grace.acu@gmail.com)

**Contd....**

**Thursday continued....**

**WISDOM HOMEOPATHIC CLINIC NEW!**

Offering free consultations by appointment only, 3-6pm. Contact Dr Sunil Kumar BHMS, Dip.Hom. 021 800 458, [www.homeopathy4lyf.com](http://www.homeopathy4lyf.com), [homeopathy4lyf@gmail.com](mailto:homeopathy4lyf@gmail.com). Keep body and soul together!

**TASTE SUCCESS – Wholefood Nutrition & Wellbeing NEW!**

Open Evening Thursday 22<sup>nd</sup> February

Fortnightly meetings for coaching and support. Plus wellness talks and workshops covering a range of topics (e.g. reducing stress; improving sleep; growing inner confidence). Contact Michelle for calendar, more information and to register - [michelle@tastesuccess.co.nz](mailto:michelle@tastesuccess.co.nz) or 021 190 4980

<b>FRIDAY</b>
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**COMMUNITY KNITTING GROUP**

10.00am – 12.00noon. Fun and friendly group of knitters and crocheters that meet each week to make blankets and toys for families in need of a little extra. All levels welcome ☺ Phone the Centre office for more information on phone 444 5023.

**PLUNKET/KARITANE**

Various group classes held for instruction on Baby Massage, New Parents, Toddlers, Chinese Groups, etc. Ask your Plunket or Karitane Nurse.

<b>SATURDAY</b>
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**CHINESE NEW SETTLERS SERVICE TRUST**

8.30am – 3.30pm. Offer Chinese, Math, English writing, Art and Kong Fu classes along with wrap-around Asian services e.g. social work, counselling, employment, settlement etc. Phone 570 1188 for information.

**FILNZ Youth Group**

4.00pm – 6.00pm. Hold a Filipino Malaysian youth bible study class. For more information please contact Jeanette Asi on 441 2350 or email [j\\_asi66@yahoo.com](mailto:j_asi66@yahoo.com)

**NORTH SHORE SIKH SOCIETY - Gurumukhi Learning School**

6.00pm-10.00pm. For further information contact: [Gurpreet.Pushpinder@gmail.com](mailto:Gurpreet.Pushpinder@gmail.com)

<b>SUNDAY</b>
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**AA NORTH HARBOUR**

10.30am – 12.30pm. Meets weekly for support. If you want to drink that's your business, if you want to stop we can help. Phone 0800 229 6757 for more information.

**KOREAN ZION METHODIST CHURCH**

9.30am – 12.30pm. Morning worship service held in the Mission Hall. Please contact JaiYoun Lee for further information email [heritage35@naver.com](mailto:heritage35@naver.com)

**JESUS IS LORD**

3.00pm – 9.00pm. Weekly church meetings held every Sunday. For more information please contact Efren Liwanag on 021 0266 9124 or email [e.liwanag@yahoo.com](mailto:e.liwanag@yahoo.com)

**THANKS MISSIONS CHURCH**

10.00am – 12.00pm in Room 2. Please contact Daewie Kim at [thankschurchnz@gmail.com](mailto:thankschurchnz@gmail.com) for more information.



**The following not-for-profit community groups have offices on site and can be accessed by appointment:**

**THE ROYAL NEW ZEALAND PLUNKET SOCIETY**

Plunket provides a Well Child health service to all New Zealand families with children under 5 years of age. For information on groups and for appointments, phone 444-8479 to make an appointment.

**DEMENTIA AUCKLAND**

Dementia Support Services, inspiring people living with dementia to make the most of each day. Phone: 622 4230 or 0800 433 636. Email [info@dementiaauckland.org.nz](mailto:info@dementiaauckland.org.nz) or visit their website: [www.dementialauckland.org.nz](http://www.dementialauckland.org.nz)

**LITERACY AUCKLAND NORTH (formerly Literacy North Shore)**

We help adults improve reading, writing, spelling, maths/budgeting, basic computer skills, learner driver licence, financial literacy, NCEA L1 & L2 support. Free service (conditions apply). For further information phone 444 0420, or visit their website: [www.literacynorthshore.org](http://www.literacynorthshore.org)

**BENEFICIARIES ADVOCACY & INFORMATION SERVICE INC.**

Beneficiaries Advocate provides advice, information and advocacy for Beneficiaries and people on low incomes regarding eligibility to Income Support - by appointment only. Phone Jackie or Karen on 444-9543, or email [BAIS@xtra.co.nz](mailto:BAIS@xtra.co.nz)

**HARMONY TRUST**

Offer counselling, NZTA assessments and group work. For more information please look at their website [www.harmonytrust.co.nz](http://www.harmonytrust.co.nz) or phone 636 3449.



Sweet Charity is a non-for-profit, collaboratively owned and run Charity Home Store based downstairs at the Glenfield Community Centre. They showcase quality new and pre-loved treasures and are the creation of two well-established registered charities: The Grief Centre and Supporting Families in Mental Illness.

If you would like to donate your time, preloved and/or new treasures to their store they would would to have them. Drop off during their business hours only. Sweet Charity are looking for clean, quality womenswear, accessories and footwear, bric-a-brac, homewares, artwork, children's toys, household linens, books, cds and small items of furniture... and volunteers! \*They are currently unable to accept menswear, children's wear or electrical items.

For further assistance please feel free to pop in store, email or call and they will do their best to assist you.

[www.sweetcharity.co.nz](http://www.sweetcharity.co.nz) email: [info@sweetcharity.co.nz](mailto:info@sweetcharity.co.nz) Phone 022 422 6885

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**The following Organisations help the Centre by way of sponsorship and funding throughout the year, we thank them for their support:**

COGS; FlawTech; Z Energy; Trillian Trust; Auckland Council; Foundation North; Kaipatiki Local Board; The Lion Foundation; McDonalds Glenfield; Ray White Glenfield; Lottery Grants Board; Four Winds Foundation; North Shore Heritage Trust; The Trusts Community Foundation; Kaipatiki Community Facilities Trust; The Methodist Church of New Zealand; Barfoot & Thompson Glenfield.

Thank you to [Daren James](#) and [Barfoot & Thompson Glenfield](#) for their generous donation of a defibrillator for use at the Centre.

Please visit our website

[www.GlenfieldCommunityCentre.co.nz](http://www.GlenfieldCommunityCentre.co.nz)

