

## Local Community News

**Leaders for Education scheme** - I am proud to support Karori Normal School under the Leaders for Education scheme. If you or someone you know is thinking of selling your home, arrange for a free, no obligation appraisal from Martin Binks. If you sell your home with me I will make a donation of \$250 to the school. This is only available from Martin Binks at Ray White in Karori. I can be reached by e-mail at [martin.binks@raywhite.com](mailto:martin.binks@raywhite.com), and Ph: 022 066 3170 or 04 212 3170. Martin Binks, Licensed Real Estate Salesperson, REAA 2008, Ray White Karori.

Is "**Clean the Windows**" on your To Do list? Save time & hassle, get the job done professionally & support the KNS by getting Karori local Bernard from Ultimate Cleaning 0277550107 to do them for you. \$150 for inside & out (\$120 for small house with easy access). Bernard will donate \$10 from every job to KNS. Referee: Stacey Wilson 0274154849 or [fin.stacey@xtra.co.nz](mailto:fin.stacey@xtra.co.nz)

### **PARENT DROP-IN-CENTRE: Re-starting Monday 26 July 2021**

You are invited to come and meet with other parents and care-givers over a cuppa on school day Monday mornings any time between 9:00am and 11:30am in St. Anselm's Union Church Lounge, at 30 Makara Road. Pre-schoolers welcome - lots of toys and indoor space to play!

Robyn Daniels (0211618627 or [robyndaniels202m@gmail.com](mailto:robyndaniels202m@gmail.com))

**Kōwhai Chiropractic** is excited to be opening in Karori!

We are a family chiropractic studio with a special focus on pregnancy and paediatrics. There are lots of reasons we see school aged children

- Clumsiness
- Posture
- Delay in meeting developmental milestones
- Growing pains
- Constipation
- Immunity support
- W-Sitting
- Tip toe Walking
- "Ants in the Pants" can't sit still in their chairs

As a celebration of opening, we are offering our first appointment at a discounted rate of \$50 (normally \$120). To find out more details + booking please contact us at [www.kowhaichiro.co.nz](http://www.kowhaichiro.co.nz) 0272446967 [hello@kowhaichiro.co.nz](mailto:hello@kowhaichiro.co.nz)



**Children's Asthma Study**  
Help find the best inhaler for kids with asthma by joining the **Children's Anti-inflammatory RELIEVER Study**

**To take part you must:**

- Have been diagnosed with asthma by a doctor
- Be aged between 5 and 15 years
- Only use a reliever inhaler

**What does it involve?**

- 3 visits and 2 phone calls over 1 year
- Inhalers provided free of charge
- Breathing tests + asthma education
- Reimbursement for travel expenses

Learn more

(+64) 4 805 0201  
027 327 1191

[care@mrinz.ac.nz](mailto:care@mrinz.ac.nz)

[mrinz.ac.nz/currently-recruiting](http://mrinz.ac.nz/currently-recruiting)

Approved by the Northern B Health and Disability Ethics Committee (20/NTB/200)



**Free ENGLISH FOR FAMILIES CLASSES**

**KARORI - St Ninian's Church**  
208 Karori Road, Karori - across the road from Karori Normal School

**TUESDAY AND THURSDAY**  
9:00-11:30AM 9:15-11:45AM

**TO ENROL:**  
Contact KiwiClass at  
**04 384 3693**  
[office@kiwiclass.org.nz](mailto:office@kiwiclass.org.nz)  
[facebook.com/kiwiclasswellington](https://facebook.com/kiwiclasswellington)  
[KiwiClass.org.nz](http://KiwiClass.org.nz)

- Improve your reading, writing, listening and speaking
- Meet other parents and caregivers
- For adults who do not speak English at home
- Free childcare provided for 0-5 year olds

**Free English classes with free child care**

**KiwiClass**  
MULTICULTURAL SUPPORT SERVICES | HE AHO TAHIKAI

LEVEL 1, RANCHHOD HOUSE  
39 WEBB ST, WELLINGTON  
PO BOX 27-342, WELLINGTON 6141

# samaritans

Aotearoa New Zealand

## VOLUNTEER COLLECTORS NEEDED



Wellington Annual Appeal 10 & 11 September, 2021

Variety of times & locations available

We need your help to collect donations, so we can keep our helpline available to anyone who is depressed, anxious, lonely or suicidal

Contact Gillian Ransom, Appeal Coordinator, phone or text 021 1978 002  
Email: [marketing-wellington@samaritans.org.nz](mailto:marketing-wellington@samaritans.org.nz)

