

## 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)

### **Lunchtime French Term 3 2021** - Learn a new language the FUN way!

Lunchtime French classes are held every Friday lunchtime. Games, songs, drama and stories are taught in a relaxed and friendly atmosphere with the emphasis being on FUN! Language resources available to support parents at home.

Come along a try out a Free trial lesson. Email [annick@lcfclubs.co.nz](mailto:annick@lcfclubs.co.nz) to register your child's interest.

If your child can't make lunchtime French there is an After School French class available in Karori every Monday at 3.30pm – 4.30pm and online French classes are also offered.

**Contact:** Annick on 021 462 042 or email [annick@lcfclubs.co.nz](mailto:annick@lcfclubs.co.nz) or visit [www.lcfclubs.co.nz](http://www.lcfclubs.co.nz) for more information.

### **Are you worried about leaking when you run or jump?**

If you want to exercise with confidence then it is important to strengthen all our muscles, even the ones you can't really see. I'm talking about your deep core and pelvic floor.

These literally help hold everything in! The classes are 45mins long and are designed to suit all fitness levels. You can work as hard as you want and at your own pace.

Classes have started and for the end of July and all of August the classes are only \$10! (Normally \$15 per week)

Details:

Mondays @ 9:30am (come in after drop off!)

Club Kelburn, 65 Salamanca Rd, Kelburn

No need to be a gym member

You don't have to worry about parking either as the gym has an off street car park.

To book phone/text Sierra on 021 258 9445 or go to <https://www.sparklefitness.co.nz/book-online>

### **sKids St Teresa and Cardinal McKeefry**

An opportunity has become available at sKids St Teresa and Cardinal McKeefry for an energetic person to join a team of dedicated Programme Managers and Programme Assistants. Applicants must have a passion for growing awesome Kiwi kids. Hours of work 2.30pm-5.00 (4/5 afternoons a week) and a few hours during school holidays. Full clean driving license is essential. Successful applicants will be police vetted. Job Description available upon request. CVs to [jools@skids.co.nz](mailto:jools@skids.co.nz).

sKids St Teresa specialises in delivering quality before school, after school and holiday programmes. We strive to create a fun and safe environment that our kids just love! MSD approved, WINZ subsidies for eligible families, and sibling discounts are

available. We are now taking bookings for term 3. For more information please call Jools Da Silva on 021 0253 3249 or email [jools@skids.co.nz](mailto:jools@skids.co.nz).

Kia ora Kaitiaki,

Thank you for joining us in our last working bee at Birdwood Reserve on 13th June. The more than a hundred natives planted there are thriving in the planting beds around the pohotukawa trees, the fringes and also on the banks!!

Our next working bee is coming up this Sunday 1st August to Tiro Street Steps. Our very first attempt on this site, to prepare for planting of natives. Carparking is available on Tiro St.

We are aware of concerns about COVID-19 and so ask you to stay home and take rest if you're feeling unwell. We will also have sign-in sheets for contact tracing and health and safety requirements.

Details

2-4pm, Sunday 1st August, 2021

Tiro Street Steps (Near 15 Tiro St)

Please bring gardening gloves, a water bottle, a jacket and sunscreen/hat. If possible loppers, weeding tools, shovels, spades and rake.

Hope to see you there!

If you can't make it this time, we wish you a relaxing and enjoyable weekend! Thanks for all of your support, we couldn't do it without you.

KaKa Facebook page

If you have not already, please like our page and you will be updated with any posts. Here is our link:

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

The KāKā team



## Keep warm with **free** curtains.

Do you have a cold home and a Community Services Card? Wellington Curtain Bank can help.

Call us freephone — 0508 78 78 24 x 705 | [www.sustaintrust.org.nz/get-curtains](http://www.sustaintrust.org.nz/get-curtains)

Visit us at Forresters Lane (off Tory St), Wellington

-  Download a curtain measurement form from [www.sustaintrust.org.nz/get-curtains](http://www.sustaintrust.org.nz/get-curtains)
-  Measure the windows in your main living and sleeping areas.
-  Submit your order by:
  - online form: [www.sustaintrust.org.nz/get-curtains](http://www.sustaintrust.org.nz/get-curtains)
  - email: [curtainbank@sustaintrust.org.nz](mailto:curtainbank@sustaintrust.org.nz)
  - or print and send to: Sustainability Trust Curtain Bank, 1 Forresters Ln, Te Aro, Wellington 6811.
-  Collect your new curtains. We will give you a call when they are ready (usually takes about six weeks)

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## Karori Town Centre: Public Space Improvement Project

Community drop-in session

Please join us on Thursday 29 July 2021 at Karori Library to talk about plans for the community.

Wellington City Council staff will be available to go through the plans in two time slots: 10-12pm and 5pm-7pm.

Find out more information at: [wellington.govt.nz/karori](http://wellington.govt.nz/karori)

Absolutely Positively  
Wellington City Council

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