Walk out of winter

With the worst of the winter weather (hopefully) over it’s time to think about coming out of hibernation and stretching those legs. What better way to do it than going for a walk?

The Breeze Walking Festival is back and provides a chance for all Cantabrians to ‘put some spring in their step’ and explore their region from Saturday 29 September to Sunday 14 October 2018.

The festival is a team effort, supported by community groups and organisations who create and host a variety of special walks to celebrate the diverse landscape we have on our doorstep.

The 2018 Walking Festival is looking better than ever and is launching with a fabulous feature walk called ‘Dogs Day Out’ that begins with a guided, scenic walk and is followed by the opportunity to explore Ferrymead Heritage Park at your leisure with tram rides, free micro chipping for Christchurch registered dogs, and lots of treats for dog lovers of all ages.

Exciting new additions to the event include an opportunity to discover Quail Island, try walking netball, walk Malthouse to Cracroft in the springtime, view the historic Glentunnel site, the stunning Hinewai to Look Out trek, explore the east with the Rawhiti Roam, and the Allright? Amble at Waimakariri. Back by popular demand are the exciting and interactive walks for children to keep them busy in the school holidays: the Gruffalo Explorers, Pukeko Stomp and the ever muddy Going on a Bear Hunt.

Keep an eye out for the full festival programme that will be available from August 13. Details will also be available on the council’s website at ccc.govt.nz and their Facebook page.

What would YOU like to do on a Tuesday afternoon?

There are heaps of activities for residents to enjoy in Bishopdale but there is always room for more.

Bishopdale Community Trust runs Sundbye Community House on Farrington Avenue. It’s a very busy place but there’s a space in the calendar that the trust would like to see filled.

Currently the house is open Monday - Thursday between 10am and 3pm and the house’s main area is almost fully booked during the mornings and afternoons. The exception is Tuesday afternoons, which is only used 12 times a year when greeting card making courses are run.

The trust would like to hear from people in the area who have ideas about new activities that the trust could run on a Tuesday afternoon. The activity would need to suit the main area of Sundbye House which can seat up to 22 people, including 12 around a long table. There’s an adjacent kitchen where people can make refreshments and a heat pump to keep the room nice and warm.

Depending on the activity the trust would either charge a fixed price or ask for a gold coin donation to help with the running costs of the house.

So, if you have an idea for an activity that you’d love to see happening locally please get in touch with Chris Coles, the community development worker at Bishopdale Community Trust on 03 359 1741 or bctrust@xtra.co.nz.

For information on what groups and activities the trust already runs please visit their website at www.bishopdalecommunity.org.nz.

Save the date for Celebrate Bishopdale!

The date for this year’s Celebrate Bishopdale has been confirmed as Sunday 25 November 2018. The annual festival, which began in 2013, has become a great success and attracted over 2,000 people in 2017. The event will be held in Bishopdale Park on Harewood Road between 11am - 2pm. Celebrate Bishopdale is a great family fun day where you can enjoy a wide range of stalls and activities, see local acts perform, meet your neighbours, and see what’s happening in your local community. Save the date and see you there!
Let’s catch up with... Mona and Shiromani Goyal

Mona and Shiromani Goyal are the husband and wife team who are the new partners and practitioners at the Bishopdale Medical Centre at 1 Eastling Street.

Mona and Shiromani (left) and Shiromani (right)

New Bishopdale GPs Mona (left) and Shiromani (right)

How long have you been part of the practice in Bishopdale?
Mona: We started working in Bishopdale at the beginning of the year. I’ve worked as a locum in quite a few practices across the city and this is the first practice that we’ve actually bought into.

When we were looking for an area to work in we really liked Bishopdale as it is a similar area to Ilam, which is where we live. I enjoyed being a locum but having your own practice means you have more input into decision making and how everything is run.

Have you always worked in Christchurch?
Mona: No, I’m originally from Rajasthan and Shiromani is from Delhi and we trained as doctors in India.

We originally moved to Australia for work experience and spent three years in Geelong and one year in Melbourne.

Shiromani: Mona was a hospital doctor there and I worked as a cardiothoracic surgeon. When a surgical fellowship came up in Christchurch 12 years ago we decided to move here.

What did you think when you first came here?
Mona: I’d never been here before so I didn’t know what to expect. We arrived on a Sunday and went into the city centre to have a look around. There was nobody about and I remember thinking, “Where have we landed? No-one lives here!”

It must be quite different to India
Shiromani: I’m from Delhi, which has a population of 18 million, and Mona is from a city of about a million. Christchurch is a lot smaller of course but we wouldn’t live anywhere else. Even Auckland seems too big to live in now.

Mona: We feel safer and more comfortable here than anywhere else we’ve lived.

When did you decide to become GPs?
Mona: I did my training here in Christchurch in 2010. We changed fields because we have two children and wanted to be able to spend more time with them.

Do you miss your old fields of work?
Mona: No, I really love being a GP. I love interacting with patients and learning about families.

Shiromani: I don’t really miss being a surgeon as I still get to do some minor surgery here at the practice. I think being a GP is quite a privilege. Patients sometimes open their hearts to you and tell you things that they haven’t even told their own families. It’s humbling when that happens.

You took over from Erin Moran?
Mona: Yes, we look after her patients but we are open to new patient registrations. Since we’ve been here we’ve had a real mix people signing up – Maori, Pacific Islanders, Asian, Pakeha – which makes the work really interesting.

Will you be in Bishopdale for the long term?
Mona: Definitely. We really enjoy working here. It’s a lovely community, very friendly and everyone seems to...
know everyone else.

Shiromani: Christchurch is definitely our home. We did try to move back to India with the children but only lasted a year. India is a fantastic place to visit but we like the pace of life and working environment here in New Zealand. We feel so at home here that we’re considering becoming New Zealand citizens, even though this will mean losing our Indian citizenship.

Bishopdale blood drive

Only 4% of New Zealanders donate blood but 80% of us will need blood or a blood product sometime in our life so play it forward – you never know when you may need it.

The last Bishopdale blood drive was in June and was a great success. A total of 48 people attended; 40 people donated and 4 new donors were signed up. 14 of our local donors were A-positive and 18 were O-negative. These groups are found in the majority of the population so this was just what was expected. A single local donor was O-negative; this is the universal blood group that can be given to all patients.

A single donation can SAVE up to 3 Lives, so potentially the June donations from Bishopdale SAVED 120 lives. If you are between the ages of 16 and 65 years of age, are of good health and have an hour to spare to support your community then please look at giving blood next time we are in Bishopdale on Wednesday 24th October at the Reformed Church on 90 Highsted Road.

Good in the Hood

A big thank you to Z Bishopdale for donating $808 to Bishopdale Community Trust as part of their Good In The Hood campaign. The money went towards operational costs and ensured that we kept Sundbye Community House a warm and welcoming place during the cold winter months.

Chris Coles (centre) from Bishopdale Community Trust at the award ceremony along with representatives from Age Concern Canterbury, Canterbury Charity Hospital and YMCA Preschool and Nursery who also received contributions.

Bishopdale Bulletin deliverers wanted

We’re looking for volunteers to help us deliver the Bishopdale Bulletin four times a year to local homes! If you love walking around the suburb and would like to help please phone 03 359 1741 or email bctrust@xtra.co.nz

BISHOPDALE NEW WORLD SUPERMARKET
OPEN 7 DAYS 7.00am to 9.00pm
Corner Farrington Ave and Harewood Road
Closest Supermarket to the Airport
Ph 03 359 8998 Fax 03 359 5552

Scan code to email
CHILDREN and YOUNG PEOPLE

4th Christchurch Boys Brigade Company meets Thursday nights, 6-18 years from 5.00pm-9.00pm. Phone Phil Mardon on 03 359 0149 at St Margaret's Church office or if you have any queries.

Babytimes / Wa pepi: Rhymes, movement and music. Korero pukapuka, puoru, korikori. Fridays 10.30am -11.00am during term time for under 2 years olds. Ōrauwhata: Bishopdale Library and Community Centre.

Bishopdale Cranmer St John Youth Division: Meets at Cotswold School Hall, Cotswold Ave on Wednesday evenings. Penguins 6-8yrs 5.30pm-6.30pm; Green Cadets 8-10yrs 6.30pm-8.00pm; Blue Cadets 11-12yrs 6.30pm-8.00pm; Gold Cadets 13-18yrs 6.30pm-8.45pm. We have a variety of activities including first aid, interest badges, camps, fun nights and leadership training. For enquiries please phone 027 332 3660 .

Girls Brigade meets Tuesdays 5.30pm-7.00pm for girls aged 5-16 years at St Margaret’s Hub, 94 Farrington Ave. Phone Fiona on 03 359 0149.

Jumpstart: A free fun programme offered to children ages 6 to 11. Held fortnightly on Fridays during school terms, from 6.00pm-7.30pm in the Youth Hall at 392 Wairakei Road. Includes games, lessons, crafts, snacks and more games. Ring 03 359 9247 for more information.

Playgroup: A chance for Mums to chat while children experience a safe and fun environment with age appropriate activities. Morning tea provided. Gold coin donation per family for each session. Fridays at 10.00am-11.30am during school terms in Youth Hall, 392 Wairakei Rd.

St John’s Anglican Church Mainly Music: (cnr Cotswold Avenue and Kingrove Street) has a thriving Mainly Music session. We meet on Tuesdays at 10am in our Hall, for our music for pre-school (0-5) aged children and finish with morning tea. All welcome to attend. Phone Lynne on 03 359 9692 if anyone would like to know more.

St. Margarets Mainly Music Group has moved to Islesworth School Hall, Farrington Avenue, Bishopdale. We meet on Tuesdays at 9:45am and 10:45am with a combined morning tea starting at 10:15am. From new-born babies through to 4 year olds, and their parents/caregivers enjoy a time of music, movement and friendship. There are places available in both sessions. For further information please contact the church office on 03 359 0149 or Maree on 027 359 3559.

Storytimes / Wa korero: Stories, movement and music. Korero pukapuka, puoru, korikori. Wednesdays 10.30am - 11.00am during term time for over 2 year olds and over. Ōrauwhata: Bishopdale Library and Community Centre.

CRAFTS and WOODWORK

Bishopdale MenzShed meets Tuesdays and Thursdays at 1.30pm at the old Kendal Ave Scout Den at 55A Kendal Avenue. MenzShed brings men together in a space to share skills, have a laugh and work on practical tasks, either individually on personal projects or as a group for the Shed or wider community. Contact Richard Rendle on 03 359 7275 or rendle@xtra.co.nz.

Bishopdale Spinning Group: Learn the art of spinning and knitting. 1st and 3rd Friday of each month. 10.00am-1.00pm at Meeting Room 1, Ōrauwhata: Bishopdale Community Centre. $4 per visit. Contact Jess for more information on 027 202 2038.

Card Making Club: a weekly club for keen greetings card makers wanting to meet others with similar interests to share ideas and techniques. Basic equipment required. New members are always welcome. Cost $4 per week. Mondays at 1.00pm-2.30pm during school term at Bishopdale Community Trust, 100 Farrington Ave. Phone 359 1741 for more information.

Craft, Crochet & Knitters Group: bring your own craftwork and have some good laughs. A friendly, informal group with a helpful tutor. Gold coin donation. Wednesdays, 1.00pm-3.00pm at Bishopdale Community Trust, 100 Farrington Ave. Phone 03 359 1741.

Kiwi Coffin Club is open every Friday from 1.00pm-4.30pm at the Menzshed, 55A Kendal Ave. Come along and chat over a coffee.

Knit ‘n’ Yarn: Tuesdays 1.00pm-3.00pm. Bring along your current craft project and enjoy a social crafting time with others. Ōrauwhata: Bishopdale Library.

FITNESS, DANCE and MOVEMENT

Bishopdale Table Tennis Club: social table tennis for adults every Wednesday and Friday at 10:00am-12.00pm at Bishopdale YMCA. $5 per session, no joining fee, no subs. Phone Jean on 022 160 4421. Look forward to seeing you!

Bishopdale Tennis Club: 35 Leacroft Street. Contact Senior Club Captain Andrew Stanton and Junior Administrator Andrea Stanton on 03 359 1605. All are welcome, very reasonable subs, large junior section, and a friendly club. New members, come along and try out our great facilities. Resident Coach – Gareth Robb.

Delta Rhythmic Gymnastic Club: if your daughter is interested in dance and gymnastics, this could be the sport for her. We have beginners recreational classes most days for girls 5 to 10 years. To learn more about our club see our Facebook page - Delta Rhythmic Gymnastic Club Inc. or phone 03 354 5552.

Easy Chair Yoga: Take an easy yoga class with our wonderful teacher Mahadevi. No previous experience with yoga is necessary. The exercises taught are gentle and suitable for all ability levels. Fridays at 2:00pm-3:00pm at Bishopdale Community Trust, 100 Farrington Avenue. Gold coin donation. Term time only. Ring 03 359 1741 for more information.

LEARN COMPUTING FOR FREE

Ara Bishopdale, located in Bishopdale Mall, runs Computing For Free, a self-paced learning programme for anyone who wants to gain formal computer skills for employment, or learn the basics of computing and Microsoft software. Timetables are very flexible and you can choose which sessions you attend. For more information ring 0800 24 24 76 or visit www.ara.ac.nz.
Easy Yoga with Jo: People with injuries or not used to regular exercise welcome. Saturdays 11.30am at Ōrauwhata: Bishopdale Community Centre. Cost $10. Ring Jo on 027 247 3097 for more information.

Indoor Bowls takes place March - September every Wednesday at 7.30pm at Christchurch North Methodist Church, 68 Harewood Road. New players are most welcome. For more information ring Lester on 03 323 8184.

Nia Dance & Fitness: Feel lighter, happier, and more energised as you move to music with a blend of movements from martial arts, dance and yoga. Nia classes encourage you to move freely and are suitable for all ages and fitness levels. Classes every Friday at 9.30am at Bishopdale Community Centre and on other weekdays at the St Albans Uniting Church. For more information contact Stephanie on 027 416 8283 or steph@stephaniedemay.com or visit www.PlensoryMovement.com.

Papanui Walking Group Join us on a gentle 30 minute walk and exercise programme. Meet new people and feel great! Wednesdays, term-time, 1.15pm. Walks leave from St James Park entrance, opposite Dalriada Street. Phone 03 941 8999 for more information.

Pure Meditation Course August 12 – 18 or November 11 - 17. Many people are ready to learn in-depth meditation and Pure Meditation is perfect for the needs of life today. It is practical yet spiritual and for people of all beliefs. Self Realization Meditation Healing Centre, 100 Highsted Road, Bishopdale. www.selfrealizationcentres.org.nz Phone 359 8507.

Scottish Country Dancing: Come to the Burnside Scottish Country Dance Club for fun, friendship and fitness. Thursday, 8.00pm-10.00pm at Islesworth School Hall, Farrington Avenue, Bishopdale. Experience is not needed, wear some soft soled shoes and come and join us. Please contact the president on 03 327 0193 for further information.

Self Realizaton Meditation Healing Centre offers Yoga classes, Meditation, Healing, Counselling, Retreats, and much more! Yoga and Meditation classes are on now! 100 Highsted Road, Bishopdale. For more information visit selfrealizationcentres.org.nz or phone 03 359 8507.

Tai Chi classes are run on Wednesdays at 12.00pm at St John's Church, Chedworth Avenue. Come along!

Transformation Hatha Yoga Classes: Thursdays, 7:00pm –8:30 pm. Get fit while bringing peace, balance and upliftment to your whole being. Beginner’s welcome. Self Realization Meditation Healing Centre, 100 Highsted Road. Phone 03 359 8507 or visit www.selfrealizationcentres.org.nz for more information.

Wednesday Wanderers Walking Group meet at 10:30am Wednesday at Bishopdale Community Centre, 100 Farrington Ave. A very friendly group, all abilities are welcome. Walks are 30 minutes around Bishopdale. Phone 03 359 1741.

Women’s Social Walking Group meet in front of the Furniture Warehouse at 10:00am on Tuesdays. After the walk, the group heads back for a coffee or tea at Bishopdale Community Trust. Please wear appropriate clothing for the weather. Phone 03 359 1741 for more information.

Zumba with Missy: Join our most friendly, the most fun exercise ZUMBA fitness! Monday 9:30am at Ōrauwhata: Bishopdale Community Centre, Tuesday 6:30pm and Wednesday 9:20am at Bishopdale Seventh Day Adventist Church, Sat 10.00am Waimairi School. Cost: $7.00 per visit/concession card available. For further information call Missy on 021 194 6413 or visit https://misato123.zumba.com

FOOD and SOCIAL

Christchurch Widow and Widowers Social Group The group welcomes new members aged late 50s and up for outings, friendship, movies, walks, dinners, etc. We meet once a month. Please phone Claire on 03 354 3976 or Carol on 03 981 4125 for more information.

Coffee and Friendship Group at Bishopdale Community Trust, 100 Farrington Ave. Come along and enjoy morning tea with others. We’d love to see you! Mondays 10:30am-11:30am. Gold coin donation.

Community Lunch at Bishopdale Community Trust Delicious soup, toast and good company! All welcome, Thursdays from 11:30am at Bishopdale Community Trust, 100 Farrington Ave. Gold coin donation.

SEATED GAMES

500 Card Playing Group: Wednesdays at 1.00-3.00pm. Beginners welcome. $2 per session. Bishopdale Community Trust, 100 Farrington Ave. Phone 03 359 1741 for more information.

Bishopdale Bridge Club: Wednesday Bridge, 11.00am-2.30pm at Ōrauwhata Bishopdale Library and Community Centre. Table fees $5.00. Enquiries Janet Stokes 03 352 1440.

Book and Jigsaw Library: Bishopdale Community Trust, 100 Farrington Avenue. Open Monday to Thursday, 10.00am -3.00pm.

Jigsaw Puzzle Library: Saturdays 10.30am-12.00pm. Reese Room, Papanui Methodist Church, Chapel St. New members welcome.

Rummikub Club: Come along and enjoy a friendly game of Rummikub in the library. Some games are provided but you’re welcome to bring your own. No need to book, just turn up and play! Mondays 1.00pm-3.00pm. Ōrauwhata: Bishopdale Library.

Scrabble Club: A friendly game of scrabble in the library. Wednesdays 1.00pm-3.00pm. Ōrauwhata: Bishopdale Library.

Scrabble Group: Come along and play scrabble with a friendly group. Exercise your brain and have fun. 9:45am Tuesday mornings. Gold coin donation. Bishopdale Community Trust, 100 Farrington Ave. Phone 03 359 1741 for more information.

Social Housie: First Thursdays of the month from 1.00pm. $2 per session. All welcome, 100 Farrington Ave. Phone 03 359 1741.

SPEAKERS, BOOKS and INFO

Bishopdale Book Club (BBC): Join our friendly group of readers to discuss your favourite books and current reads. There’s no set book to read, just come along and join our relaxed and friendly social book chat. Second Monday of the month at 10.00am-11.00am or last Thursday of the month at 1.00pm-2.00pm. Ōrauwhata: Bishopdale Library.

Bishopdale Branch of the NZ Society of Genealogists meets on the 4th Thursday, January to November in the Hub, 94 Farrington Avenue, Bishopdale, at 7.30pm. Visitors welcome, $3 door charge. Contacts Lis 03 354 3993 or Fran
03 352 5605. August is History Month and Lis Hunter will be present in the Papanui Library on Wednesdays the 15th, 22nd and 29th, 10am – 2pm and on Tuesday 28th at the Bishopdale library 1.30 – 3.30pm. These sessions are to give guidance but not to do your research. Do bring your queries. Speakers at our regular meetings will talk on A family war story from Crete, How DNA helped solve a problem and Dame Anne Hercus on a surname study.

Bishopdale Ladies Club (formerly Probus) Good monthly outings and speakers. Meets at the Bishopdale Reformed Church, 90 Highsted Road on the second Monday of the month February to December at 10.00am. Contact Lyn on 03 359 6387 or Leonie on 03 359 6401 or 027 476 3144.

JP Clinic: Wednesday 11:00am–1:00pm. A Justice of the Peace will be available to members of the community, to witness signatures and documents, certify document copies, hear oaths, declarations, affidavits or affirmations as well as sign citizenship, sponsorship or rates rebates applications. No charge for this service. Ōrauwhata: Bishopdale Library and Community Centre.

Northwest Branch WEA meets Fridays at Christchurch North Methodist Church, (cnr Harewood Road and Chapel Street) 10.00am-11.30am. Cost $4. For more information please contact Jan Tedesco on 03 351 9796 or Peter Cooper on 03 355 8983 or visit cwea.org.nz

NZ Stamp Collectors Club for enthusiasts or beginners. Meet on 1st Wednesday of each month at 1.00-3.00pm at Christchurch North Methodist Church (cnr Harewood Road and Chapel Street). Visitors and new members welcome to buy, sell, swap or just chat. Phone Ross Stanton on 03 359 9815 or Shirley Bone on 03 359 9025.

Papanui Combined Probus Club for interesting speakers, great outings and to make new friends. Monthly meetings on the first Tuesday of the month at 10.00am in the warm ground floor at the RSA, 1 Harewood Rd. Good parking. Call Marie on 03 351 7708 or Sian on 03 359 0057 for further information.

Rotary Club of Bishopdale Burnside meets on Monday nights 6.00pm-7:30pm for networking, guest speakers and for planning future community projects. Contact David Conroy on 03 358 5555 or check bishopdale-burnside-rotary.com for more information. Don’t wait to be asked, we’d love you to be involved.

Technology Help Drop-In Sessions: Thursday mornings 10.00am-10.30am, term-times. Free casual drop-in sessions for help with your computer or device. Ōrauwhata: Bishopdale Library.

Northwest Branch : Term 3 talks

Fridays 10.00am - 11.30am. Talks begin at 10.30am. $4 per session. Morning tea included.

Chapel Street Hall, cnr Chapel St and Harewood Rd.

17 Aug  John Shanks, Christchurch Trams
Setting up a tramway historical society

24 Aug  Jill Haley, Christchurch Museum
An epidemic among us: photography
Christchurch 1857-1890

31 Aug  Clare Simpson
Cycling in NZ in early days

7 Sep   Steve Willets
Day in the life of a corrections officer

14 Sep  Simon Templeton
Age Concern Services

For more information please contact Jan Tedesco on 03 351 9796 or visit cwea.org.nz.

Christmas card course

Send handmade cards this Christmas! Learn how to make your own Christmas cards at a three class course in November at Sundbye Community House. Tuesdays, 13, 20 and 27 November at 1.00pm-2.30pm at Sundbye House, 100 Farrington Avenue.

Cost: $20 for a set of three classes or $7 per individual class. All materials are included.

Please reserve a place by phoning 03 359 1741 or emailing bctrust@xtra.co.nz.
Community noticeboard returns

When the old library and community centre building was demolished last year the noticeboard was rescued by the Bishopdale Menz Shed and stored at Sundbye Community House on Farrington Avenue for safe keeping.

The Bishopdale Menz Shed returned in June and used their expertise to install the noticeboard at its new location on the side of the New World building, just next to the bicycle racks along from the Bishopdale Unichem Pharmacy.

The noticeboard is being maintained by the Bishopdale Community Trust. If you would like a notice displayed you can either drop it off at Sundbye Community House at 100 Farrington Avenue or email it to bctrust@xtra.co.nz.

Priority will be given to notices containing information on Bishopdale-based events, activities and community groups.

As well as this one, there are two other noticeboards in Bishopdale that are available to help promote local activities.

One is located just outside the Dove Bookshop at 15A Bishopdale Court and the other is just inside the entrance of Ōrauwhata, Bishopdale Library and Community Centre at 13 Bishopdale Court.

Cotswold Preschool & Nursery

Spaces available in both our nursery and preschool. Drop by for a visit anytime. Our opening hours are weekdays 8:30am - 3:30pm, including school holidays. We are now offering 24 FREE HOURS to our 3-4 year olds.

JUST $22 FOR FOUR DAYS

37 Colesbury Street, Bishopdale, just off Cotswold Avenue, plenty of safe off street parking
Phone: 03 359 7675
www.cotswoldpreschool.co.nz
Springtime is here but, unfortunately, that doesn’t mean that there won’t be a few cold and rainy days ahead.

For those days when you don’t want to leave the house a jigsaw can be a great way to pass the time. Jigsaws exercise the brain, improve hand to eye coordination, help develop problem solving skills and give you a great sense of achievement once they are finished!

If you don’t have a jigsaw you can borrow one from two local jigsaw libraries.

There is a large library of 1,000 puzzles in the Reese Room behind Christchurch North Methodist Church, Chapel Street, Papanui, which is open every Saturday except public holidays between 10.30am - 12.00pm.

The cost to join is a one-off $2 per family. Those puzzles with 500 pieces or more cost $1 to hire and those under 500 pieces cost 50 cents to hire. The puzzles cover all ages and interests.

There is a small library of 50 puzzles in the computer room at Sundbye Community House on 100 Farrington Avenue which is open Monday - Thursday, 10am - 3pm. There is also a small library of books available to borrow. There is no charge for borrowing.