Local professional health advice now front of house

The Pharmaceutical Society of New Zealand describes pharmacists as the “health professional you see most often”.

The pharmacists at Bishopdale Unichem have always been available to provide advice and information on medications, health and well-being but now they have put a pharmacist ‘out the front’ on the shop floor so that they are available to people as soon as they step into the pharmacy.

This service has proved to be a great success as it allows people to have much quicker and easier access to the care and advice that they need from a professional medicines expert.

Being a larger pharmacy, Bishopdale Unichem has the benefit and experience of four full time pharmacists, in addition to pharmacy owners Amanda, Maria and Anna who have over 60 years’ pharmacy experience between them. This also means that there is a choice of speaking to either a female or male pharmacist.

The pharmacists at Bishopdale Unichem are easily recognisable as they wear white coats.

As well as providing the usual pharmacy services - such as advice on how to take your medicines, potential side effects, interactions with other medications, blister packing of medications, blood pressure checks, advice on natural health products, managing pain and other common conditions - Bishopdale Unichem has greatly expanded the range of its services over recent years.

For example, for the last five years people have been receiving their flu vaccinations at the pharmacy, or even at their place of work when the team has gone to local businesses to provide the service. From 2017, people who are eligible for free flu vaccines have been able to get these done at the pharmacy too.

Regular free INR blood tests are part of the ongoing treatment for people on the medication warfarin and they can have their doctor refer them to the pharmacy to have this blood test done if it is more convenient for them. Not only that, but the test result is instant and the pharmacist can help them manage their medication dose as necessary.

Another popular service is the medicine management service, which is free to eligible patients. It involves the opportunity to spend 30-45 minutes with the pharmacist to discuss medications, any issues or concerns, and how to get the best out of your medicines. People can come into the pharmacy for this consult, or the pharmacist can visit at home – whichever is most convenient.

If you are interested in any of the services mentioned above, including workplace vaccinations, please contact the pharmacy on unichem@bishopdale.co.nz or 03 359 8302. Or just walk in through the door at 37-39 Bishopdale Court and talk to a pharmacist!

Culture Galore is an annual multicultural festival celebrates our Christchurch’s diversity with food, arts and crafts, music and dance performances from more than 80 cultures who call Christchurch home. Event entry and activities are free but there is a cost for food & craft items. www.ccc.govt.nz/news-and-events/whats-on/show/1708
Is teaching available at the club?
Bev: There are several people who are happy to help new members learn the ropes. In fact we operate a buddy system to make sure that new members feel at home and we have a coach who is accredited to national standards for those who want to improve to a higher level.

How often does the club play?
Tony: We play from mid-September to mid-April at our own grounds. During the winter we play on artificial lawns at other clubs.

Is it a very competitive club?
Tony: Well, we’re not in the top three clubs in Christchurch! We are friendly and inclusive and it’s up to you how competitive you want to play. We’re a fairly social club and organise get togethers, drinks, and early evening meals.

What facilities does the club have?
Tony: We have excellent greens that are international standard which means we can host major bowling events at the club. Downstairs we have a large lounge...
The Bishopdale Bulletin

that has a full kitchen and audio visual system which can accommodate 200 people. Upstairs we have a lounge and bar which can accommodate 120.

Can non-members use the facilities?
Tony: Yes, our facilities are for hire for celebrations such as weddings, birthdays and engagement parties. They are also well suited for the running of courses and seminars.

We operate as a charitable trust and see ourselves as part of the community. We allow local schools, charities and community groups hire our facilities at a low or reduced rate.

How do people who are interested in joining the club get in touch with you?
Bev: As well as being the president I’m also the membership secretary so it’s best if they phone me on 03 359 6057. There is no commitment to join so anyone who is interested can come along to see if lawn bowls is for them.

At the moment we’re offering new members a 50% discount on their first year of membership and a free club shirt. We also have a special rate for students. More information on the club and its facilities can be found on the Papanui Bowls website at www.bowlsaplanui.co.nz.

Avoid unwanted sales calls at home
by Aaron Campbell, Fendalton-Waimairi-Harewood Community Board member

Unwanted sales calls at home are very stressful for many people. Last year community concerns around the pushy tactics lead me to contact Consumer NZ to distribute the “do not knock” stickers locally. It was terrific when they sent 3000. The stickers work. I have had many requests from people sick of the almost constant intrusion, bordering on harassment from utility suppliers to TV subscriptions.

Commerce and Consumer Affairs Minister Kris Faafoi has announced the government will introduce legislation next year under the Fair Trading Act, similar to Australia, that will fine door-to-door salespeople up to $10,000 and businesses up to $30,000 if they ignore the “do not knock sticker”.

Thanks to everyone at the Bishopdale Community Trust for their dedication to the residents of the area and for delivering a sticker with each copy of this issue of the Bulletin.
CHILDREN and YOUNG PEOPLE

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

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

Bishopdale MenzShed Craftwork and Woodwork program for pre-schoolers. Wednesdays 10.30am -11.00am during term time for under 2 year olds. Ōrauwhata: Bishopdale Library and Community Centre.

Bishopdale Cranmer St John Youth Division: Meets at St Paul's Church Meeting Room, 1 Harewood Road on Wednesday evenings from 13 Feb. 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-9.00pm. 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 - Feb 1st / 15th, March 1st / 15th / 29th, April 12th 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.

Makerspace Join the team for fun activities in Makerspace sessions at Ōrauwhata: Bishopdale Library. These Makerspace sessions will be focusing on electronics and circuitry. Thursday 7, 14, 21 and 28 Feb, 3.30-4.30pm.

Properties: 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 Islworth School Hall, Farrington Avenue, Bishopdale. We meet on Tuesdays with morning tea starting at 10:00am, followed at 10.30am by our preschool music session, finishing at approximately 11.15am. From new-born babies through to 4 year olds, and their parents/caregivers enjoy a time of music, movement and friendship. Places are available. For further info please contact the church office on 03 359 0149 or Maree on 027 359 3659.

Storytimes/Wā Kōrero: 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.

YMCA Activities: afterschool programs for basketball, miniball, gymnastics, and hip hop dancing. Gymnastics program for pre-schoolers. Ring YMCA Bishopdale on 03 359 8320 or visit www.ymcachch.org.nz/children/recreation/bishopdale/

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 Badminton Club: Fun, social badminton for men and women over 40. The club meets Tuesdays at 1.00-3.00pm at the Bishopdale YMCA and costs $6 per session. For more information contact Jackie on 03 343 4645, 022 072 1656 or Jackie.derose30@gmail.com.

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

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 wwwара.ac.nz.
great facilities. Resident Coach – Gareth Robb.

Bowls Papanui: friendly, local club offers 50% off for new members, special rates for students, free shirt, excellent facilities and a coaching and buddy system. Come and try out the sport for all ages! Newcomers are most welcome. Contact Bev Baxter on 03 359 6017, Barry Holland on 03 352 6158 or visit bowls.papanui.co.nz for more information.

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 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.

Gentle Hatha Yoga Friday 12pm-1pm during term time at Papanui Methodist Church meeting rooms, Chapel Street. Beginners welcome. Rosemary has 35 years of yoga teaching experience. Phone 03 359 1703 if you are interested in taking a class.

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 Dairiada Street. Phone 03 941 8999 for more information.

Pure Meditation Course 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.selfrealizatoncentres.org.nz Phone 359 8507.

Scottish Country Dancing: Starts Thursday 7 March. Come to the Burnside Scottish Country Dance Club for fun, friendship and fitness. Thursday, 8.00pm-10.00pm at Islworth School Hall, Farrington Avenue, Bishopdale. Experience is not needed, wear some soft soled shoes and come and join us. Contact 03 327 0193 for further info.

Self Realization 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 11.30pm 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.selfrealizatoncentres.org.nz for more information.

Wednesday Wanderers Walking Group meet at 10:30am Wednesday at Bishopdale Community Trust, 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. Please phone Chris on 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 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 7.30 pm. Visitors welcome, $3 door charge. Contact Lis 03 3543993 or Fran 03 3525605.

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.

Bishopdale Toastmasters Club Do you want to develop your public speaking skills, so you can speak confidently in front of an audience? The club meets every Thursday 7.25pm-9.00pm upstairs at Bowls Papanui, 181 Condell Avenue next to Edgar MacIntosh Park. Phone Jess on 03 352 3933 for more information.

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.

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 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 Calling all Baby Boomers! Join us at the Papanui Combined Probus Club for interesting speakers, great outings and making new friends. Meetings are on the first Tuesday of the month at 10am at the Papanui RSA, 1 Harewood Road. Good parking. Enquiries: Marie 03 351 7708 or Sian 03 359 0057.

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.

Card making course

Learn how to make your own greeting cards at a three class course at Sundbye Community House.

Tuesdays, 26th March, 2nd and 9th April at 1.00pm-2.30pm at Sundbye Community House, 100 Farrington Avenue, Bishopdale.

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 bcctrust@xtra.co.nz.

The Canterbury Workers Educational Association
Roopu Kaimahi Matauranga O Waitaha

Northwest Branch : Term 1 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.

22 Feb Jo Bailey, Author - ‘Never Forget’
1 March Lesley Rae - The Queen’s Garden Party at Buckingham Palace
8 March Carol Ball, NZ Red Cross - Red Cross Now and Then
15 March Quarantine Officer, MPI, Christchurch Border Clearance Activities Far Beyond What You See on Border Patrol
22 March Philippa Cosgrove, Dementia Canterbury - Living Well with Dementia
29 March Ivy Solomon - Egg Decorating
5 April (AGM) Paul Broady - Life on Land in Antarctica in a Changing Environment

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

Entrust your child to the safe, loving care of our family-owned childcare centre in Bishopdale.

For 45 years, we’ve provided more than full and part time care and education for babies, toddlers and preschoolers – we’ve provided a Kindercare family. And we’re here for you, to keep your child safe, share their discoveries, guide their enquiry, ensure they’re ready for school and most of all, fill your child’s days with love and fun.

8558 KINDERCARE or visit www.kindercare.co.nz

Kindercare Bishopdale
345 Sawyers Arms Road, Harewood
Ph: 03 359 5511
New gymnastic classes for preschoolers at YMCA

Little Kiwis is a new casual drop-in preschool gymnastics session at Bishopdale YMCA.

Little Kiwis provides a fun and structured way for girls and boys, aged 18 months to 4 years, to develop their motor skills, confidence and body awareness as well as developing their listening and social skills.

Children will learn to take turns on a wide array of gymnastics equipment with an instructor providing guided instruction. Caregivers are required to participate and work one-on-one with their child.

Sessions are held on Tuesdays 11.15am -12pm and run for 8 weeks of every term. Term 1 starts Tuesday 5th February. Payment options are $6 per casual session per child or a $50 10 session concession card which is valid for 12 months.

YMCA Bishopdale also runs afterschool programs in gymnastics on Tuesdays and Saturdays, basketball and minibal on Monday and Wednesdays, and jazz hip hop on Thursdays. For more information ring 03 359 8320 or visit www.ymcachch.org.nz/children/recreation/bishopdale/

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

Circle of life

Family histories and genealogies can be recorded in a multitude of ways and need not be sheets of paper with complicated lines and boxes.

One of the members of the Bishopdale Branch of the NZ Society of Genealogists, in preparation of a major family gathering with family travelling form the UK, created a beautiful embroidered ‘Circle of Life’ blanket to demonstrate all the descendants from their parents.

Each leaf represents the name of a family member and with additional spouses, meant the stitching of over one hundred leaves. Even as the blanket was unveiled, it was known that it would require a further two leaves as the family continues to grow. Maybe a project for future generations?

Kelly Holden—Nutrition Consulting

BSc, PGDipSci in Human Nutrition, Otago
I am your friendly nutritionist, located in Bishopdale.

Transforming lives through nutrition success.

Personalised nutrition support and accountability is key to achieving the results you want for your health.

My services give you practical steps and easy to use tools to form lifelong healthy habits for you and your family.

Please send your enquiries to the email below or give me a call.

Mobile: 027 222 0963
E-mail: kellyholden.nutrition@gmail.com

“If you want to change the visible, you must first change the invisible.”
Volunteering opportunity

Sundbye House is looking for volunteers to help with our regular Monday coffee mornings and Thursday lunches. If you have time to help once or twice a term please get in touch with us on 03 359 1741 or bctoffice@xtra.co.nz.

A VERY BIG THANK YOU
to the local businesses who kindly donated gifts for Bishopdale Community Trust’s fundraising raffle last year:

> Unichem Bishopdale
> New World Bishopdale
> Sawyers Arms Automotive
> Dove Books

BISHOPDALE COMMUNITY TRUST

Sundbye House
100 Farrington Avenue
Bishopdale

Open 10.00am to 3.00pm
Monday to Thursday

p: 03 359 1741
e: bctrust@xtra.co.nz
w: www.bishopdalecommunity.org.nz
f: @bishopdalecommunitytrust

Thank you for your ongoing support

Turkey Beach Productions Digital Printing, 125 Williams Street, Kaiapoi
Contact: 03 662 9066 / turkeybeach@hotmail.com