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Issue 48— Compiled BY people on limited incomes FOR people on limited incomes... Please place on a notice board somewhere where people on limited incomes will notice it...

JULY 2011

- Till 31st Dec Te Henui Vicarage**—288 Courtenay St—Saturdays and Sundays 1-4pm. The New Plymouth Potters Club members display their works at the historic Te Henui Vicarage Gallery. View the historic residence of the first vicar of the parish of St Mary's and Holy Trinity churches. Built in 1843, it is one of the oldest buildings in New Zealand. **FREE**
- Till 17th July War Brides: Leap of Faith Exhibition**—Level 2, North Wing, Puke Ariki. This exhibition reflects on the joys and sorrows that followed wartime romances, and the 'leap of faith' involved in following love to a distant land. **FREE**
- Till 31st July Stranger Than Fiction Exhibition**—Main Exhibition Gallery—Puke Ariki. A display of the unusual, the unexplained and the uncommon from Puke Ariki's collection which allows YOU to make up your own explanation or story for each piece. Grab a blank label and let your imagination run wild and pin your label up next to your chosen item—as many as you want! **FREE**
- Till 28th Aug The Pressure of Sunlight Falling**—Photography Exhibit by Fiona Pardington—Govett-Brewster Art Gallery. A series of large photographs depicting life casts made by medical scientist and phrenologist Pierre-Marie Dumoutier during a South Pacific voyage between 1837 and 1840.
- 7th & 14th July Mental Health Matters Radio Show**—Access Radio Taranaki 104.4FM—9:30am—These sessions discuss the WITTMH Support Workers Certificate with Kathleen Mary. **FREE**
- Sun 3rd July Family Fun Hour**—Govett-Brewster Art Gallery—11:30am. Explore current exhibitions in a lively and interactive art trail. Young children please bring an adult. **FREE**
- Mon 4th July Mental Health Public Presentation**—Baptist Church, Liardet St.—5:15pm. TDHB MH & A Services and Like Minds Taranaki present speakers Dr Samir Heble talking about 'Stress and how to cope' followed by a breathing meditation and Wayne Morris who will be giving a talk on 'Creativity and mental well being' with a light supper to follow. **FREE**

"The difference between perseverance and obstinacy is that one often comes from a strong will, and the other from a strong won't" ...Henry Ward Beecher

- Mon, Wed, Fri BoxFit Taranaki Classes**—50 Rimu St—5:30pm. Bring a towel and water. **\$2**
- Mon & Thur Yoga at the Women's Centre**—Every Mon at 5:15 pm and every Thur at 10:30am. **\$5**
- Every Tue Tai Chi at the Women's Centre**—Community House 32 Leach St.—1:30pm **\$5**
- Every Wed Table Tennis**—Westend School Hall, Bonithon Ave—7:30-9:30pm. Members **\$1** Casual **\$2** BYO bat or the club do have some spares to play with—a great way to keep fit and be social!
- Every Wed Real Artz**—10am-3pm at Real TArt Community Gallery—a great opportunity for people with experience of mental illness or other disabilities, to participate in art and craft. Call Gordon on 759 0966 or Sarah on 769 5717 **GOLD COIN**
- Every Fri Creative Space**—Art and craft for people with a disability—83 Hine St, 9am-4pm. **GOLD COIN**
- Every Fri Whizzy Walkers**—Meet at Plunket House at 10am. A walking group which has been formed specifically for caregivers who would like to join others in a brisk walk with their child and buggy for about an hour - a great way to make new friends while staying active. **FREE**
- Every Fri Zumba Fitness Classes**—Waitara Memorial Hall — **WAITARA**—6:30-7:30pm. Fitness class with a Latin flavour. Get fit while having lots of fun! Concessions available. **\$5**

"What's On" is emailed to over 300 organisations in Taranaki and sent on to 100s more via their email networks and displayed on many notice boards etc. It has become quite wide-reaching and could be worthwhile for you to consider using it to promote your educational and/or recreation activity – if it is free or \$5 or less.



Puke Ariki—Stranger Than Fiction Workshops—Based on this wonderful exhibit and held in the Education Room at Puke Ariki on the Saturdays in July at 10am. Bookings are essential through the i-SITE at Puke Ariki, phone to book on 06 759-0897. All workshops are **FREE**

9th July—**Writing for Pleasure and Publication**—No experience needed! With author David Hill.

16th July—**Icky things in Jars**—Your chance to make something weird and gooey to show in a jar.

23rd July—**Museum Madness**—Make your own extraordinary object!

30th July—**Icky things in Jars**—Another chance to make something weird and gooey to show.

Thur 21st Jul Creative Writers Support Group (WHIM) - Every 3rd Thursday of the every month. 2-3pm at Like Minds Taranaki, 3rd Floor BNZ Building. 759 0966 for more details. Fun, friendly & **FREE**

21st&28th July Mental Health Matters Radio Show—Access Radio Taranaki 104.4FM—9:30am—These two sessions discuss the roles and responsibilities of Family/Whanau Advisors with Kathleen Mary and Sue Philipson. **FREE**

School Holidays—Term 2 ends **Friday 15th July** and Term 3 starts Mon **1st August**. Check out your local libraries for events to keep the children occupied over the school holidays. For more information on events contact **Puke Ariki** on 06 759 6060. And while you are there don't forget to sign up for a free membership to the library....a great opportunity to become inspired or just to soak up the ambience of this wonderful resource. **Govett-Brewster Art Gallery** is another great place to take the kids—take in the variety of exhibitions there or go and experience one or more of the wonderful events that take place there for **FREE** Open daily from 10am—5pm—contact 06 759 6060 for more information on the events taking place over the holidays. **FREE**

Move It Or Lose It! – Keeping fit for the over 50's – exercise to music. Classes cater for most ages and fitness levels. Contact Sonia 759 8918 or Diana 753 3333. First class free! **\$2**

CCAC – Free computing. Level 1, 36 Devon St West. Train at times to suit you. One to one for beginners and Intermediate level work at your own pace. **FREE**

'Mental Health Matters' - Access Radio 104.4FM—9:30—10am. Every Thursday. Like Minds Taranaki are the hosts of this show discussing a wide range of special interest topics and topical events. Contact us: 759 0966 if you have any queries concerning issues raised. **FREE**

Zumba Gold—A fun dance based class suitable for those over 50, pregnant mums or those who have physical limitation. With classes in the Ngamotu, Merrilands and Fitzroy areas there is bound to be one happening near you... Contact Carolyn on 751 3732 or 021 101 371 or email her at ccslatinfitness@slingshot.co.nz for more details on times and places. **\$5**

Support Group— Theatre Lounge, Hawera Community Centre, Albion Street, **HAWERA**—10am—12pm. Meeting fortnightly, this group is for those who suffer or have suffered from anxiety and depression. It's a chance to share and help support others in a relaxed environment. For more information contact Tom Gibson 06 7646417. Tea and coffee provided. **FREE**

Touched By Suicide Support Group—Meets every third Thursday of the month from 7pm-9pm. Held at 83 Hine St this group is led by trained facilitators and offers care, understanding and support to anyone affected by the loss of a loved one through suicide. Any further enquiries phone Jo on 021 027 369 35 or Tiaki on 06 757 9300. **FREE**

South Taranaki Touched By Suicide Support Group—Meets the first Thursday of the month from 7pm-9pm in the Theatre Lounge at the Community Centre in Albion St, **HAWERA** Any further enquiries phone Jo on 021 027 369 35 or Tiaki on 06 757 9300. **FREE**

Post Natal Support Group – 1st & 3rd Wed of each month at the Women's Centre 10-12pm. For more information phone Like Minds Taranaki on 06 759 0966. **FREE**

MATES Men's Meeting—Groups held at Taiohi Oranga (Social Services House) 45 Regent St, **HAWERA** on the 1st and 3rd Thursday of the month 7pm-9:30pm and at TDIC, 28 Young St, **NP** on the 2nd and last Thursday of the month 7-9:30pm. There is also a group aimed at men living with the challenge of mental health issues and held on the last Thursday of every month at Progress To Health, 15 Dawson St, NP, 2—4pm. **FREE**

Bipolar Condition Support Group—A friendly, informal small group meeting weekly in part of the old Barrett St Hospital on Wednesday evenings from 7-8pm. If interested please contact either Darren on 758 8918 or Kathryn on 751 1390. **FREE**

This space could be used to promote one of your events, please contact Stephanie Mapley at Like Minds Taranaki

We are very keen to hear of events from Central, Coastal and South Taranaki - ring us on 0800-454-536

The next "What's On" will be in late July for August let us know what is different, fun & almost free...

