



# PLEASANT NEWS

## Changes for the Front Room

Many of you will have noticed that there have been some changes at The Front Room, the community café at The Mt Pleasant Centre.

Since July, The Front Room has been operated by the Mt Pleasant Residents' Association, with all proceeds going back to the community.

It is managed by our community activator, Di Richardson, with support from a team of volunteers. It is also now available for afternoon, evening and weekend hire. A recent birthday party featured a bouncy castle on the front deck! Pop in and see Di for details on how to hire this facility.

This new arrangement has allowed the association to develop further community engagement. Our Monday barista, Greg Campbell, will be running a café experience/barista course for people from Hohepa, and we are also able to offer work experience placements for the Linwood College hospitality programme.

A new feature of The Front Room is the display of photographs of Mt Pleasant, dating from 1880. Come in and see if your house is in one of them!

The Front Room now features Switch coffee, and starting in September you will be able to sample the delicious treats of our new baker, Natasha Grieve, who is famous for her carrot cake. Also available at The Front Room are Lewis Rd milk and Switch coffee beans, which are also available at our General Store at the weekly Farmers Market.

So come on down and enjoy a coffee or tea and take in the magnificent view of the estuary at the same time.

## Meet the Candidates

Come and meet the candidates wanting your vote in the upcoming local elections. All candidates for elected positions in our ward are invited to speak and there will be an opportunity for questions from the audience.

The election will be held by postal vote and voting papers will be delivered from 20 September 2019. Voting closes at noon on 12 October.

Join us for both nights in the Mt Pleasant Community Centre.

HEATHCOTE - MT PLEASANT - REDCLIFFS - SUMNER

## MEET THE CANDIDATES

MAYORALTY  
CHRISTCHURCH CITY COUNCIL  
COMMUNITY BOARD  
E-CAN

JOIN US FOR TWO EVENINGS

MONDAY SEPT 16 CHRISTCHURCH CITY COUNCIL & E-CAN  
MONDAY SEPT 23 MAYORALTY & COMMUNITY BOARD

**BOTH MEETINGS BEGIN AT 7.30PM SHARP**

MT PLEASANT COMMUNITY CENTRE  
3 MCCORMACKS BAY RD



HOSTED BY THE MT PLEASANT  
RESIDENTS' ASSOCIATION  
COMMUNITY@MPCC.ORG.NZ

# President's Report

Kia ora Koutou Katoa

It's great to see the daffodils popping up along Linwood Ave and some early blossoms appearing. Spring is on its way and the Committee has been very busy on your behalf.

We have been the successful recipients of 3 grants, these help us fund some of our daily activities as well as projects such as Est Fest, the Community Garden and re-establishing the Front Room.

As you may know, we have reopened the Front Room as a place for members and the community to meet and enjoy a good cup of coffee or tea and a bite to eat. It's early days yet but its great to see so many using it as a meeting place. A big thank-you to Di and the volunteers as well as members of the committee who are making it happen. I must say there are some very good bakers in our community!

Our community garden is in place and springtime will be planting time so do pop down and see it.

Our strategic plan is being drafted and we hope to have the community's input into it in October. Join us on Saturday 12th October 2.30pm -4pm at the Community Centre. When we sat down to think about what we are currently doing and where there are opportunities for us to do more, it made me realise just how busy our community is and how well we are supported by our community.

We are currently considering options for the Blue Room, which was granted temporary resource consent as our community centre when we lost our building in the February 2011 earthquake. Its been a temporary replacement and is on reserve land which City Council have advised that we must vacate by 30th June 2021. The Committee was delighted to have Chris Nord (Principal) and Carl Sara (Chair, Board of Trustees) provide an update for the building plans for the school, including a hall. Very exciting times, The Committee offered support to the project and its great to see that the work has commenced.

We were delighted to hear that Jocelyn Papprihl had been awarded a Community Service Award. Her support and work for MPMCCRA is impressive!

I hope you are enjoying the longer day light hours.

Noho ora mai,  
Kate Rawlings



**Yoga Flow with  
Anne Po Yoga:**

- **Monday 9:30-10:30am**
- **Thursday 6-7am**

**Mt Pleasant Community Centre**  
(3 McCormacks Bay Rd, Mount Pleasant,  
Christchurch 8081)

**Suitable for all levels**  
**\$15 per class**

**Info, booking and payment options:**  
[apabadie@gmail.com](mailto:apabadie@gmail.com)  
 021 147 8432  
 @ annepoyoga (Instagram)  
 f. facebook.com/annepoyoga



St Patricks Day sing-a-long in the hall.

# From Eight to Great!

by Rebekah McCullough

The Mt. Pleasant Singing Group started in the temporary centre after the February 2011 earthquake. The aim was to reduce the impact of the earthquake and strengthen our sense of community by getting together to sing, share some laughs and socialise. We were especially focusing on the seniors in our community as we were aware that there were many elderly people who were on their own. The group also wanted to promote fun so we have made sure that people know this isn't a competitive or 'ability-focused' group. We exist to sing, share and laugh together.

The first sing-a-long, as it was called then, attracted eight people and I was related to four of them! However, it was such a fun afternoon, that we decided to persevere and offer this event on a monthly basis. The first eight singers told neighbours and friends and soon we had a regular group of about twenty people. We always have a nice cake and cuppa afterwards and people enjoy the chance to socialise together. We were given a grant to further develop this event and were able to buy a very good electric piano and print our first set of songbooks.

We are now in our eighth year! We have wonderful volunteers who ensure this is a great afternoon. Colleen Hendren is our regular pianist and we are always amazed at how she can accompany and lead us in so many styles and songs!

We have had a number of ukulele players from the Mt. Pleasant Ukulele Band who come along so you will often see Carol, Ferne, Barbara and Gill strumming away. And Derek doubles as our percussionist and "TeaBoy"! Let's not forget the soloists and the comedians! We have been treated to lovely singing from a number of our regulars who are happy to perform a song or two for us from time to time. Our comedians are numerous and we have had a lot of great laughs from the jokes and stories that are told.

We have performed at the Opening of the Centre and at the ShowCase night and thoroughly enjoyed it!

We now have a regular attendance of 30 plus people who get together on the last Thursday of each month from 1:30 – 3:00pm. The only requirement is to come along and enjoy yourself!

Contact person: Rebekah McCullough  
021 295 4427



# SOUP & A SHOW

**1st and 3rd Thursdays Sept/Oct/Nov**

Soup or other simple lunch from 11.30, movie from 12

Sept 5 *A Hard Days Night* Sept 19 *Hope & Glory*  
Oct 3 *Death on the Nile* Oct 17 *The Graduate*  
Nov 7 *Remains of the Day* Nov 21 *Rebel Without a Cause*

Soup \$5, movie entry by koha

**COMMUNITY@MPCC.ORG.NZ**

# Community Centre Update

Kia ora!

Here comes Spring and with it the community centre seems to be busier than ever! We've just extended our season for **Soup & A Show** through until November, so if you've been meaning to join us for a classic film, you're in luck.

Our **One Stitch at A Time** group has proved very popular - it's wonderful seeing the atrium so full of amazing crafters making connections along with their sewing every Thursday morning. Another session has now been added on Wednesday evenings in the Front Room Cafe. New members are very welcome to bring their crafts to either of these groups.

Thursdays are particularly busy days at the Centre and now outside as well, in the newly established **community garden**. Come down from 10 - 11.30am and get your hands dirty at the weekly working bee.

We are all looking forward to **Spring Fling** on September 7th! Join Jocelyn in celebrating her birthday as well as raising funds to support the work of the community centre. Balkan-themed gypsy music from Yurt Party will provide the tunes - direct from opening the Christchurch Arts Festival. Supper is provided and a cash bar will make this a night to remember! Tickets are available in the office, cafe and the general store or check out the facebook event to book online.

Our **First Friday Community Potlucks** are going strong - we've had a performance from the Suzuki violinists, a kids movie, Clive Collins gave a presentation showing his gorgeous photos of the birds of our Estuary, and coming up we have a Games night on September 6th. These events are suitable for the whole family, bring a dish to share and enjoy a relaxed night out at the community centre.

I'd like to extend a big **thank you to our volunteers**, who make all of our community groups and events possible, particularly those of you working so hard to make our Front Room community cafe a success!

Hope to see you in the centre soon,

Kathy Bartlett

Community Development Coordinator

community@mpcc.org.nz



**Mt Pleasant Art & Craft Market**

original artworks  
handknits / unique pottery  
handmade jewellery & so much more!

**Second Saturday every month**  
9.30am - 12.30pm

020 4195 4639 market@mpcc.org.nz

MOUNT PLEASANT CENTRE



**SPRING FLING**

Featuring: Yurt Party

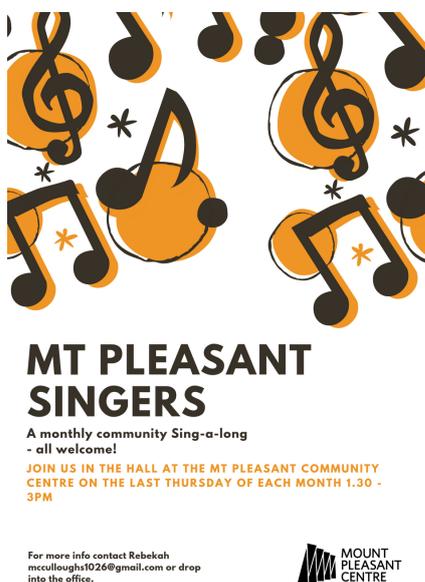
**FUNDRAISING DANCE PARTY FOR THE MT PLEASANT CENTRE**

**Tickets: \$30 from Mt Pleasant Centre**  
**Saturday, September 7th, 8-11.30pm**  
**Dress Colourfully! \*\*\*\* Cash Bar**

and at the same time help committee member Jocelyn celebrate her 60th!! All proceeds to the Mt P Centre.

3 McCormacks Bay Rd, Mt Pleasant

MOUNT PLEASANT CENTRE



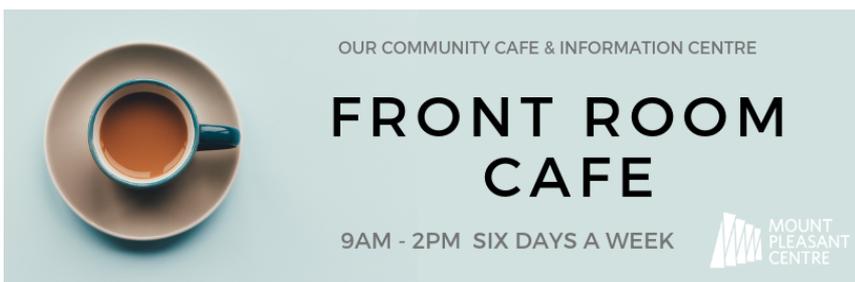
**MT PLEASANT SINGERS**

A monthly community Sing-a-long - all welcome!

**JOIN US IN THE HALL AT THE MT PLEASANT COMMUNITY CENTRE ON THE LAST THURSDAY OF EACH MONTH 1.30 - 3PM**

For more info contact Rebekah mcculloughs1026@gmail.com or drop into the office.

MOUNT PLEASANT CENTRE



OUR COMMUNITY CAFE & INFORMATION CENTRE

**FRONT ROOM CAFE**

9AM - 2PM SIX DAYS A WEEK

MOUNT PLEASANT CENTRE

# Estuary Trust Update

by Tanya Jenkins

The McCormacks Bay restoration Team is coordinated by dedicated locals Myles and Inez. Local volunteers spend one Sunday afternoon each month to restore and enhance this stunning wetland.

Instigated by the Estuary Trust and supervised by CCC park ranger Matt Rose, we welcome you to assist in tasks such as planting, weeding, mulching, watering. The difference made since the project started in 2015 is really starting to show with the sedges thriving in the muddy areas providing safe feeding and roosting areas for birds. But there is a lot more to do!



Next working sessions are Sunday, 15th September and again on Sunday, 20 October between 2 and 4pm. Look out for the park rangers truck along McCormacks Bay Road and that's where you will be warmly welcomed with gloves and a spade.

For more information; [info@estuary.org.nz](mailto:info@estuary.org.nz)



Offering professional and experienced services in:

- Garden and Permaculture design
- Horticulture
- Arboriculture
- Hedge cutting
- Pruning
- General garden maintenance

Phone or text Roz Rolls on 028 4215089

## Community Groups

The community groups currently running at the Centre are:

**Cup of Tea by the Estuary** 2nd & 4th Monday of each month 10 - 11am

**Le Leche League** 3rd Monday of each month 10am - 12pm

**Te Tapuwae o Rakau Trust** last Tuesday of each month from 3 - 5pm.

**One Stitch at a Time Evening Session** Wednesday 7 - 9pm

**Playgroup** Thursdays in term time 9.30 - 11.30am

**One Stitch at a Time** Thursday 10am - 12pm

**Soup & A Show** 1st & 3rd Thursdays of each month 11.30am

**Te Reo Conversation Club** Thursdays 5.30-6.30pm

**Mt Pleasant Singers** last Thurs of each month 1.30 - 3pm

**Community Garden Working Bee** Thursdays 10 - 11.30am

**First Fridays Community Potluck** 1st Friday of every month 5 - 8pm

All groups are koha/donation entrance - aside from Soup & A Show \$5 for lunch

## Mt Pleasant Walking Group

- Weekly walks covering a range of different terrains
- Opportunities to meet others, make new friendships and enjoy the outdoors
- Tuesday and Thursday morning walks departing from MPCC at 9:30am
- Carpooling as required
- Shared cafe visit at the end of each walk
- You need Level 1-2 fitness

**Contact Judy for copy of current programmes  
judycalder@hotmail.com**



## Binoculars Wanted

Are there any spare binoculars out there? We would like to use them at the Front Room Deck so that visitors can observe the birdlife on the Avon Heathcote Ituhai Estuary.

With its elevated deck facing the estuary, The Mt Pleasant Centre is the ideal place to view this remarkable city asset.

The MPCC, in conjunction with the Avon-Heathcote Ituhai Trust, has plans to make this more usable by weather proofing the deck. This will increase the number of days that the deck can be used, and will allow us to host talks on a regular basis.

The estuary has recently received international recognition for its importance as a safe haven for scores of migratory birds.

It is the only urban wetland in Australia to become part of the East Asian - Australasian flyway network. The network was formed in 2006 to protect migratory water birds and their habitat. It includes 136 wetlands in 20 countries used by migratory birds either on their way to or from the Arctic, such as the godwit.

The Avon-Heathcote Ituhai estuary is home to 118 different bird species and its bird population grows to 30,000 in the autumn.

If you have binoculars to donate, please bring them down to the Front Room Cafe.

## Group Fitness Classes

✓ Gymstick    ✓ Yoga    ✓ Circuit

Fun - Motivating - Supportive - Friendly

### Improve your Energy Levels

For all ages and stages of fitness to improve strength, balance, fitness and well being in a supportive environment with Heidi an experienced motivating trainer

**0274-942-667**      [www.heidi2health.co.nz](http://www.heidi2health.co.nz)

Classes @ Mt Pleasant Community Centre

<b>Monday</b> 9am Gymstick	<b>Tuesday</b> 12 noon Beginners Yoga	<b>Wednesday</b> 9am Circuit	<b>Friday</b> 9am Circuit
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7pm Gymstick

**First class free**

# What is Your Time Worth?

by Dean Harliwich

What is your time worth? Connection as currency? Community credit or cash?

We all do things for people and places we care about, it's something to be proud of. Little gifts of talent and time are something we bring that sets us apart from others - our unique passions, individual talents. Some people are born carers, others are "handy" type folk. Some are careful planners, others prefer "getting it done". Some people are great listeners, some are speakers. Some builders, others sports people or poets...

The Timebanking movement in Christchurch believes in the power of people. We've seen the amazing things that come through generosity and passion, and think this makes a powerful case for connection and relation as a source of true value. When we invest in each other, we gain support, learn new skills, deepen our relationship with others, and find a home wherever we land. We create stories money can't necessarily buy.

Bridge2Rocks wants to be a part of this building communities of contribution. Our timebank connects individuals and groups across the bay from Heathcote Valley all the way to Taylors. We hold events, put people together, and love helping hold the space for sharing, connecting and receiving in a living economy. We use a web-based platform to create offers and requests, but the real magic happens person-to-person. It's free to join, there are no obligations - it's an invitation to connection. Lets share passions and skills, practice asking for what we need, reward volunteering with real support, meet each other and weave our strengths into the story of the Bay.

**Our website is [bridge2rocks.co.nz](http://bridge2rocks.co.nz), our facebook is "bridge2rocksTimebank. Better yet, call our coordinator Dean and just come have a cuppa 022 049 2996 or [dean@bridge2rocks.co.nz](mailto:dean@bridge2rocks.co.nz)**



# Join the U3A!

U3A is a world-wide movement that aims to encourage active retirement for women and men in their 'third age' by providing life-long learning opportunities for educational, creative and leisure interests.

Pegasus U3A offers

- opportunities for friendship, learning and sharing
- monthly lectures at MPCC - held from 10am on the third Monday of each month
- a wide range of interest groups, including Botany/Geology, Canterbury History, Armchair Travel, Book Groups, Cafe Groups, Art Appreciation, and a range of DVD/Dinner groups that meet regularly and include visits, discussions and talks

**Contact Pat on 384-3475 or Judy on 384-1269**

**for further information**

**Website**

**[www.u3a.nz](http://www.u3a.nz) and click on Pegasus U3A**



# Photography Competition

You are invited to participate in the annual Ōpāwaho Heathcote River Network World Rivers Day Photographic Competition.

There are two categories - Open and School.

All photographers welcome! Celebrating World Rivers Day and the magic of light and life on the Ōpāwaho-Heathcote River & tributaries, capturing the river in all its moods and contexts over 48 hours. 21-22nd September 2019 Great Prizes to be won!

We are looking for photos that reflect the three themes of the competition:

- People and the river
- The river's flora and fauna
- The river and her moods

Open to anyone who is interested, and has an eye for creating great photos. Submissions from both amateur and professional photographers are welcomed.

To enter in the Schools Division see specific information for student and school entries.

**All the details about how to enter at [www.ohr.co.nz](http://www.ohr.co.nz)**



## Venue Hire - Private Functions

Our beautiful centre is the perfect place for your next function!

Birthdays, meetings, family celebrations, baby showers and weddings are just some of the events hosted here.

Hall - fits up to 178 people  
 Private Hire from \$50/hr  
 Peak Hire from \$650/evening

Activity Studio - fits up to 19 people  
 Private Hire from \$40/hr

Meeting Room/Front Room - fits up to 22/29 people  
 Private Hire from \$30/hr

Special Tutor rates are available for regular classes and weekend workshops.

For more information contact Jo Newsham, [admin@mpcc.org.nz](mailto:admin@mpcc.org.nz), phone 384 1656 or come into the office.

*Celebrate World Rivers Day  
 21-22 September 2019*

**ŌPĀWAHO-  
 HEATHCOTE RIVER  
 NETWORK  
 PHOTO  
 COMPETITION**

**SCHOOLS AND OPEN SECTIONS  
 VISIT [HTTP://WWW.OHR.CO.NZ/](http://www.ohr.co.nz) FOR DETAILS**

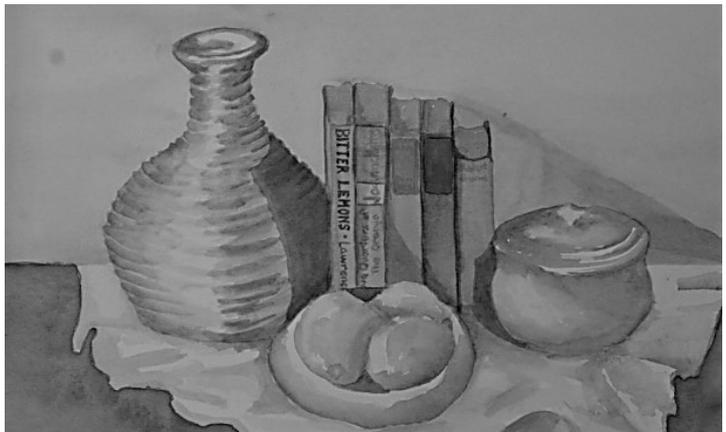
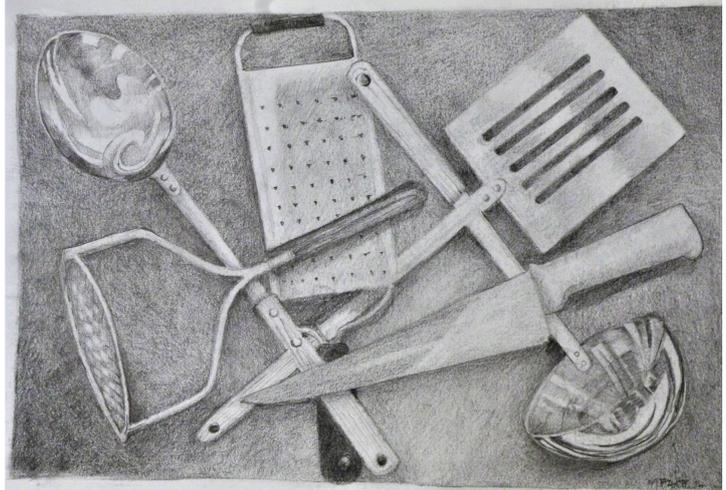
# Mt P Art Group

We are an informal group who meet each Tuesday at the Mt Pleasant Yacht Club from 9.3am to 11.30am to work together and encourage each other in whatever form of art we are doing...being painting, pastel, drawing or collage.

A retired art tutor will help from time to time, giving advice and sometimes suggesting a topic.

Everyone works at their own pace and ability and vary from highly talented to beginners. If you want weekly instruction we are not the group for you. We enjoy meeting together and producing our own art, often adjourning for lunch together at a nearby cafe. The group has been meeting for over 45 years!

**For further information contact Alison Grimshaw, phone 3522752.**



**YOGA NEW BEGINNERS COURSE STARTS 19 OCT**

SAT 10.45 AM - 12.15 PM, 9-WEEK COURSE, \$144 BOOKING ESSENTIAL

**YOGA CASUAL CLASS ONGOING**

SAT 9 AM - 10.15 'TRY YOGA' PROMOTION \$30 FOR 3 CLASSES

MPCC Activity Studio upstairs • CONTACT Maja 0274210424 • [www.yogaintuition.nz](http://www.yogaintuition.nz)

# Building Begins at Mt P School

by Chris Nord

Kia ora koutou,

In the last newsletter, we shared the new development project at Mt Pleasant School. This involves the building of a four-classroom block, a new hall and a new library at a cost of \$3.4m. We are so excited!

Mt Pleasant is an amazing community and we want to make sure our facilities enhance the community for all. Our vision is a facility that complements what our fabulous Community Centre already offers - benefiting both our students and our wider community. Together we can help build up the community that makes Mt Pleasant so special! While the Board of Trustees sees its responsibility to provide for the teaching and learning needs of these spaces, there are many other things that would enhance these facilities for the community who may use them. In fact, this goes beyond 'things' - the entire Mt Pleasant School site is set to undergo a transformation over the next five to ten years. This means we need to source additional resources. We have initiated what we believe to be an innovative way to generate support for our community called the Māhuri Collective.

The Māhuri Collective is a collaborative initiative between our Parent Teacher Association (PTA) and our Board of Trustees (BoT) as a way to harness the strength of the amazing community that lies at the heart of Mt Pleasant. Our Māhuri website asks our community to engage, whether that be by contributing your time, a service or by purchasing an item we need. Obviously, we would greatly appreciate any help and support we can get from our wider community as we see this as a facility for all community members. The Māhuri Collective is a way to engage our community, not only financially but as people. People are what make our community so special.

We loved working with Kathy at the MPCC to make lanterns to celebrate Matariki, and the Centre hosted an amazing school disco for our students in mid-August, raising a fabulous \$1500 for Māhuri in the process! Our community has so much to offer - from knowledge to time to finances, we would love to hear from you!

We look forward to sharing more news with you in upcoming newsletters. In the meantime, don't forget to mark the 21st & 22nd of September in your diaries as the Mt Pleasant Art Exhibition will be held at the Mt Pleasant Community Centre.

We have over 40 featured artists as well as artwork from all the wonderful Mt Pleasant students. We'd love to see you there!

Ngā mihi nui,

Chris Nord

Principal/Tumuaki



We have over 40 featured artists as well as artwork from all the wonderful Mt Pleasant students.

We'd love to see you there!

Ngā mihi nui,

Chris Nord

Principal/Tumuaki

Mt Pleasant School

## Te Reo Māori Conversation Club

Join this group in the Front Room Cafe to practice your Te Reo Māori in a friendly environment - all levels welcome!



Second Thursday of the month 5.30 - 6.30pm  
contact Rebekah : mcculloughs1026@gmail.com



# Linwood College Update

by Richard Edmundson

On the clear, cool morning of the 25th of July the buses arrived, students found out where to put their bikes and scooters and the first student-day at Linwood College at Ōtākaro, the former Avonside Girls' HS, occurred. The spirit of Linwood College-Linwood High School continues. We are very fortunate to have this site while our Aldwins Rd rebuild occurs.

Post-earthquake, the buildings of our beloved school increasingly showed their age with each passing year so it is good to have this physical upgrade with our temporary site before our return to the full upgrade of our new school. "An upgrade before our upgrade," as one parent has put it. Our new site has warmer classrooms and other physical advantages compared to the last few years of Aldwins Rd and though we know that effective teaching can take place in a tent if necessary - relationships are the key - it is also clear that physical surroundings do impact on learning. Our school spirit, which is indomitable, is further enriched by our physical environment.

On our first day, I spoke to the students and staff about using this opportunity for a "reset" for even higher expectations, inspired by Noeline Taurua and the Silver Ferns' World Cup win. A key part of our reset focus is career pathway thinking. We want our seniors' primary focus to be on their career pathway and their programme of study to achieve this pathway. NZ-wide, some senior students have the low self-expectation of getting just enough credits, and credits from anywhere, to pass. This is one of the reasons for the recent national review of NCEA. At Linwood we want our students to be passing well, thinking strategically as to how their individual standards and credits are coherently contributing to their career pathway. If any member of the community wishes to talk to me about anything, please feel free to contact me: 03 982 0100 ext 839. My door is open.

Ngā mihi,  
Richard Edmundson  
Tumuaki-Principal  
Linwood College at Ōtākaro



## FIRST FRIDAYS

COMMUNITY POTLUCK GET TOGETHERS  
BYO DRINK & A DISH TO SHARE  
FIRST FRIDAY OF THE MONTH  
5 - 8PM  
ALL WELCOME!  
COMMUNITY@MPCC.ORG.NZ





**MĀHURI COLLECTIVE IS HOW WE ARE LOOKING TO ENGAGE WITH OUR COMMUNITY TO FILL OUR SCHOOL WITH THE RESOURCES & EQUIPMENT WE NEED TO GROW MT PLEASANT SCHOOL FROM GOOD TO GREAT**

Māhuri Collective is a collaborative initiative between our Parent Teacher Association (PTA) and our Board of Trustees (BoT) as a way to harness the strength of the amazing community that lies at the heart of Mt Pleasant. Māhuri is Māori for sapling, and - just like a sapling - if we give our children the right nurturing and support, they will become strong trees.

We have a vision of a community working together to build a legacy of care, and Māhuri Collective provides a platform in which we can ALL contribute to the growth and development of the children of our school, and in turn, our community.

Mt Pleasant School is undergoing a transformation and we need you, our community, to help with this project. While the BoT's role is focussed on our new buildings, we need help to furnish these with everything from chairs for the hall, to kitchen appliances, to plants for our landscaping. Whether it's time or money - everything is equally beneficial. Our vision is a facility that complements what our beautiful Community Centre already has on offer - benefitting both our students and our wider community. Together we can help build up the community that makes Mt Pleasant so special!

When you walk through our main entrance at school, you will see a tree mural with a trunk and branches without leaves. As our community engages with us, a leaf is placed on the tree. In doing this, we will all see the participation and engagement we are receiving.

Check out our website (below), give us a call (384 3994) or pop into the School Office if you want to know more. We'd love to hear from you!

**[WWW.MAHURI.CO.NZ](http://WWW.MAHURI.CO.NZ)**

We would like to sincerely thank and acknowledge all the companies and organisations that have helped, along with the generous donations of individuals and families in the community, to make the rebuild of the Community Centre possible. Thanks also to Christchurch City Council community support for the printing of this newsletter.

3 McCormacks Bay Road, Mt Pleasant ph) 384 1656  
OFFICE HOURS: Mon - Fri 9.00am - 2.30pm

Keep in touch and up to date:  
E-news sign up: [www.mpcc.org.nz/email-newsletter/](http://www.mpcc.org.nz/email-newsletter/)  
Find us on facebook/MPMCCRAI

If you'd like to get a fortnightly hardcopy of the e-news in your letterbox, call the office.