

**306:**

that's the number of newsletters a small group of people deliver to selected letterboxes around Tawa each quarter. If you've received this newsletter in your letterbox and are able to receive it via email, please advise us of your email address. It will help us out greatly.

If you are not the intended recipient of this newsletter, i.e: there are no pre-schoolers in your household, please let us know. Please advise your details to [tawaplunketsec@gmail.com](mailto:tawaplunketsec@gmail.com) or phone Jenny on 232 9365.



**ANOTHER WINNER**

Everyone on our email address database by 15 July went into the draw to win a year's subscription to Little Treasures magazine. The winner has now been drawn.

**Congratulations to Margaret, mum to Corrie aged 4 and Alex, 10 months.**

**INTRODUCING TAWA LINDEN'S NEW PLUNKET NURSE**

Hi my name is Vicky Perris and I am your new Plunket Nurse. I am a Nurse and a Midwife and until recently I have been working in the Maternity Unit at Kenepuru Hospital.

I live in Tawa and have done for the last 15 years. I am married to Michael and we have two children Jacob who is eight and Charlotte who is four.

My previous experience with Plunket, besides my own children, includes four years on the Tawa-Linden Plunket Toy Library Committee, which I loved. As a Midwife I particularly enjoyed working with families and their new babies. I discovered that I have a passion for health promotion and education for children and their families.

I am excited about becoming a Plunket Nurse as it allows me to continue this work. I am looking forward to meeting all of you and your wonderful children.

*(Vicky will be working Monday to Wednesday with Gaye continuing as Karitane nurse on Thursdays. Sue, who has been one of our relieving nurses, will also work every second Tuesday.)*

**QUIZ NIGHT**

Brought to you by Tawa Linden Plunket

Saturday 3 October, 7.30pm, Tawa Cricket Club, Gee Street, Linden  
\$5 per person – Nibbles Provided -Great Spot Prizes – BYO Drinks

Call Caroline to book on 232 2262

**BABY ROCK & RHYME**

These sessions are a way for babies under two years old and their parents or caregivers to socialise and have fun with rhymes, finger plays and stories. Sessions are now held at Mervyn Kemp Library in Tawa. Contact the library for details.

**HAVE YOU TRIED A PLUNKET FAMILY CENTRE?**

Extra help and support on parenting is available from Plunket Family Centres. This is a free service. Centres are staffed by Plunket nurses, community karitane, Plunket kaiawhina and volunteers. They offer support and information on different parenting issues. These include breastfeeding, infant nutrition, sleeping, child behaviour and parent/family needs. Talk to your family centre staff to arrange a visit for you and your child. Johnsonville family centre can be contacted on 478 4900.

**THANKS TO MAHAN ELECTRICAL**



**for their assistance in replacing the light in our nurse's office.**

**Mahan Electrical  
Phone 232 8038**

**COFFEE GROUPS**

Your local Plunket In Neighbourhood groups (PINS) are now run in the first week of every second month. If you've recently had a baby and would like to get together with a group of others in the same situation, please come along to one of the following sessions at the Tawa Linden Plunket Rooms:

- First-time parents: 1<sup>st</sup> Tuesday of the October, December & February, 10am
- Second-time plus parents: 1<sup>st</sup> Monday of October, December & February, 10am

**COFFEE GROUPS FOR YOUNG PARENTS AND DADS**

A Young Parents' PIN Group is running every Friday morning at 10am to 11.30am at the Johnsonville Family Centre. Please contact Schavana Schaefer 831 1162 or 021 23305658, or email [konradandshavana@gmail.com](mailto:konradandshavana@gmail.com) for details.

A Dads' PIN Group is being run by Ming Young, phone 478 0407 or email [ming@andheng.co.nz](mailto:ming@andheng.co.nz).

## TAWA LINDEN PLUNKET TOY LIBRARY

Oxford Street, Tawa. Open Saturday 9.30-11.30am and Tuesday 7.00-8.30pm.

We provide quality toys and puzzles for children up to 5 years of age. There is currently no waiting list to join. Our annual membership fees start at \$70, with options for non-fundraising and non-duty members. There is no per toy/puzzle charge and toys/puzzles are loaned for a two week period. We are open during the school holidays except for four weeks over the Christmas holidays. For further information please contact Pam Johnson on 232 2344.



## FREE KIDS' CHRISTMAS PARTY 4<sup>TH</sup> DECEMBER

Tawa Linden Plunket's Kids' Christmas Party is on again this year. Mark your calendars and watch your email for more details. If we don't have your email address, now's a good time to get it to us. If you're not on email, keep your eye out for posters at the library, community centre, playcentre and child care facilities around Tawa.

## DIANE LEVY IS COMING TO WELLINGTON

Parenting expert and best selling author Diane Levy will be in Wellington on October 19<sup>th</sup>, 7.30pm at the James Cook Hotel. She will be presenting "Personality Unravelling" and "Why Oh Why Won't They Just Do As They're Told". For more information or tickets (\$25) contact Liz, phone 021 252 3234 or email [tickets@breathingspacenz.com](mailto:tickets@breathingspacenz.com).

## EDUCATION SESSIONS

Bookings are not required, just turn up on the day. All sessions are held at the Linden Plunket rooms and start promptly. A gold coin donation is appreciated to assist with costs. Please bring your Well Child Tamariki Ora Health book.

Session	Description	Date	Time
Introducing Solids	When to start solids, first foods, continuing with milk feeds, progressing to family meals.	Thurs 22 October	1pm
Solids for 8 months plus	Progressing towards finger foods, and introducing a wider variety of foods	Thurs 26 November	1pm

Also available are Plunket Education Programme courses. For full details and bookings please call 570 0775.

Course	Start Date	Time	Location
Your Active Toddler – 1 to 2 years	Thursday 1 October	7.30pm-9.30pm	Karori
Your Curious Preschooler – 2 to 3 years	Wednesday 7 October	7.30pm-9.30pm	Kelburn
Your Growing Baby – 6 weeks to 1 year	Tuesday 13 October	10am – 12pm	Plimmerton
Your Curious Preschooler – 2 to 3 years	Wednesday 14 October	7.30pm-9.30pm	Paraparaumu
Your Active Toddler – 1 to 2 years	Wednesday 14 October	7.30pm-9.30pm	Newtown
Your Active Toddler – 1 to 2 years	Tuesday 3 November	7.30pm-9.30pm	Plimmerton
Your Curious Preschooler – 2 to 3 years	Tuesday 3 November	7.30pm-9.30pm	Karori

## Plunket Services

### Family Centres

Johnsonville Phone 478 4900

### Car Seat Hire

Linden Plunket Rooms, phone 232 7539 (answerphone)

Hours Tuesday 6.00-8.00pm

Thursday 9.00-11.00am

### Rooms for Hire

The Tawa Linden Plunket rooms can be hired by anyone for a very reasonable hourly rate. For more information call Caroline on 232 2262.

### Linden Plunket Rooms

**Linden Avenue – Phone 232 7529 for appointments**

Nurse's schedule:

Clinic appointments Mon to Thursday

### Coffee Groups

New coffee groups are being organised on a regular basis. If you are interested in joining a coffee group and have not been contacted, please email [tawaplunketPIN@gmail.com](mailto:tawaplunketPIN@gmail.com) or phone Lynsey on 232 1438.

## Tawa Linden Plunket Committee

President	David Wilson	232 5014
Vice-President	<i>Vacant</i>	
Secretary	Jenny Bray	232 9365
Treasurer	Caroline Bone	232 1183
General Committee	Carrie Dowdle	232 7227
	Jose Henriquez	232 8702
	Maria McKee	232 0473
	Caroline Raven	232 2262
	Lynsey Webb	232 1438

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