

The Lowdown



He Panui o Kaituna

South Dunedin Community Newsletter

Issue 5 Hereturikōkā/August 2017

Elections - what difference will my vote make?

Unless you really haven't been paying attention, you will know that we have an election happening on 23 September.

Fun fact – in 2014 around ONE MILLION eligible kiwis didn't show up when it came time to vote. To put that in perspective, New Zealand's current population is only 4.69 million, and that's in total.

Why should I vote?

Because your vote and the other 999,999 kiwis who are asking the same question have the power to change the face of our government and the policies they action.

What are the two votes?

The first vote is for the party that you want to be in charge. In New Zealand the more votes a party gets, the more seats (of the 120 available) they take in parliament and the louder voice they have come decision making time.

The second vote is for your local electorate representative. In your area there will be a number of party representatives vying for attention. Make sure that you vote for the one whose values align with yours and that you trust them to make the needs of your neighbourhood heard because whoever gets the most votes gets a guaranteed seat in parliament.

I'm not on the roll

There's still time to enroll if you do it ASAP and it's easy as! You can enroll online at

<http://www.elections.org.nz/voters/enrol-check-or-update-now/how-enrol>

Or you can visit your local Post Shop.

Who should I vote for?

You always want to vote for the party that will stand for the future you want for New Zealand, but it can sometimes be hard to figure out what parties are fighting FOR when all you hear is them fighting

each other. Try out one of these handy online tools to help figure out which party best aligns with your values, simply visit:

www.onthefence.co.nz

www.newzealand.isidewith.com

Where do I vote?

Voting takes place at various locations, usually school, church and community halls. These venues will be confirmed on the 30th of August, you can check online (<http://www.elections.org.nz>) or call 0800 36 76 56 to find the one nearest to you. They are well signposted on the day. Look for "Polling Booth" signs. Head there on Saturday September 23rd between 9am and 7pm to cast your vote and make your voice heard.

South Dunedin Street Festival



Start getting excited! It's happening again on
Saturday 4 November 2017

To get involved, contact
southdunedinstreetfestival@gmail.com
Bookings and more info at
www.southdunedin.org.nz

Something for everyone - a whole page of interesting community information

Under 18 free dental service

Available from the following in South Dunedin:

Project Dental, ph 455 3770,
152 Hillside Rd, South Dunedin

McInnes Dental, ph 455 7702,
152 Forbury Rd, Saint Clair

Dentistry on Musselburgh, ph 455 0621,
84 Musselburgh Rise, Musselburgh

From the Dunedin South Medical Centre

GET SUBSIDISED INSULATION

- Do you have a Community Services Card (CSC)?
- Do you live in a cold home that was built before 2000?

Contact Cosy Homes at 021 999 395 or info@cosyhomes.org.nz NOW to apply for subsidised insulation.

Cosy Homes can talk with your landlord or property manager if you are uncomfortable raising the subject on your own.

Some tenants with respiratory issues and low incomes just above the CSC threshold may also qualify. Please ask.

Flu vaccines for 2017 are now available. If you are over 65, pregnant, or have a chronic condition, you may be eligible for a free vaccination. Ask the nurse at your doctor's office.

The HPV (Human Papillomavirus) Vaccine is now free for both boys and girls. It helps prevent cancers caused by HPV infection. For more information, talk to your doctor, practice nurse or health clinic; visit www.health.govt.nz/hpv or phone 0800 IMMUNE (0800 466 863).

Community gardens are go!

Spring planting for community gardens takes place on Sunday 17 September, from 1 - 3pm, at

- Catholic Social Services, 42 Macandrew Rd
- Bathgate Park School, 213 Macandrew Rd
- An-Nur School, 110 Melbourne St
- Musselburgh School, Marlow St

Get amongst it!

“As ye sow, so shall ye reap”

PLUS+BUS - the shopping bus

has been in existence for the past 13 years, and assists mainly elderly clients and transport disadvantaged to get to local supermarkets to do their weekly shopping. We pick users up from their home, take them to the supermarket, put their completed shopping in the back of the van, and then return clients and their shopping home. We carry the shopping into the clients' homes if they wish. Our van has a retractable lower step to make sure getting in and out of the van is easier.

The bus makes four trips in the south suburbs on Wednesdays and Thursdays, with one trip each day to Pak'n'Save, and the others to Countdown – either Andy Bay, Dunedin South, and sometimes Mornington.

The cost is \$7.00 return.

To book a trip on the Plus+Bus, or to seek any more information, ring **455 4050**. You can leave a message if there is no reply. Someone will contact you as soon as possible.

Volunteer **drivers** and **shopping escorts** are always welcome to become part of our team of amazing volunteers – just ring the office and leave a message if you are interested.



OPENING HOURS

TUESDAY & THURSDAY: 11am – 4pm
WEDNESDAY & FRIDAY: 11am – 5.30pm
SATURDAY: 10am – 12 noon

199 Hillside Road, South Dunedin

474 3690 | www.dunedin.govt.nz/southd-popup



QSM recipient Rosemary Scully

Rosemary Scully was awarded the **Queen's Service Medal** in the New Year's Honours List this year, for her service to people with an intellectual disability. In contrast to people who get awards for being in big business or being celebrities, Rosemary has worked quietly and humbly, in a voluntary capacity, for the community she serves. It is a delight to see that service rewarded.

The main way in which Rosemary has supported her community is through the establishment and long term engagement with People First, an advocacy movement for people with intellectual disability. This is a forum for people to raise issues and talk about the things that are affecting their lives, and then for the organisation to advocate for those issues.

Rosemary was an inaugural member back in 1981, has been a Committee member and President for many years, and was made a Life Member in 2013. She says, with typical wisdom and humility, 'When you are President, you are in charge of the meeting, not in charge of the people'.

She has always made herself available to members. As she says 'Sometimes people don't feel comfortable bringing up issues in front of a crowd of people' and Rosemary made it clear that she was always there for anyone needing more personal support. On several occasions people have sought her out to tell her about personal issues which she has then been able to direct to sources of further support.

Rosemary has always valued learning. She represented New Zealand at an international conference in 1986 in Rio, where she attended workshops and learnt lots from the interaction with



other delegates. Here in Dunedin she has given guest lectures at the College of Education and has collaborated with research being undertaken at the Donald Beasley Institute. She is currently writing a book about her work with People First and Self Advocacy, in collaboration with her old friend Felicity from Friendlink, an organisation which pairs up volunteers with people with an intellectual disability.

Born and raised in Invercargill, Rosemary

enjoyed school and family life before moving to Dunedin with her family when she was 18 years old. There was no work available so she joined IHC for friendship, activities and support. She never lived in residential care, but has always lived independently. Later she worked in the IHC/IDEA Services office for 27 years, retiring only last year.

While the situation for people with an intellectual disability has improved over the years, Rosemary says, there is still a long way to go. She believes that the more people know about intellectual disability, the more they can understand that these are people too – 'People First and disability second' – and while they might be a bit slower than others, they have abilities and feelings just like everyone else. As she says 'Everyone has some sort of disability, some are just less than others.'

Rosemary enjoys living in South Dunedin. She is pleased that the DCC has cleaned out the mud tanks and drains which prevented a flood recently, but she would like to see some new shops in King Edward Street.

Update on June 2015 flood research

The "Draining Dunedin" research study involving 12 residents of the South Dunedin is progressing well and the researcher is now hoping to talk to 12 businesses in the affected suburbs.

A feedback meeting was held at the end of June to explain the range of experiences and concerns people had in June 2015.

3 of the 10 new ideas found in the South Dunedin residents' flood stories:

first, people noticed the unusual rain and measured rising water in different ways during the morning - in future, on-the-ground knowledge must be

recognised by Civil Defence decisions;

second, people knew the rising water was serious when it rose over the top of their shoes and then gumboots;

third, Neighbourhood Watch support groups should be linked up and mobilised as the best way that people can reach people to respond together.

For more information, or to have your input, contact Martha Bell, Independent Sociologist
martha.bell@mediaassociates.nz

What's on in South D? Your community calendar

Regular happenings....

Every Rahina/Monday:

Mama and pepe Pacific playgroup,
9.30am - 12.30pm, @ the Early Years Hub, 158
Oxford St. Ph Sellina 0212657762

Dunedin Korean Playgroup
9.30am - 2.30pm @ the Early Years Hub

English for Immigrants
1.30pm - 3.30pm, run by English language
Partners, @ the Early Years Hub, ph 477 7261

Steady As You Go gentle exercise falls
prevention classes 1.30 -2.30pm @ South Dunedin
Baptist Church, \$2-\$3

Rock Solid High School Boys' Club, 7 - 9pm @
Bayfield High School gym, free. Call James on
021 076 7929

Every Ratu/Tuesday:

Steady As You Go gentle exercise falls
prevention classes, 9.15 -10.15 am and again
10.30 – 11.30 am @ South Dunedin Baptist
Church \$2-\$3 / class

The Breast Room in the House, 10:00 am –
12:00 pm, @ the Early Years Hub. The place for
mums to get breastfeeding information, help and
support. Just call in. For more information contact
Bushie on 0212604678
or email breastroom@gmail.com

Koru International Playgroup, 10:00 am – 12:00
pm @The Hub. A weekly play group for babies to 6
year-old and their families. For more information,
please email Zumi at koruplaygroup@hotmail.com
or just come and visit us.

Every Raapa/Wednesday:

Music and Movement, 10.45 - 11.15 @ the Hub
Creators @ Home Kowhai Playgroup. Resource
making, baking and crafts @ the Hub.
Ph 027 571 0322

Coffee and Chat, 1.30 - 2.30pm, South Dunedin
Baptist Church, \$1.00. Guest speakers and
activities.

Every Rapare/Thursday:

B4 School Check, 9am - 12pm @ the Hub,
ph 0800 247224 to make appointment

The Breast Room in the House, 10:00 am –
12:00 pm, @ the Hub

Sidey lunch, 11.30am @ Sidey Hall, Thorn St,
Caversham. Free

South Dunedin Seniors Club, 2pm - 3.30pm.
Entertainment and Afternoon Tea \$3.50.

South Dunedin Community Hall, 255 King Edward
Street.

Every Ramere/Friday:

Wild Things Kotuku Multi Ethnic Playgroup

9.30am - 12.30pm, @ the Hub

Ph 021 133 6903 or 477 2944

Craft group, @ Stepping Stones, 186
Macandrew Rd, 10am—12pm. Free

Dunedin Korean Playgroup

9.30am - 2.30pm @ the Hub

Steady As You Go gentle exercise falls
prevention classes, 1 – 2 pm @ South Dunedin
Baptist Church, \$2-\$3

August / Hereturikōkā

30 Otepoti Dunedin Babywearing Library
meet, 10:00 am – 11:30 am, at the Hub. Free

31 Meals fresh from the garden, 10.00am -
1.00pm, @ the Early Years Hub

September / Mahuru

4 South Dunedin Business Association
meeting, 5:45 pm @ Grey power, 211 King
Edward St

6 Conscious Parenting, 10am - 1pm @ the
Early Years Hub

8 Opening of Pop-up Hub, @ Cargill
Enterprises, Hillside Rd.

17 Community Garden planting day

23 2017 General Election polling day

The Lowdown is produced and distributed by
volunteers and relies on contributions from the
public. We are aiming for a monthly edition, but
sometimes other stuff gets in the way! If you have
anything to include, be it a contribution, or items for
the calendar, please email us at

newsletter@southdunedin.org.nz, or contact
Nick Orbell at the Dunedin City Council. Special
thanks to ConnectSouth for printing The Lowdown.
Remember to check out the Proud to be South D
facebook page,

<https://www.facebook.com/proudtobesouth/>
as well as the <http://southdunedin.org.nz> website,
for more news about developments in our
community.

Newsletter delivery coordinator

We would like to hear from you if you could
organise a team to distribute the Lowdown to
homes around South Dunedin on a monthly basis.