

FIORDLAND FAMILIES NETWORK

Connecting, supporting and advocating for Fiordland Families

Issue 27 | 11 March 2021 | Page 1

fiordlandfamilies@gmail.com 

Kia ora and welcome

Kia ora and welcome to the Fiordland Families Network newsletter, We are a group of parents and professionals passionate about supporting families in Fiordland. We have been producing this newsletter as well as connecting, supporting and advocating for families for two years now.

We live in a beautiful corner of New Zealand but our relative isolation to services can be challenging at times, especially with a young family. It is our mission to help all Fiordland families connect with each other, find out about the support and services we do have in our region and advocate for getting further services to fill some obvious gaps.

Changes in our team mean we desperately need more people to join our group in order to continue to produce monthly newsletters. If you are an individual, business, service group or other organisation and think you may be able to support the Fiordland Families Network we would love to hear from you. In particular we are looking for regular contributors to our newsletter, and someone to gather and collate information and content and help with the newsletter.

Please contact us by email on fiordlandfamilies@gmail.com if you would like to join our small team, have any content for future newsletters, comments, or suggestions. Happy reading and we look forward to hearing from you.

Kind regards, the Fiordland Families Network team

FIORDLAND COMMUNITY GARDEN >

The Fiordland Community Garden would like to invite anyone interested in learning to grow produce to come down (find us on google maps), as the gates are always open. One of our team members will be at the garden every Wednesday and selected Saturdays from 10am until 12pm to have a chat, answer any questions and show you around.



One of our aims is to encourage families to grow produce at home; for the benefit of teaching children where food comes from, encouraging outdoor play and exercise; and increasing our daily intake of fruit and vegetables.

We recommend joining our Facebook group 'Fiordland Community Garden Charitable Trust' as we will announce working bees, workshops and if we harvest some produce, we will post on the page what's available in exchange for a koha donation (based on what you can afford).



We encourage the community to post garden/food related questions on our page as there are many knowledgeable gardeners in the area and it's a great way to keep up with what is being grown through the changing seasons. Everyone from absolute beginner gardeners to the experienced producers are welcome. Please email fiordlandcommgarden@gmail.com with any questions or to register for our monthly newsletter.



Parents and caregivers reminder: Daylight savings is approaching. To avoid your little one having trouble going down for the night, start initiating the bedtime routine 5min later each day now.

PARENTING TALKS RETURN >

Jenny Hale from the Parenting Place returns to Te Anau!

We are lucky to have Jenny present two more talks for parents this month. The first of these is based on her newly released parenting book, *Kind, Firm, Calm*, and looks at how blending these three ingredients can help you navigate everyday parenting challenges - whether you're facing fussy eating, bedtime battles, tantrums and technology or kids who firmly believe it's my way or the highway!

The second talk covers the topic of highly sensitive children. Does your child startle easily? Is unsettled by change? Or complain about scratchy clothing? Perhaps you're parenting one of the 15-20% of children who are born highly sensitive. This presentation will shed light on high sensitivity and offer tools for effective parenting.

In both of these talks Jenny Hale will share from her treasure trove of wisdom, acquired through 20 years of work as a family coach, leaving you feeling encouraged and empowered for your parenting journey.

Kind, Firm, Calm – Simple strategies to transform your parenting

Thursday 11 March, 7.30pm

The Highly Sensitive Child

Monday 15 March, 7.30pm

Lakeside Presbyterian Church (also available via Zoom)



Both talks are free, with supper provided.

For further information, and to book, please contact Michelle on michellescrouchley@gmail.com

WHAT'S ON WEEKLY >

Monday	The Key Playcentre, 9.30am - 12.30pm
Tuesday	Tumble Time, Events Centre, 9.30 - 10.45am (not run if Covid Level 2 or above) Toy Library, Plunket rooms, 9.30 - 11.30am
Wednesday	Brick Club Te Anau Library, 3.15 - 4.15pm (School aged children)
Thursday	The Key Playcentre, 9.30am - 1pm Toy library, Plunket rooms, 10am - 12pm
Friday	Mainly Music, Lakeside Church, 9.15am & 10am Kids Art & Craft, Library, 3.15 - 4.15pm. (school aged children, under 6 bring an adult to assist)
Sunday	Toy Library, Plunket rooms, 9.30 - 10.30am

LOCAL SHORT WALKS >

The days are getting shorter, and the weather is becoming a bit more changeable but there's still a whole lot to enjoy as a family in our own backyard. This month we thought we would highlight some favourite short walks of the FFN crew.



Kepler Track - From the Te Anau control gates walk around towards Dock Bay (1/2 hr) and Brod Bay (1hr), or take a left down the river for a quieter walk. Explore the streams or go on a bug hunt! These walks are buggy friendly. Alternatively, for a longer walk, cross the swing bridge at Rainbow Reach and head to Moturau or Shallow Bay Hut on the shores of Lake Manapouri. 2-3 hrs to either hut one way.

Lake Gunn Nature Walk - an easy 1.4km loop that is perfect for kids! Lots of moss covered logs to explore and trees to climb. Stop for a picnic at the lake front, throw sticks in the river or play hide and seek, and see if you can spot some native birds and insects! Track starts at Cascade Creek campsite on Milford Highway. The loop takes 1 hour and is suitable for buggies.

Borland Nature Walk - a 2.2km loop track with a swing bridge, huts and a river to explore. It is one of the best places in Southland to see native mistletoe, which flowers in early summer. Track starts at opposite Borland Lodge, near Monowai, 1 hour drive from Te Anau. The loop takes approx 2 hours.

Home Creek Walkway - a short loop track around a meandering section of Home Creek. Go 1km along Hillside-Manapouri Road from Manapouri, the access road is signposted on the right. Not suitable for buggies. Allow 1 hour for the loop.

Te Anau Bird Park - a great place to explore and meet some rare NZ locals. Join the friendly rangers for daily tour at 10.30am, feed the ducks and meet the resident takahē; make sure you book at the Te Anau DOC Visitor Centre. Tours cost \$10pp for adults, kids free.



Kiwi Burn Track, Mavora - Look out for the DOC sign to Kiwi Burn Hut on the left before you get to Mavora Lakes. Cross the wiggly wire bridge and walk on the Kiwi Burn track for a while. Not suitable for buggies.

South Mavora Lakes, Mavora - At the outlet to the lake cross the wooden-based swing bridge to tracks on the other side, and some lovely shady beaches.

Ivon Wilson Park - walk up to the lookout or play frisbee golf. Bike the mountain bike tracks or run through the trees.

Patience Bay - tracks leading from either cul-de-sac end to the beach with LOTS of driftwood. Nice gentle walk for wee legs.

Walk or bike the **Lake2Lake Cycle Trail** from the Marakura Yacht Club or Tui Bay to the Bird Park and back. Remember to keep left! Just right for working on developing bike riding skills. Around 20-30mins each way for little ones.

Become a Kiwi Guardian - An activity programme for kids to learn about nature, go on epic family adventures. Earn your medal at Mavora Lakes or on the Kepler Track, or do other activities at home. Check out the ideas on the DOC website: <https://www.doc.govt.nz/.....toyota-kiwi-guardians>

UPCOMING EVENTS

Visit www.teanauevents.co.nz for more event information

Summer Hockey

Tuesdays 2 March to 13 April, 7pm, Fiordland College
Modified social hockey rules, all players 13 years +, no need to register just turn up to play. Sticks to borrow, Mouth guards compulsory. \$2 per week
Contact: Colin Keyse, colinjkeyse@gmail.com, 027 240 7688

John Parsons presents The impacts technology can have on first 1000 days and beyond

Thursday 25 March, 7-9pm, Te Anau School Hall
Learn how to avoid some of the risks and negative impacts screens can have on our young children.
Registrations essential
via REAP 0800 111117 or
enquiries@reap.co.nz. FREE



Meditrain First Aid Course

Monday 29 March, Te Anau Club
Comprehensive Workplace First Aid and re-certifications.
<http://firstaidsolutions.co.nz/first-aid-courses/book>

Pork Pie Charity Run Fundraiser

Wednesday 31 March, Miro Street, around lunchtime
The Pork Pie Charity Run is a bi-annual fundraising road trip with 60 Minis driving from Kaitaia to Invercargill over 5 days. The Run raises funds for Starship Hospital, Leukaemia & Blood Cancer New Zealand and KidsCan.
Support our own Te Anau representative - look for Team Kelly-Herron Mini Car getting around town. Follow them:
<https://www.facebook.com/PorkPieCharityRunTeamKell>.
There will be a lot of noise when they arrive in town so no one will miss them!!!!!! @PorkPieCharityRun



TUMBLE TIME > Active movement for under 5s

Each Tuesday during the school term Tumble Time Te Anau welcomes infants, toddlers and preschoolers to a fun free-choice play session at the Fiordland Events Centre.

Our equipment focuses on building fundamental movement skills that encourages active movement. It is set up to help children explore their capabilities at their own pace in a fun, safe and social environment. Regular physical activity and movement in young children will help develop gross motor skills and also encourages exploration, problem solving & social skills - these skills are the foundation for future learning.

Research shows that encouraging free movement can give children space to develop self-awareness, learn non-verbal ways of communicating and to get to know themselves and their body. Children learn their range of motion, balance, muscle strength, coordination, and endurance.

Fees are \$4 per family for casual visits and \$2 per family for rostered volunteers. For more information, check out Tumble Time on Facebook or head a long and chat to the team.