

Mid Canterbury Learning Exchange Programme

Term 2 2021

The Learning Exchange is an initiative of Connecting Mid Canterbury, which is also behind the Mid Canterbury TimeBank. The Learning Exchange offers a vibrant community programme of fun events and educational sharing of skills. Classes, talks, field trips and workshops offered by Mid Canterbury TimeBank members and guest speakers are open to all. REGISTRATIONS ARE REQUIRED. Venues are confirmed after registration if not already specified. Some events have a fee that can be paid in Time Credits (if you are a Mid Canterbury TimeBank member) or, for non-TimeBankers, there is a monetary fee. Some events are free for everyone. Some events may have a monetary cost (for all attendees) to cover the materials/ food costs involved.

BOOK EARLY as places are limited for some events. Register by clicking on the link/ title for the event or email: kate@connectingmc.org

MAY 2021

Wednesday 5 May, 5-6pm – [Card Making](#)

With Mother's Day fast approaching (May 9) you might like to make your Mum a special Mother's Day card or perhaps make a special card for someone with a birthday coming up. Join local artist Barbara Jaine at the Ashburton Art Gallery to make your own unique card. Barbara will have a variety of materials on hand for you to use and will teach a few techniques. This is a FREE event and everyone is most welcome.

Tuesday 11 May, 7-9pm: [Coming to NZ - The Refugee Experience](#)

In this FREE seminar, learn about a refugee's journey to New Zealand and what we can do to help refugees settle into their new home and environment. Kathy Harrington-Watt (Team Leader) and Navid Bashira (Cultural Navigator) from the Ashburton Refugee Settlement Support Service will provide insight into the refugee experience. The session will conclude with some information about Hazara Afghan culture and touch on some basic language greetings you may want to practice and use with our new families settling in Ashburton.

Friday 14 May, 7-9pm: [Guided Tour of the Universe](#)

A great chance to learn more about stars, planets and the wider universe in this popular event. Alistair Perkins from the Ashburton Astronomy Club will give a fascinating presentation then help you use the telescopes at the observatory to see the night sky up close. If it's wet or cloudy the presentation part will still go ahead. Venue: Menorlue, 27 Walnut Avenue, next to the college. Cost for TimeBankers: 2 Time Credits. Non-timebankers \$20

MAY contd.

Friday 21 May, 1.30pm – 3pm: [Reducing Electricity Bills](#)

Join Michael Begg from Community Energy Action and Jessica Harris from EA Networks as they talk through simple energy saving tips that can help you reduce the costs associated with electricity and your home. Michael will bring some quick and easy tips on energy efficiency and highlight what might be available to you to help create a more energy efficient house and Jessica will introduce Powerswitch, Consumer NZ's tool for helping you determine the best energy deal available to you. Bring along your electricity bill for a 1:1 walk through after the presentation, or simply sit back and pick up some tips to take home with you. FREE event

Friday 28 May, 1.30 -3pm, [Kombucha](#)

In this hands-on session experienced kombucha-maker Diane Candy will show you how to make Kombucha, offer tastings of different recipes and share about its health benefits. Participants are asked to bring a glass bottle and small jar so they can go home with starter fluid, a scoby and all the knowledge of how to make the drink themselves. Venue: Senior Centre, Ashburton. Cost for TimeBankers: 1.5 Time Credits. Cost for non-timebankers: \$15.



JUNE 2021

Friday 4 June, 1.30 – 2.30pm: [Te Reo Māori Pronunciation](#)

Learning Exchange coordinator and Māori language teacher Kate White shares her passion for te reo. This hour will focus on pronunciation – giving you tips to correctly pronounce familiar words as well as strategies so you can pronounce unfamiliar words correctly. This workshop is great as a refresher or for those who are brand new to the language. Grow in confidence to give Māori a go! This is a FREE event, held at Ashburton Public Library.

Wednesday 16 June, 11am – 12pm: [Know Your Rights](#)

Ever felt like your GP didn't listen? Your physio didn't explain things well? Your carer didn't show up on time? Maybe you're concerned for someone you care about or want to be prepared if you ever find yourself in a situation like this. Come to this event with Ruby McGruddy, an advocate with the Nationwide Health and Disability Advocacy Service, to find out more about your rights when it comes to receiving a health or disability service. At this event you'll find out why it's important to speak up if you're unhappy, your options for making a complaint if things have gone wrong, and how the advocacy service can support you with your complaint, including supporting you to complain directly to the provider. Register for this 1 hour FREE event now and share with those you think will be interested.

Tuesday 22 June, 7.30-8.30pm: [Danube River Journey](#)

Stuck at home this winter? Why not take a virtual river cruise down the Danube River, exploring multiple European destinations? In this Zoom Travel Presentation Robin Burton will share pictures and stories from the 2300km river journey he and wife Christine took in August 2019. From the Black Sea to Regensburg Germany, passing through Bulgaria, Serbia, Hungary, Slovakia, Austria, Germany and the Czech Republic, this journey promises to be full of interest. Robin will bring to life various towns and cities along the river and share what he learnt about ancient ruins and life under communist dictatorships. This is a FREE one hour presentation online, using ZOOM, open to all- registrations required.

JUNE 2021 contd.

Sunday 27 June, 4-7pm [A Taste of Poland](#)

In this event you'll learn to make a couple of dishes typical in Poland and hear more about the country and its food culture. Your host will be Kasia Labecka Chapman, local Mid Canterbury resident, originally from Poland. Come along and help make some interesting Polish dishes, get new recipe ideas, learn about another culture and enjoy a meal together. Not suitable for vegetarians. Limited to 10 people so get in quick. Tickets for all \$15

Tuesday 29 June, 1.30 – 3pm: [Powerswitch](#)

EA Networks, your local lines company, is passionate about helping the people in our community reduce their electricity costs. Powerswitch, by Consumer is a free and independent service that helps you work out which power company and pricing plan is the cheapest for you. Join Jessica Harris, from EA Networks as she demonstrates how to work through the [Powerswitch](#) website so you can find the cheapest plan for your household. Jessica will also complete 1:1 Powerswitch calculations for you, so bring along your electricity bill if you need a hand. This FREE session is suited to those who need extra support when navigating the digital world.

THANK YOU!

Connecting Mid Canterbury Charitable Trust is grateful to the following funders for contributing toward the running of the Learning Exchange and our other initiative the Mid Canterbury TimeBank:

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- Ashburton District Council
- Community Organisations Grants Scheme
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