

Virtual Eastern Bay Villages

Te Kokoru Manaakitanga

Creating Connected Communities



February / March 2025

Contact Virtual Eastern Bay Villages

By Email - easternbayvillages@gmail.com

Follow us on Facebook – Te Kokoru Manaakitanga / Virtual Eastern Bay Villages

Phone 07 3080246

You will be directed to:

Press 1 for Kylie, Press 2 for Jo, and 3 for Renee

We are available to answer your calls between the hours of
9am and 5pm Monday to Friday

Please be mindful that after hours and public holiday calls are for urgent matters only.

Welcome to our first newsletter for 2025

We hope you all had a chance to rest, recharge, and spend quality time with loved ones over the holiday season. January certainly flew past in a blur and here we are now almost at the end of February already!

Come and join us and together we will make the most of the sunshine while it lasts.

Our Regular Weekly / Monthly Activities

Edgecumbe Coffee Mornings

3rd Tuesday of each month,
10:30am- 12pm at St Davids Church Hall,
College Road, Edgecumbe

Whakatane Coffee Morning Every Monday

(except public holidays) 10:30am- 12pm
at the Knox Church, Domain Road,
Whakatane

Art & Craft Mornings

We hold Art & Craft mornings
every Tuesday
from 10:30am -12:30pm at the
Knox Church, Whakatane.

You are welcome to bring your own
art, craft or knitting etc. or join in
and create something using our
supplies.

**Everyone is welcome, feel free to bring a friend or neighbour along with you.
Please bring a plate to share with the group if you are able to.**



FOLLOW US ON
facebook

Our Facebook page is regularly updated with the latest information and activities/events that may be of interest to our members

To add yourself to our page search in groups

“Eastern Bay Villages / Te Kokoru Manaakitanga” then click on join

Wednesday the 26th of Feb - BBQ lunch for all members

Our Oranga Kai /Just Cook group will be catering a special BBQ lunch and we would like to invite you all to come along.

This will be held at 11:30am - 12:30pm at the Knox Church in Whakatane
(Our cooks will need to be there at 10:30 to prepare)

Please RSVP to Jo or Kylie before Monday the 24th so we know how many we are catering for.

VEBV Men's Coffee and Catchup

Wednesday 5th of March

10:30am – 12pm

at Robert Harris Café, The Strand,
Whakatane.

All welcome! You will need to pay for your own morning tea and drink

St. Patricks Day 17th of March

Come along to Monday coffee morning at the Knox Church 10:30am-12pm for some fun games and small prizes.

Dress in green and you could be in to win "best dressed"

Guest Speaker – The Heart Foundation

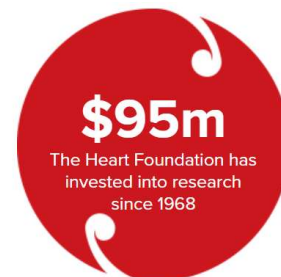
Monday the 31st of March

10:30am - 12pm at the Knox Church in Whakatane. All welcome!



The Heart Foundation is New Zealand's heart charity, leading the fight against our country's single biggest killer – heart disease.

Their mission is to stop all people in New Zealand dying prematurely from heart disease and enable people with heart disease to live full lives



Please Note: sometimes due to circumstances beyond our control activities and events are subject to change.

This doesn't happen often, and we will make every effort to contact members. For the most up to date information please follow us on facebook.



Nationwide Health & Disability Advocacy Service
Ngā Kaitautoko

Save the date: Monday 14th April

Nationwide Health & Disability Advocacy Guest Speaker 10:30am-12pm at the Knox Church, Whakatane

Know your rights

In Aotearoa New Zealand, it's important that everyone knows their rights when it comes to health and disability care.

The Nationwide Health and Disability Advocacy Service offers free, independent, and confidential advice and support to help you resolve issues with health and disability services.

Our advocates are here to let you know about your rights, answer your questions and talk through your options for making a complaint. We will support you through the whole process.

Call us on Freephone 0800 555 050
(8.30am to 5pm Monday to Friday)

We have had some wonderful guest speakers to kick start 2025 and look forward to many more before the year ends.

Our thanks to Julie & Han Meekel who spoke with members about their time spent living in Canada and Julies experiences of nursing while there.

On Monday the 3rd of February a group of our VEBV members visited Have a Heart who operate the Whare Kai affordable Food Pantry.

At Whare Kai they offer the opportunity to purchase a range of products at low prices to anyone in our community.

Opening hours: Tuesdays & Fridays 10am-2pm
8B Merritt Street, Whakatane.

To book an appointment or for any enquiries:

phone: 0800 568 273 or

email kaiaroha@haveaheart.org.nz



This service is for anyone who is struggling to make ends meet, you do not need to be on a benefit.

Diabetes NZ – Whakatane Community Group will meet the 1st Saturday of each month at 10:30am at the Whakatane Library.

We were also very thankful to have Karen Reed from Diabetes NZ come to coffee morning to talk to us about diabetes. This was a very informative and enjoyable session.

Out & About with VEBV

This month members visited Moumou Kai Café in Taneatua. Following a delicious brunch, we were very fortunate to have Wharerangi Turnbull talk with us about his artwork that is located at the playground by the police station. If you are passing through Taneatua be sure to call in and have a look.



Oranga Kai / Just Cook Workshop

We are nearing the completion of our Oranga Kai / Just cook workshop. Members have certainly shown us their culinary skills over the past few weeks. A huge thanks to the NZ Nutrition Foundation who supply everything we need to enable members to participate at no cost.



SENIOR CITIZEN MENU

2 Courses 33 | 3 Courses 40

Smaller portions for 65+. Present your NZ Gold Card for a further 10% discount.

STARTERS

Garlic Bread
Shrimp Cocktail **GFA** **DF**
Seafood Chowder

MAINS

NZ Pork Roast **GFA** **DFA**
Smoked Kahawai Pie **GFA**
Beer Battered Fish & Chips **DF**
Bacon & Chicken Penne Pasta
Mushroom Penne Pasta

DESSERTS

Chocolate Sundae **GFA** | Pavlova **GFA** **DFA** | Apple Strudel

SuperGold Card Specials



Columbus Coffee
10% off your total bill with a
menu purchase of \$20 or more



Virtual Eastern Bay Villages will have a stand at the Have a Heart Expo & Family Festival on Saturday the 22nd of March.

The most effective way for people to learn about all the great things VEBV do is to hear it directly from you – our fabulous members!

Please let us know if you are available to come down and help out for an hour or so.

Waka Eastern Bay Community Transport - New Mobility Van



Waka Eastern Bay is excited to introduce their new LDV electric van. It is ready to transport our community!

If you know someone in need of accessible transport, including a full hoist van, please share the word.

Waka Eastern Bay can be contacted at: 027 407 7526



Thanks to our VEBV Board of Trustees who volunteer their time and work tirelessly behind the scenes to ensure that operations run smoothly.

Connect

With people at home, work, school or in your local community.

Learn

Learn a new skill or renew an interest or hobby.

Be active

Find a physical activity you enjoy that suits your mobility and fitness.

Take notice

Be aware of the world and your feelings - savour experiences.

Give

Join a group, volunteer, smile.