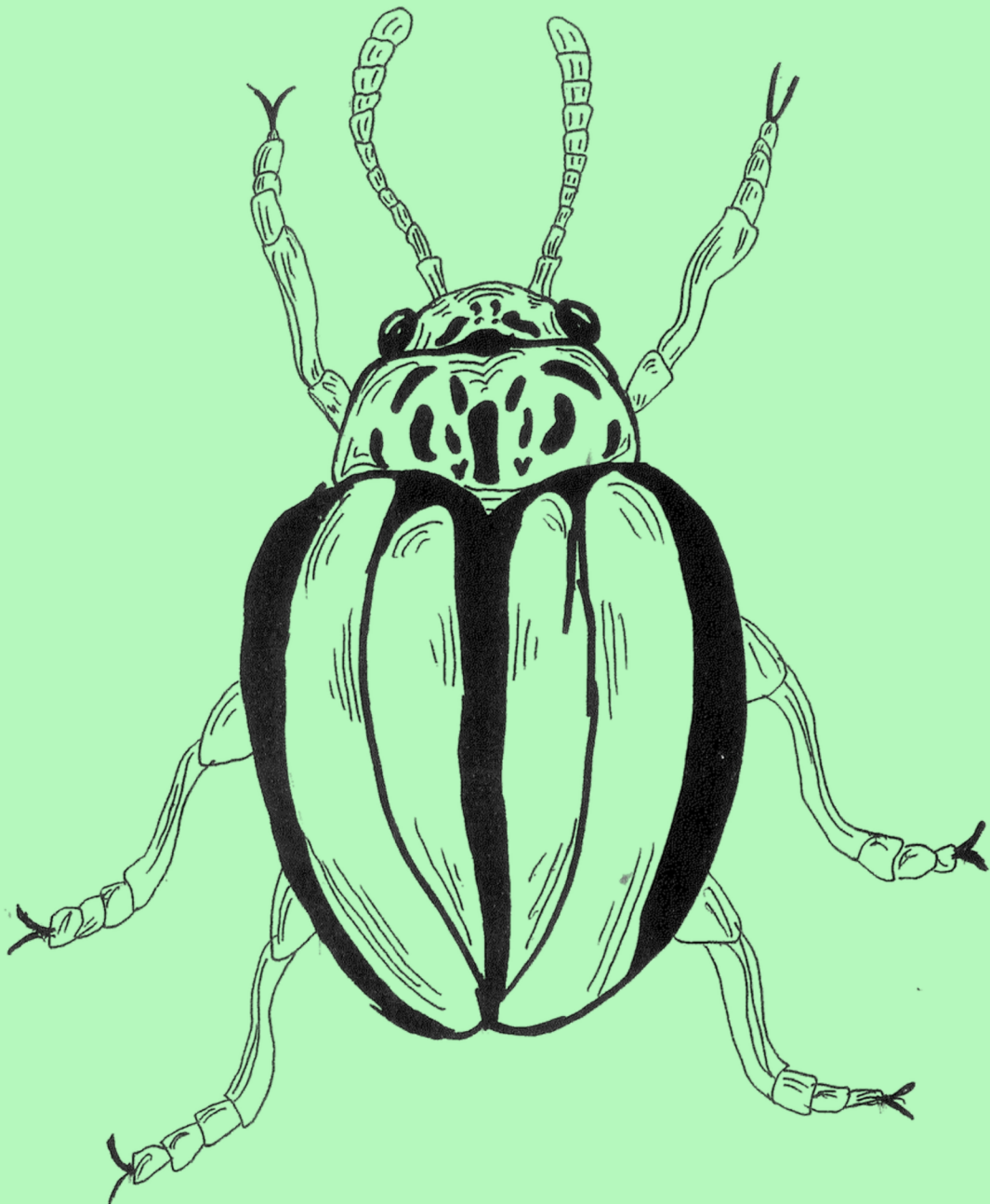


NEWTOWN NEWS

Your community zine: for Newtown, by Newtowners

Tō koutou makahini hāpori: mō Newtown, nā ngā tāngata o Newtown



Brought to you by the Newtown Community Centre
Nā Te Whare Hāpori o ngā Puna Waiora

HERE-TURI-KŌKĀ / AUGUST 2025

KIA ORA NEWTOWN

Kia ora koutou katoa! Ko Edie tōku ingoa.

I'm Edie (she/they) and I'm the new Taituarā o te Kaiwhakahaere / Assistant Manager here at Te Whare Hapori o Ngā Puna Waiora / Newtown Community Centre. And I'm also stepping up as the new editor of the Newtown News! I'm super excited to take this on, as a writer and a long-time lover of Newtown. A bit about me, I'm a trans woman, I'm Pākehā, born in the UK and moved to Aotearoa with my whānau when I was little, I grew up in Tāmaki Makaurau and moved down here to Te Whanganui-a-Tara for university and never left! I live in a cozy witch's cottage with my flatmates and our little black cat. I love storytelling and you can often find me running games of Dungeons & Dragons or drinking far more coffee than is reasonable.

This edition of the Newtown News, I wanted to go with a theme that is very important to us here at the community centre: sustainability! Whether it's our Wash Against Waste initiative, Quick Kai, Free Soup Fridays or Smart Newtown - we love and respect this whenua and strive to uphold sustainable practices in all our mahi. This issue of the Newtown News we're shouting out some groups doing awesome work and offering some top tips on sustainable practices.

This month's Notorious Newtowner, Ellie, might be familiar to you as the previous editor of the Newtown News. I'm so grateful for her guidance and help as I step into this role and super stoked that we can shout out her new mahi, Kaicycle! Our stunning insectoid cover art has been provided to us by Connor, who is a student at Newtown School, and you can find more of their insects in our Art Corner segment and the Newtown School exhibition wall. One of our awesome volunteers, Briony, has provided us with 13 simple sustainability tips we can all weave into our lives. We've got some great advice for how to conserve power usage and recycle your tech from our own Maddy from Smart Newtown and the Citizens Advice Bureau. And, as usual, you can check out the back of the issue for the What's The Happs and find out about all the cool stuff happening in August - like the Wellington Timebank's Mahi Ready Day and the Bikespace drop-in!

Also just want to shout out to the iconic Eryn Gribble who finished up her 9 years of mahi at the Community Centre at the end of July. Wishing her all the best in Whanganui and at Kai Hub. She's an absolute legend and I hope myself and Anna carry on her fun, caring and welcoming legacy here at Te Whare Hapori o Ngā Puna Waiora!

Hope you enjoy this issue and learn a couple tips that you can take away with you!

Ngā mihi nui,

Edie Freeman

Cover art by Connor Arnold (see more of their work in the Art Corner on page 4!)



Thanks for the support of our amazing local businesses! Please support 'em back!



The views and opinions expressed in this publication are solely those of the original authors and other contributors. They do not necessarily reflect those of the Newtown Community Centre, sponsors of the Newtown News or other contributors.

Notorious NEWTowner

Edie & Ellie have a kōrero about activism, the community centre & her new mahi

When asked about what brings her joy, Ellie's first response is: activism. She reflects for a moment, "Well maybe it gives me more hope than joy, but it feels really important". Ellie is part of the coordinating group for Justice for Palestine, and she spent a year in Palestine as a volunteer with the International Solidarity Movement, about a decade ago. "I love that you can walk through Newtown and see a Palestine flag, a Tino Rangatiratanga flag, a rainbow flag and a trans flag - it's such a sign of solidarity and aroha - don't ever change Newtown!"



Photo credit: Billie Brooke

It's a rare sunny day in this Wellingtonian winter and Ellie and I are sitting outside the community centre that she's helped run for the past 7 years. It feels very fitting that the very first Newtowner that I'm interviewing for the Newtown News is the same person whose shoes I'm stepping into. It's a lovely day to sit out in the fresh air, have a yarn and to get to know Ellie. Australia born, she grew up in the UK and moved to Aotearoa in 2015. "As Tangata Tiriti living on stolen Māori land, it's a privilege to be here."

Up until recently, she had worked here at Te Whare Hapori o ngā Puna Waiora as the co-manager with Eryn since 2018. "It has been so much fun and such an honour to get to know Newtown at a different level. I'm going to miss it a lot. I feel very lucky to have met everyone who comes through the community centre every day." Her favourite thing about the community centre was working with all the awesome volunteers, like the Free Soup Friday and Quick Kai teams.

Ellie's new mahi is out at Kaicycle, an urban farm on Hospital Road. "It's a great fit for me - it's outside, I'm learning something new, helping the environment AND it's still in Newtown." There's two main parts to Kaicycle's mahi - the farm and the composting. Volunteers go out on bikes to pick up food scraps that get made into compost and that compost gets used for the farm and donated to community gardens and groups around the city. Ellie's work is more involved in the farm side of things and growing lots of veges. Lots of the kai grown is donated here to the community centre for our Quick Kai meals and Free Soup Friday and to the Compassion Soup Kitchen on Tory Street. "It feels like a really nice way to still be involved in that world. Kaicycle is really awesome because we're focusing on regenerative farming - a way of giving back to the soil, restoring the earth and Papatūānuku."

When she's not working hard in the community or as an activist, Ellie's favourite thing to do is snorkel, especially around the south coast of Pōneke. "It's very cold but very beautiful. A really good reset for the brain."

Check out the awesome mahi that Ellie & Kaicycle do and come down to a volunteer session to get your hands in the dirt! kaicycle.org.nz/volunteer

ART CORNER

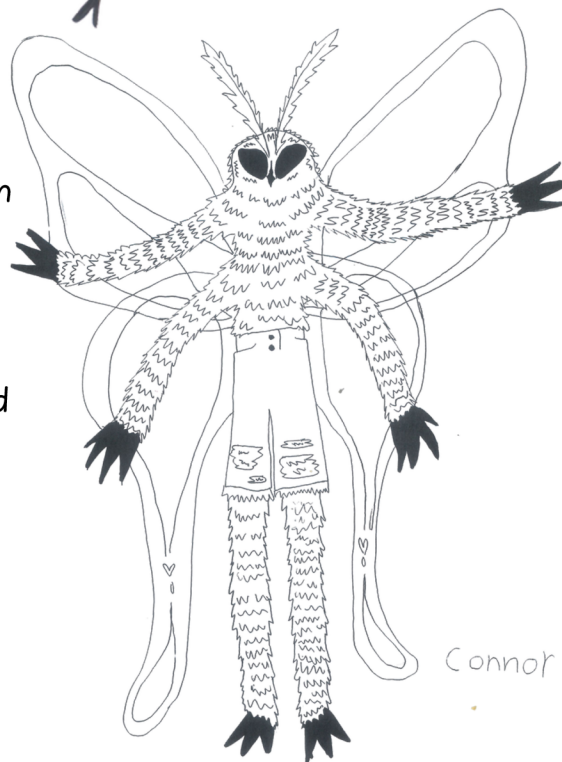
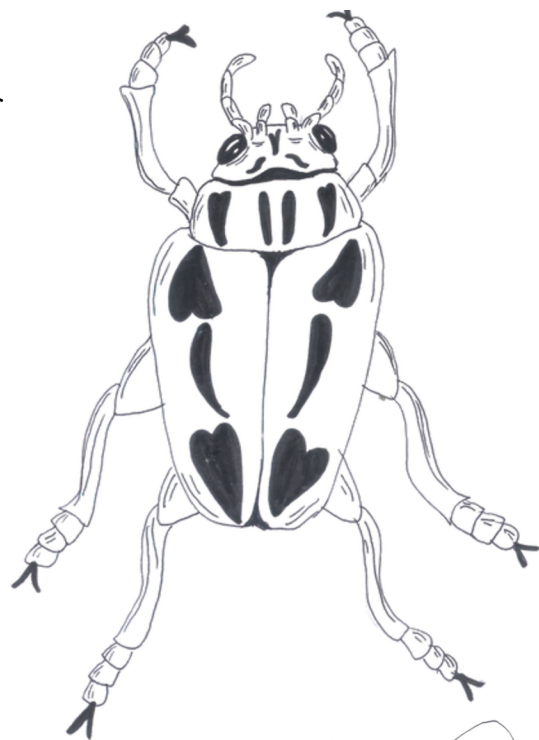
Art by Connor Arnold, submitted by Paul Forrest

Connor (they/them) is one of the most talented and hard working artists in New Zealand and is a student at Newtown School. Shy and unassuming with a unique imagination Connor is constantly drawing and refining their skills. From the 4th to the 18th of August we're very lucky to be able to see artwork by an exceptional 11 year old artist. These drawings were produced during the first 2 terms of this year in the specialist drawing classes at the school run by local artist and educator Paul Forrest. The focus being to create their own insects! It was great fun, and the students became more aware of the small creatures that we share this land with.

The Newtown School exhibition wall showcases a new artist's work every 2 weeks of the school year. It's viewable to students and parents during school hours and the general public after hours and is placed in an outward facing window into the interior play area of the school near the stairwell of the new building.

The exhibition wall has been running for 5 years now and is generously sponsored by one of Newtown School's private arts patrons. The 5-11 year old artist's drawings are mostly done in their own time and are presented in professional frames for their peers, parents and teachers to be inspired and proud of the great talent we have at Newtown School.

Come along and experience Connor's exceptional drawings and remember to pop back regularly to see the exhibitions on display as we have so many artistic talents in our midst at Newtown School. They truly are inspiring.



'Insects by Connor Arnold, age 11'
Mon August 4th - Mon 18th of August
The Newtown School exhibition wall

Can you find all 10 of Connor's bugs in hiding in this issue?





THIRTEEN WAYS TO CARE, NOT DESPAIR



Tips for a Sustainable Future by Briony Fanslow

1

Kaicycle can take your food scraps if you don't have your own compost, and they also have a drop-off service!

2

Toilet paper rolls can be recycled in the regular council recycling bins or bags, or you can home-compost them.

3

Te Aro Zero Waste offers lots of services, including 'Repair Cafés' where you can mend broken or faulty household items. The next one is scheduled for 16 August. bit.ly/4OYN4jc

4

Take your soft plastics to the designated bins available at Woolworths or New World.



5

New World also has recycling boxes for clean plastic and metal lids. bit.ly/4kNLsQk

6

You can buy your electricity from Sustainability Trust's Toast Electric: an electricity company that reinvests its profits to combat energy hardship. bit.ly/4nZUSuZ

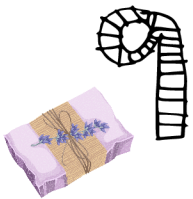
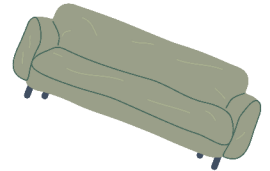


7

Got furniture you want to rehome? The weather isn't great for street shopping around here, but second-hand stores like the Salvation Army will often collect large items if you ask.



Old potatoes that are going a little soft can be planted! They'll grow almost anywhere with good dirt, some sun, and enough space to spread (you can even grow them in pots or large plastic bags).



Newtown Unichem sells shampoo and conditioner bars (no plastic bottles!) at a cheaper price than supermarkets.

1



Keep-Cups are still a thing! Black Coffee will fill your mocha to the brim if you take in a really big cup!



11

Show our pigeon and seagull street sweeps some love. They do an awesome job of cleaning up after us, so let's be mindful of how what we leave behind affects them.



12

Imagine if everyone walking down Riddiford Street picked up just one piece of litter each walk...

13



It's very easy to fall into the trap of thinking the little things don't matter, but they absolutely do! Not only do small actions add up overtime, but they keep us aware of impacts on our environment. Of course bigger scale changes are also necessary to support our environment, so keep signing those petitions and writing letters to our government representatives.



YOUR QUESTIONS ANSWERED BY THE

Citizens Advice Bureau

Te Pou Whakawhirinaki o Te Whanganui-a-Tara



Recycling your old mobile phone - protecting Papatūānuku

E-waste is one of the fastest growing waste streams in Aotearoa and globally. Recycling our old electronics is an easy way to reduce pollution, conserve resources, and protect the health of our communities and environment.

How can I recycle my old mobile phone?

You should never put electronic waste (e-waste), including unwanted mobile phones and their accessories, in your household rubbish. They contain heavy metals that are toxic and can leach into soil and groundwater if dumped in landfills or illegally dumped.

You can donate old mobile phones through RE:mobile (remobile.org.nz), New Zealand's only government-accredited mobile phone recycling programme. A portion of the profits from donated phones is given to charity, so you'll also be supporting good causes.

Before you donate your phone:

- disconnect it from any cloud services,
- remove the SIM card,
- switch the phone off.
- (You do not need to remove the battery)

Where to drop off your old phone:

- Spark, 2degrees and One NZ (Vodafone) retail shops,
- also Resene Colour and Noel Leeming shops,
- Southern Landfill's Tip Shop.

For a full list of drop-off locations, visit the RE:mobile website bit.ly/44OsqU9

You can also post your old phone to RE:mobile. The postal addresses are listed on their website.

Finally, 2degrees, Spark and One NZ offer trade-in options for used phones when you purchase a new one.

Need help figuring out your rights? That's what we're here for.

Citizens Advice Wellington offers free, confidential support. Whether it's a consumer issue, housing, work, or anything else, come talk to us.

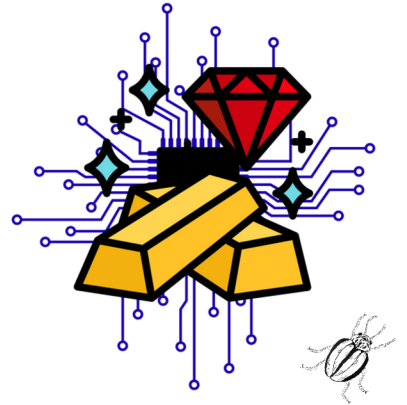
☎ Call us (04 370 2500), visit your CAB in Newtown (9/11 Constable St - next door to the library), or check out www.cab.org.nz

TECH TIPS *with Maddy*

of  smart•newtown

Recycling Hidden Tech Treasures

With the impending phase out of 3G mobile networks and the end of support for Windows 10, many older devices are reaching the end of their life cycles. They may look like junk, but electronics often contain precious materials that can be recycled into new devices. Or, you know, turned into pretty jewelry for me. This is key for supporting sustainable tech and reducing demand for new mining around the world. If you have old electronics, don't throw them away, take them to our city's two signature recycle points:



- **The Tip Shop (Landfill Road, Ōwhiro Bay):** They take old junk, clean it up, and sell it on. Most e-waste is free to drop, but for monitors and TVs they charge \$30. bit.ly/3TpdA07
- **The Sustainability Trust (2 Forresters Lane, Te Aro):** Right in the centre of town, opposite side of Tory Street from Bunnings. They're easier reach but do charge some small fees for various items. bit.ly/3x3LBMB

. . . and if you're wondering what those precious metals do, the smart phone recyclers at RE:Mobile have a wonderfully detailed list: bit.ly/46vIVbt.

Turning Down the Energy Tap

Electronic devices also consume a lot of energy, which unlike all other problems cannot be solved by consuming inhuman quantities of energy drink. This conundrum is larger than all of us and tied to new innovations; blockchain algorithms consume quite a lot any time a change needs to be processed. AI also does a lot of "thinking" any time it gets a query (a question posed to it), and AI tools are increasing being built into everything, from photo editing apps to predictive text (autocorrect) in your phone's messaging app.

While the engineers work out ways to cut down consumption (smarter algorithms, better allocation of energy through the grid), there are a few things you can do on a personal scale:

- **Unplug Unused Devices:** Many devices draw "phantom power" even when they're not on. For laptops, this power cycling can even wear down batteries. Smart phones tend to be immune to this, and keeping them plugged in overnight lets them update.
- **Screen Brightness:** If you can be goth about your browsing, do it. A lot of people find the default screen brightness a strain on the eyes. If that's you then turning it down or setting the display to dark mode can kill two birds with one stone. You can usually find that in your phone's Settings by searching for "brightness".
- **Energy Saver Mode:** All phones have a low-power mode that kicks in when the battery is low. You can flip this on manually by going to the Settings and searching for words like "power", "battery", or "energy". The name of this feature will vary by phone, but generic terms like this should bring it up.

WHAT'S THE HAPPS?



Check out our calendar of regular hires: newtowncommunity.org.nz/news-events

AT THE COMMUNITY CENTRE, CNR RINTOUL/COLOMBO ST

Kanikani Dancing in the Dark - Thursday 7 August, 7pm

A dance party in the dark! 7pm doors open, 7:15 lights off for an hour of dancing in the dark to a playlist. Monthly on the 1st Thursday. Koha entry.

Airhorn! - Friday 8 August, 8pm

They're back! Airhorn is a monthly comedy show, on the 1st Friday of every month. The show features a regular cast of the hottest and funniest comedians in Wellington plus special guests from all over the country (mostly Wellington). Tickets \$25: bit.ly/4Omr41s or airhorn.nz

Death Cafe - Saturday 9 August, 1pm to 3pm

At a Death Café people - often strangers - gather to eat cake, drink tea and discuss death. Death Café is not a grief support group, or counselling session - instead it is a place to discuss death without expectations. Death Cafe runs monthly on the 2nd Saturday. FREE

Tū Ora Immunisation Clinic - Friday 15 August and every 2nd Friday, 12 - 2pm

Be wise get immunised Community! Our Tū Ora team will be offering free immunisation checks and vaccinations to the Community (COVID-19, flu, measles, tetanus, and shingles). Come on down and check on your immunisations. Our team look forward to meeting and having a kōrero with you about keeping you healthy! FREE

ELSEWHERE



Crop Swap - Newtown Park Apartments, 320 Mansfield St Community Room (Ground Floor, Block C) - Saturday 16th August, 10.30am - 12pm

Crop Swap is a FREE heart-warming monthly community gathering to share what we have with each other. Think of it like a community garden potluck when each offering regardless of the amount adds up to a bounty. Everyone is welcome - with or without something to share

Wellington Zoo - Winter Wednesdays - Every Wednesday in August

Wrap up warm and enjoy a mid-winter treat, with half-price adult and children tickets to Te Nukua Wellington Zoo every Wednesday in August! Simply turn up on the day or book online at: bit.ly/3TOSgCk

Wellington Timebank's Mahi Ready Day - Saturday 23 August, 10am-2pm

Job hunting at the moment? Fixing up your CV and not sure where to start? Come along to Mahi Ready Day: A supportive, community-led event to help you build confidence and practical tools for finding work. Learn more about the Timebank here: bit.ly/4lHrOqE.

The Music Video Showcase - Saturday 23 August Doors 7pm, Videos 7.30pm

The Music Video Showcase presents a curated screening of locally made music videos of all styles, music genres, budgets and release dates, each followed by an open-floor discussion with special guests from behind (and in front of) the lens. Tickets: \$30 Waged, \$20 Unwaged bit.ly/4lYmsXx

BikeSpace Pop-Up (Free Bike Fix-Ups!) - Thursday 28 August, 12-2pm

Get your bike fixed up for free! We've teamed up with Bikespace to put on drop-in to get your bike running at the top of its game! Also offering 529 Garage registration help! FREE

Know your Stuff: Drug Checking Clinic - Saturday 6 September, 11am - 2pm

Legal and confidential drug checking services and harm reduction advice. Monthly on the first Saturday of the Month. FREE

Smart Newtown Laptops for Hire!

Smart Newtown have 10 laptops available for the public to hire. \$30 for full day, \$15 for half day (refundable bond: \$200).



GET IN TOUCH

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