



### **Welcome to Canterbury@Heart's January Newsletter.**

This will be a monthly newsletter intended to keep all our members up to date with the goings on and opportunities for our Kids@Heart, Teens@Heart and Families@Heart. We would like to send a warm welcome to our 3 new committee members Peter, Felicha & Amelia. It's great to have some fresh ideas coming in from them.

### **Summer Picnic**

Special Family picnic Murmurs this month. Bring all the family for a catch up at the fantastic Spencer Park. This is a good opportunity for our families with school aged kids to come along too. It will be a very relaxed event.

If wet on the day please check [www.heartcanterbury.org.nz/](http://www.heartcanterbury.org.nz/) or Facebook for cancellation message

DATE: Wednesday 23<sup>rd</sup> January

TIME: From 11am

VENUE: Spencer Park (Bring your own Picnic.)

### **Muscle Car Madness**

**Help needed** –pointing people in the right direction, on the gate collecting and selling tickets help with parking etc.

Instructions given. Free entry to the event before/after your shift and to another family member.

Prefer 18 or older but 16, 17 years may be OK.

DATE: Saturday 26th January and Sunday 27th January

TIME: 2 shifts available, 9am - 1pm & 1pm - 5pm

VENUE: Rangiora

Please contact Judith ASAP if you or friends/family are available.

### **Canterbury@Heart AGM**

All welcome – A guest speaker and nibbles provided. Find out what we spent and our hopes for 2013.

Any new members if they want to join us please come along. RSVP to Judith.

DATE: Monday 4 March

TIME: 7 PM

VENUE: West Coast Bar & Grill

# Support @Heart

**Medic Alert Bracelets** - Members of @Heart can register to receive a Stainless Steel Medic Alert bracelet funded by @Heart. If you're a member of @Heart who would like to receive a free Medic Alert bracelet, please contact [familysupport@heartcanterbury.org.nz](mailto:familysupport@heartcanterbury.org.nz) for an enrolment form.

**Anti-Coagulant Machine** - These blood testing machines (designed for home use) can be provided free of charge to @Heart members, on anti-coagulant medication. Prior to the Anti-Coagulant Machine Project, blood testing meant lengthy visits to a laboratory or hospital and blood taken from a needle inserted into the child's vein. For the children, the tests were frightening and traumatic.

With Anti-Coagulant machines, blood testing now means no pain, no tears, nor car trips. Parents and children can conduct the required blood test themselves, at home, with just one drop of blood taken from a finger prick. It's quite simply changing lives. Please Contact one of our family support team for more info.

## Important Dates

- \*23<sup>rd</sup> January, Wednesday, Summer Picnic, 11am Spencer Park
- \*26<sup>th</sup> January, Saturday, Muscle Car, 9am - 1pm & 1pm - 4.30pm Rangiora
- \*27<sup>th</sup> January, Sunday, Muscle Car, 9am - 1pm & 1pm - 4.30pm Rangiora
- \*28<sup>th</sup> January, Monday, Canterbury@Heart committee meeting, 7.45pm
- \*15<sup>th</sup> February – closing date for Camp Teen Beat (April 29th-May 3rd 2013, MERC, Long Bay)
- \*22<sup>nd</sup> February, Friday, Murmurs, 10.30am – 12.30pm, Venue TBC
- \*4<sup>th</sup> March, Monday, AGM, 7pm West Coast Bar and Grill

## Helpful Links

Canterbury@Heart Facebook Page - [www.facebook.com/Canterburyatheart](http://www.facebook.com/Canterburyatheart)

@Hearts Web Page – [www.heartnz.org.nz](http://www.heartnz.org.nz)

Canterbury@Heart Web Page - [www.heartcanterbury.org.nz/](http://www.heartcanterbury.org.nz/)

Starship Hospital - [www.starship.org.nz/](http://www.starship.org.nz/)

Ronald McDonald House Auckland - [www.rmhauckland.org.nz/](http://www.rmhauckland.org.nz/)

## Contacts

### Family Support Team

[familysupport@heartcanterbury.org.nz](mailto:familysupport@heartcanterbury.org.nz)

Debbie Kopa Home: 355 9928 or mobile: 021 848 745

Katie Pottinger Home: 3841016 or mobile: 0210476182

### Regional Family Support Coordinator

Karen Hand Home: 383 0723 or mobile: 027 630 4648

### Administration

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Judith Wakelin Home: 343 3902