



Delta Friendship Link

101 North Avon Road

(03) 389 0273 – This is our direct line, if we miss your call please leave a voice message and we will get back to you as soon as possible. 😊

DFL@deltatrust.org.nz

Updated News

- A Town Boxing-Offsite activity learning self-defense.
- Trees for Canterbury – this is offsite for the morning, we will be volunteering and learning new skills. Please dress warmly.
- Flourish Café-Meals available to purchase for lunch every Wednesday \$5 for a main, \$3 for dessert (optional)

Please note: *New members need to complete our Member Registration and Code of Conduct forms. This ensures that you are aware of our wanting to acknowledge the strengths and abilities of our members and also enables us to be fully aware of your support person's details in an emergency.*

Please also note we are not in a position where we are able to apply one to one support for persons who require this. Where this is necessary the member will need to bring a Support Person to work alongside them enabling them to be part of our organised activities.

During our Programmes we open at **9.30 a.m.** and close at **2.30 p.m.**

- **Enabling Good Lives and ACC** funded members will continue to be **charged \$50.00 per session**. If you require a support person with you when you come for your sessions – **this will drop to \$40.00**. This is due to not receiving MOH Funding for EGL and ACC members.
- **Members who are not with Enabling Good Lives and ACC** are **charged \$25.00 per session**.
- **We use Deltas Café area but at times we may be down in Crossways Gym area**, we will place the DFL sign outside on these days.
- Please remember to **bring a cut lunch if you intend to stay all day**.
- **Our Member's Meeting is run once a month**. Please consider joining our committee as it is open to Members, Support Person's, Family and Staff.
- **"Our Day Out" must be booked in advance as numbers are limited for van outings**. The cost is our daily price to stay all day **PLUS cost of activity**.
- **Please check Programme** for the day's activities and dress appropriately.
- **If you are unwell**, please stay home for that week to get yourself well again.

Best Wishes

Kelly, Ruita & Daffy

Friendship Link Programme

September 2026

Tuesday	Wednesday	Thursday
1st Pamper & Games Bingo & Bowls	2nd Flourish Café Jewellery Making + Art Gym Fun	3rd Quake City “Basic Computing” with Literacy Aotearoa
8th Trees for Canterbury + Other Activity at Delta Karaoke	9th Flourish Café Clay Art Enterprise	10th Volleyball At Parakioro + Other Activity at Delta “Basic Computing” with Literacy Aotearoa
15th Yoga with Claire Bowl of Chips and Pool (Richmond Club – Leave at 12.30 bring \$5.00)	16th Flourish Café Delta Korowai Tai Chi	17th Volleyball At Parakioro + Other Activity at Delta “Basic Computing” with Literacy Aotearoa
22nd Circability DFL Quiz (Prizes)	23rd Flourish Café My Story Sewing	24th Volleyball At Parakioro + Other Activity at Delta “Basic Computing” with Literacy Aotearoa
29th Cooking/Shared Kai A Town Boxing	30th Flourish Café Paint & Sip Science Experiment	