



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

- Toasty Tuesday's-A Toasty From \$2.50 for 3 Toppings- Cheese, tomato, onion, ham, spaghetti and pineapple. **No Orders after 10:30am**
- 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

May 2026

*Tuesday 12th- Offsite activity, Booking essential due to seat availability.

*Thursday 21st- Offsite activity, Booking essential due to seat availability.

Tue	Wed	Thu
5th Trees for Canterbury  Karaoke	6th Flourish Café Enterprise  Mother's Day Cards/Art	7th Cooking/Shared Kai (lunch provided)  Literacy with Music
12th Pamper  A Town Boxing -Booking Essential	13th Flourish Café Jewelry Making  Bingo and Bowls	14th Photography (Avebury House) -Bring your own camera or phone (optional)  Literacy with Music
19th Yoga with Claire  Live Music -Neville the Devil	20th Flourish Café Circability  Karaoke	21st  -Volunteering For The Morning, Booking Essential Special Activity (for those who don't go to Willowbank)  Literacy with Music
26th Trees for Canterbury  Karaoke	27th Flourish Café Enterprise  My Story	28th Baking  Literacy with Music

*Because Delta is a community house and has many operations under the one roof, at times we may have to change areas. Just follow our Friendship Link Signs or ask us how to join our private Facebook Group where we always post updates as they happen 😊