



Rotary Club of Christchurch South Inc.

P O Box 12-243, Christchurch 8023, NZ.

SERVICE ABOVE SELF



Bulletin

#33 for 11 March 2026



Tonight we were privileged to hear from Julie Rose from Christchurch Plunket. Julie is their Grants Fundraiser and it was easy to see that she fits the Linked in description of being creative and driven in that role

Julie spoke of Modern Plunket (bearing in mind that Plunket will be 120 years old next year), as NZ's largest provider of free universal support services, for health, development and wellbeing of children under 5 and their families.

Parenting can bring mothers/families to their knees, so Plunket nurse are there for most new borns and for struggling families. In this, Julia showed a telling video of a mother relating her initial need for artificial insemination to conceive and of subsequent alienation from her baby, as she struggled with the everyday demands of caring for it – “I don't want to be here with him” ,, “ didn't want him any more”. Plunket were able to triage the situation with wrap around support – advise > doctor > medication.

Some spectacular statistics:

- nurses are present for 80% of newborns
- there are 10's of thousands of newborns each year
- there are 300 phone calls each day
- last year, 45,000 babies were born
- some 100 lives are saved each year
- there is a \$6 million funding hole to fill each year

This latter statistic is readily understood by way of Modern Plunket, for which connection is everything – families with no direction – what does this family need? There are perinatal mental health pilots and immunisation pilots in 24 clinics across the country, and 100 nurses trained each year.

Community services are run on \$2million/year (the proverbial 'smell of an oily rag'). Some examples: car seats (and correctly set up) for families that can't afford them; playgroups (multicultural); mothers in walking groups; assisting with day-to-day household duties; specific needs ...

18/03/2026	Vocational Visit to Turanga 1745	Cathedral Square	Tour of the Central Library Followed by dinner, TBA Linda@headlinesupervision.co.nz 20 people max.
25/03/2026	Club Night – Committees Updates	Club Night – Committees Updates	Club Night – Committees Updates
1/04/2026	Tracey Hawkes & Susan Gee	The Burwood Therapeutic Garden - Our vision is to create a wheelchair-accessible and dementia-friendly therapeutic outdoor area	https://www.maiiahealth.org.nz/your-donation/burwood-garden Susan.Gee@cdhb.health.nz , Tracey.Hawkes@cdhb.health.nz Tracey Hawkes & Susan Gee

Complexities include, cancer, newborn, existing family ... Working contributes to problems.

Plunket is no longer "this is the way you do it"

M.

Thanks Viv for the photo.

Upcoming meetings:

- **Turanga Library visit and dinner.**

18th March, 5.45 pm, meet at Gloucester St entrance of Turanga library, near the electronic display, for a tour and explanation of how the library is managed.

Then, at 7pm we are booked in at the OGB Restaurant, 28 Cathedral Sq/Worcester St. for dinner.

An indication of numbers attending would be great. Please email or text Linda if you are intending to go. Partners welcome. 0274168921 or linda@headlinesupervision.co.nz

**RSVP by 15th March please. Kind regards
Linda**

11/03/2026	Julia Rose	Plunket New Zealand - Setting the path of wellness in our communities for the early years, for generations to come	Whānau <u>Āwhina</u> Plunket Regional Grants Specialist Julia Rose Email: julia.rose@kuratawhiticcf.org.nz Mobile: +64 (0)27 450 3750
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- **Come join us on our walk and/or lunch on Thursday 19 March**

Date: Thursday 19 March

Park/Meet Near Cocoa Black Café, [236 Centaurus Road, St Martins](#)

Time: 10.30am

Walk: Hansens Park

Lunch: Cocoa Black Cafe

Leader: David

If you are unable to join the walk, then come and have lunch with us.

If the weather is unsuitable for walking, we will still meet for lunch at 12:00 noon

Please let David (david.buist@xtra.co.nz) know if you are walking, lunching or both

- **April Walk - SATURDAY 17 APRIL**

- **UPCOMING ROTARY COMMUNITY SERVICE PROJECTS**

1. Cashmere Stream Esplanade

Saturday 2nd May '26.

10-12 for maintenance followed by a shared lunch.

2. John Taylor Walkway

Saturday 13th June '26

10-12 for maintenance

Followed by a BBQ.

Notices:

- Kia ora,

Thank you for your email and for the kind donation of \$500 for our Outdoor Learning Space. [...]

We are very thankful to the members of Christchurch South Rotary Club for supporting the development of the Outdoor Learning Spaces for our tamariki.

We had tagged the money to buying planting tables for the area and are so pleased to now be able to buy these for the children and staff to be able to utilise.

We will acknowledge your kind donation in our school newsletter in the next two weeks.

Thank you again, we will be in touch with photos when we have purchased the equipment.

Ngā mihi nui

Sue Leadbetter

Tumuaki Tuarua / Deputy Principal

- **Aviva 2026:**

attached [to this club bulletin email] for Club Members to put in their Diary please.

I'll follow up at the next meeting with a Rooster.

Regards,

Graham

- **Harolds Quote: (a gem to close the evening, “as near to ‘Plunket’ as I could find.”)**

Recipe for Processing Children

Take 1 large grassy field

½ a doz. children

2 or 3 small dogs

a pinch of brook

Some pebbles.

Mix the children & dogs together

Put them in a field, stirring constantly

Pour the brook over the pebbles, sprinkle the field with flowers, spread over all a deep blue sky.

Bake in the hot sunshine, & when well browned remove to the bath tub.

Duty	18-Mar-26	25-Mar-26	1-Apr-26
Cash Desk	#N/A	G Bailey	A McKinnon
Cash Desk	#N/A	M Bruce	M Opie
Reception	#N/A	V Ellis	H Garlick
Speaker's Host	#N/A	#N/A	A Airay
Grace	#N/A	D Peterson	A Airay
International Toast	#N/A	V Ellis	H Garlick
Thanks to Speaker	#N/A	#N/A	A McKinnon
Quote for the Week	#N/A	G Bailey	M Opie
Speaker Reporter	A McCully	A McKinnon	D Peterson
Sergeant	#N/A	G Dockrill	L Bougen

Duties:

MEM

Leave:

	from	to
S Haye	11/08/2020	TBA
E Bermingham	01/01/2023	TBA
SMcLean	20/03/2024	TBA

A Kim 30/06/2025 TBA

R McKinney mid April

A Airay 1 2 Feb 26 Mar

The link for the club web pages is

www.christchurchsouthrotary.org.nz

The link to club Facebook pages is

<https://www.facebook.com/ChristchurchSouthRotary>

Reminders:

Record your apology at the Reception Desk at a prior meeting, OR email: chchsouthrotary@gmail.com before 11.00am Wednesday.

You will get a reminder a couple of days before the meeting re apologising and to advise if bringing a guest.

Emergency apologies to Alan McKinnon (021 142 7668)

OR, Club Secretary Viv Ellis (027 490 3161)

DUTIES If you are unable to carry out your allocated duty, it is YOUR responsibility to arrange a substitute.

LEAVE OF ABSENCE

Please advise all leave of absence of 3 or more weeks to the Secretary, by email or in writing.

