



The Peoples Centre News

Caring for those in need

0800 4 PEOPLE

**April 2009
Issue 3**

City Peoples Centre, 33 Wyndham Street, Auckland City, 09 302 2496
Mangere Peoples Centre, 366 Massey Road, Mangere, 09 275 6111
Manurewa Peoples Centre, 7 Halver Road, Manurewa 09 267 6331

NEWS IN BRIEF

- 1** Try our new 0800 number
0800 4 PEOPLE
Now you only need to call one number and you can transfer to any of our 3 Centres.
- 2** Check out our website -
www.peoplescentre.co.nz
or www.tpct.co.nz
Your comments about our new website are very welcome and appreciated.
- 3** Our next issues of The Peoples Centre News will be available on the 1st of every month and will include contributions from all of our services. Please send any material to Wendy.Pafalani@peoplescentre.co.nz

TRIVIA

Did you know that a pencil will write in zero gravity, upside down, and under water. Your average pencil can write 45,000 words OR draw a line about 56kms long. More than 2 billion pencils are used in the US every year, and most of them have erasers - most pencils sold in Europe DO NOT have erasers. The hexagonal shaped pencil was developed as an alternative to the round pencil so that the pencil would not roll off the desk.

We believe all members of society should have access to medical and dental services from caring practitioners

0800 4 PEOPLE (0800 4 73675) **FOR ALL OF YOUR MEDICAL AND DENTAL REQUIREMENTS**

You can call us and talk to any of our 3 Centres by following the voice prompts. Tell us what you think about our new 0800 number.

Other Peoples Centre Services

IMMIGRATION SERVICES

Available by appointment at all of the Peoples Centres, Monday to Friday.

ARTHRITIS EDUCATOR

Practical advice provided by Jane Messer RN. By appointment on the last Wednesday of every month. www.arthritis.org.nz

REFUGEE SERVICES

Available by appointment with Dr Tony Wansborough GP. Tuesday and Friday at the City Peoples Centre.

COUNSELLING SERVICES

Are you dealing with unresolved grief, self esteem issues, existential issues, emptiness living with chronic illness, HIV / AIDS, change, childhood issues, family / couple counselling, conflict resolution, anger issues. It is VERY IMPORTANT that you talk to someone! Low cost confidential counselling by appointment with Dallas Colville (HD & T Family Counselling, NZ Imago Inst). Tuesdays and Thursdays at the City Peoples Centre.

Staff News

Welcome to Dr Wendy Crabb DDS, BDS

Dr Wendy Crabb joined the dental team early in March at the City Centre as Dental Team leader. Dr Wendy is available in the City Centre Monday to Thursday for appointments.



March 30 is National Doctors Day

If you were sick in 1900, your doctor couldn't do much more than provide comfort until your body defeated the illness, or until the illness defeated you. The doctor had a few goodies in his little black bag, though: morphine and aspirin to ease pain, quinine to fight off malaria, smallpox vaccine, and digitalis for heart failure. How that black bag has grown in the past century! There are medicines and treatments for almost every illness known to man. Today's doctors draw upon a vast arsenal of drugs, vaccines, and diagnostic tools that could not even be dreamed of in 1900.

Community Notices



www.faceoff.co.nz

New Zealand's 100% owned and operated auction website. Check it out!!!!

Is there something going on in your community? Tell us about it and we can include it in our next newsletter. For more details call 09 302 2496 or email admin@peoplescentre.co.nz

Dates to remember:

Easter

Good Friday 10 April
Easter Monday 13 April

ANZAC

Saturday 25 April

School Holidays

Thursday 9 to Monday 27 April

Recipe – Mini Meatloafs



Prep time 20 min, Cook time 25 min. A big hit with the kids and they are also good for them too as they are made from **extra lean mince** and packed with grated veges.

Ingredients: 1kg lean mince, 1 grated med carrot, grated medium courgette, ½ onion chopped finely, ½ green pepper chopped finely, 1 tsp chilli powder (optional), 2 tbsp Worcester sauce, ½ cup breadcrumbs, 1 egg, tomato sauce

Preparation: Preheat oven to 200 celcius. Lightly spray or grease a nonstick or silicone muffin pan. Crumble ground beef into a large bowl. Put all ingredients into a bowl and stir with a fork. Spoon mixture into prepared muffin pan, and top each meatloaf with tomato sauce. Bake for 25 minutes or until cooked right through. Serve with mash and seasonal veges

Serves 6. Per Serving: Calories 150, Calories from Fat 38, Total Fat 4.2g (sat 2g), Cholesterol 47mg, Sodium 98mg, Carbohydrate 9.2g, Fibre 2.3g, Protein 18.7

The Peoples Centre
Medical walk-in
NO appointment necessary
ALL Centres
Monday to Friday
8.30am to 11.00am

We can also help with:

- Immigration
- Drivers Licence
- Employment
- Insurance

DENTAL DISCOUNTS FOR SUPERGOLD CARD HOLDERS

- ▶ Relief of Pain \$40.00
- ▶ Dental Exam, Scale and Polish \$20.00

DENTAL SERVICES WHEN AND WHERE

**City:**

8.30am to 5.00pm
Monday to Thursday

Manurewa:

8.30am to 5.00pm
Monday to Friday

Mangere:

8.30am to 5.00pm
Monday & Wednesday

MEDICAL SERVICES WHEN AND WHERE

**City:**

8.30am to 5.00pm .
Monday - Friday

Manurewa:

8.30am to 5.00pm
Monday - Friday

Mangere:

8.30am to 5.00pm
Monday - Friday

Quotes of the month:

- No one can make you feel inferior without your consent - Eleanor Roosevelt
- Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now - Johann Wolfgang von Goethe

Public Holidays

Easter

The Peoples Centre will be **closed** on Good Friday 10 April 2009 and closed on Easter Monday 13 April 2009

ANZAC

ANZAC day falls on a Saturday this year. The peoples Centre will be open as usual Monday to Friday 8.30am to 5.00pm.

Another moment of nonsense.....

Is it New Year?

In sixteenth-century France, the start of the new year was observed on April first. It was celebrated in much the same way as it is today with parties and dancing into the late hours of the night. Then in 1562, Pope Gregory introduced a new calendar for the Christian world, and the new year fell on January first. There were some people, however, who hadn't heard or didn't believe the change in the date, so they continued to celebrate New Year's Day on April first. Others played tricks on them and called them "April fools." They sent them on a "fool's errand" or tried to make them believe that something false was true. In France today, April first is called "Poisson d'Avril." French children fool their friends by taping a paper fish to their friends' backs. When the "young fool" discovers this trick, the prankster yells "Poisson d'Avril!" (April Fish!) HAPPY NEW YEAR!!!!!!!