



Lumsden Light

Produced in association with Northern Southland College
Your Community School
lumsdenlight@hotmail.com

12 June 2026

TO THE HOUSEHOLDER

POSTAGE PAID

The Week Ahead

FRIDAY 12 JUNE

STITCH IT DON'T DITCH IT 2nd Friday of each month, 10 am - 12 pm @ Route 6 Café. Stay for a couple of hours or just pop in. Bring some mending, a craft project or just yourself. Various mending materials supplied and group members can help problem-solve your mend. No need to RSVP, just turn up when you can. For more info contact: Kate Morgan via email: knitapotamus@gmail.com or Instagram: @mendworthy
LUMSDEN SENIOR CITIZENS AGM in rooms starting with a catered finger food lunch at 12.30pm followed by meeting, apologies to Trish 027 512 9425

MONDAY 15 JUNE

MOSSBURN BADMINTON, 7:30pm in the Community centre. All ages and abilities welcome. Racquets provided. Coaching available. This is a weekly event during winter.

WEDNESDAY 17 JUNE

THE NORTHERN SOUTHLAND COMMUNITY RESOURCE CENTRE CHARITABLE TRUST (NSCRCCT) ARE HAVING THEIR AGM at 7pm. In the Trust rooms around the back of the Lumsden Medical Centre on Garden Street. Anyone is most welcome, we would love to have you come and attend. If you are interested in helping out the Community in all sorts of different ways. Come and see what we do. If you have any enquiries contact brigid@nsrcct.com

SOUTHLAND DISTRICT COUNCIL - DO YOU HAVE A BUILDING REQUEST? Come in and chat with our building team experts from the Southland District Council at the Lumsden library. Please note, our experts are going to be here at the Lumsden library on Wednesday, 17 June 2026 from 10.00 am to 12.30 pm, giving you the opportunity to pop in and get sorted!

NSCRCCT COMMUNITY CO-ORDINATOR'S OFFICE

'SUPPORTING THE NEEDS OF OUR COMMUNITY'

Covering the Northern Southland areas

Mossburn, Lumsden, Balfour, Athol, Garston and Dipton

REMEMBER - Free confidential advice and support for all members of our community. Contact Cara Colquhoun Phone 248 7885
Cell 027 810 8880 email: nscco-ord@xtra.co.nz

- **SENIORS CAFÉ** - Next Seniors Café will be Monday 6 July 10am at Route 6
- **COMMUNITY GARDEN** meet every Tuesday 1pm at Helena Street (weather permitting) All welcome
- The Lumsden community garden is in need of a large amount of wood chips to help with weed control
- **PATAKA KAI** is situated at the front of the Community Garden in Helena Street

**Donate today because
together we do better**

Get in touch to make a tax deductible donation. Email: donations@nsrcct.com

Our bank account details are:

Northern Southland Community Resource
Centre Charitable Trust: 02 0957 002497 097



Employment

GARSTON SCHOOL IS LOOKING FOR A CARETAKER to look after our grounds, this position is for 6 hours per week. Please contact admin@garston.school.nz to express your interest. Thank you

CALF REARER AT CASTLEROCK Kahika Farming are looking for a calf rearer to join our team of 2-3 calf rearers, rearing 500 calves. Position is from about the 25th July to end of November and flexible hours. Great facilities, supportive on farm team and training given and competitive remuneration. If you are interested, please email us at: kahikafarming@gmail.com

Coming Up

24 JUNE - DIPTON CATCHMENT EMERGENCY PREPAREDNESS WORKSHOP 2-6 pm, Dipton Golf Club. Practical workshop to help you figure out what you need to do to be ready - for your household, your farm and your community. Spaces are limited and registrations close 19th June. RSVP to office@thrivingsouthland.co.nz. Call Sarah with any questions - 027 588 5200.

24 JUNE - NORTHERN SOUTHLAND COMMUNITY SHEARS AGM to be held at 7.30pm at the Mossburn Senior Citizens Rooms. All welcome. Apologies to Sonya Taylor on 021 884 972.

26 JUNE - INTERNATIONAL QUIZ NIGHT AND SILENT AUCTION. Lumsden Memorial Hall. Proceeds to support the Lydia Vocational training centre In Nepal. \$10 per person, Teams of 4-6 people. Doors open at 7pm, Quiz starts at 7.30 pm. International theme, come dressed to represent a country. Register with Helen Wilson 027 663 9559 dunkeld91@gmail.com
3 JULY - NORTHERN SOUTHLAND MATARIKI LIGHT SHOW

This wonderful community event is being held at Lumsden Primary School along the bike track from 5:30-7:30pm. Come and check out artwork and kapa haka performances from 11am local schools, kindys and playgroups. Coffee, BBQ, Glow Sticks and Donuts available. Cash only and koha on entry

7 JULY - MOSSBURN SENIOR CITIZENS INC AGM to be held at the rooms at 2pm. All welcome

For Sale

FIREWOOD FOR SALE \$90 a metre, minimum order 2.5 metres doing the Northern Southland area. Please contact Jesse 027 353 9891 or email: mckenziejesse174@gmail.com

HAPPY KLUCKERS Hyline Pullets \$40 each. Taking orders for now. Find us on Facebook or contact 021 217 8512

DRY PINE CONES FOR AUTUMN! 4x sacks \$25. Larger sacks \$8 each or 4 for \$30 message Grayson 022 162 2816. Pick up Balfour area. Possibly drop off.

LOTS OF BEAUTIFUL PLANTS FOR SALE AT THE LUMSDEN COMMUNITY NURSERY \$7 each. We have mix of plants, some beautiful flowers for the garden, along with hardy natives for your farm or shelter belt. Call Catherine on 027 504 1584 or Josie on 021 130 6528.

BLUE HEELER X LAB PUPPIES Ready to go now. Listed on Trade Me. Phone 027 290 8399

DEER FENCING 700m in 9 rolls. Sitting on clean gravel. 20yrs old, tidy good condition. Sold most of it, only 700m left. Want it gone \$2.50/m (rolls only) ph/txt 027 209 9264

BALFOUR LIONS CLUB POTATOES 20 kilos for \$25 available from Andrew's transport Balfour from 9am to 4 pm also available at McGregor Motors during McGregor Motors opening hours

FOR SALE LG 26" 30R TV in good condition \$70 ono. Ph/txt 022 380 8443

PRESBYTERIAN CHURCH SERVICES

Sunday 14 June

10am Mossburn

10am Lumsden

CATHOLIC CHURCH SERVICES

Catholic Church Balfour:

Masses on 1st, 2nd 3rd and 5th Sunday of the month at 11am

Catholic Church Mossburn:

Mass 4th Sunday of the month at 11.15am

Catholic Church Lumsden:

Mass 1st Sunday of the month at 7pm

Weekly (During School Terms)

MONDAY

BALFOUR SCOUT GROUP Cubs 6-10 years, Scouts 10-years, Monday nights 6.00 - 7.30 pm, Balfour Scout Hall Kruger Street, For more info please contact group leader Noortje Hamers on 027 937 4851.

LUMSDEN LIBRARY BRICK CLUB Fortnightly during term time. Mondays 3 - 4pm. Calling all Lego fans, come along and take the weekly challenge. For more information ask at the Library.

LUMSDEN LIBRARY CHESS CLUB fun for all ages. All welcome. Fortnightly (on alternating Mondays with Brick Club). Mondays 3pm to 4.30pm. For more details, please contact carosine@hotmail.com

MOSSBURN BADMINTON, 7:30pm in the community center. All ages and abilities welcome. Racquets provided. Coaching available

'SENIORS' CAFÉ' No joining fees just cost of a tea/coffee and scone - subsidized to \$5.00. First Monday of the month 10am Contact Cara Colquhoun 03 248 7885.

TUESDAY

MOSSBURN PLAYGROUP We gather together every Tuesday during term from 9-12 at the community centre. Fun activities are organised each week with indoor/outdoor play areas for the kids. We have a shared morning tea for the kids. We ask that you bring one box of crackers at the beginning of each term and one piece of fruit for each session. Hot drinks and morning tea are provided for adults. For more information please contact Ashleigh 027 389 7685.

DIPTON PLAYGROUP Every Tuesday 9.30-12pm. Located behind Dipton Memorial Hall. Fully certificated and co-ordinator run. Each session offers a theme/activity, as well as great indoor and outdoor play. Great chance for Mums and families to relax and allow little ones to have fun playing while learning. Plus a separate Discovery Time/Wa Kitea excursion for 4.5 year olds to Dipton School. Phone Jacinda 027 339 1394

GARSTON PLAYGROUP Under 6s. BYO morning tea. Awesome fun activities - something different each session. 9.30am - 12.30pm Look forward to seeing you there. The Old Post Office, Garston. Phone Shaina Pepper 027 709 9284

DIPTON TOY LIBRARY 9.15am - 11.15 am. Other times by arrangement. During school term. Wide range of toys for 0-6 year olds. Located in the Memorial Hall. Fees: \$45 annual; \$12 casual. Email diptontoylibrary@outlook.com

LUMSDEN LADIES' GOLF 9 and 18 holes. Tee off 10 am. Some sets of clubs available. Contact Lois Mitchell 027 487 4753. All welcome.

DIPTON GOLF CLUB - 10.00 am, 18 holes contact Paddy 248 5149

COMMUNITY GARDEN meet every Tuesday 1pm at the garden in Helena Street. All welcome.

PATCHWORK & QUILTING CLASSES Patchwork and Quilting Class will be held most Tuesdays, Terms 1 and 4: 9.30am till 12.30, Terms 2 and 3: 1pm till 4pm at the Five Rivers School. Everyone welcome. Weekly fee, tutor \$15, venue donation \$3. Please phone/txt Jenny Tayler 027 227 2515 for further information, to register and to check dates

CASTLEROCK MOSSBURN PONY CLUB weekly rallies. Everyone welcome at any level, come along and have a go. Please contact Annabel Saunders - President 021 176 2648 or Megan Vande Sandt 027 269 3211

MOSSBURN SENIOR CITIZENS 1st & 3rd Tuesday at 2 pm in rooms. \$2.00 toward running costs. Meeting 1st Week . Bingo 3 rd Week \$2.00 with afternoon tea to follow. Contact Sonya 021 884 972. Chrissy 027 816 1656.

WEDNESDAY

GARSTON PLAYGROUP As Mondays

BIBLE STUDY HOME DELIVERY Would you like to attend Bible Study, but family commitments, mobility or transport keep you from attending? Maybe we can help, phone or text Graham 027 414 2288 **GEN-2-REV BIBLE STUDY** is taking a break for a few months. Got Bible questions? You can still text them to 027 414 2288

LUMSDEN PLAYCENTRE Every Wednesday during school term 9:30-12:30. We have a wonderful inviting space that caters for tamariki ages 0-6. Te whariki guiding our whānau practice and play. Free to attend, donations are accepted. Come along and check us out, or take a look at our Facebook page. For any further enquiries contact Trinity n 027 307 9802 or email lumsden@playcentre.org.nz

SING ONG TAI CHI Classes held on Wednesday at 10am at the Senior Citizens' Rooms in Lumsden. This branch of Sing Ong Tai Chi teaches the Yang style of Tai Chi Chaun as taught by Professor Yek Sing Ong and is now open to the public. The instructor is John Titter who has been training in Tai Chi since 2002. the Sing Ong Tai Chi is a very soft internal art that is beneficial for all ages and fitness levels beginners are welcome. Benefits of Tai Chi: Improved relaxation, Flexibility & Posture, Energy Levels, Co-ordination, Concentration and Rehabilitation. For more information contact John Titter Ph 027 491 7299 or email j.k.titter@gmail.com

MINDFULNESS GROUP: small, trauma-aware mindfulness group for nervous system regulation and embodied self awareness. Wednesdays 7-8pm. Numbers are limited to 6 places. Cost: \$35 per class For more information please visit www.withsheree.nz. To register, please phone Sheree 027 2000 355

THURSDAY

NORTHERN SOUTHLAND WALKGROUP - Meet the 2nd & 4th Thursday of the month. Come and join the leisurely wanders, good company. Seeing the highlights of different towns/areas. Car pool. Contact Mossburn Chrissie 027 816 1656, Riversdale Charmaine 027 358 3531

MID NORTHERN SOUTHLAND TOY LIBRARY will be open on the first Thursday of every month from 2:45-3:30. Come and visit us at 33 Pluto Rd, Lumsden and check out our huge range of indoor and outdoor toys, puzzles and games. New members welcome. Contact Kate 027 811 2919 or find us on Facebook.

FIVE RIVERS' PLAY GROUP 9.30 -12.30 Wonderful local playgroup, great indoor and outdoor play, music, paints, wood work and plenty more. Small focused activities every week, great chance for mums and families to relax and let kids be kids. Located in the old Five Rivers' School building. Contact Mikaela on 027 773 2083 or just pop along for a look.

FRIDAY

BALFOUR PLAYCENTRE: Open Fridays during the school term 9.15-12.15 Located at the Balfour School. Come visit us and see what we can offer you and your Tamariki. Find us on Facebook or contact Carolyn 021 115 4333

GARSTON PLAYGROUP: As Tuesday.

STITCH IT DON'T DITCH IT 2nd Friday of each month, 10 am - 12 pm @ Route 6 Café. Stay for a couple of hours or just pop in. Bring some mending, a craft project or just yourself. Various mending materials supplied and group members can help problem-solve your mend. No need to RSVP, just turn up when you can. For more info contact: Kate Morgan via email: knitapotamus@gmail.com or Instagram: @mendworthy

SATURDAY

MOSSBURN GOLF CLUB - 18 holes tee off 12.30 pm, 9 holes tee off 2:30pm - Open to all players - Now offering first year half price memberships for new members - Contact Richard 027 822 7719

SUNDAY

ATHOL MARKET every fine Sunday, 10am till 2pm outside The Brown Trout Café. Stalls only \$5. Plenty of room for everyone. Please phone Jan on 03 248 5258 to book in or any enquiries

MID NORTHERN SOUTHLAND TOY LIBRARY will be open on the third Sunday of every month from 10 -11am. Contact Kate 027 811 2919 or find us on Facebook

Public Notices

CARETAKER FOR LUMSDEN MEMORIAL HALL is Kath Miller phone 027 905 3108 or email kathcando@slingshot.co.nz

CANCER SOCIETY SUPPORT SERVICES available in your area for anyone affected by Cancer. Contact Jo Bremer 021 562 939.

LUMSDEN MATERNITY AND WELL CHILD HUB I am available for women to get free and confidential pregnancy tests, bloods tests ordered by their LMC during pregnancy, breastfeeding support and urgent antenatal assessments as required by the LMC. Monday and Thursday from 10am-2pm. Contact: Shelley Wesselson on 021 249 9964 or the Hub phone on 03 248 7050 at the Lumsden Maternity Hub, 58 Garden Street, Lumsden.

BALFOUR HALL FOR HIRE for bookings please contact Karen 027 201 0191 or Maree 027 433 2841

LUMSDEN PLAYCENTRE AVAILABLE FOR HIRE for your birthday parties. \$80 for day hire; Contact Trinity 027 307 9802

FIVE FINGER CRAFT & INFORMATION Find us in the Old Railway Station, Diana Street, Lumsden

LUMSDEN GOLF CLUB CENTENNIAL Save the date Lumsden Golf is holding their centennial celebration on 6-7 February 2027. To register your interest please email lumsdengolfclub@gmail.com or ring Janette 027 643 3040

LIONS CLUB OF LUMSDEN WOULD LIKE TO SAY A BIG THANK YOU to all those who offered firewood to the Club so we can continue our support for our Senior Citizens and help us to raise the funds that allow us to invest in our local Community's future. Working bees will be the order of the day for a while! **Like** to get involved or learn more? **Contact Jim** on 027 204 2792 or **Dave** on 021 849 609 or pres.lumsden@lionsclubs.org.nz Follow us on Facebook: Lions Club of Lumsden - Facebook

LIONS CLUB OF LUMSDEN - PROUDLY SERVING OUR COMMUNITY SINCE 1964. From supporting local needs to fostering future leaders, the Lions Club of Lumsden is making a meaningful difference. **DID YOU KNOW** the **Lions Club of Lumsden** managed to obtain a section of the old **Oreti Road-Rail Bridge** when it was demolished to make way for the new concrete bridge? It still stands over the **Lumsden Creek** near the Memorial, enabling the area to be used by visitors for picnics. **Like** to get involved or learn more? **Contact Jim** on 027 204 2792 or **Dave** on 021 849 609 or pres.lumsden@lionsclubs.org.nz. Follow us on Facebook: [Lions Club of Lumsden - Facebook](https://www.facebook.com/LionsClubofLumsden)

Public Notices Continued

ST JOHN STORE LUMSDEN Winter is finally here, come on in for your winter wardrobe. New stuff put out most days and the good stuff sells as soon as it hits the floor. This month is our annual appeal so please, if you have any extra loose change, we would appreciate it in our Ambulance donation box, no matter how small. Our collectors will be at the Four Square this month for the appeal. We are raising funds for upgrades or rebuilds of our Ambulance stations. We still have a few bits of furniture available for sale, an extending table, two sets of drawers, a couch great for the farm and a desk to name a few. Have a great week. Open Monday to Friday 10am-4.30pm



**Hato Hone
St John**

COME AND JOIN OUR AWESOME TEAM VOLUNTEER FIRST RESPONDERS NEEDED IN THE LUMSDEN COMMUNITY

Our Christchurch Communications Centre receives approximately 20 ambulance calls each month from the Lumsden area. As a rural and remote community, we face unique challenges. The nearest hospital is 45 minutes for Gore and over an hour for Invercargill away by road. The closest staffed ambulance stations are based in Gore (24/7) and Winton (12/7). At times, these crews may already be attending other patients across Southland when a 111 call is made, leaving our community vulnerable.

THIS IS WHERE LOCAL SUPPORT BECOMES VITAL

We are fortunate to have a small number of dedicated volunteers currently providing first response in Lumsden. These individuals selflessly respond to emergencies while balancing full-time work and family commitments. Their contribution makes a real difference in the critical moments before an ambulance arrives. We are now seeking additional volunteers to strengthen this essential service.

- Could your employer support you to leave work for an hour to respond to an emergency call?
- Do you have availability in the evenings or overnight to assist when someone in your community needs urgent help?

Hato Hone St John provides comprehensive training, including an internationally recognised First Responder qualification with NZQA endorsement. You will gain valuable skills to care for patients experiencing both medical and traumatic emergencies. If you are interested in making a meaningful difference in your community, we would love to hear from you contact Debbie Blatch Group Operations Manager, Southland East 027 287 8153 or Sandra Wilson Volunteer Support Manager 027 232 8479.

STEPPING FORWARD AS A FIRST RESPONDER COULD BE A LIFE-CHANGING DECISION FOR YOU AND FOR THOSE YOU HELP

THE FIVE FINGER CRAFT SHOP ARE DESPERATELY IN NEED OF VOLUNTEERS to help out in the craft shop. Work hours to suit your day just one or two days a month to have shop open for the many travellers who call. Please contact Trish on 027 512 9425 to get more info.

STORAGE AVAILABLE for cars, boats, campervans, furniture. Ph 021 154 9428

Accommodation

ROOM FOR RENT \$220 A WEEK includes firewood and wifi 5 minute walk to 4 square must be working & love dogs. 021 241 6620

SPACIOUS ROOM FOR RENT in large sunny house in centre of Lumsden. 2 minutes walk to the pubs, cafes and 4 square. Sharing with one other person, plus dog and cat. \$180 p/w. Includes bills (power / firewood / Netflix). Call or message Josie on 021 130 6528.

ROOMS AVAILABLE IN A HOUSE furnished or unfurnished with another male in Lumsden ph/text 027 388 2087 Good w/rent negotiable

3 BEDROOMS AND 1 BATHROOM HOUSE FOR LONG TERM RENT in Lumsden town centre. Double glazed and fully insulated. Heated by heat pump, gas fire and all day sun. Covered porch and off street parking. \$430 per week. References are essential. Call 027 442 6933

3 BRM HOUSE FOR RENT IN LUMSDEN. Fireplace and heat pump. Easy care section with garage. Long term \$400pw plus 2 weeks bond. Ph Vivien 022 451 7306 for more info

Wanted

OLD, DAMAGED, DEAD CARS Lumsden Volunteer Fire Brigade are needing cars/utes, damaged is even better. We need to use them for Motor Vehicle Crash training. If you think you can help with this please contact Mike 027 228 1652

CAN TABS AND METAL WINE CAPS These are being collected to help raise funds for Dialysis. Please drop off at the College office, Vet South Winton or a to a member of your local Fire Brigade.

THE LUMSDEN COMMUNITY GARDEN is in need of a large amount of wood chips to help with weed control. Ph Cara 03 248 7885 or email nscoc-ord@xtra.co.nz if you can help.

Local Businesses

ADDED ENERGY LTD: Our team of experienced staff can handle all your electrical, pumping, dairy shed and effluent needs. Domestic, rural, industrial, commercial, inspections, solar and energy efficiency, we can handle it all 0800LUMSDEN (0800 586 733)

AG & EARTH MECHANICAL AND ENGINEERING SERVICES a mobile operation servicing the Southland and Otago regions, with repairs on agricultural and earthmoving equipment, tractor servicing & repairs and on-farm engineering needs. Phone Simon 027 259 9919.

ARDLUSSA AG LTD BALING SERVICES providing Film on Film, Mowing, Raking, Tedding and more. Available throughout Southland area, based in Balfour. Call Dale 021 127 2876 or email admin@ardlussaag.com

BALFOUR THEATRE COMPANY COSTUME HIRE. Phone Ziggy Roy 201 6058 or 027 444 8353

BRETT MIDDLETON CONTRACTING LTD For all your Fencing requirements and now available Diggers/Bulldozers for all your earthworks requirements with experienced operators. Phone for a quote 027 329 2698.

BROOM AND GORSE SPRAYING specialist in steep terrain and all general spraying. For more information please ph/text Jason Hoyle 021 185 1909

BURR FARM SERVICES Whether it's spraying out, crop protection, or liquid fertiliser application, our boom spraying services have you covered. Phone Mike on 027 629 9975

CARPENTRY SOUTH 2024 LTD Builders covering all of Southland for your residential, commercial and rural requirements. Member of NZ Certified Builders and Licensed Building Practitioners. Please phone Scott Weller on 027 303 9304 or Michael Clark on 027 839 3814 for any inquiries.

CORESTONE PLUMBING & HEATING Lumsden locals – get your home winter-ready. Corestone Plumbing & Heating install radiators, underfloor heating & heat pumps for warm, efficient living. Reliable service. Quality workmanship. Call Rocco 027 306 1580 Email: info@corestoneplumbing.com | www.corestoneplumbing.com

DAVID STEVENSON AUTO LTD York Rd, Riversdale. We can offer Lumsden and surrounding districts the following - Full Mechanical repairs, Transmission Flush, Tyres and Batteries, Diagnostic scanning. Contact the team at 027 437 3631.

DIPTON SERVICE CENTRE 2018 LTD Mechanical repairs, batteries, WOF, tyres, computer diagnostics and European specialist. Contact Tim 03 248 5273 or 022 127 8391

DRILL & TILL MOSSBURN LTD Direct Drilling and Cultivation, servicing Mossburn and surrounding areas. Contact Henry on 027 346 5511

EARTHMOVING AND DRAINAGE CJ AND AR SHEAT LIMITED 13 tonne digger, tip truck, transporter and drain cleaner. Farm drainage and general earthworks, site preparation, root raking, blocked drains and tiles, gravel supply and cartage. Phone Campbell 027 271 8283 or Ang 027 9182 155

EVANS FREIGHT Daily freight service for all freight/courier parcels ex Invercargill, Winton, Lumsden, Mossburn and Te Anau and return. Can help with freight connections in New Zealand. All enquiries 03 249 7119.

EWL LIMITED SILAGE AND BALING CONTRACTOR Based in Balfour, we service the Northern Southland District. From Balfour to Athol, Five Rivers to Mavora and everywhere in between. Phone Brent on 027 485 5994 to discuss your grass harvesting requirements. Email ewl.balfouroffice@gmail.com or Find us on our Facebook page, EWL Limited. Or visit our website ewl.nz

FARMLANDS MOSSBURN - CLEARANCE!! The Clearance racks are back! Come have a look at the super specials we have in store! Clothing, fencing, hay feeder there is a huge selection but only while stocks last!!! So pop on down and take a look!!

FIVE FINGER CRAFT & INFORMATION Come and check out our range of Baby knits, gifts and knitwear for the whole family and check out our half price items in store Find us on Facebook. Find us in the Old Railway Station, Diana St Lumsden

G & D MINI DIGGER 5 ton digger for hire, power & sewage, trenching, sheep yards, shed pads, gravel carting, drilling 125 mm, 200mm, 300mm & 600mm. Phone Garry on 027 295 4484

HAKOMI MINDFUL SOMATIC PSYCHOTHERAPY An experienced counsellor, life coach and psychotherapist, Sheree Honeyfield-King offers Hakomi Mindful Somatic Psychotherapy for self study and healing. For more information please visit www.somatic-rehabilitation.nz or phone Sheree 027 200 0355

HALO TRAINING partners with Southland businesses to build confident leaders, safer workplaces and stronger teams. We deliver practical, no nonsense leadership training that drives real performance, not tick box compliance. If you are ready to lift capability and raise the standard, HALO is ready to back you. Get in touch today: www.halotraining.co.nz 020 409 23560 info@halotraining.co.nz Based at Willow Society, 35 Diana Street. HALO is at the back of the building. Pop in and see us.

HAMMOND DAVIDSON LTD - CHARTERED ACCOUNTANTS If you are looking for a fresh, friendly and forward-thinking approach to meet your accounting and business advisory needs, contact us for a free initial consultation Ph (03) 202 7508

HANK'S PLACE TOPFLITE Scratch'n'lay 20kg for peak egg production and healthy hens. **TOPFLITE 5kg OYSTER GRIT** – for strong eggshells. Bagged 30kg Whole Wheat. **A LA CARTE Premium Active dog food** – keeps your working dogs healthy and plenty of energy to burn. **Hanks Place 148 Flora Road Lumsden**

St John Annual Appeal

Light The Way

St John's annual appeal is for the whole month of June.
Keep an eye out for our volunteers who will be out collecting in June.
If you miss them you can donate online at <https://lighttheway.stjohn.org.nz>
or pop into the Lumsden Op Shop to make a donation.

Local Businesses

HENSON ELECTRICAL SERVICES based in Riversdale and servicing all areas - Registered electrician providing electrical services from minor works, maintenance to full re-wires, domestic, rural, commercial, solar and energy management and efficiency - please contact Matt 021 027 42010.

JACK RABBIT TRIMS BARBERSHOP Open Sundays and Mondays 10am to 8pm @ Willow Society Lumsden. Walk-ins Welcome or book an appointment at jackrabbitrims.nz

JIMMY'S CARPET - Carpet Layer. Free measure & quote Lumsden & surrounding districts. Phone Jimmy 027 445 9731.

KITCHENS & JOINERY MASTERCRAFT KITCHENS by NIGEL MOLLOY JOINERY LTD are proud to be your local kitchen manufacturer. Call the team on 0800 464 435 or Nigel on 027 437 4830 or email office@molloyjoinery.nz. Do you need a new Kitchen? Are you looking for shelving, storage, a pantry.... a laundry, wardrobes, doors, windows, stairs, bathroom or kitchen appliances? Then look no further as we do it all for you to suit your lifestyle and your budget! And our expert design team can turn your ideas into 3D plans and images, so you can see what your kitchen will look like. Call today and check out our website for inspirational ideas <https://www.nigelmolloyjoinery.co.nz>

LUMSDEN MOTEL - for all your accommodation needs phone 03 248 7418 or 027 683 8579 email: info@lumsdenmotel.co.nz Irene Benfell-Herron & David Herron - Owners

LUMSDEN PRESCRIPTION & GIFT CENTRE Open Monday-Friday 10am-5pm. Lunch break 12.45-1.15pm. Phone 03 248 7102 or for repeats text 027 230 1400 (no phone calls to this number please) **ONCE DAILY SCRIPT DELIVERY TIMES:** Monday to Friday is at 3pm (at the earliest) If unsure, please phone ahead to check if script is here 03 248 7102. Thank you for your understanding.

MASSAGE & SOFT TISSUE THERAPY AWAY ON MATERNITY LEAVE RETURNING IN 2026.

MASON ADAMS CONTRACTING LTD For all your crutching requirements - Ewes, Lambs and Rams over a triple or single trailers. Now also Tailing Contracting as well. Phone Mason on 027 491 3428

NORTHERN SOUTHLAND BUILDERS for New Kitchen, Bathroom and Shower renovations. Replacement Windows and all Flat pack Joinery. Plus Landscaping, retainer walls, decks and fencing and planter boxes. Call Northern Southland Builders on 027 359 6468 for a free quote.

NORTHERN SOUTHLAND HEALTH SHUTTLE SERVICE: If you need transport to any medical appointment, including GP appointments, the Health Shuttle can take you. Just call the 0800 number. **THE HEALTH SHUTTLE IS FOR ALL NORTHERN SOUTHLAND RESIDENTS WHETHER YOU LIVE IN LUMSDEN, MOSSBURN, BALFOUR, ATHOL, DIPTON, WAIKAIA OR ANYWHERE IN BETWEEN.** The service operates Monday to Friday excluding public holidays. **For more information or to make a booking please call 0800 103 046 Bookings are required by 3pm the day prior to transport.** This service is run by volunteers. We do not charge a fee for Health Shuttle transport however, we do accept donations to help cover costs.

LOOKING FOR A QUALITY (AND QUALIFIED) MASTER PAINTER DECORATOR based in Lumsden? 40+years experience, painter decorator of Master Builders national competition winning home in 2001, top notch job is guaranteed. References are available to call. Small job and farm houses a speciality. All sorts of applications experience. Phone Ken Carston 0274781606 any time.

PLANTING NATIVE TREES? GARTO TREE PROTECTORS Innovative weed suppressing tree guards - No follow up spray needed after planting. Available at Mitre 10 Winton. For bulk quantities call Hugh 027 714 2188. Dipton based - discount given for locals / Lumsden Light readers.

PT SOLUTIONS - LUMSDEN COMMUNITY PHYSIOTHERAPY Andy Ralph is still here providing physiotherapy services to the Lumsden and Northern Southland communities out of the Lumsden Medical Centre, 58 Garden St, Lumsden. I specialise in the treatment of musculoskeletal and sports injuries, shoulder, back and neck pain, post operative, vocational rehabilitation and chronic pain. I am registered with ACC and can take self referrals. I work closely with Lumsden... Medical Centre, other specialists and imaging services to provide comprehensive management of all your treatment and rehabilitation needs. I am usually in Lumsden weekly however my days are variable, if you need an appointment please leave me a text on 027 747 0741 or an email: andrew.ralph@me.com with any questions or requests and I will get back to you.

Q-TECH CONSTRUCTION LTD For all your building, construction and maintenance needs. Please contact Blake O'Connor on 027 953 2452 or email admin@qtechconstruction.co.nz

RACHAEL COLLINS-CELEBRANT A Validated member of the Celebrants Association of New Zealand (VCANZ). For inquiries call me on 027 235 5144 or email info@rachaelcollins.co.nz

RIVERSDALE MEATS HOMEKILL Full service, on farm slaughter and processing. Local Professional Qualified butchers. All prices online, happy to do quotes. Search up Riversdale Meats Home kill to book in or call 03 202 5717 for helpful service and advice for your home kill needs.

ROCK HOMEKILL Ray Orchard Contract Killing - Lumsden based operator - Servicing Northern Southland and Beyond since 2006. Check out our Facebook page - ROCK Homekill and use the ROCK Homekill booking - Jotform. Phone: Ray (Oz) 027 248 6396.

SHEREE HONEYFIELD-KING offers attachment informed therapy, grounded in Hakomi Mindful Somatic Psychotherapy. This is a mindful, trauma-aware, somatic and relational process that can access your own innate capacity to heal. Please phone Sheree 027 2000 355 or for more information visit www.withsheree.nz

SOUTHERN HOOF CARE Professional hoof trim services and lame cow care in the south. Get in touch today ph 027 478 9632 or www.southernhoofcare.co.nz

SOUTHERN LAND & WATER PLANNING LTD We specialize in preparing: resource consents, farm environmental management plans, policy advice, DOC concessions, landscape and riparian management plans and landscape assessments. Call Rebecca on 027 424 6129 or Sonya on 027 505 0077 or visit www.slwp.co.nz for more information.

SQUARE UP BUILDING Rural - Residential - Landscapes, contact Jamie Maginn Licensed Building Practitioner & member of Registered Master Builders on 027 300 7780, jamie@squareupbuilding.co.nz follow us on Facebook to keep up to date with our latest projects

STALKER BUILDING LTD Stalker Building Ltd has been servicing Lumsden, Mossburn, Athol, Balfour, Dipton and surrounds since 2005. For all building requirements from repairs and maintenance to renovations, additions, fire installation to new builds. House plans available. Proud to be a member of Registered Master Builders and David is a Licensed Building Practitioner. For a professional service from a local lad call David Stalker 027 463 8685

ST JOHN OP SHOP Our St John Lumsden Store is currently looking for Saturday Volunteers to work alongside our new Assistant Manager. If you are wanting to gain some retail experience or want to give back to your local community, why not come volunteer with us. You can apply at: join.stjohn.org.nz and choose Retail Store Volunteer, then choose Lumsden as your store. You can also come in and see Perla for help with applying. All we ask of you is 4 hours a week and in turn you receive free Ambulance cover for your household. Not a bad deal, I think. We need people with different skills and generally anyone who just wants to help out and get their hands dirty! We are a team of friendly, happy and inclusive volunteers. If you are travelling from out of town there is even a wee incentive that may help you with fuel costs, so long as you meet our minimum criteria. Come on in and give us a go even if it's for a short time, we would love to have you on board. Our store is open Monday through Saturday, 10am - 4.30pm.

STORAGESPACE.KIWI Secure, cost effective, storage solutions in Lumsden. Shipping containers also for sale. Phone Campbell Sheat 027 271 8283 www.storagespace.kiwi

SURE SOUTH INSURANCE SERVICES From your Ute & your Woolshed, to your Home & Business, let me advise, quote & arrange it all. No Broker Fees. 17 years' experience, fair, honest advice that respects your bottom line. Alan on 027 298 6416 or alan@suresouth.co.nz

TE ANAU DELIVERY SERVICE LTD - Depot now at Lumsden Motel. Covers area from Te Anau to Invercargill, Queenstown, Wanaka, Cromwell just contact Khyle Brookland on 027 301 1969 (Facebook/ Messenger) Big or small he will carry it all just ask him.

ULTRASCAN NORTHERN SOUTHLAND Pregnancy testing cows and calf dehorning. Phone Lukas & Gabriela on 027 690 0179

WILSON BAIRD BUILDING Providing building services to Riversdale and the wider Northern Southland area. Licensed Building Practitioners completing new builds, renovations and farm buildings. Phone Gav Wilson on 027 319 1344 for all your building needs.

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