

## Limehills students jump into action for Heart Foundation

If you walked into Limehills School during June, chances are you would have found yourself weaving through a sea of skipping ropes as students enthusiastically took part in Jumping June - a nationwide fundraiser for the Heart Foundation.

The month-long initiative got off to a great start when the school was gifted a full set of skipping ropes by the Heart Foundation, which were eagerly embraced by the students, who took every opportunity to jump, practise and challenge themselves.

Along the way, the school also raised more than \$1300 for the Heart Foundation, supporting its important work promoting heart health across New Zealand.



For Limehills School, Jumping June aligned closely with the school's focus on hauora (overall wellbeing), encouraging students to be active, build fitness, develop resilience and enjoy movement in a fun and engaging way.

The spirit of the event was evident throughout the month, with students learning new tricks and setting personal goals. Teachers also got involved, leading by example with some impressive skipping demonstrations that inspired plenty of healthy competition among students. The month culminated in a House Challenge, where students put their newly honed skills to the test through a series of fun games and skipping challenges.

The school's skipping ropes have certainly been put to good use and, judging by the enthusiasm on display, they'll continue to see plenty of action long after June has ended.



## Community support helping to update and modernise Winton Maternity

Winton Maternity, located at 384 Great North Road, is the region's primary maternity unit and is operated by the Central Southland Hospital Charitable Trust.

The unit provides a warm, family-focused environment, with four postnatal rooms and two antenatal/birthing rooms.

A nurse or midwife is on site 24 hours a day, supported by an on-call midwifery roster and a dedicated team of local Lead Maternity Carer (LMC) midwives.

Winton Maternity is proudly managed by registered nurse Debbie McDougall, whose outstanding commitment to the unit and the community was recognised with a community award earlier this year.

Mothers and their families are supported in a welcoming, homely setting, with queen-sized beds, catered meals, essential supplies, and encouragement for support people to stay.

Winton Maternity holds Baby Friendly accreditation through to 2027 and is committed to promoting breastfeeding and providing positive postnatal experiences for families.

While the unit is funded by Health New Zealand Te Whatu Ora Southern, community support plays an important role in helping maintain and enhance the facilities and equipment available to local families.



Winton Maternity is currently undertaking a fundraising campaign to modernise the unit and ensure it continues to provide high-quality care in a comfortable environment.

Those wishing to support the project through financial donations, sponsorship, or the provision of fundraising prizes are warmly encouraged to get in touch.

Enquiries can be made via email at [wintonmaternityfundraising@gmail.com](mailto:wintonmaternityfundraising@gmail.com) or by contacting local LMC midwife Maison Burns on 021 045 5708.

**NRG HEALTH & FITNESS**

# GYPSY DAY

MEMBERSHIP DEAL - NRG WINTON

**FREEDOM FLEXI**  
 24 hr Access to the Gym  
 \$25 Per Week  
 No Join Fee  
 No Contract

153 Park Street, Winton  
 Ph: 03 208 61 65

## WORKPLACE FIRST AID - WINTON

### ST JOHN LEVEL 1 FIRST AID COURSE

This one day course is ideal for first aiders in workplaces and anyone wanting to learn the basics of first aid. Gain confidence to recognise and treat everything from common injuries to life-threatening medical emergencies

*Covering scene assessment & safety, CPR for babies, children & adults, AED familiarisation, bleeding, burns, diabetic emergencies, fractures/dislocations, soft tissue injuries, asthma, seizures, stroke, chest pain, allergic reactions and more.*

- **Tuesday 4 AUGUST**
- 8.30am - 5pm
- \$140 per person
- 'Senior Citizen Rooms'  
5 John Street, Winton



Contact Southern REAP (Rural Education) to register on [info@reap.co.nz](mailto:info@reap.co.nz) or call 0800 111 117

## Winton Lions continue to serve, support and celebrate



*Justine Groatley, 202F District Governor-elect, and Lion Peter Whyte.*

### Lions Club recognises outstanding service

On 24 June, the Lions Club of Winton recognised the outstanding service of two dedicated members.

Lion Peter Whyte was awarded Life Membership of the Lloyd Morgan Lions Club Trust.

The award was presented by 202F District Governor-elect Justine Goatley in recognition of Peter's service to the Winton community over the past 40 years.

The club also acknowledged Mary Cooper for her 35 years of service as a Lion in the Winton community.

Congratulations to both Peter and Mary on these well-deserved honours and thank you for your dedication to serving the Winton community.

### Lions eye health programme supporting children's vision

The Lions Eye Health Programme provides one of New Zealand's most comprehensive children's vision screening services, offering free screenings for schools, sports clubs and community groups.

Screening is carried out by fully trained, insured and Working with Children-accredited Lions members and volunteers.

The programme is funded through grants from the Lions Clubs International Foundation and donations from Lions Clubs throughout New Zealand, with technical support provided by the Centre for Eye Health.

The screening programme includes four simple tests to check for common vision issues, including short- and long-sightedness, astigmatism, eye alignment, distance vision, binocular vision and colour vision.

Many children simply adapt to vision problems, believing everyone sees the world the same way they do.

That's why Lions recommends children have a comprehensive eye examination before starting school and regular eye checks throughout their school years.

Schools interested in booking a free screening, or anyone interested in becoming a volunteer vision screener, are encouraged to contact the Winton Lions Club at [winton.secretary@lionsclubs.org.nz](mailto:winton.secretary@lionsclubs.org.nz).

You don't need to be a Lions member to volunteer. For more information, visit <https://lehp.org.nz/how-to-become-a-screening-club-.html>.

### Children of Courage Awards

The Lions Children of Courage Awards recognise an extraordinary group of young people who show courage, resilience and determination in their everyday lives. While many awards celebrate achievement, these awards are specially designed to honour children with special needs and the challenges they overcome each day.

Awards are presented in three categories:

- Contribution despite physical and/or intellectual challenges
- A courageous act or deed
- Sibling recognition

The awards are not a competition - every recipient is recognised as a winner in their own right. The aim is to encourage children, build self-belief and self-worth, and celebrate the courage they show every day. Each recipient will be honoured at a special presentation, where their story will be shared before they receive their award.

Nominations close on Friday, 25 September 2026 and are open through the Makarewa, Riverton, Tuatapere, Ohai-Nightcaps and Winton Lions Clubs. To request a nomination form or find out more, email [202f-zone6couragechild@lionsclubs.org.nz](mailto:202f-zone6couragechild@lionsclubs.org.nz).

## Ōreti Community Board: Community, connections and collaboration

It has been another busy month across the Ōreti Community Board area, with exciting projects progressing and plenty of opportunities for the community to get involved.

### Wallacetown bike park opening

The community is invited to celebrate the official opening of the new Wallacetown Pump Track and BMX Track.

- Sunday, 13 July
- 11.30am
- Wallacetown Recreation Reserve

This fantastic new facility has been fully funded through Better Off grants, meaning no local ratepayer resources have been needed to make the project a reality. Featuring a pump track and BMX track, it provides a safe and enjoyable space for children, young people and families to ride, build confidence and enjoy being active outdoors. Everyone is welcome to come along and celebrate this exciting community milestone.

### Community drop-in session

The Ōreti Community Board's next community drop-in session will be held on:

- Friday, 17 July
- 10am to 11am
- Winton Library

These informal sessions are an opportunity to meet with community board members, discuss local issues, ask questions, share ideas, or raise matters that are important to you. Whether you have feedback on local projects or suggestions for improving our communities, we'd love to hear from you.



Wallacetown bike park

### Help shape the future of our area

Community consultation for a spatial planning project will begin in August. This is an important opportunity for residents, businesses and community organisations to help shape the future of Winton and Wallacetown. Your feedback will help guide planning around housing, transport, parks and reserves, community facilities, infrastructure and future growth. We encourage everyone to take part in the consultation.

### Central Southland Sports Hub

The community board recently met with representatives from the Central Southland Sports Hub to receive an update on the project. It was encouraging to hear about the progress being made as planning continues.

### Emergency Management Southland

The community board welcomed Emergency Management Southland to a workshop to learn more about emergency preparedness and community resilience. It highlighted the importance of being prepared for emergencies and the vital role communities play during events such as severe weather, flooding and other natural hazards. The board is looking forward to working with EMS to host a community information meeting in future, giving residents the opportunity to learn more about how they can prepare themselves, their families and their neighbourhoods for emergencies.

### Winton walking track

Planning is underway for the next stage of planting on the Winton walking track. Southland District Council and Environment Southland staff are working together to develop a planting plan for the area that was damaged during the recent wind event. The project will focus on restoring the site with native vegetation to improve biodiversity, strengthen the natural environment and provide additional habitat for native birds and wildlife.

If there is an issue you would like to discuss, or you have ideas for improving our communities, please get in touch or come along to one of our community drop-in sessions.

Thank you to everyone who continues to volunteer, contribute, and support our communities

**Margie Ruddenklau**  
**Chair - Ōreti Community Board**

## Keeping our community safe: Winton police update

Lots to discuss this month, as the troops have been busy keeping our community safe.

As most people are aware, a large part of the month has been taken up locating and prosecuting local youths for breaking into several cars and unlawfully taking another. While this is not uncommon in larger areas, it doesn't happen every week in Winton. It was good to see the community come together, and the offenders were in our sights within 24 hours of their offending.

It's probably a timely reminder that we all need to think a bit more about the security of our vehicles and belongings.

Winton crime prevention cameras, business CCTV, and domestic security cameras have proved their worth this month and assisted Police in identifying offenders. This is followed up with good policing enquiries, forensics, search warrants, arrests, interviews, and prosecutions.

If you are thinking of getting cameras, I highly recommend that you do.

Hopefully everyone saw my comments on the community Facebook page about the correct way to report a crime.

Posting on Facebook is not the way. If I had a dollar for every post or comment about an incident that should have been reported to Police but never is, I would be a very wealthy man.

Despite some posts, there is always a Police officer working or on call for Winton 24/7. The danger of posting negative comments is that it may deter somebody from reporting a crime or simply make people feel unsafe in what is a very safe community.

In an emergency, such as when an offender is present or an incident has just happened, always call 111.

Call 105 to report something that is historic, or to report a non-emergency. You can also use 105 online to report non-emergencies or to update your existing report. Visit [www.police.govt.nz/use-105](http://www.police.govt.nz/use-105).

To report crime anonymously, call Crimestoppers on 0800 555 111, or visit [www.crimestoppers-nz.org](http://www.crimestoppers-nz.org).

The other big development this month is the introduction of random oral fluid drug testing on our roads.

The first checkpoint involving this new tool was completed in Winton last weekend, with no positive tests for drugs. However, I am under no illusion that our local drivers are drug-free, as it is only a matter of time for some.

The checkpoints look the same, and alcohol testing continues, but drivers will be randomly selected for additional drug testing. Police use a small mouth swab to test for four commonly used drugs: MDMA, cannabis, methamphetamine, and cocaine. A positive test leads to further processes and ultimately prosecution and fines.

The last thing to mention is that we traditionally see an increase in rural burglaries over the dairy off-season. What are normally busy sheds are now quiet for a couple of months, and the long, dark nights provide opportunities for criminals. Additional security and vigilance are key.

Is anyone missing a couple of old hot water cylinders...? We may know who took them.

Until next month, keep safe.

**Peter Graham**  
**Area Response Manager**  
**Western Southland**

### HEAVY TRAFFIC LICENCE - CLASS 2

*This is a 2 day course including theory, training and assessment*

*Requirements to attend this course are:*

- Held a Full NZ Drivers Licence for a minimum of 6 months
- Valid Driver's Licence Medical Certificate - must be issued within 60 days of course start
- Competent in driving a manual vehicle
- Level of written and oral english equivalent to NCEA Level 1 (reader/writer supplied by learner is welcome).

**Cost:**

- Learners Class 2 Licence fee - \$77.50 (to be paid at AA)
- Full Class 2 Licence fee - \$ 39.80 (to be paid at AA)
- Study (including driving assessment) - \$1,000 inc. GST

● 21 & 28 JULY

● 8am - 5.30pm

● Southern REAP, 224 Great North Road, Winton



**Contact Southern REAP (Rural Education) to register  
on [info@reap.co.nz](mailto:info@reap.co.nz) or call 0800 111 117**

## MEETING

### Winton Business Association

The Winton Business Association's next meeting is on Tuesday 21 July at 5.30pm at the function room behind the main bar in Winton's Top Pub. The discussion will be on Open Day and funding. All welcome.



### Indoor bowls

- Tuesdays 7.30 – 9pm
- Winton Memorial Hall
- An ideal winter sport for all ages!

Come along, meet new people and have a go. For more info: ph/text Kelvin 0274 341 714 or Mary 027 669 1431 or just turn up on the night! All welcome.



### Winton walk group

We walk every second Thursday. The bus leaves at 9.30am from the John Street Recreation Area. The walks for July are on

- 9 July
- 23 July

For more information please ring:

Diane Andrews  
0211248895 or  
Jenene Irwin  
0211855212

### STREET TALK - DEFENSIVE DRIVING

*This Defensive Driving course is designed to help participants identify and avoid or handle potential hazards that they may encounter while driving.*

- Under 25yrs - course will reduce Restricted licence time by 6 months.
- Over 25yrs - course will reduce Restricted licence time by 3 months.

**Cost:**

- \$190 (Includes a practical driving session)
- \* Participants **MUST** attend all 4 sessions



- 22, 27, 29 JULY & 3 AUGUST • 5pm - 7pm
- Southern REAP, 224 Great North Road



Contact Southern REAP (Rural Education) to register on [info@reap.co.nz](mailto:info@reap.co.nz) or call 0800 111 117

## Winton

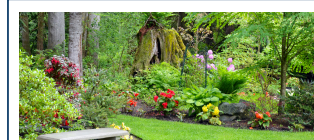
### Community Monthly Market

10.00am - 1.00pm  
Saturday  
18 July 2026

PRESBYTERIAN CHURCH  
Meldrum Street, Winton

Come along and get your fresh supplies of vegetables, baking and liquorice. Enjoy morning tea or lunch at the café.

Enquiries: Mary 236 8821  
Follow us on our Facebook page  
WINTON COMMUNITY MONTHLY MARKET



### Winton Garden Club

There is no monthly meeting of the Winton Garden Club in July, as the club will celebrate its Diamond Jubilee on 18 July.



### LEARN PLAY & GROW WITH YOUR BABY

At SPACE you and your baby will connect with other parents & their babies aged between 0 – 5 months old, to explore parenting and children's development in a safe, facilitated environment.

Your SPACE group will meet weekly in Winton over two terms, giving you and your baby the chance to make real connections during your baby's first year. You will get to know other new families and build strong relationships in our local community. Learn & explore a range of topics.

**Dates: THURSDAYS at 10am - 12pm**  
23 JULY - 24 SEPTEMBER & 15 OCTOBER - 10 DECEMBER

Contact Southern REAP (Rural Education) to register on [info@reap.co.nz](mailto:info@reap.co.nz) or call 0800 111 117



### Ōreti Community Board

The Ōreti Community Board will meet in the Winton Memorial Hall Supper Room on Monday 17 August, at 5.30pm. All welcome.



### Central Southland Vintage Machinery Club

Open Sundays 2pm to 4pm or by appointment.

Contact  
027 254 3346

### Central Southland Senior Citizens

The Senior Citizens invite members and non-members to the following activities held at 5 John Street, Winton:

- **Euchre:** every Tuesday starting at 1.30pm
- **Housie:** every 2nd and 4th Wednesday of each month starting at 1.30pm
- **Concerts/Guest Speakers** – every second month on the 1st Wednesday of the month

Enquiries to Val Skinner on 03 236 7643 or 027 920 3259 or Noelene Lightfoot on 027 603 0595.

# Winton Outlook

## Essential contact numbers

**Winton Community Support worker**  
Louise 236 9934 or wcsv@xtra.co.nz

### Health Shuttle

For MEDICAL appointments in Winton and Invercargill. Phone 0800 103 046 (operates by donation). A shuttle to Dunedin is also available, leaving and returning daily from Invercargill.

### Let's Link Transport Service

Ken Galt 027 454 9119  
or Louise 236 9934

### Let's Link Odd Job Service

Phone Ken Galt 027 454 9119

### Free Smoke Alarm Checks

Checks/updates/batteries changed by a volunteer fireman. Phone Louise to book 236 9934.

### Helping Hands

Lawn, garden and pet care for those suffering short term medical issues. Phone Robyn Bye 027 4182 053.

### Winton Library

0800 732 542

### Winton Medical Centre

236 7444. After-hours service available in Invercargill, 6-9pm weekdays, 12-4pm weekends and public holidays. Phone 0800 456 138 to arrange an appointment.

### Winton Pharmacy

236 7729

### Winton Transfer Station

Florence Road.  
Mondays and Wednesdays 2pm-5.30pm  
Fridays 12-5.30pm  
Saturdays 1-5pm  
Sundays 2-5pm

### Let's Link Food Bank

Ken Galt 027 4549 119  
Louise 236 9934  
Salvation Army 022 011 7084

### Loss & Grief Service

Appointments available on request. Southern REAP, 224 Great North Road. Phone 027 443 8788 or email lossandgriefcentre@gmail.com to book.

## Church Services

### New Horizon Church

Meeting at the Winton Salvation Army, 7 Dejoux Road, Winton, Sundays 4.30pm in Winter, 6.30pm in Summer

### Catholic Church

Mass Sundays 10.30am  
Priest Rev Hamesh Wyatt  
84 Great North Road, Winton  
Contact 236 8084

### Salvation Army

Sundays 11am  
**Shared Lunch**  
Every Wed at 12noon. All welcome.  
7 Dejoux Road, Winton

### Presbyterian Church Winton

#### Sunday Services

Winton 10am

#### Live Alone Lunch

2nd Thurs of each month. Fellowship and food for those living alone.  
RSVP to Kathleen on 236 0250.

#### Choirs, Prayer, and Bible Study Groups

Queries please phone office 236 9792  
Mon to Fri 9am to Noon

### Winton Church

11 Meldrum Street  
Postal Address P.O. Box 5, Winton  
Baby change facilities available.

### Anglican Church Services

Weekly 10am Sundays. All welcome.  
Cnr Meldrum St & Great North Road.

**The next edition of the Winton Outlook Newsletter will be out on the 1st of August, 2026.**

The closing deadline for articles and advertising is 20 July. Business advertising is available: for \$35 for a 45x90mm or \$50 for a 90x90mm space. Queries or info can be emailed to winton.nz@outlook.com

## Seniors' Gentle Exercises

Gentle exercises to improve balance and help keep moving.

Wednesdays & Thursdays

10am-11am

Anglican Church Hall,  
Meldrum St - beside the Anglican Church

\$7 per class

Contact:

Glenda - 027 429 6703



PRESBYTERIAN CHURCH  
11 MELDRUM STREET, WINTON

## Live Alone Lunch



Everyone who lives alone, is most welcome to join us for lunch and fellowship on

**Thursday, 9 July at 12.00 noon**

RSVP to Kathleen 022 375 3304 or Jenny 027 536 0084

*With Lions Club Winton*

**Let's do it together**



**contact us:**

**winton.secretary@lionsclubs.org.nz**