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Key Personnel:

Counselling Co-ordinator:
Joyce Beehre

Administrator/Secretary:
Shirley Mellsop

Budget Co-ordinator:
Marion Moon

Chairman of the Board:
John Blyth

Treasurer:
Don Gregson

Phone: 437 6397
Fax: 437 6304
Find us at:

1 b Deveron Street
(Cnr Mill Road &
Deveron Street)

P O Box 5077
Whangarei 0140

Anglican CARE Centre News

Issue 4

June 2010

A New Initiative: Seniors Community Worker

Introducing: Judy Nasarek

Judy comes to us with wide and varied life experience. She is a qualified registered nurse and midwife who has nursed extensively in New Zealand, Bangladesh and Sudan. She thrives on working with people from culturally diverse backgrounds.

Judy is married to Walter, who nurses at North Haven Hospice and together they have two adult daughters.

The role that Judy has come into is a new one for the Care Centre and is in partnership with the Selwyn Foundation and the Minchin Trust.

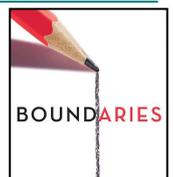
The aim of this position is to help people over 65 to live independently by facilitating access to the support they may need in the community. To do this Judy liaises with existing community and government organizations to maximize what is already available and identify any unmet gaps.

Already she has identified a myriad of services that are offered locally, but are not well known by the general public. Networking is important to inform and make changes.



This five week support group has been designed to meet the needs of those dealing with grief of all kinds. In an informal, non-threatening atmosphere people are able to share and be supported through their time of grief. The group is facilitated by Joyce Beehre and Lyn Hutchinson. There will be more... so if you are interested or know someone who may benefit - give us a call and we will make contact when the next support group is scheduled.

Do you struggle in saying 'No'? The Boundaries Course helps us to understand our dilemmas and to put strategies in place - to keep the good in and the bad out. These courses have been well received and attended by people from varied backgrounds. The current course is underway, but if you are interested in joining one, please contact us about the next one available.



Healthy Living Workshops

These workshops empower people towards healthy lifestyles by learning skills. The topics include, 'Who am I?'; 'Healthy Communication'; 'Coping with Change'; and 'Overcoming Anxiety'. Heather Gribben facilitates these workshops—and they can be presented in the workplace. Contact us for more information.

Budget Advice, Counselling and Seniors are the main focus of the team at the Anglican CARE Centre—Te Whare Oranga.

**WHANGAREI
ANGLICAN CARE
TRUST**

1 b Deveron Street
(Cnr Mill Rd & Deveron St)
P O Box 5077
Whangarei 0140

Phone: 09 437 6397
Fax: 09 437 6304

Email: whgcare@xtra.co.nz
Web: www.whgcare.org.nz

Other Services offered

Short courses such as:
Woman to Woman

Boundaries

Workplace Seminars

Walking Through The
Shadows

Healthy Living Workshops

Community Education
(Budgeting)



Established as a Charitable Trust in 1994 to serve the Whangarei community, the Whangarei Anglican Care Trust has seen continued growth both in clientele and in personnel.

The main focus is to provide a free Budget Advice service along with affordable Counselling—a unique combination in our community. We now add a Seniors Community Worker! Personnel are trained in their respective roles and are members of the appropriate national associations.

We offer counselling at Dargaville, Waipu and Ruakaka. A number of self development groups are also run in these locations as well as Whangarei.

The Budget service is affiliated to the New Zealand Federation of Family Budgeting Services Inc and a number of Budget Adviser training courses have been facilitated by the Care Centre. Services are provided in Whangarei, Kamo Community Link, The Pulse and Waipu.

These are confidential and professional services performed in a caring and safe atmosphere. Clients may self-refer or be referred by other agencies or professionals such as Doctors. We network with, and receive referrals from approximately 30 other agencies.

Charities Commission Registration number is—CC10599

Clipboard News

Sadly we farewelled **Ann Tuffin** and **Helen Torr** from the Care Centre recently. They will both be missed.

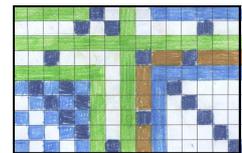
In February we hosted a NZFFBS basic training for budget advisers which resulted in **Marion Spiers** and **Carol Wynyard** becoming part of the team and are in the process of completing their practical requirements.

We farewell Sheila Swarbrick and welcome Ian Mouat, Shirley Bedggood, Tangimai Moring to the Board.

Volunteers form a vital part of our work and we honour them for their generosity. Over the last 3 months they have contributed nearly 400 hours on clients' behalf.

We acknowledge with gratitude grants made by COGS, ASB Community Trust, NZ Lottery Grants Board, The Oxford Sports Trust, Hine Rangi Trust, Selwyn Foundation, Minchin Trust, L W Nelson Trust, A K Franks Charitable Trust and Tindall Foundation.

\$1000 of **Emergency Assistance** has been given to needy families in the last 3 months. We thank the churches and individuals who have generously given to make this possible.



Glass brick feature wall—
some bricks still available at

\$400 each

Meet the Team

Joyce trained as a counsellor at Bible of College of NZ (Laidlaw). Two years ago she completed her Certificate in Clinical Supervision. She has been part of the team since 2002. Joyce

works three days in Whangarei and one in Dargaville. Recently she and Lyn Hutchinson developed the Walking Through the Shadows Grief course.

**Counselling
Co-ordinator**



Joyce Beehre

**Budgeting
Co-ordinator**



Marion Moon

In 2006 Marion trained as a Budget Adviser. She is a Summary Instalment Order Supervisor and also Supervises Budget Trainees. Marion replaced Ann Tuffin as Budget Co-ordinator at the beginning of April. She brings a knowledge of office procedure, including computing, as well as family and business experience. She looks forward to the rewards and challenges of leading a team of dedicated volunteers.

**As a not-for-profit Charity all donations over \$5 are tax deductible
Brochures and information available by calling in or phoning 437 6397**

Become a 'Friend' of the Care Centre—\$25.00 per annum

All enquiries most welcome