

In this issue

- Budgeting Service
- Budget Advisers
- Community Education
- Twice Round Shop
- Clipboard News
- Good News Stories

Key Personnel:

Chairman of the Board:
John Blyth

Treasurer:
Don Gregson

Counselling Co-ordinator:
Joyce Beehre

Administrator/Secretary:
Shirley Mellisop

Budgeting Co-ordinator:
Marion Moon

Seniors Community Worker:
Judy Nasarek

Phone: **437 6397**
Fax: **437 6304**

Find us at:
1b Deveron Street
(Cnr Mill Road &
Deveron Street)

P O Box 5077
Whangarei 0140

Anglican CARE Centre News

Issue 8

July 2012

Care Centre Budgeting Service

We have nine budget advisers and three more in training. They work in various locations and together, in the last year, have seen 807 new clients plus 373 existing clients. A busy year all round—in fact a record year—and it is not slowing down!

While we do not operate as a food bank, the Care Centre does hold a stock of food to give to clients who are working towards achieving their budgeting goals. We are thankful to the churches of Whangarei, other organisations and individuals who donate both food and money to enable this to happen. If you would like to help, please feel free to drop any non-perishable food items to the Care Centre or make a donation.

The aim of our budget service is to empower people to manage their own finances and to learn new skills. It is a challenging and rewarding experience to walk with them.

Our Budget Adviser Team



Marion Dianne Adrienne Jane Marion Janet Bruce Peter Dennis

Community Education

Dianne, our community educator, has been in great demand. She has run courses for People Potential, Aged Concern, Rape Crisis, Well Women (Challenge Trust), Regent Training and has even travelled to Dargaville to work with the folk at 'The Hub'. These courses have been based on the 'Shop With A List'

programme that we have run for the last two years. Nikki helps with the cooking. In the past year more than 600 people have attended the various courses or seminars. You may also have seen her articles in the monthly 'Savvy' magazine or in the quarterly 'The Anglican'.

Anglican Twice Round Opportunity Shop (in partnership)



For almost as long as the Care Centre has operated the ladies operating the Anglican Twice Round Opportunity Shop have supported our budgeting clients by allowing them to spend a \$25 voucher issued by the Budget Adviser—at no cost to the Care Centre. We value this partnership greatly and thank Dora and her wonderful volunteers for their love and support. Many of our clients have been blessed and helped.

Budget Advice, Counselling and Seniors Support are the main focus of the team at the Anglican CARE Centre—Te Whare Oranga (the house of well being).

**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:
Boundaries

Walking Through The
Shadows
(Grief support group)

Healthy Living
Workshops

Shop with a List
(Community Education -
Budgeting)



Established as a Charitable Trust in 1994 to serve the 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 added a Seniors Community Worker in January 2010 and a Community Educator-Budgeting in 2011. Personnel are trained in their respective roles and are members of the appropriate associations.

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

The Budgeting service is affiliated to the New Zealand Federation of Family Budgeting Services Inc and a number of Budget Adviser training courses have been hosted at the Care Centre. Services are provided in Whangarei, Kamo Community Link, Onerahi Work and Income, The Pulse and Waipu/Ruakaka. Community Education courses have become an integral part of our work, including regular budget workshops at the Care Centre and other locations.

These are all 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 40 other agencies.

Charities Commission Registration number is—CC10599

Clipboard News

CHURCH SERVICE

We have been invited to participate in the **9.30am service at Christ Church on Social Services Sunday, 22nd July.** Join us there.

ANNUAL MEETING

Note that the Annual Meeting is scheduled for **September 30th at 2pm.** All welcome.

SPECIAL THANKS

A big thank you to the Selwyn Centre who donated tinned food and money towards our emergency food supply! This response was part of their mid-winter Christmas Dinner celebrations.



Two hours of fun with different food suggestions created in each session. Included is a take-home pack, recipes, advice on budgeting, shopping smarter and menu planning. Dates for the next workshop: **Wed 19th & 26th September.** Bookings essential.

KAI SI MING

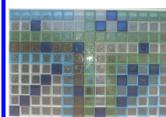
500g mince	1 onion (chopped)
3 cups water	3 tablespoons rice
1 tsp curry powder	1 tablespoon soy sauce
Salt & pepper	1 cup beans or peas
1 grated carrot	1 packet chicken noodle soup
1/4 cabbage	

Brown mince and onion together in a large frying pan. Add rice, water, curry powder, soy sauce, salt & pepper, beans or peas and carrot. Cook for 20 minutes or until rice is nearly cooked. Add 1 packet of chicken noodle soup and cabbage diced or shredded. Cook for a further 15 minutes.

Good News Stories

Young lady (husband out of work) and two children was given a food parcel. On seeing we had included shampoo and conditioner, she responded, "Oh, thank you, it has been so long since I've washed my hair properly. I'm going to put my baby to bed and have a shower". This simple gift made such a difference to this young lady's life.

A couple came requesting a budget sheet so that they could get a grant from Work & Income for a new washing machine. This was successful and we continued to work on their budget. With guidance and support over several months, they are now able to save \$60 weekly and can afford to run a car. They are delighted with their situation.



Want to put your mark in the Care Centre? Seventeen Glass Bricks still available @ \$400 each. See leaflet for details

Shop with a list Recipe Books are available for sale from the Care Centre \$4.00 each

As a not-for-profit Charity all donations over \$5 are tax deductible
You may even wish to consider 'Payroll Giving' - contact us for information
Brochures and information available by calling in or phoning 437 6397
Become a 'Friend' of the Care Centre—\$30.00 per annum
All enquiries most welcome