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Key Personnel:

Chairman of the Board:
Jill Connop

Treasurer:
Don Gregson

Counselling Co-ordinator:
Joyce Beehre

Administrator/Secretary:
Shirley Mellsoy

Budgeting Co-ordinator:
Marion Moon

Seniors Community Worker:
Sue Daumiller

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 10

September 2013



* Introducing **Jill Connop** our new Chairperson of the Board. Jill has served as a board member and is an avid supporter of the Care Centre work.

* Our thanks to **John Blyth** for his wonderful contribution to the Care Centre over his time as Chairman of the Board.



Annual Meeting
2.00pm
Sunday 6th October 2013
At the Care Centre
All welcome

Remember if you are a 'Friend of the Care Centre', your subscription covers you from AGM to AGM. 'Friends' elect five people to the Board. Only financial members are eligible to vote. Contact the Care Centre if you need further information.

New Initiative—Senior Chef

SENIOR CHEF

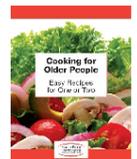
Cooking classes for older adults



Senior Chef is an 8 week cooking class where you can learn, or improve on, your practical food and nutrition skills. It's a social, informative and hands-on class - all focused on cooking for one or two people. And it's FREE!!

If you:

- Are over 65 years of age
- Live on your own or with one other person
- Need to improve your skills or motivation around cooking for yourself
- Want to meet new people.....
-we would love to hear from you!



Classes starting October 2013! Please contact:

Senior Chef is an 8 week cooking class for people aged 65 and over who want to improve their cooking skills, confidence, or motivation around cooking for one or two people. These classes are 3 hours long, and run once a week during the daytime. There are usually 8 - 10 people in a class. Each weekly class includes:

Nutrition education: e.g. eating well for older people, menu planning, budgeting, shopping tips.

Preparing and cooking a meal in pairs.

Sharing the meal with the group.

This course was formulated by the **Canterbury District Health Board** and they allow us to use their programme and resources without charge. Thanks to the **Selwyn Foundation** who have granted us the first \$2000 towards the costs of this initiative. Thanks also to **The Oxford Sports Trust** for a grant towards necessary equipment.

Expressions of interest to participate are now being accepted—phone 437 6397 to register your name and contact details.

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
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WhangareiAnglicanCareCentre

Other Services offered

Short courses such as:
Boundaries

Walking Through The
Shadows
(Grief support group)

Senior Chef—for the
over 65's

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

Thanks again to everyone who supported our Elvis & Cher Tribute Show, especially Rick Cozens and Rachel Wedgwood the wonderful entertainers. Approximately \$3000 was raised.



In 2014 we celebrate 20 years of serving our community—watch for another Special Event to mark this milestone!



Chris Wilson joined us this year as a Trainee Counsellor. Chris has previously worked as a secondary school

teacher and at North Haven Hospice as the Bereavement Support Services Co-ordinator. She is available to see clients on a Monday. She is studying through Bethlehem Tertiary Institute.

Team News

Sue Daumiller is now our Seniors Community Worker. She has a wide range of experience including care giving, office work, sailing and scrimshaw art work. Sue originates from USA but has lived in Whangarei for over 20 years.

Judy Nasarek retired after three years in this role—we wish her well. Thanks Judy



Good News Stories

Client who has seen several of the team is a former prisoner. He commented that when he was released from prison he had no idea how to cope—he didn't know how to pay rent, organize power supply and generally how to live in the outside world. He has been an on-going client, has done a pre-employment carpentry course and has found budgeting helped him learn how to manage his finances. This all prepares him for future employment.

Client said her counsellor was able to pinpoint her needs and give constructive information—listened to her issues and did not judge her. Before coming she thought she had dealt with all her triggers but found everything came to the surface; she had to face them once again only this time from a distance, seeing them as they were in reality. By doing this she was able to put them in a place she could deal with them without pain but instead as a memory.

As a not-for-profit Charity all donations over \$5 are tax deductible
You can now make VISA donations through <http://www.givealittle.co.nz/org/WACT>
Brochures and information available by calling in or phoning 437 6397
Become a 'Friend' of the Care Centre—\$35.00 per annum
All enquiries most welcome