

# WHANGAREI ANGLICAN CARE TRUST

## Care Centre Newsletter

**Care  
And  
Respect  
Empower**

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

### Key Personnel:

Chairman of the Board:

**Janette Johns**

Treasurer:

**Don Gregson**

Counselling Co-ordinator:

**Joyce Beehre**

Administrator/Secretary:

**Shirley Mellsoy**

Budgeting Co-ordinator:

**Marion Moon**

Seniors Community Worker:

**Sue Daumiller**

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Facebook: [www.facebook.com/WhangareiAnglicanCareCentre](http://www.facebook.com/WhangareiAnglicanCareCentre)

Issue 16

June 2017

### *A lot has happened since the last newsletter!*

- ◆ We continue to enjoy our spacious office. Thanks to grants from Oxford Sports Trust and Pub Charity we have installed a new and much needed phone system.
- ◆ We have had to replace our dishwasher and vacuum cleaner, both essential to the smooth running of the centre.
- ◆ Five Solar Panels have been installed on our roof which will considerably reduce our power costs.
- ◆ We are grateful to Dave Smith who has made himself available for minor repairs.
- ◆ Counselling this year has seen a huge increase in demand to almost double.
- ◆ We had a successful monitoring visit from MSD in regard to our CYF's clients.
- ◆ As part of our succession plan, Shirley is transitioning her workload to Nikki Smith
- ◆ There has been an increase in budgeting clients who require food parcels as they are being turned away from Work & Income and The Salvation Army, so your donations of food and excess fruit are much appreciated.
- ◆ Alyson Maioha is now offering budgeting from Hikurangi Village Church on a Tuesday afternoon, by appointment only.
- ◆ Our budget Advisers are investigating the possibility of a community garden to teach our clients how to grow their own food.
- ◆ The extra information recording required by MSD under the contract we have with them for our budgeting clients impacts on time spent with the client and in the office.

### Personnel Changes

Sharni Ackers



Congratulations to Sharni who is now a qualified counsellor and continues to work Wednesdays with us & also has her own practice. She has a special talent with children.

**FAREWELL'S**—Heather Gribben (Counsellor) after 13 years will be missed from our office & Dargaville. Andy Cooper (Counsellor) has a new role that suits family life better. Lucas Wood (Budget Adviser) left for full time employment.

**HEALTH CHALLENGES**— Some of the team are experiencing health challenges in their family or with themselves - your prayers are appreciated.

**OVERSEAS**—Adrienne (Budget Adviser) is away enjoying time with family and a cruise—returns July. Pat Martin is covering Adrienne's days. Marion spent 5 weeks in the UK visiting family & friends. Helen (Admin Asst) is away for 11 weeks in the USA from June.



We welcome Irene to the Team. Irene is an experienced & vibrant counsellor working Tuesdays with us. She is keen to facilitate Divorce Recovery workshops and enjoys couples counselling.

Irene Cutforth



Suzanne MacKay

Welcome back Suzanne MacKay who will counsel in Dargaville on Thursdays in place of Joyce. Joyce will continue with clients in Whangarei on Monday, Wednesday and Friday.



Teresa Sharp

We welcome Teresa Sharp who will be working in the office Mon, Wed, Fri 9-3 while Helen is on leave. Shirley and Nikki will cover Monday and Friday to ensure continuity.

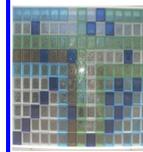
## How you can help

- ◆ Become a friend or recommend to someone else
- ◆ Buy a glass brick (Your name etched in our feature wall)
  - ◆ Donate non-perishable food or money towards our emergency assistance
- ◆ Pray for the work of the Care Centre



## Courses

A Boundaries course is currently being co-ordinated by Sally Shepherd and Irene Cutforth on Saturday afternoons. It is being well attended by 7 people.



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

## Community Education—Budgeting

### SENIOR CHEF



 WHANGAREI DISTRICT COUNCIL  
Community Fund

Senior Chef continues to be popular. Our Thanks to Regent New World and the WDC Community Fund for their support. We are also working in conjunction with the University of Auckland as part of their SUPER study, researching the effects of exercise, nutrition and socialisation in the older person.



The Care Centre Chat Room has changed its name to 'Out to Lunch'. It still proves to be very popular & is held on the first Tuesday of the month from 12-1pm (a light snack provided). Recent topics ranged from Healthy Eating, Learning what the CAB offers and How to cook cheaper cuts of meat which proved very popular. **Note next one is Tues June 13th** (a one off change) with Dr Shane Reti (local MP). All welcome—just give us a call and let us know you are coming for catering purposes.

**Shop with a List** is a GREAT short course including economical meal planning, budgeting hints/tips, and hands on cooking. It has been well booked but unfortunately not well attended so took a break last month. Next one is **Tues 18 July**. It is normally held on the third Tuesday of the month. Bookings are essential.



## SUCCESS STORIES

*A Client whose partner had gone into residential care was finding it difficult to cope. A budget and cashflow were done. As part of her 'to do' list she went to her bank where they added the balance of 2 credit cards to her very small mortgage and extended the term, thus reducing her payments. Due to her circumstances, the adviser contacted Q Card for her, resulting in them wiping the debt. She is now able to manage on her money and wishes she had come sooner. She said everyone should come and budgeting should be taught in schools.*

*'... "Thank you" for your kind, compassionate and wonderful sessions which have really helped me begin to deal with and understand my life hurdles. By helping me, you have helped the whole family ...' 'an in-depth understanding of the perpetrator and what makes them 'tick'. The situation hasn't changed, but my response has and he no longer has much effect on me. I now have some tools to deal with him.'* (Feedback to a Counsellor)

**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>  
 or direct credit our bank account **ASB 12-3101-0075902-00**  
 Brochures and information available by calling in or phoning **437 6397**  
 Become a 'Friend' of the Care Centre—\$40.00 per annum  
 All enquiries most welcome