

The **Anglican Care Centre** began as a dream to establish a ministry of practical Christian love in action to people in our community, especially those people who are disadvantaged.

The Trust was established in March 1994 by the Whangarei Anglican Church.

Our services respond to people in need by Counselling, Budgeting Advice, Advocacy, Crisis help and Support.

Our code of ethics protects any client by ensuring confidentiality, competence and respect for individual differences and values.

All Counsellors have appropriate training and are affiliated to, or members of NZAC or NZCCA (the professional counselling bodies).

We are affiliated to NZ Federation of Family Budgeting Services Inc and all our Budget Advisers are trained and certificated to the Federation standard of competency.

In January 2010 we appointed a Seniors Community Support person to address the specific needs of supporting seniors living at home.

We rely on donations, grants, bequests and receive some contract funding from MSD.

Donations to the Whangarei Anglican Care Trust are tax deductible.

Please help us today and donate now, become a 'friend', leave us a bequest in your will.

Hours of operating in Whangarei

Monday to Friday

9.00am—5.00pm

After Hours by arrangement

Counselling in other centres:

Dargaville—Tuesday & Thursday

Ruakaka—Tuesday

Budgeting in other centres:

Work & Income: Kamo—Thursday

Bream Bay / Waipu: Tuesday &

Wednesday



Whangarei Anglican Care Trust

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Whangarei 0140

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Charities Commission Registration: CC10599

July 2016

Whangarei Anglican Care Trust

Anglican CARE
Centre
Te Whare Oranga

*Become a
"Friend"
of the Care Centre*



Care And Respect Empower

BUDGET ADVICE

The Trust is affiliated to the N Z Federation of Family Budgeting Services Inc and all Budget Advisers are trained to their standards.

We provide a free and confidential service where you can be assisted with all aspects of your personal budget. Your Budget Adviser will work with you in order to:-

- ◆ Prepare a budget and cash flow
- ◆ Detail your income and expenditure
- ◆ Help you to handle debts and arrears
- ◆ Plan and set goals
- ◆ Prioritise spending
- ◆ Help you to monitor your expenses
- ◆ Inform of your entitlements and rights

Our Community Educator runs short courses from time to time. She is also available to speak to groups.

Our Budget Advisers also work in Kamo Work & Income, and Ruakaka/Waipu.

In special circumstances we do home visits.

SENIORS COMMUNITY WORKER

The aim of the Seniors Community Worker is to help people over 65 to live independently by facilitating access to the support they may need in the wider community.

- ◆ Work with Government Agencies and Community Organisations offering socialisation and participation opportunities—in order to maximise what is already available and identify any unmet gaps.
- ◆ Work with volunteers to strengthen the capacity and capability of their organisations to provide outreach services to over 65s in the community.
- ◆ Provide some specific services to senior Whangarei Anglican Parishioners.
- ◆ Referrals where appropriate

COUNSELLING

WHANGAREI, DARGAVILLE, RUAKAKA

In counselling you are helped to explore your difficulties and concerns, and to develop more satisfying and resourceful ways of living.

A counsellor can help you to:

- ◆ Reduce your stress
- ◆ Improve your relationships
- ◆ Develop your sense of well-being (self esteem, spirituality)
- ◆ Plan and set goals
- ◆ Do things differently

All of our Counsellors are fully trained and are members of NZCCA and/or NZAC.

Their ethics ensure:-

- ◆ They are trustworthy
- ◆ Respect your confidentiality
- ◆ Listen to you carefully and sensitively
- ◆ Support you in making the changes you choose to make

Short courses for self development and education are run. These are advertised from time to time or you can request to be contacted.

Help in times of need

In times of crisis

- A listening ear
- Where to from here?
- Who do I contact and how?
- Referral to appropriate help

BEING A 'FRIEND'

Membership is by subscription and must be approved by the Trust Board. Only members have voting rights.

As A 'FRIEND' YOU CAN BE INVOLVED IN VARIOUS WAYS:

- **You can assist by praying.** We see prayer as the centre of all that we do and from time to time seek prayer for clients, team and situations.
- **You can assist practically.** We keep a small amount of food to give to clients who need a help-up in particular situations. This is mainly done in conjunction with our Budget Service.
- **You may have some chattels to give away.** From time to time we are called on for a variety of items—and if we don't have a source to get them from then we insert a request in Church newsletters.
- **You can support financially.** You can make a gift towards the work, or consider a special gift at Christmas time when we help bring some joy to many struggling families.
- **Promote the Centre.** By letting people know the work that we do and the principles we operate under. Many people need assistance but don't know where to go!
- **Encourage the team.** Call and visit from time to time to share some fellowship.

Management Team:

Counselling Co-ordinator:
Budgeting Co-ordinator:
Administrator:

Joyce Beehre
Marion Moon
Shirley Mellsop