

WHANGAREI ANGLICAN CARE TRUST

Care Centre Newsletter

**C are
A nd
R espect
E mpower**

In this issue

- Senior Chef Course
- Up-coming 20 year celebrations
- Changes That Heal & Healthy Living
- Good News Story

Key Personnel:

Chairman of the Board:
Jill Connop

Treasurer:
Don Gregson

Counselling Co-ordinator:
Joyce Beehre

Administrator/Secretary:
Shirley Mellsop

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

Issue 11

February 2014

Senior Chef Course great success!

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:

A huge Thank You to everyone who made our first **'Senior Chef'** course happen!

Canterbury District Health Board who developed the course and who have agreed to us using it. We can also access various resources through them and get up-dates from them.

The Selwyn Foundation who caught the vision and saw it as complimentary to their work with seniors, and who funded the first course!

The Oxford Sports Trust for their grant towards the tables and storage unit needed.

The Trusts Community Trust for their grant towards equipment required.

The Tindall Foundation for their grant towards more courses for 2014.

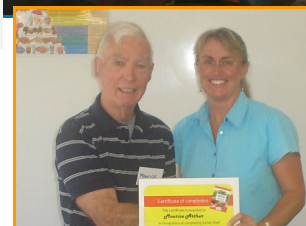
Dianne Harris & Nikki Smith who run the course with skill and enthusiasm.

The ten participants who came each week; learned new skills; honed up hidden talents; had fun; made friends; and generally contributed to the success!

Since an article appeared in **The Whangarei Leader** and in the **Savvy** magazine we have added to our waiting list and will easily fill four courses for 2014!



Some photos from our first course



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
Facebook: www.facebook.com/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)



NOTICES



**THE WHANGAREI ANGLICAN CARE
TRUST TO CELEBRATE 20 YEARS!**
**MARK YOUR DIARY FOR THE WEEKEND
OF 30-31 AUGUST 2014!!**
DINNER ON 30TH
CHURCH SERVICE & LUNCH ON 31ST
WATCH FOR MORE INFORMATION

SHORT COURSES

*A Christian course developed by Dr Henry Cloud to take participants
through a four-step programme to a happier, healthier you.*

The course addresses ways to:

- Connect more deeply with others to form truly intimate relationships
- Develop healthy independence from those you're connected to
 - Understand the good and bad in yourself and others
- Grow emotionally and spiritually to fully feel like an adult

*This small group will use the Dr Henry Cloud DVD
and will be facilitated by counsellor*

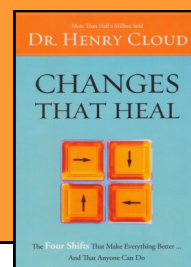
Joyce Beehre

To be held over the five Mondays in March—3rd to 31st
7.00—9.00pm

Cost (including book): \$50.00

Venue: Anglican Care Centre
1b Deveron Street, Whangarei

To register: phone 437 6397
or email whgcare@xtra.co.nz



Coming up in May 2014!

Good News Story from a Budget Adviser

This may be fairly commonplace, but was life changing for my clients. We met in December 2012 through a referral from the employer. She had debts of over \$8,000 and his were much higher. They didn't know where to start and at first didn't want me to see their bank statements. That changed as we got to know each other. We set up APs for all their debts.

She has just made the final payment on her debt and he has paid off \$14,500 debt. One was a bank debt through Baycorp. After paying for several months and increasing his payment during that time, I requested to have the monthly interest of

approx. \$185 waived. This was agreed to, which caused great excitement for my clients.

Recently they had a car bill of \$2,000 and remembered a long forgotten savings account and found they had enough for the bill. Something unheard of in the past!

They have made some momentous changes in their lives over the past two years and the financial ones have made a huge difference to their relationship as well.

They are now recommending our services to others and will continue to keep in touch.

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