

WHANGAREI ANGLICAN CARE TRUST

Care Centre Newsletter

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

In this issue:

Annual Meeting

New Team Members

Courses

Changes on the Board

Help by.. & Wish List

Key Personnel:

Chairman of the Board:

Janette Johns

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 Rd & Deveron St)

P O Box 5077
Whangarei 0140

Email:

whgcare@whgcare.org.nz

Web: www.whgcare.org.nz

Facebook: www.facebook.com/WhangareiAnglicanCareCentre

Issue 14

August 2016

- NOTICE - Annual Meeting

2.00pm
Sunday 2nd October 2016
at the Care Centre
All welcome

Become a 'Friend' of the Care Centre—\$40.00 per annum

If you are a 'Friend of the Care Centre' your subscription covers you from AGM to AGM.

Five 'Friends' are elected to the Board. Only financial members are eligible to stand and to vote.

Contact the Care Centre if you need further information.

News

Wow, so much has happened in the last 10 months! *The office expansion has been completed with some new furniture, making a huge difference for everyone, especially the office staff. *Several courses have been completed and we have some new team members. *The budgeting service is changing slightly—and we have had to tender to the Ministry of Social Development for the first time and will hear the result next month. *We have farewelled Tangimai Moring, Judy Irving and Susan Condon from the Board and Trevor Kerewaro from the counselling team.

Team Changes



Andy Cooper

Andy joined the counselling team from a background in youth work and building. He loves working with people to find their unique answers.



Jennie Gill

Jennie has a desire is to see clients emerge from their current situations empowered and resourced. She uses a strength based approach.

****Heather Gribben (counsellor) is currently on sick leave—please keep her in your prayers.**



Alyson Maioha

Alyson completed her budget adviser training earlier this year and was certificated in July. Welcome to the team.

Doubt sees a mountain, no way around it
Faith sees a victory, no doubt about it
Fear sees a ceiling, hope sees the stars
Love be the light inside of our hearts

Limitless—Colton Dixon

**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).**

Upcoming Courses

Senior Chef—
over 65's

Chat Room

Shop with a
List



Completed Courses

Sally Shepherd and Maureen Tearle facilitated a Boundaries Course; Heather Gribben ran Healthy Living Workshops; and Joyce Beehre facilitated the new Healthy Relationships course. All feedback received was positive. These courses will run again next year, so if you or anyone you know is interested, please get them to register their interest by phoning the Care Centre.

On Now...

SENIOR CHEF



**WHANGAREI
DISTRICT COUNCIL**
Community Fund

Senior Chef continues to be popular. 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 is a new initiative bringing topics of interest to our clients and members of the public. It is held on the first Tuesday of the month from 12-1pm (a light snack is provided). The first topic was 'Your Power Bill' presented by Jan Thomsen from Northpower. The next Chat is on Tuesday 6th September and the topic is 'Your Bank Account'. All welcome—just give us a call and let us know you are coming.



Shop with a List is now held on the third Tuesday of the month. *This course includes economical meals, planning, budgeting hints and tips, and hands on cooking.* Bookings essential, call the Care Centre for more details.



Changes on the Board...



Alan Burnett
Clergy



Rongo Curry
Maori Pastorate



Peter Bargh
Whangarei Parish



Chris Tobin
Onerahi/Manaia

How you can help the Care Centre—

- ◆ Become a friend or recommend to someone else
 - ◆ Buy a brick
- ◆ Donate food or money towards our emergency assistance
 - ◆ Pray for the work of the Care Centre
 - ◆ Contribute towards our 'wish list'.

WISH LIST

- ◆ To install Solar Panels to save on our power costs
- ◆ To replace our telephone system—our current system is no longer supported

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