

WHANGAREI ANGLICAN CARE TRUST

Care Centre Newsletter

Issue 17

December 2017

Ideas for donations to Clients Christmas Hampers

Tinned meat/fish, tinned fruit, trifle ingredients, custard Long-life cream, Christmas mince pies, Christmas cake or pudding. Chocolates, nuts, shortbread, biscuits
Toiletries are always welcome

Boxes will be assembled on
Monday 18th December
please have your donations in
beforehand

After Christmas we still
need to provide for families
so the basics are always
appreciated, e.g. Tinned
and packet food.

Key Personnel:

Chairman of the Board:

Janette Johns

Treasurer:

Don Gregson

Counselling Co-ordinator:

Joyce Beehre

Administrator/Secretary:

**Shirley Mellsop/
Nikki Smith**

Budgeting Co-ordinator/

Community Education:

**Marion Moon/
Dianne Harris**

Seniors Community Worker:

Sue Daumiller

Phone: **437 6397**

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/](https://www.facebook.com/WhangareiAnglicanCareCentre)

WhangareiAnglicanCareCentre

Change brings opportunity. There have been good changes in the last 6 months. Some staff roles; removal of the little playhouse and in its place a garden is in progress; workshops in a variety of topics have brought changed lives; a fun team day. Read about these in this issue.

The Solar panels are already a great success. We see the benefit in our current bill where it has been cut in half and is likely to reduce further over the summer months.

At the AGM it was agreed that the annual friends sub would remain at \$40 but for new friends, their initial sub would be \$20.

We are grateful for the Christmas Hamper donations we have received or had pledged from Trefoil Guild, Selwyn Centre, Anglican church parishioners, Federation of Womens Institute, Whangarei Patchworkers & Quilters club, Northern Eggs and HB Architects.

Peace & Joy this Christmas



Our team day was a great success. We took the opportunity to refresh staff re Health & Safety. We learnt a little more about each other through sharing and team games. Ray Avery inspired us with a talk on his bucket list. An encouragement book that each team member contributed to for their colleagues, shared lunch & presents ended the morning.



SUCCESS STORIES

Walking through the Shadows—a small number of participants were able to process their grief over 5 weeks in October. Facilitated by two of our counsellors, Lyn Hutchinson & Jennie Gill, the following comments were received in evaluations of the experience.

*'I feel empowered, stronger
and more able to cope'*

'Excellent, lots of love & caring'

'A good low key approach to grief'

*'Superb quality facilitating—gentle steering
throughout to get sad people
back on track with their lives
and moving forward'*

Senior MasterChef—A fun one off event for participants of Senior Chef during the year. They had to choose a recipe, shop for the ingredients, cook and present it. *'Thank you for a happy relaxed fun time'*—Beth



Counselling: Evaluation responses to what was the most satisfactory thing about the service you received?

'Responding to need (rather than request) and providing practical assistance (in the form of handout material) While the issue has now passed, the advice remains relevant going forward.'

'Your service has really helped me. I was sad and scared of counselling on arrival.'

'Thank you for a wonderful service & kindness.'

'A safe place, no judgement, understanding.'

'A chance for me to unload.'

'A valuable service, essential for our community.'

Budgeting: (a budgeters reflection)

Late on a Friday afternoon, a young woman rang up as her electricity was to be cut off. She came in and we managed to ring Utilities Disputes Ltd, (an independent NGO). who were incredibly helpful. Managed to get cut off date extended and client signed up for Globug. The budgeter stayed on the line until all was done. Satisfying to get a client with a specific urgent need that we could meet straightaway.

(This budgeter happened to be the right person in the right place at the right time)

**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).**

How you can help

- ◆ Become a friend or recommend to someone else
**Only \$20 for New Friends joining 2017-18 **
- ◆ Buy a glass brick (Your name etched in our feature wall)
- ◆ Donate non-perishable food or money towards our emergency assistance or Christmas Hampers
- ◆ Pray for the work of the Care Centre

Care
And
Respect
Empower



Personnel Changes

Office: Shirley Mellsop is reducing her hours and is away Tuesdays & Fridays. Teresa Sharp who was filling in while Helen was overseas is continuing on Mondays, Wednesdays, and Fridays. It is great to have an extra hand especially as Nikki transitions to Office Manager.

Budgeting: Dianne Harris & Marion Moon are job sharing as budget coordinators. Mike Patterson has resigned to contribute closer to home.

Counselling: Jennie Gill is now a Counselling Supervisor which brings us to four clinical supervisors.

Board: Farewelled Rev Alan Burnett and welcome Rev Margaret Rapson



Margaret Rapson

Community Education—Budgeting

Held on the first Tuesday of the month from 12-1pm (a light snack provided).

All welcome—just give us a call and let us know you are coming for catering purposes.

Open to the public and advertised in local paper, participant numbers range from 10-35.

Topics have included:

NZ Police and your safety; Car Maintenance;
Organising a funeral; Gardening; Fresh food;
Christmas hints & Tips.

Next one is **Tues 13 February** (due to Waitangi Day) on Banking.



Money Mates: We have run two courses this year which comprise 6 weeks of one morning a week. These have been well received. Participants (no more than 10 per session) have learnt various aspects of money managing. This will restart in February 18.

We have also run a course at KODE Work Ready for 19-24 year olds.

Approximately 25 attended and we will continue to provide this service next year.

Garden Project

The playhouse has gone to an eager new home. After the tree on the corner was cut down by Peter & Bruce (budgeters), the crane was able to easily lift it out and over the fence, making way for the new initiative.

The Care Centre garden led by Patricia Martin and supported by all the budget advisers has already begun to take shape and is purposed to demonstrate to our clients how to garden and also to provide fresh produce to clients.

We are grateful to Maori Womens Welfare League for their financial donation towards the garden and to Greenfingers Landscape supplies for garden mix.

Peter Comrie & Pat Martin worked to prepare the garden and demonstrate their green finger skills. Planted so far are beetroot, lettuce, zucchini, cucumber, beans, corn, tomatoes, carrots, silverbeet, and onions.



As a not-for-profit Charity all donations over \$5 are tax deductible
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

