

WHANGAREI ANGLICAN CARE TRUST

Care Centre Newsletter

**Care
And
Respect
Empower**

In this issue:

General Update

Office Extension

New Team Members

Courses Past & Future

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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Issue 13

October 2015

Welcome to our latest issue of the Care Centre Newsletter—what a lot has happened in the last year! At the AGM in September it was decided to keep the friends sub at \$40 per person/family/group. Our Friends have contributed hugely through donations of money, goods and time.

The officers of the board have been re-elected. **Janette Johns** continues in the role of Board Chair, recently vacated by **Jill Connop**. THANK YOU Jill for all your hard work - we are pleased that you remain on the Board. We also welcome **Rongo Curry** to the Board as the new representative from the Maori Pastorate.

The Care Centre Office needs to e_x_p_a_n_d. The cost of the building extension is proving to be more than expected but is absolutely necessary. If you feel led to contribute towards the extension, please contact the office.

A big THANK YOU to all who donate food items so that we can bless and help our budget clients. Also a big THANK YOU to Anna and the Team at the Catholic Church who are now providing prepared frozen meals to be given away.



Helen Port joined the Care Centre in July as an Administration Assistant, working with Shirley and Nikki. She comes to us with a varied background in Administration, including a previous work history with World Vision. She is already a blessing to the office and team in general.

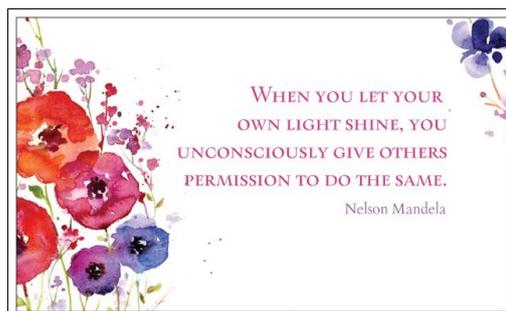
FACT—In the last year we have seen 1301 clients for counselling.

Maureen Tearle has joined the Care Centre as a Counsellor. She comes from a nursing background and loves counselling in an eclectic way best suited to the client. She works with all ages, but has an affinity for young people/single mothers from abuse and trauma backgrounds or Post Natal Depression. She has experience in relationship counselling and enjoys working with people of diverse cultures.

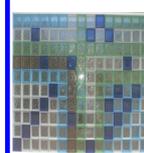


The demand for counselling services in Dargaville has increased and to provide for this, **Carol Tolley** (who works in Ruakaka) has added another day to her availability and now travels to Dargaville on a Friday to provide these essential services. Heather (on Tuesdays) and Joyce (on Thursdays) continue to counsel in Dargaville as well.

FACT—In the last year we have seen 1201 clients for budgeting.



Lucas Wood has been trained as a new budget adviser and is currently completing his practical training.



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

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).

Completed Courses

Heather Gribben ran the **HEALTHY LIVING** workshops in Whangarei during May and June and in Dargaville during September this year with a wonderful response.

A comment received:
"Looking after myself isn't being selfish."

Lyn Hutchinson and Chris Wilson facilitated the **WALKING THROUGH THE SHADOWS** Grief Support Group during May.

A comment received:
"This was awesome and everyone who has been through grief should do it."

Sally Shepherd and Suzanne Mackay facilitated a **BOUNDARIES** course in May.

A comment received:
"I have implemented personal boundaries with good results for myself."

Upcoming Courses

Boundaries

Walking Through The Shadows (Grief support group)

Senior Chef—for over 65's

Cooking with a pinch of budgeting (Community Education - Budgeting)

Healthy Living

Safe People (NEW)

Changes that Heal (NEW)

Dianne Harris & Nikki Smith are in the process of facilitating the 12th and 13th Senior Chef Courses. This means that over 110 people have benefitted from Senior Chef.

In August we took Senior Chef to the 'Getting Out There' Expo at Forum North, with cooking demonstrations, helped by a few of our previous Senior Chefs. We received a wonderful response and the food was enjoyed by all.

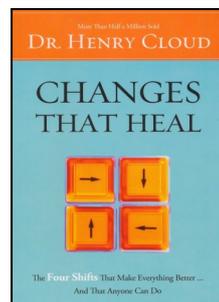
Senior Cheffer's are celebrating with a **Christmas Delights** Day on 5 November.



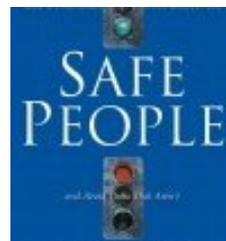
FACT—In the last year 132 families have been assisted with \$7,152 worth of Emergency assistance. 976 people have attended groups and classes we have run.

TEAM HIGHLIGHTS:

- * Dianne continues to contribute monthly in the Savvy Magazine.
- * The Counsellors had a Retreat day at Ruakaka in October.
- * The SSPA National Conference was held in Whangarei in September—our team were very involved with this.
- * A Governance Seminar with speaker Kerri Tilby-Price was held in October which was well attended by many local organisations. Shirley organised this.
- * Dianne & Nikki shared ideas of healthy lunches with parents and pre-schoolers at two Giggles Preschool centres. Next day it was reported that the children's lunchboxes were already healthier.
- * In November the whole team are planning a "Master Chef" fun day for team building.



NEW COURSES IN 2016



Phone to register your interest.
We will put you on a list to contact with time and date once they are confirmed.

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