

ISSUE 1

Our Vision

A community where people are empowered to meet life's challenges

AUGUST 2022

A Word from the Counselling Co-Ordinator:

"When you change the way you look at things, the things you look at change" A counsellor can help you to look at things differently so that you are able to have a fresh perspective on the issues you face, and then the counsellor can help develop strategies with you to make changes.—Joyce (Counselling Co-Ordinator)



Anxiety & Stress—You are not alone!

Anxiety occurs when we feel stressed.

It's a reaction to feeling under pressure or threatened and out of control. A small amount of stress can help us to complete tasks and feel more energized. It can affect our physical and mental health when it lasts for a long time or is very intense. Acute stress happens within a few minutes to a few hours of an event and usually lasts for a short period of time. Chronic stress lasts for a long period of time or keeps coming back. (www.mind.org.uk)

Christel explains to clients that processes happen in the brain when we're under stress. Maybe it will help you to know that your responses to stressors is simply the brain doing it's job to keep you safe.

Reframe anxiety as **"your alarm system is on"**

6 Tips to De-stress

1. When you're willing to feel it, you can heal it.—Ryan
2. Stop apologizing !! - Jennie
3. Find ways that work for you to "be in the moment" to slow down and notice through your five senses something you enjoy (e.g. making a great cup of coffee or a tea, being in nature and to notice your breathing).
Research backs up the helpfulness of this, even for a few minutes is good for a stressed brain—Carol
4. Be yourself, it is always enough—Lyn
5. Breathe in for four counts and out to the count of eight. The longer breath out activates your calming system.—Suzanne
6. Read Psalms—It gives language for your pain. The Bible speaks to us—Psalms speak for us.—Suzanne



10 ways our Counsellors unwind

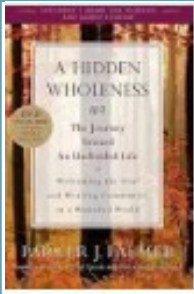
1. Do something creative— make nature art pieces.
2. Read poetry.
3. Time with our puppy! Walks on the beach.
4. Sit in the sun listening to worship music.
5. Watching a funny movie.
6. Walk in the bush
7. Talk to family or a friend on the phone.
8. Walking; listening to music or a podcast.
Reading a good book.
9. Practice deep breathing and focusing on your breath.
10. Spend time alone in a natural setting and consciously tune in to my senses. Breathe in the air under trees.



Mission:

To be a centre of excellence in providing an efficient, professional and caring service offering counselling, budget advice, support to the elderly, educational and other social services without discrimination and to collaborate with other agencies

Recommended Reading

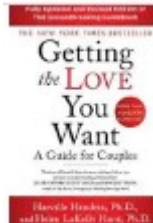


A Hidden Wholeness: The Journey Toward an Undivided Life by Parker Palmer
A Hidden Wholeness weaves together four themes: the shape of an integral life, the meaning of community, teaching and learning for transformation, and nonviolent social change

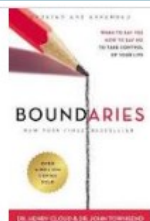
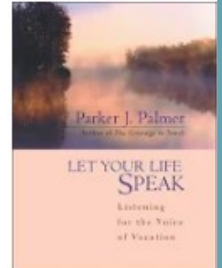


Shades of Light by Sharon Garlough-Brown—a novel about struggles with anxiety and depression and how she navigates these. This is a continuation of the Sensible Shoes series which is highly recommended.

Getting the Love you Want: A guide for couples by Harville Hendrix
..replace confrontation and criticism with a process of mutual support that facilitates healing and growth at any stage of a relationship



Let Your Life Speak by Parker Palmer
Is the life I am living the same as the life that wants to live in me?" With this searching question, Parker Palmer begins an insightful and moving meditation on finding one's true calling. Let Your Life Speak is an openhearted gift to anyone who seeks to live authentically.



Boundaries
by Cloud & Townsend
will give you the tools you need to learn to say yes and know how to say no



Hey Warrior
by Karen Young for children (and adults) struggling with anxiety. A light hearted, easy to understand explanation of our brain's 'survival response that can help understand and overcome anxiety

An Impossible Marriage

by Matt & Laurie Krieg
Some find the idea of mixed-orientation marriage bewildering or even offensive. But as the Kriegs have learned, nothing is impossible with God-and that's as true of their marriage as anyone else's.



My Journey Starts Here

by Jazz Thornton
A pretty yet practical guided journal for personal reflection and working on your mental well-being. Activities to encourage you in your daily journey.



Some Suggested Movies



DISCLAIMER: These may not reflect the values of the Care Centre or appeal to all tastes, but have been recommended by various members of our staff to bring some light relief. They may be on Netflix, or at the Public Library or from an Op Shop.

Voices of Appreciation for our Counsellors

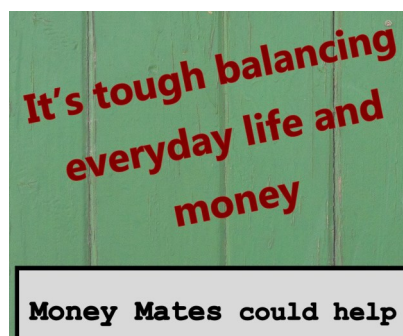
- ♦ actively listened to without judgment.
- ♦ Gave positive feedback as well as the negative possibilities of the question posed.
- ♦ I didn't think I needed counselling, or that it would really help, but was amazed at what I learnt, and I have **applied the tools**. I am still using the tools even now. I would thoroughly recommend Anglican Care Centre for counselling, would not hesitate to use your services again if I need to.
- ♦ helped me **clear some of the head baggage** and find other ways of coping.
- ♦ A client after therapy saying she felt herself skipping out of the room after that work.

What's Coming Up to help ease anxiety?



4 Week Workshop
Facilitated by Lyn & Suzanne
A Safe and supportive environment to help process the pain surround the loss of a loved one.
Registrations are essential.
No charge

Tuesdays 10am-11.30am
Learn together to gain control of your finances
SHARE knowledge
EXPLORE your choices
Register with office



Learn the secrets and cultivate the habit of setting and maintaining healthy boundaries that provide rich, productive relationships.

8 week course
Cost \$50
(includes participant guide)
Pre-course application essential. Spaces limited
Facilitated by trained and registered counsellors

What's Been Happening?

SENIOR CHEF Cooking classes for older adults



SENIOR TECH

Technology Skills for improving life



A very popular course, booked out until 2023. Informative, Helpful, Friendly, Patient leader

Recording Memories

"therapy for anxieties"
"inspired to write and make my memories available for future generations. The ideas shared in the group have been a wonderful motivator to continue"
"Facilitator was encouraging and helpful at all times"

Counselling Statistics for last 3 months

- * **183** new clients
- * Our **10** Counsellors have seen a total of **576** clients.

The mature person meets the demands of life, while the immature person demands that life meets their demands.

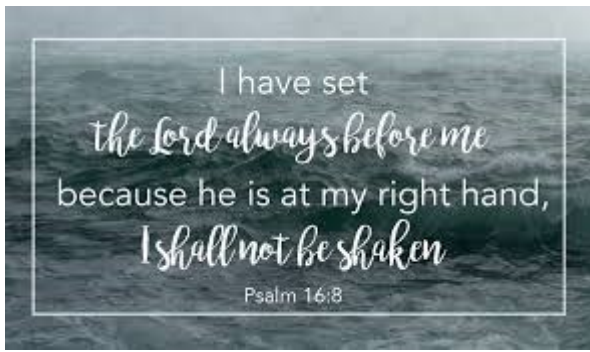
Dr Henry Cloud

Money Week

A week of hands on, helpful tips and talks on:

- Gardening,
- Saving Power,
- Shopping
- Cooking

Enjoyed by all who attended and were able to go home armed with new information and goodies.



Hold onto Me – Lauryn Daigle
<https://www.youtube.com/watch?v=R1EwKwayzLM>

When the best of me is barely breathin'
 When I'm not somebody I believe in Hold on to me
 When I miss the light the night has stolen
 When I'm slammin' all the doors You've opened
 Hold on to me, Hold on to me

Hold on to me when it's too dark to see You
 When I am sure I have reached the end
 Hold on to me when I forget I need You
 When I let go, hold me again

When I don't feel like I'm worth defending
 When I'm tired of all my pretending Hold on to me
 When I start to break in desperation
 Underneath the weight of expectation
 Hold on to me, Hold on to me

I could rest here in Your arms forever
 'Cause I know nobody loves me better
 Hold on to me, Hold on to me

Good Motto:
*If it's not your intention
 Don't let it command your attention*



**Do you like to help others?
 Become a friend
 of the Care Centre
 Help us to help others**



- ◆ Subscription is only \$20pa
- ◆ Buy a glass brick - \$400
 (Your name etched in our feature wall)
- ◆ Donate money or non-perishable food towards our emergency assistance
 - ◆ Pray for the work of the Care Centre
 - ◆ Sponsor someone for a counselling session
 - ◆ Give hands on help from time to time
 - ◆ Be eligible to be voted onto the board

Key Personnel:
CHAIRMAN OF THE BOARD: Janette Johns
TREASURER: Johan Minaar
COUNSELLING CO-ORDINATOR: Joyce Beehre
ADMINISTRATOR/SECRETARY: Nikki Smith
BUDGETING CO-ORDINATOR/ COMMUNITY EDUCATION: Dianne Harris
SENIORS COMMUNITY WORKERS: Sue Daumiller
 Jennie Payton

The Care Centre has existed since 1994. It is made up of Volunteers, contracted staff, and some paid staff who are responsible to one of three managers who make up a management team. The Management Team report to a Board of Trustees consisting of various local Anglican Church parish representatives, a treasurer, secretary and up to 5 elected friends from our "Friends" base. The Board meet once a month for vision setting and accountability.

Thank You for your Support!
*If you would like to sign up for any of our courses or want to know more,
 please phone the office 437 6397 or email enquiry@whgcare.org.nz
 Facebook: www.facebook.com/WhangareiAnglicanCareCentre
 Website: www.whgcare.org.nz
 As a Charity all donations over \$5 are tax deductible
 Our bank account ASB 12-3101-0075902-00*