



# Raglan Community House Newsletter

January—February 2011

## Opening Hours COMMUNITY HOUSE

MONDAY—FRIDAY

8.30—4PM

## BARGAIN BASEMENT

MONDAY—FRIDAY

10—3PM

BUDGET SERVICE

BY APPOINTMENT

COUNSELLING

BY APPOINTMENT

## Contact Details

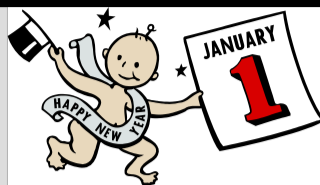
PHONE: 078258142

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www.rch.org.nz

45 Bow St



**HAPPY NEW YEAR!** January is coming to a close and once again we wonder whether our mothers were right after all. Time **does** go faster the older you get! We hope you all enjoyed your Christmas break (if you got one!) Town was certainly busy with lots of holiday makers and we hope that

the retailers have enjoyed a bumper season. For most of January, the weather has been fantastic but this last weekend saw the threatened drought broken big time!

During this period of holidays and general festivities there has also been considerable sadness and we send our sincere sympathy to those members of our community who have lost loved ones.

The Community House has been busy with lots of visitors finding their way in to us. Work and Income are up and running again and the Bargain Basement has been fair humming along. We have a few workshops and support groups kicking off in February so put them in your diary and give us a call if you are interesting in joining up or need more info.

Details on an upcoming **Weight Loss Support Group** and a **Sit and Be Fit** class are detailed on this page and the next and Age Concern Hamilton will run an **Eat Well Live Well Nutrition and Wellness Course** for older adults during February. We hope to run lots of workshops/classes/support groups this year but we need to know what you want so let us know your thoughts on the kinds of workshops or support groups that you would like to see us run.

**VALENTINES DAY** is not far away. Enjoy the day but make sure you show your loved ones **every day** how much they mean to you!



For your diary.....

**Market Day 29 Jan**

**Eat Well Live Well  
Tuesdays starting  
1 Feb (Old School Arts  
Centre)**

**Sit and Be Fit Class  
Starts Wed 9th Feb @  
3.30pm**

**Weight Loss Support  
Group starts Wed 9th  
Feb at 5.00pm**

**NA - Mondays 6.45pm**

**AA - Thurs 6.45pm**

## MARKET DAYS

The next Community House Market will be Saturday 29th January. We will once again use the "Road Open" format. The markets are YOUR community markets so please give us your feedback on the road open / road closed format.

## Services Available

### Counselling:

Qualified Counsellors available to help you with any issues you have in your life that you would like to handle differently. This is a heavily subsidized, **strictly confidential** service.

### Budget Service

Trained Budget Advisors available to help you gain a better understanding of budgeting, gain control of debt, help with creditors and/or help you achieve your financial goals. This is a completely **free and strictly confidential** service.

### Bargain Basement

Monday—Friday—10am to 3pm

### Community Trust Van

Book your transport to medical appointments in Hamilton through the Community House (one week's notice generally required). **Koha \$15**

### Community Law

Access to legal advice available free of charge from the Hamilton Community Law Office. Contact us for more information on the areas of law covered and eligibility criteria.

### Optometrist

Talk to us about our link with Paterson Burn, Optometrists in Hamilton. Vouchers and transport available.

### Frozen Meals

Small and Large meals and desserts available Meals \$9.00/\$6.50 Desserts \$4.50.

### Room/Wheelchair Hire

Talk to us about our very reasonable hire rates.

## WORK AND INCOME

Work and Income's Tuesday Emergency Raglan service is based at the Community House. They are here every Tuesday from 10—12.30pm and 1.30—2.30pm. It is important to remember that this is an **Emergency Service only** e.g. food grants, emergency dental/medical, power disconnection, eviction and the collection of paperwork. If you are uncertain, contact the Community House for information on the things that can be handled by the Work and Income Team here in Raglan. Appointments for assistance other than emergencies can be made by ringing the Dinsdale office on 0800559009.

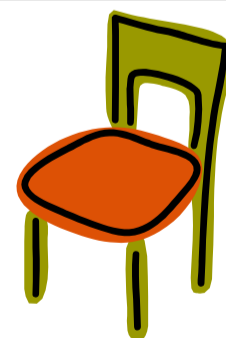
## RAGLAN BUDGET SERVICE



All those Christmas excesses can put a strain on both waistlines and finances that can be very difficult to recover from. Christmas is a great time to celebrate but it's not a great time to go in debt. Many families may feel an added financial sting come February when the Christmas bills start to roll in. The financial stress of Christmas can cause real problems for families over the holiday season and unfortunately is a major contributor to family violence over this period. The next few months can be a real challenge financially for families - but careful planning can avoid some of that pressure. **Raglan Budget Service** can offer advice and support to help you plan a realistic budget to help you meet your needs. Contact one of our trained Budget Advisers on 07 825 8500 or 07 825 8142 for more information.

## SIT AND BE FIT CLASS

**SPORT WAIKATO** will be running a **Sit and Be Fit Class** here at **Raglan Community House** starting on Wednesday **9th February at 3.30pm**. The class runs for 1hr and as we can only take 8 participants, first preference will be given to those with mobility issues—feet or knee problems or for those whose weight concerns make exercise difficult. This exercise group uses only an ordinary chair for support either seated or standing behind it so there is no special equipment or clothing needed—just loose, comfortable clothing and shoes. The first programme of **Sit and Be Fit** will run for 6 weeks and then Sport Waikato will run a second programme for a further six weeks so if we get more than the 8 initial registrations, we will be able to take a second group through the programme. Registration is essential so call Chrissy or Nicci on Ph 825 8142 or email us on r\_ch@xtra.co.nz



## COMMUNITY LAW

Remember that Hamilton Community Law Office run an Outreach clinic here in Raglan but they need a minimum of three clients for them to be able to come out to Raglan. We can, of course, fax your details through to them and they will conduct a phone interview / consultation with you so you do not need to wait for a clinic date. Check with us regarding eligibility in terms of income. It is important to note that they are not able to deal with family law matters but can give some initial advice. They do handle consumer law, criminal offences, insurance, etc.

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## SUMMER SANTA

We had great fun with our 2010 Summer Santa with some lovely moments with Santa and some great food to share. Some of you have not yet picked up your photos so make sure you get along to the Community House to capture the photo for your family album.



## THE BARGAIN BASEMENT

Thank you to all the very generous people who donate goods and clothing to us. The funds raised by the Bargain Basement for our Community House are untagged funds which means that we can use monies raised to cover shortfalls in our operating costs. Without the funding generated by the Bargain Basement we simply could not continue to function.

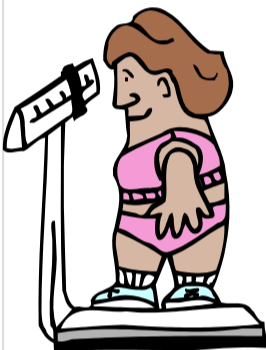
All those who work in the Basement do so on a completely voluntary basis and without their commitment the Basement could not operate five days a week so we say a **huge** "Thank You" to you all too.

On the subject of donated goods, can we please ask that you ensure that the goods you drop off for us are both clean and in good condition. Unfortunately, we sometimes receive goods which are badly torn or broken and not fit for resale. This means we have to dispose of them which is both expensive and time consuming. Please do not send electronic items like computers/monitors etc as we cannot onsell these.

**We currently need some back up volunteers** for the Bargain Basement on a **Thursday** or a **Friday** so if you have some time that you could commit, please call into the Community House or the Bargain Basement and pick up one of our Volunteer Information Packs.

## DOWN SIZE ME : WEIGHT LOSS SUPPORT GROUP

If those Christmas Kilos are hanging around longer than you would like or you've been trying to lose weight but find it a real struggle on your own, join **The Raglan Community House Challenge** or just come along to get some support. The group will start on **Wednesday 9th February at 5.00pm**. This support group is being run by the **Raglan Community House** in conjunction with **Sport Waikato** and is **ABSOLUTELY FREE!!!** No joining fees, no special ingredients to buy just support and information to help you on your quest. The Challenge will run for three months but we hope that the Support Group will keep running as long as it is needed. Each week we will aim to have a different guest speaker (15mins only) after the weigh in and we will have recipes and information to share. You can also meet up with others who might share a similar activity interest with you whether that be a short walk, a long walk, swimming, running or cycling. We believe that working with others will help to keep motivation levels high. We hope too that we will have a great prize to give THE CHAMPION e.g. the person who loses the most weight over the 3 months. For everyone who joins up though the real reward will be the personal satisfaction of losing some of those unwanted kilos! If you are interested in coming along give Chrissy or Nicci a call on 825 8142 or email us on [r\\_ch@xtra.co.nz](mailto:r_ch@xtra.co.nz) ....or



just rock on up on the **Wednesday 9th of Feb at 5.00pm**. If you want to be able to record your progress, then the first session will see you weighing in and measuring up but there is no compulsion to do this. **YOU** will be in the driving seat and at the end of the day, the only person you will be competing with is yourself! What have you got to lose? Nothing.....apart from those unwanted extra kilos!

## EAT WELL LIVE WELL : NUTRITION AND WELLNESS COURSE FOR OLDER ADULTS

Age Concern Hamilton will be running the above course at the **Old School Arts Centre** for four weeks in February starting Tuesday 1st February from 10am - 12noon. This course is for you if you are sick of cooking the same meals every week; want to understand more about how your nutritional needs change as you become older; would like information on kitchen equipment to make meal preparation easier; would like easier and cost efficient ways of cooking meals for one and/or have found yourself preparing food regularly for the first time. Professional Chef Clive Anderson will be taking the course and registrations are essential. Contact Chrissy or Nicci at Raglan Community House or phone us on 825 8142.

A volunteer helper is also needed for this course to greet people, hand out pamphlets, set up the morning tea table and help the Chef and Margrit from Age Concern to tidy up afterwards. Guaranteed lots of laughs and lots of yummy food! Let Chrissy or Nicci know if you are interested.



RAGLAN COMMUNITY HOUSE thanks the following Funders & Supporters:

- Child Youth & Family COGS
- NZ Lotteries Trust Waikato
- WEL Energy Trust Sky City
- Tindall Foundation WDC
- WDHB
- D V Bryant Trust
- JR McKenzie Page Trust
- Karamu Trust NZ Post
- Community Waikato
- Raglan Community Board
- Raglan Chronicle
- Raglan Club
- Raglan Radio
- Raglan Bakery
- Lillipot Florist
- WJ & SJ Bardsley
- John Webb
- Rodger Gallagher and The Raglan Website
- Raglan Lions Club
- Fresh and Sweet Raglan Produce (Belmont and Christine Lallu)
- Sunset Motel Raglan
- Surfside Church
- Raglan Community (donation of clothing and goods)

## COMMUNITY AND ENVIRONMENT DAY 2011

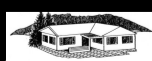


**Community and Environment Day** is coming up on 12th March 2011. This is a day on which we celebrate our children, our community and our environment. This event combines Sea Week and Children's Day and in particular highlights the environmental impact we have on the Maui Dolphin. The day will provide a full programme of free family fun kicking off with Kindy Rock followed by live music from local musicians including Jacquemo, and Twisted Timber (currently to be heard at the Orca on Friday nights), community dance groups including demonstrations of

Afrocarribbean dance from Jingacat and the Latin dance exercise programme Zumba! Other activities will include demonstrations of cultural arts by Raglan Community artists and art groups, martial arts demonstration, a sandcastle competition and sand dig run by Surfside Christian Services; a bouncy castle and lots more.

This year we ran a poster competition and children from the local schools were asked to design a poster to promote the event. We had some fantastic entries and the judges had a very difficult job selecting the three finalists. The final winner was determined by voting conducted here at the Community House by visitors to the House. The winner will be notified at the beginning of the new school year but we thought the three finalists were all so great that we decided to make three varieties of poster to promote the day. You will soon see these posters up all over town. Watch out for more info on **Community and Environment Day** in The Raglan Chronicle and also on our webpage [www.rch.org.nz](http://www.rch.org.nz) and our Facebook page.

The day's festivities will culminate in the Recycled Raft Race, an activity organised by Xtreme Waste Recycling Centre, which in 2010 drew the largest number of entrants to date. We hope this year proves to be even bigger and better so start dreaming up your designs now!



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