



Raglan Community House Newsletter

April—May 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

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www.rch.org.nz

45 Bow St



Not sure how it happened but Easter has come and gone along with the long summer evenings. It's now time to enjoy the change in season as the trees shed their leaves and we pull on another jersey, light the fire and draw the curtains! For some in our community winter brings greater stress and discomfort as a lack of funds means no fuel for fires or ability to pay increased power bills. Rising food costs lead to poor nutrition and higher rates of infection and illness. If you have surplus garden produce or meat or food to share, remember the Raglan Foodbank. The demand on the Foodbank increases dramatically over the cold winter months. You can add a donation to your shopping at the 4 Square Checkout (or add goods to the Foodbank basket) or you can drop goods for the Foodbank at the Community House. And if you have blankets or duvets that you no longer use bring them along to the Bargain Basement - there is always a high demand for these in winter. The Whaingaroa Affordable Housing Trust would welcome donations of unwanted curtains and these can also be left at the Community House and we will ensure that they reach the Trust and families in need.

Confidentiality

We still encounter concerns around confidentiality at the Community House. We can only stress that confidentiality is something that we take very seriously. All staff and volunteers have been required to re-sign their Declarations of Confidentiality and been reminded that any proven breach of confidentiality could result in their instant dismissal. Any complaints or concerns should be submitted to the Committee or the Coordinator.

Home Insulation

WEL Energy will be coming to the Community House on Wednesday, 11th May at 2pm to give a presentation on H.E.E.T home insulation options. Home owners with a Community Services Card (CSC) (and landlords with tenants with a CSC) may be eligible to receive up to 60% towards home insulation. Without a CSC the subsidies may be up to \$1300. There are also subsidies for the installation of "clean heating" installation. Come along on 11 May to find out whether you and/or your landlord are eligible.



For your diary.....

9 May Te Reo Info
9 May Sewing starts
11 May WEL Energy presentation
21 May Weaving starts
25 May Te Reo starts
25 May Thriving on a Shoestring starts
26 May Self Esteem

Sit and Be Fit Class
Wednesdays @ 3.30pm

Weight Loss Support
Wednesdays from
4.30pm—5.30pm

NA - Mondays 6.45pm
AA - Thurs 6.45pm

COMMUNITY AND ENVIRONMENT DAY 2011

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. Discount 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.

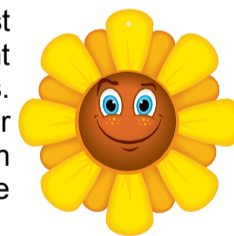


What a fantastic day Community and Environment Day was despite the tsunami warning! The sun shone, children and their families enjoyed the entertainment and activities and we gathered some great environmental messages. Jenny Rhodes' painting of the Maui Dolphins was a great success as children and adults alike slapped paint on their hands or thumbs and gave "the dolphins a helping hand" by putting their hand or thumbprint on the painting. The finished article is awesome and we hope to be able to display this in town sometime soon. The whole day was a showcase of all that is wonderful in our community—the passion for our environment, our strong sense of community and the

talent that surrounds us. It was a joy to see so many children too having a great time building sandcastles, dancing to the music, eating yummy food and just enjoying the day out with whanau. Once again the day wrapped up with the recycled raft race—some amazing floating contraptions (and some that ended up as submarines rather than rafts!) Thanks to everyone who gave so willingly and enthusiastically of their time and talent. Without you all, the event simply could not be staged. Special thanks to Te Mauri Tau for their fantastic food for all the hungry volunteers.

VOLUNTEERS

Our Bargain Basement needs new volunteers. For a variety of reasons we have lost or are about to lose some of our longstanding volunteers so if you think you might enjoy helping out, please give us a call or come into the Community House to see us. The volunteers cover either a morning or an afternoon shift (9.30—12.30pm or 12.30—3.30pm). If you have a free morning or an afternoon—once a week or even once a fortnight—come and talk to us about what is involved. All volunteers do have to agree to undergo a police check.



YOUTHLINE *changing lives*

We have recently met with representatives from Youthline. Youthline has been supporting young people and their families to change their lives for the better since 1970. Their vision is to create communities which relate to the needs of young people, respond to them and support them to achieve their potential. You do not have to be in crisis to contact them. While there is no Youthline office in our region, there is a website, an 0800 number, a free text number and an email address. Youthline offers free, confidential and non judgmental services which you can access in a number of ways. Call, txt, email or contact them through the online forum. Contact details are: Helpline **0800376633** (free from a landline); free **text 234**; email and msn talk@youthline.co.nz; web www.youthline.co.nz; youth info www.urge.co.nz and www.whakamanawa.co.nz
URGE / WHAKAMANAWA is a health information website designed to give young people access to information that is relevant, trustworthy and useful. Check out the websites.....there's lots of cool things to discover.

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January—February 2011

WORKSHOPS

We have a full programme of workshops lined up over the coming weeks so keep an eye out for the posters and flyers or pop into the Community House to see what's happening or to register your interest. Coming up are:

Mondays from 9th May (5 weeks) : **Sewing** Classes from 9am—12noon. Own machine required. \$30 per class

Tuesdays from 24 May (8 weeks) : **Te Reo** (Beginners) with Hirani Maaka 6.30pm—8.30pm \$5 per class (dependent on funding/numbers)

Wednesdays : From 25 May (6 weeks) : **Thriving on a Shoestring** from 10—12noon \$2 per class

Sit and Be Fit from 3.30—4.30pm Free

Weight Loss Support Group 5—5.30pm weigh-in Free

Note: We are able to run a further low impact exercise class from 5.30—6.30pm on either Wednesday or Thursday evenings. If you would be keen to join a group for a low impact workout, give us a call. Ph: 825 8142

Thursdays From 26 May for 6 weeks **Self-Esteem**—10.30—12.30pm Free (**Note the Stress Management workshops have been moved to August.**)

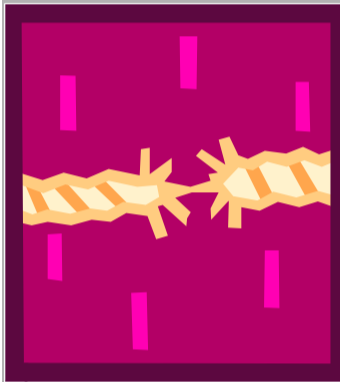
Fridays : 9—10 **Over 60's Aerobics** \$1 per session

Saturdays (4 consecutive weeks) - 21 and 28 May and 4 and 11 June from 10am—2pm : **Weaving** with Shirley Blockley \$10 per session

Because of funding requirements, some of these classes have minimum student numbers required so if you are interested, come and talk to us. If you would like to see a particular kind of workshop run or you have a passion for something that you can pass on to others, come and share your thoughts with us.

Phone us on 825 8142 or email r_ch@xtra.co.nz or call into the Community House between 8.30am and 4pm to register your interest.

RAGLAN BUDGET SERVICE



Ever had the feeling that just when you think you can make ends meet, someone moves the ends? It seems that almost daily we are facing increased prices for food, petrol, power, rent etc. If you feel that you are at the end of your financial rope, come and have a chat with one of our trained Budget Advisors. They can help you explore options to increase your earnings or decrease your outgoings to try and keep those "ends" together.

We are also planning on running a series of workshops in conjunction with the Waikato Institute of Sport and Leisure : "Thriving on a Shoestring". This series will provide you with some skills to help you do more than just "get by". There will be six different sessions covering a range of topics from basic car / home maintenance, making nappies for baby through to improving communication skills and exploring ways to resolve conflict within the family. Something for everyone.

From 12th May we also hope to be able to provide a service to our Budget service clients to help produce your CV—the way in which you present your CV can make a huge difference between getting an opportunity for interview for a job or getting an outright refusal. Phone us on 07 825 8500 or 07 825 8142 for more information or to make an appointment.

TE REO FOR BEGINNERS

In conjunction with ACE (Adult Community Education) we are delighted to be able to offer a beginners' class in Te Reo. The tutor, Hirani Maaku is a highly experienced local tutor and, if the interest and commitment exists, we will be able to continue the classes through to Intermediate and Advanced Te Reo.

Information and enrolment evenings will be held on the 2nd and the 9th of May at 6.30pm. The classes will run for 8 weeks and will commence on Tuesday 24th May from 6.30—8.30pm. Students will be expected to arrive 15mins before the start of class to ensure that the classes start on time. There will be a cost of \$5 per class and students will need to bring coloured pencils, a water bottle, paper and a piece of fruit or snack for the break. Minimum student numbers are required for this class to proceed so call us today to register your interest.



WEAVING

Again, in conjunction with ACE (Adult Community Education) we are delighted to be able to offer a four week / 16 hours Weaving course. The tutor, Shirley Blockley is a highly experienced local tutor. The course will be held on four consecutive Saturdays : 21 and 28 May and 4 and 11 June from 10 –2pm each Saturday. Each 4 hour class will cost \$10 and can be either paid in advance or on the day. Minimum student numbers are required for this class to proceed so call us today to register your interest. Phone 825 8142



THANK YOU

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)

WEIGHT LOSS SUPPORT GROUP

The Downsize Me! 12 week challenge is almost over and has been both successful and enjoyable. The challenge winner will be revealed at the final weigh-in on 4th May when he or she will be presented with a voucher from **Lime Beauty Clinic**. Thanks **Lime** for your support! We also send our special thanks to Ranui Hapi from Sport Waikato who has been a source of inspiration and fantastic support and encouragement and Sarah Agar for her down-to-earth approach to sensible nutrition (not to mention her great sense of humour!) We have had some fantastic guest speakers and everyone has learned heaps from ways in which to adapt recipes to make them healthier (but just as enjoyable) to the joys of Nordic walking, making your own yoghurt and using herbs to make dishes more interesting and flavoursome and to support weight loss. Because of the success of the group, the weekly weigh-ins will continue from 4.30—5.30pm every Wednesday. This support group is **open to anyone** who would like some support and encouragement in their weight loss quest. **You do not have to have been part of the initial challenge.** Come along to the Community House any / every Wednesday and join this friendly, happy and supportive group.



RATES REBATE SCHEME

Are you aware that you may be eligible for a Rates Rebate? This scheme benefits people who pay rates for the home in which they live and whose incomes are low. If you would like some help to gather the information needed to support your application or help to complete the application form itself, please contact Tony Agar at the Community House on (07) 825 8500 or 825 8142 or email RCH_Budget@xtra.co.nz



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