



# Raglan Community House Newsletter

August 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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45 Bow St



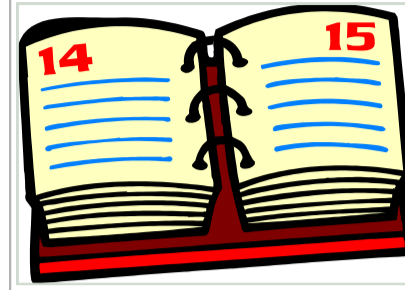
### Message from the Coordinator

If any of you have noticed that I am "missing in action" I have recently had major surgery on my foot and will be away from the House until mid October. However, I am working from home part time and it's "business as usual" with the help and support of a great team. I give heartfelt thanks to the team and the Committee for their support. I can be contacted by phone at home if anyone needs to talk to me.

Many of you will be aware that considerable building work has been going on at the Community House over recent weeks. We have a new cover over the back stairwell to help keep staff, visitors and clients dry as they go upstairs/downstairs; a new 6 x 6 garage for the storage and sorting of donated goods for the Bargain Basement and refurbishment of the Bargain Basement to install a laundry, a small fitting room, new shelving and an upgraded office space. If you haven't yet had a chance to check it out, come and have a look.

Winter hit with a vengeance and our hearts go out once again to the citizens of Christchurch who have added snow and slush to the horrors of rubble and liquefaction. Throughout the world our earth seems to be restless and none of us can ever know when a natural disaster will impact on us. We urge you to take concrete action to create a "Disaster" plan for your family. Have emergency supplies on hand, including supplies for your pets, (three days is the recommended minimum but 5—7 is considered optimum), essential medications, a battery powered radio (and batteries!), water, torches and, if possible, an alternative fuel cooking supply e.g. gas BBQ, camp stove or similar. Have a plan for how and where family members who are separated from each other will reconnect and consider back up plans. Talk disaster planning over with your neighbours to see if you can pool resources or find ways to help each other out. Don't leave this until its too late. Take action today!

Back in May we arranged for WEL Energy to come and give a presentation on Home Insulation. The presenter's vehicle suffered a breakdown and a message did not get through to us. The apology to those who came to the presentation is late but heartfelt and was completely outside of the control of the Community House. We do have the information available for anyone who wants to know more. **Chrissy**



### For your diary.....

Electrical Safety Checks  
10am onwards—Mon  
15th Aug

Te Reo starts 16th Aug

Sewing—start date TBA

Stress Management -  
22 & 29 Sep and 6 Oct

Weight Loss weigh-ins:  
Wednesdays @ 4pm—  
Guest Speaker 24th Aug

CV Writing/Assistance -  
Thursdays by appt

NA - Mondays 6.45pm  
AA - Thurs 6.45pm

## 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

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

### Room/Wheelchair Hire

Talk to us about our very reasonable hireage rates.

## FOUNDATION LEVEL: BEGINNERS PART 2 TE REO

The Foundation Level : Part 1 Beginners Te Reo class was a great success with 14 students successfully completing the course. Our thanks to Raglan Area School for their support in accommodating this class which proved so popular that we had to move it to the School. Our thanks too to ACE and Fraser High in Hamilton. ACE funding allowed this course (and the Weaving course which was also great) to happen.

We are delighted to announce that a Foundation Level: Part 2 Beginners Te Reo will continue in the second term, starting 16 August and will run for 8 weeks. The tutor will again be Rani Maaka. The course costs \$40 for the 8 weeks and students will be asked to make payment for the course in advance. This saves considerable administration time during the class itself and also demonstrates a commitment to attendance which is essential for continued ACE funding.

Minimum student numbers are required for this class to proceed and intending students need either to have completed the Stage 1 class or have Introductory level Te Reo language skills already. Call us today on Ph 825 8142 to register your interest or come into the Community House.



## SEWING CLASSES



We have been given approval by ACE funding to run a series of sewing classes, start date TBA/timings. The tutor for these classes will be Evelien Gilbert and they will be run at the Old School Arts Centre. Minimum student numbers are needed for these classes to proceed. The funding levels are different for these classes (from the Te Reo classes) and students fall into one of two groups. Note: Fees must be paid in advance.

**Supported learners** pay \$40 for the 8 week course

**Unsupported Learners** pay \$136 for the 8 week course.

Supported Learners are those with no Secondary School qualifications or Maori, Pacific Islanders or those for whom English is a second language.

All others are considered Unsupported and must pay the full fee which is paid to Fraser High/ACE.

Many people have a sewing machine stashed away and would love to be able to use it (especially in these economically trying times) but have never been taught or feel insecure about what is possible with their machines. Many people also have clothes in their wardrobes which could be reused with some type of embellishment or alteration. The course aims to get people up and running with their machines and/or give the participants the inspiration and opportunity to experiment with several kinds of embellishments and alterations. In addition to learning how to use their own machines, this course will also introduce the participants to the use of over lockers and embellishment machines as the tutor owns several of these machines and will make them available to the participants.

Own machine is desirable but the tutor has some sewing machines and overlockers (and a new needle felting machine) available for people who do not have these to start with so they can at least find out if they like sewing and learning about overlocking etc.

Call Raglan Community House on Ph: 825 8142 to register your interest or come in to the House and talk to us. We can also put you in touch with the tutor if you need further information.

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## TU TANGATA TRUST / STRENGTHENING FAMILIES NGARUAWAHIA

Many of you will be aware that from February to June this year we had on placement at the Community House a WINTEC Bachelor Social Practice student, Anne Hall. Anne achieved some great results for us and, in particular, did a lot of work on strengthening our networks with other service agencies both local and regional. Anne's placement with us finished in June however she is now on placement with Tu Tangata Trust/ Strengthening Families based at Raglan Community House. Anne is available to talk with people who are having financial, health and stress problems within the family to see if they are eligible to access services that can support them. Anne will be on deck until mid November 2011. Phone Anne at Raglan Community House on Ph 8258142 to speak to her or make an appointment.

## RAGLAN BUDGET SERVICE

If you have been keeping an eye on the media over the past week you may have seen a lot of commentary about Prime Minister John Key's statement regarding people who use the food banks and benefit recipients. John Key said "**the bulk of New Zealanders on a benefit actually pay for food, rent, and other things. Some make poor choices, and they do not have money left**" and "**it is also true that anyone on a benefit actually has a lifestyle choice. If one budgets properly, one can pay one's bills.**"

He also goes on to say "**Very few of the 360,000 on welfare use foodbanks. By definition those people are budgeting and getting by.**"

Whether you agree with his comments or not the fact is that budgeting is a lifestyle choice - whether you earn \$100k a year or receive a benefit your budget is an important part of that lifestyle and the choices you make.

Both Campbell Live on TV3 and Closeup on TV1 have been showing reports about people struggling to make ends meet while living on a benefit. Raglan Community House and the Budget Service work closely with the Raglan Foodbank and see the good work that they do for the community.

Let us know what you think about John Key's comments and the Campbell Live and Closeup Reports.

To see these reports or read the articles go to Raglan Budget Service Blog page <http://raglanbudgetservice.blogspot.com/>

Or visit the Raglan Community house page on Facebook <http://www.facebook.com/pages/Raglan-Community-House>

We'd love to get your feedback.

Raglan Community House runs "Money Management Workshops" and "Thriving on a Shoestring" workshops which aim to help you manage your money and help support those lifestyle changes you may need to make. Contact Raglan Community House for information about our workshops. Ph: 07 825 8142 or pop in to the House to make an appointment to see one of our Budget Advisors. Remember too that on **Thursdays** we run a **CV Writing/Assistance** service. If you need to create a CV or update your old one, call us to make an appointment with the Advisor.

## STRESS MANAGEMENT WORKSHOPS

Feel like the world is getting on top of you or that you would like to learn some strategies to help you cope with many conflicting demands on your time, energy and resources. Managing stress is not about how to respond to a particular event, it is how to adjust your life so that you have the balance and robustness to meet any events.

The aim of this course is to assist participants to identify the triggers for stress in their lives and learn some tools to intervene so they continue to function well and are not overwhelmed. The tutor is Paula Clements (Dip. Counselling, Cert. Education, Cert. Clinical Supervision. Cert. Psychodrama. Group psychotherapist).

There will be three workshops in total and participants will need to commit to attending all three sessions.

**When:** Thursdays 22 September, 29 September and 6 October

**Time:** 10.30am—12.30pm

**Where:** Raglan Community House

**Cost:** FREE (fully funded by Raglan Community House Counselling Service)

This is an experiential group, run in a safe environment, where members participate and take part in activities that make learning accessible and inclusive for some who may not have high literacy skills

Minimum student numbers are required for this course to proceed so call us today on Ph 825 8142 to register your interest.

If you have already told us that you would like to do this series of workshops you do not need to make contact again. We will confirm with you when we have sufficient numbers to proceed.



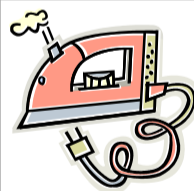
RAGLAN COMMUNITY HOUSE thanks the following Funders & Supporters:

Child Youth & Family  
COGS  
NZ Lotteries  
Trust Waikato  
WEL Energy Trust  
Sky City  
Tindall Foundation  
Grassroots Trust  
WDC  
WDHB  
D V Bryant Trust  
JR McKenzie  
Page Trust  
Karamu Trust  
NZ Post

Community Waikato  
Raglan Community Board  
Raglan Chronicle  
Raglan Club  
Raglan Community Radio  
Raglan Bakery  
Lilliput Florist  
WJ & SJ Bardsley  
Jon Webb

Rodger Gallagher and The Raglan Website  
Raglan Lions Club  
Sunset Motel Raglan  
Lime Beauty Therapy  
Surfside Church  
Raglan Community (donation of clothing and goods)  
Our Volunteers

## ELECTRICAL SAFETY CHECKS



Stendy Electrical will be at the Raglan Community House on Monday 15th August 2011 from 10am onwards to check the safety of any small electrical appliances that you have. Cost is \$5 per item. They will also replace any faulty plugs at \$5 each. So bring any small appliance e.g. Iron, toaster, kettle, electric blanket that you have concerns about into the House and get them checked.

## WEIGHT LOSS SUPPORT GROUP

The second Downsize Me! 12 week challenge has ended and the challenge winner will be revealed next Wednesday evening when they will be presented with a voucher for a special treat at **Lime Beauty Clinic**. We are going to take a break in the Challenges and may start up again next year. However, some of the group are still going to come along to the Community House on a weekly basis to weigh in so that they can keep a check on their weight. If you would like to lose some kilos and want some regular help to "keep you honest", you are welcome to come along to the Community House any / every Wednesday between 4 and 4.30pm to weigh in.



### STOP PRESS!!!

On 24th August 2011 at 4pm we will have a guest speaker, Diana Croad. Diana will be visiting Raglan from Blenheim. Diana heard about our weight loss challenges and contacted us to see if we would like her to come along as a guest speaker. She lost a whopping 45kg! Come along on the 24th Aug at 4pm to hear her inspirational story and pick up some weight loss tips. Diana's 'before' and 'after' photos are amazing - we think it's also pretty amazing that our group's "fame" reached Blenheim!!



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