



Raglan Community House Newsletter

October—November 2011

Opening Hours
COMMUNITY HOUSE
MONDAY—FRIDAY
8.30—4PM

BARGAIN BASEMENT
MONDAY—FRIDAY
10—3PM

BUDGET & CV SERVICE
BY APPOINTMENT

COUNSELLING
BY APPOINTMENT

Contact Details
PHONE: 07 8258142
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Email: r_ch@xtra.co.nz

Webpage: www.rch.org.nz

45 BOW ST
RAGLAN 3225



Message from the Coordinator

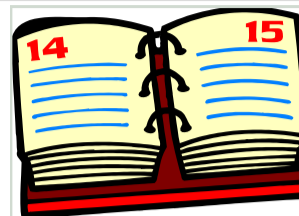


This coming weekend is the last weekend in October and nine Sundays from now it will be Christmas Day! I'm sure you wanted to be reminded of that. It is true I think that the older you get, the faster the years go by—it certainly seems that way to me. It is two years now since I started work at the Community House. A lot of changes have occurred at the House and I know that not all the changes have been welcomed but the House is in good heart, there is a great team on board, a small but very effective Committee governs the work that we do and we are in a very solid financial situation. We have a Strategic Plan for the period 2011—2015, an Operational Plan for the same period which will be updated annually and a solid policy framework to guide our work. I would like to publicly acknowledge the work that the Committee, Staff and Volunteers do at, and for, the Community House. Without your unwavering support and efforts we would not have achieved the very solid position that we are in and I thank you all.

Thanks must go too to our community for your ongoing donation of goods to our Bargain Basement. There are times when the sheer volume of goods is almost overwhelming but Iris Porter and her team somehow manage to sort, wash, iron and mend to prepare the goods for resale to the community. The funds generated by the sale of these goods are our major source of untagged funding and these funds are essential to our ongoing operation. None of the Bargain Basement team are paid workers so we are heavily dependent on our volunteers. We always welcome new additions to our volunteer pool. If you have a morning or an afternoon to spare each week, we would love to chat to you about ways in which you might be able to help.

We have recently been successful in gaining further substantial funding from the Community Response Fund to meet the increased demand for our counselling and budget services. This funding ensures that our services can continue to meet demand over the next year to 18 months without needing to be curtailed in any way which is fantastic for our community. We are also very grateful to the Tindall Foundation which has once again given a grant to our Budget Service. This will ensure the continuation of "Soup-a Tuesdays" during the winter months in 2012.

Chrissy



For your diary.....

CV Writing/Assistance—
Thursdays by appt

1st November @ Raglan Area School—Vic Tamati, It's Not OK campaign speaker

"Sew-Vember"...
Thursdays in November at the Union Church Hall
9am—3pm

Weight Loss weigh-ins:
Wednesdays @ 4pm

Work and Income Emergency Service—
Tuesdays 10—2.30pm

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 hire rates.

"SEW-EMBER"



Do you love being a parent but find having little people makes it hard to fulfill your own artistic expression?

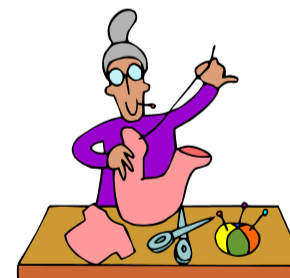
Do you find Christmas budgeting gives you a sinking feeling?

SEW-ember could help YOU!

As mums of youngsters our selves we have come up with "SEW-ember" which is a whole month of stitching and craft for parents of preschoolers (no it's not pot holders! It's **YOU** making all those great items you've admired in the shops recently).

SEW-ember.....

- Provides childcare sessions and secure play areas so adults can just 'get on with it'
- Is set up with sewing machines and machine help
- Provides lots of fabric, materials, thread, buttons etc
- Has keen and experienced helpers
- Helps preschoolers make their own Christmas keepsakes
- Encourages use of pre-loved and sustainable materials
- Provides on trend design ideas with easy no fail patterns
- Provides a great social craft venue to share skills
- Kick starts a new tradition for families with "make don't buy, Christmas from the heart" giving



All of this for nearly FREE (a Koha)!

WHEN: Each Thursday of November 2011—9am til 3pm SEW-ember will be running at....

WHERE: Raglan's Union Church Hall 3 Stewart St.

Spread the word and we'll see you there! (there's even coffee and cake)

Contact Vicky Beeby for more info on 825 8048



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IT'S NOT OK CAMPAIGN SPEAKER : VIC TAMATI

Vic Tamati appeared in the It's not OK Campaign's 2008 TV ads featuring men telling their personal stories of change. Since then Vic has been employed by the Campaign as a speaker. He travels around the country telling his story of growing up in a violent home, getting involved in street violence as a young man and the violence he did to his wife and children. Vic's story is powerful and inspirational. He shows that it is possible to leave violence behind and become a different kind of man. On **1st November** Vic will be speaking in the **Staffroom at Raglan Area School at 7pm**. This presentation has been organised jointly by Raglan Community House and the Raglan Area School Social Worker and is funded by the national It's Not OK campaign. This is an evening not to be missed so come along to Raglan Area School at 7pm on 1st November. Entry is free. Tea and coffee will be available. If violence is an issue for you or your loved ones, information on how and where to access help in our community will also be available. We will also be promoting White Ribbon Day on 25th November and will have White Ribbons available for people to wear in support.



MONEY MATTERS



Lets be honest, Christmas is **NOT** an emergency – So why treat it like one? it falls on December 25th every year, so you know its coming! So why do most people still panic about the cost of buying presents and food for the holiday season? The truth is that if you haven't started budgeting for Christmas by the time you read this it might be a bit challenging. But it can be done! And you really don't have to rely on credit to have a good holiday. Don't be tempted by offers of "Interest Free Credit" or "Buy-now-pay-later" deals. They might sound good now but might well be regretted when the payments are due later in the New Year. Why not try giving home made presents that are both unique and affordable? Home made cakes, jams, chutneys, beautifully wrapped, always make a welcome addition to anyone's Christmas table. Or how about a photo frame or album with photographs or memories for a loved one. If this year is going to be a bit tight financially then now's the time to start planning for next Christmas and start budgeting. If you haven't done it yet, sit down and make a list of what you think your holiday season will cost. Set yourself a budget for each item and stick to it. Avoid impulse buying by making a list. You can get some great gifts from Op Shops so start

looking now. Statistics show that at this time of year, as levels of debt increase, so do the levels of domestic violence. So make this a debt free Christmas. For more information on how to create an affordable Christmas visit www.raglanbudgetservice.blogspot.com, speak to one of our Budget Advisors by calling **8258500** or phone **8258142** and make an appointment to see one of the Budget Advisors.

A MESSAGE FROM OUR COUNSELLING SERVICE

For most people the festive season is a time of family gatherings, pleasure and joy. However, for some it is quite the opposite. Anniversaries and events can be painful if loved ones are no longer present through death, divorce or separation by thousands of miles of sea. Changes in financial circumstances may be painfully emphasised at this time by the inability to provide that hoped for toy or game. The disappointment of the kids may create feelings of failure or even anger in their parents.

What we all still DO have, is the ability to offer that most precious gift all—OUR TIME—to the kids, our lonely neighbours or those away from home. For many years I keenly felt the distance between my family in Britain and myself at this time of year when it seemed that everyone was part of some celebration. Our solution was a "waifs and strays Christmas" where we invited people who we knew were on their own. The kids joined in the excitement of preparing special treats and making cards for the guests. If the house was too small we went to the beach or park. Everyone brought something to eat and we had a ball! It is well known that the suicide rate climbs at Christmas and that isolation is a major cause. So let's include people in our gatherings and create some new relationships that can flourish through the year. If the approaching Christmas season fills you with dread and you would like to talk things through phone us on **8258142** and make an appointment to see one of our Counsellors.



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
- Lillipot 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

SUMMER SANTA



Mark the date in your diary now! SANTA is coming to Raglan Community House on Friday 16th December at 2pm. Have your photo taken with Santa - this year its FREE! There'll be some yummy food to eat and juice to drink. SANTA will be arriving in a very special vehicle this year so don't be late and be ready to tell him what you would really, really like for Christmas. He can't fill all requests of course but it doesn't hurt to let him know what you would love to receive!

CHRISTMAS AND THE FOODBANK

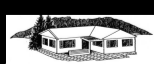
We have had some enquiries about the Christmas Foodbank Can Drive. This only happens every second year but Christmas is a difficult time EVERY year for the Foodbank. Spare a thought for those in our community who need some extra help at this time and start adding some extras (especially some Christmas goodies) to your shopping trolley. Bring your donations to the Community House anytime in the lead up to Christmas and we will ensure that these are delivered to the Foodbank. Bring some smiles this Christmas!



WEIGHT LOSS SUPPORT GROUP



Weight Loss Support group weekly weigh-ins continue at the Community House and we have some great success stories. Do you want to lose some of those "winter" kilos and find you need some regular help to "keep you honest"? Then come along to the Community House any / every Wednesday between 4 and 4.30pm and weigh in. We can supply the record sheet and from time to time we will have a guest speaker or group discussion to help keep motivation levels high!



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