



# Raglan Community House Newsletter

January-February 2012

**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  
FAX: 07 825 7112

Email: r\_ch@xtra.co.nz

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45 BOW ST  
RAGLAN 3225

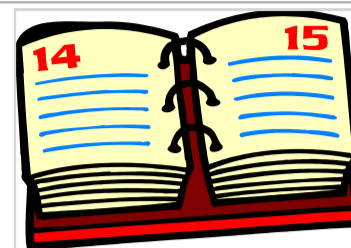


## Message from the Coordinator



Here at Raglan Community House we were deeply affected in December by the tragic death of one of our volunteers, Jan McLeod. Jan had been with us since 2007 and had been very unhappy for a long time. In December Jan chose to take her own life and it was shocking for many people and especially for her colleagues here at the Community House. In 2011 there were a number of suicides in Raglan with another in this first month of 2012. Hugely traumatic for families, suicide also impacts on the whole community. As always in these situations, people question whether they "should have seen it coming" feel guilt and anger and often state that they wish they had "done more".

At the request of our GPs, Raglan Community House, in conjunction with the Raglan Police, have facilitated a meeting with a variety of service providers in the community. Discussions will centre around the ways in which we might facilitate support networks and raise awareness in the community of suicide indicators and provide information that may help to prevent further events. We will keep you informed of developments as we hope to further facilitate an awareness/prevention campaign and provide assistance in setting up a support group or network. We send our condolences to all those who have been affected by the death of loved ones and trust that you will find the love and support you need as you come to terms with your loss. Please contact us if we can help in any way. Aroha. **Chrissy**



## For your diary.....

**8th February, 9am—12noon**  
Age Concern and National Super

**7-14 February**—Dress for Success collection

**13th February**—Hearing Therapy Clinic

**15th February**—RCH Special AGM

**20th February** - Recovery Education Course

**19th March, 10am—**  
information session on new Give Way rules

**Weight Loss weigh-ins:**  
**Wednesdays @ 4pm**

**CV Writing/Assistance -**  
**Thursdays by appt**

**NA - Mondays 6.45pm**  
**AA - Thursday 6.45pm**

## SPECIAL GENERAL MEETING

A **Special General Meeting** of the Raglan Community House has been called for **Wednesday 15th February at 7pm** at the House—45 Bow St. The reason for this Special Meeting is to approve the appointment of a new Auditor. Our Constitution requires that a change of auditor must be approved by a General Meeting of the Community House. A Notice of the Meeting has been placed in the Raglan Chronicle and will be published in the Waikato Times. If you would like to become a member of Raglan Community House, contact the House and we can arrange this. Membership is free. Note that the AGM has been scheduled for Wednesday 23rd May 2012.

## 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/free, **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. We can also help with CV preparation/revision.

### 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.

### Hearing Clinic

A Hearing Therapist visits Raglan once per month to do hearing checks and provide information and advice. This is a free service for anyone over the age of 16years.

### Frozen Meals

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

### Optometrist

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

### Room/Wheelchair Hire

Talk to us about our very reasonable hireage rates.

## RAGLAN COUNSELLING SERVICE

Raglan Community House Counselling Services are here to help. Our counsellors offer individuals and family/whanau the opportunity to explore any issues they're experiencing, with the goal of finding solutions to their emotional needs. Counselling can help people to learn new ways of coping and offer support for people experiencing lifestyle problems, depression and, for some people, thoughts of suicide. In some instances people engage in counselling because they have a loved one who is feeling this way.

This counselling service can be accessed by a donation that the individual or family/whanau can afford. The standard donation is \$10 per session for Community Service Card (CSC) holders and \$20 for non CSC holders however we do not turn people away from accessing our counselling services because of an inability to make a donation. If you would like to meet with a Raglan Community House counsellor for an introductory appointment to determine if you would like to attend further sessions phone us at Raglan Community House on Ph: 825 8142.

## UPCOMING CLINICS

### Age Concern

**Age Concern** is a community based not-for-profit organisation dedicated to enhancing quality of life for older people. Age Concern is your first port of call when you or your family/whanau need information, advice, referral or support services and they can provide personal support and advocacy to help with a range of issues. They have staff trained to deal with elder abuse and others who provide services for seniors who are socially isolated. **Age Concern** will now be holding a clinic at **Raglan Community House** on the second Wednesday of every month starting from **8<sup>th</sup> February 2012 from 9—12pm**. You are welcome to come and talk to them to seek their advice or assistance.

### Progress to Health - Recovery Education Course

Progress to Health will be running a **FREE 6 week Recovery Education Course** at **Raglan Community House** starting from **20th February 2012 from 10am - 12noon** (no class on 5th March and course finishes 26th March). This course is for anyone that has experience of mental health and is an educational course not a clinical one. You will have the opportunity to gain support, learn new skills and strategies around living well in the presence or absence of mental health. It will be a fun and interactive course. For more information and to make bookings, please contact Michelle Davies on 027 2135120.

### Hearing Therapy Clinic

The first clinic for 2012 will be held on Monday 13th February here at Raglan Community House. Please call us on 07 825 8142 to make an appointment to see the Therapist. These hearing checks are free of charge.

### New Give Way Rules

Waikato District Council are intending to hold an information session at **Raglan Community House** on the new Give Way rules which come into effect on 25th March 2012. The information session is scheduled for **Monday 19th March at 10am** however *we are awaiting confirmation of this date/time*. If you would like to attend please check the timings with us.

### New Zealand Superannuation

Brian Knight from Senior Services, Ministry of Social Development will be coming to **Raglan Community House** on the second Wednesday of every month from **14th March 2012**. If you have any questions or concerns relating to your National Superannuation, please feel free to call into the Community House at any time between 9am and 12noon on the second Wednesday of the month.

**Arthritis NZ** will trial a free monthly consultation clinic starting from 28th March. More info will be published soon.

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## GOT THE POST CHRISTMAS FINANCIAL WOES?

Christmas is the one time of year we can pretty much guarantee will leave our pockets feeling lighter. After the joys of Christmas and New Year, it's time to face up to reality – and for some people that will also mean facing debt or hefty bills. When there are Christmas presents to buy and parties to go to, it's easy to tell yourself to worry about the money next month. But now it's January, finances are over-stretched and reality can be hard to deal with. January is always a particularly difficult time of the year—the additional cost associated with the school holidays and the back to school costs only add to the burden. However, there are ways to ease things. Try to put together a household budget sheet, showing your income and expenditure, to work out exactly how much you might have available to pay towards your debts or bills. It is always better to pay something, rather than nothing at all. If you can, try to pay at least the minimum payment so that you don't trigger any 'late payment' charges.

Pay priority bills first, as not paying these can result in court summons. Your rent/mortgage, utility bills and rates are most important because of the consequences of not paying them. When times are hard, the temptation to borrow more money to pay off your debts might seem appealing but setting a budget can help you avoid having to borrow more money (which just increases the problem) and let you see what you can afford to pay towards bills. If you need some help preparing a budget or advice on how to deal with the bills then contact one of our budget advisers on Ph 825 5500 for FREE and confidential assistance.

## NEW BUDGET ADVISOR



We are delighted to announce that a new Budget Adviser has joined the Raglan Budget Service team. Michelle joins our existing team of Tony Agar and

Natalie Sims and will cover the Budget Service on Fridays from 8.30—4pm. Michelle also works part time for Hamilton City Council and has a wealth of experience in tenancy issues having worked as a Mediator for many years.

Feel free to come in and meet Michelle and have a chat or make an appointment to see any of the team on a day that suits you best.

## RAGLAN BUDGET EDUCATION—CV WRITING/ASSISTANCE SERVICE / DRESS FOR SUCCESS

The Raglan CV Service has entered the New Year with success in mind. If you have made a New Year's resolution to change your job or would like to return to the workforce and you would like assistance with preparing or revising your CV, contact Raglan Community House and we can make you an appointment with our CV Service to help you keep that resolution. As part of the Raglan Community House Budget Education/CV Writing Assistance Service we are also running a campaign to promote the service and our collaboration with the **Dress for Success Charity** in Hamilton. **Dress for Success** is a global charity with over 114 affiliates in 9 countries. Raglan Community House has been accepted as a referral agency and we are now able to refer female clients (who have a confirmed interview date) to **Dress for Success** in Hamilton. They will provide free interview-appropriate clothes, accessories and advice to women intending to return to the work force. Between the 7 February 2012 and the 14 February 2012 we will be running a collection facility for good quality, work appropriate clothing which we can pass on to **Dress for Success**. If you have good quality new/nearly new clothes, shoes/boots, handbags, accessories and jewellery that you yourself would feel comfortable wearing to a job interview then we would welcome your donation. You can also donate undergarments and makeup however these must be new. While all sizes are needed, there is a particular demand for plus-size clothing. You can also help by spreading the word amongst friends, family and professional women about this venture which is aimed at giving women in our community a hand up not a handout. If you have items that you are able to donate please contact us on Ph: 825 8142 and we can arrange collection or drop goods into Raglan Community House during the period **7<sup>th</sup> and 14<sup>th</sup> February 2012 from 8.30am to 4pm**. We will ensure that any items donated for this purpose are delivered to **Dress for Success** in Hamilton.

## A NEW COMMUNITY GARDEN FOR RAGLAN

A new community garden has been set up in the grounds of the Raglan Union Church. The vision for eden is to see the Raglan Union Church grounds being used to benefit the community and help ensure that:

- ◆ people can come and learn more about starting their own gardens;
- ◆ those who are renting or who don't have access to the right materials can come and garden the land with others; and
- ◆ people can enjoy fresh vegetables they have helped to grow.

The Mandala garden that was planted in October is flourishing and timber has just been donated for the construction of further raised beds. There will be plenty to do in the coming months. All welcome.

Join us: **Fridays 9-11am** and/or on the **1st Sunday of the month 3-5pm**

Contact **Hayley Ph: 825 8334** and check out our blog [www.raglaneden.wordpress.com](http://www.raglaneden.wordpress.com)

\*\*\*\*\*  
 \* Flowers grow in flower gardens \*  
 \* Vegetables grow in vegetable gardens \*  
 \* And people grow in community gardens \*  
 \*\*\*\*\*



## 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
- 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
- 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

## SUMMER SANTA

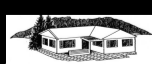
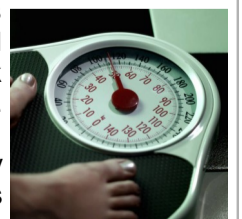


What a fantastic day this was. Santa was delivered to Raglan Community House in a classic Buick, kindly driven by Thomas Koppen (thanks Thomas!). Santa had arrived in NZ in clothes more suited to the North Pole than for a stopover in Raglan (especially given that his stop was to be followed by a quick surf) and so some special Kiwi shorts were made for Santa by Evelien Gilbert (thanks Evelien!) Santa loved them with their sheepskin trim!

The Kindy Kids came along to the Community House in the morning, sang a song for Santa and delivered a huge basket of baked, individually wrapped biscuits for the Foodbank. What a great effort! Santa then headed off for a quick surf before coming back for the main event. He was kept busy with around 50 children lining up to see him and enjoy the party food and little presents. A big thank you to Raglan Lions for your funding support which meant we could offer free photos and provide the party food and treats. Thanks everyone for your help and thanks Mums, Dads and whanau for bringing your little ones along to enjoy the day! **PS:** We still have some photos here at the House awaiting collection.

## WEIGHT LOSS SUPPORT GROUP

Struggling to lose those Christmas kilos? The Weight Loss Support Group holds Weekly Weigh-ins at the Community House every Wednesday between 4 and 4.30pm. No pressure, no judgment—just support and encouragement! We will look to hold another "Challenge" soon but in the meantime the weigh-ins continue. Several of the group have now lost over 12 kgs which is an awesome achievement. Some of us still struggle to knock off a couple of kilos and keep them off—especially when things like Christmas get in the way...but we keep trying! Don't be shy—it's great to have company and know that you don't have to do this alone.



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