

HOURS: MON-WED 9AM - 4PM

THUR-FRI 9AM - 3PM

South Centre



PHONE: 03 2182777

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TE WHARE MANAAKI

South Centre Anglican Care

April 2024 Newsletter. Easter weekend and Southland Anniversary take us into a new month and cooler weather so keep yourselves warm and safe. A big "Thank You" to those who donate groceries and clothing items. It is really appreciated by the families and people we work with.

Next month we will not have a newsletter however we will publish some highlights over the last year.

FAMILY SUPPORT



Family Support offers support and guidance to families/whānau in their own homes by setting goals and empowering them to achieve their aspirations. Our trained and experienced Family Support Workers are able to offer ways to improve the lives and situations of families/whānau.

Support can include and not limited to; parenting skills and child behaviour, increasing parent/whānau knowledge of their children's needs, building on families/whānau strengths and building self-confidence. Informing parents and encouraging their use of community resources and local support networks such as health, welfare, legal and educational. Better communication skills, coping with separation, access/custody issues and stressful situations.

We currently have some vacancies on our waiting list. so feel free to reach out and contact us on ph. 03-218-2777 email officesthcn@xtra.co.nz or txt 021-027-64436.

Thank you to all those who supported our recent Easter raffle. The winners are:

1st ticket 100 Teriwa

2nd ticket 144 Paulette

3rd ticket 9 Angel

4th ticket 88 Lucy

Wanted: spare wool or yarn for our knitters. Any colours or part bits and pieces gratefully received. Drop at office to Lucy.

We are looking for donations of suitable items to make and share some care packages for our mums for Mother's Day this year.

Suggestions: lip gloss, sweet treats, personal care items such as hand cream, body lotion etc – if you would like to help with this please drop donated goods to South Centre.



Groups at South Centre

Healthy Well Being/Weigh-In Mon 9.30 am – 11.00 am

YMCA – Exercises Sit & Be Fit Mon 2.30 -3.30 pm

Falls Prevention - Wed 1-2 pm & Thur 9-10 am

Cards – Tues 1.30 pm \$3 includes afternoon tea

Garden Circle Friendship Group – 2nd Wed monthly 1.30 pm

Sewing/Craft Tues/Fri - 10 am alternate weeks, please call office for times and days.



GARDEN CIRCLE FRIENDSHIP GROUP



DATE: 10 April 2024

TIME: 1:30 pm at South Centre

Plant/vegetable/fruit swap and cutting day with afternoon tea and a catch up.

Free tea and coffee, bring a plate to share for afternoon tea. Gold coin donation appreciated.

Vegetables or Plant swap, bulbs, cuttings or a bunch of flowers from your garden to share/swap with each other. You could also swap a magazine or just come and enjoy the company of each other.

Any enquiries regarding this activity or group, call Lucy 03-218-2777

Thank you to our very generous sponsors:



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For Our Community



Trinity Foundation



Groups at South Centre 2024

Weigh in Group



Every Monday 9.30 - 11am

Cost: \$1, Fines .50c, plus 1 x piece of fruit

Great way to stay motivated and lose those unwanted kg's. Join the supportive group and let your weight loss journey begin. The person who has the greatest weight loss for the week takes home the fruit.

Sit & Be Fit



Every Monday 2.30 to 3.30 pm

Cost \$4

In conjunction with the YMCA. This low-impact exercise is perfect for older adults to build strength and stay active.

Euchre



EUCHRE

Every Tuesday 1.30 pm Please see South Centre staff for more information.

Cost \$3

Join our group and enjoy the company of others while playing a hand or two of Euchre. Afternoon tea is provided, we would love to see you.

Falls Prevention Exercises



Every Wednesday 1-2 pm & Thursday 9-10.00 am

Cost \$4

Garden Circle Group



2nd Wednesday of every month from February to December

Meeting at 1.30 pm at the South Centre

The Garden Circle Group do a variety of activities, chosen by the group themselves. In the warmer months they are off out visiting places, and in the cool months they have in door activities. Each person brings a plate for a shared afternoon tea. Gold coin donation appreciated.

Sewing/Patchwork Group



Every 2nd Tuesday: 10 am – 12.00 pm

Every 2nd Friday Patchwork: 9 am—3 pm phone office for more information.

Email officesthcn@xtra.co.nz

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South Centre

