



# May 2024

Tēnā Koutou Katoa

I hope that many of you were able to take some time out over ANZAC Day and School Holidays to connect with loved ones, whanau and friends. As we start to come into the colder months it would be a good time to check on each other, smoke alarms and electric blankets.



## Triple P Parenting Programme

Ngā mihi nui ki a koe, Jasmin! Congratulations on becoming an accredited facilitator of the Triple P Parenting Programme.

In March Jasmin travelled to Christchurch for training. Having to multi task with her workload and professional development, Jasmin showed commitment and dedication on completing her training. We are proud of you and thrilled that South Centre will be able to offer this parenting programme to our community.



*"People helping people grow. This service has helped our family feel supported and nurtured. Having access to tools like books, referrals to other beneficial services, activities for families to engage together and the workers coming to you and listening. Thank you for helping our family come together again through a difficult patch in our lives. We have grown as a family and are closer than before thanks to the support from South Centre."*

## Homebound Elderly



Recently Mel spoke at Age Concern around what is on offer at South Centre for older people. Mel is a regular visitor at Age Concern as she orders meals and delivers to older people that are unable to collect themselves.

*"I look forward to seeing you every week and bringing me my meals. You sometimes bring me little goodies too, so I know I will never go without. You tell me the best stories and we laugh a lot, you brighten my day. One of the best things we talk about is what your kids are up to. Makes me feel like part of a family because I don't have any of my own. I really appreciate everything you do for me"*

## Green Fingers – He kakariki ngā matimati

South Centre was fortunate to receive funding from Tindall Foundation for the Green Fingers initiative. South Centre was able to purchase garden beds, compost, soil. Tools and seedlings for whanau/families to learn new skills and becoming self sufficient by growing and producing kai/food in their own backyard.



The response from whanau was overwhelming and grateful. Not only were new skills developed, it also allowed families to spend quality time together, reduce financial stress and good for the mental health. Whanau were able to reap the rewards of fresh homegrown produce.

*"I've been getting help from South Centre on and off for a number of years, the staff are amazing, always work with respect and dedication to their job. I talk to my friends about how good you all are. Thank you for helping me out."*

## Acknowledgements



Staff at South Centre would like to acknowledge and thank the Anglican Bishop of Dunedin, The Rt Reverend Dr Steven Benford for his interactions with South Centre over the last few years. It has been great getting to know you and having you pop in when you can. We would like to say farewell and wish Bishop Steven, Lorraine and Marley well with their new adventures.

Thank you to Jennifer, Dwight and the team at Kiwi Harvest for your fortnightly deliveries of rescued food that we are able to pass on to families.



*"I feel very grateful to you because you have supported me a lot, with my children and with the pantry in my house, also thank you for making me feel accompanied during times I have felt alone."*



South Centre now has our AED accessible 24/7. Thanks to St Johns and ILT Foundation for the lockbox provided to ensure our community has access to this life saving device.

Last month we done a team building exercise. This encompassed te reo, tai chi and an exercise around values. This gave an insight on how different or familiar we are with each other. Nga mihi nui Joyce, we can't wait to see what you have in store for us next time.



We welcome back a familiar face for 2024. Tuahine has returned to South Centre as an SIT student for her placement. Tuahine is completing the New Zealand Diploma in Health and Wellbeing.

## Our Wonderful Supporters

### Holy Trinity, St Johns, St Lukes, Aperahama and All Saints

A heartfelt **"Thank You"** to all who gather and donate pantry and household items to our families. Including beautiful, knitted children's clothing, quilts, adult clothing, shoes, vegetable seedlings and fresh produce.

To all those **individuals** that donate or have South Centre in their thoughts, thank you.

We appreciate everything you all do for the South Centre Community.



Euchre



Health & Wellbeing



Garden Circle Friendship Group



YMCA Sit & Be Fit