



MHSS NEWSLETTER

NOVEMBER 2019 ISSUE 1

Contact:
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Donate:
 By cheque to Manchester House at PO Box 349, Feilding.

By Eftpos at 68 Aorangi Street, Feilding

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JOIN MHSS IN SUPPORTING OUR COMMUNITY AT CHRISTMAS

Christmas is a time for celebration, appreciation and relaxation, but it is also a period that many in our community are unable to enjoy due to financial worries.

We need you to work alongside us so we can support families in need through the provision of special food parcels and presents for children that ensure everybody has a happy and memorable Christmas. We provided 50 of these to the community last year, which is never enough, and we aim to give 100 this year.

Jo (name changed) was the recipient of one of these food parcels last year. Jo was recently separated, on a significantly reduced income and was concerned about how to be able to afford Christmas for her two children. 'The parcel was amazing', a smiling Jo reports, 'it contained the basics, some amazing treats and even gifts for the kids. I was blown away by the generosity of it and it really made our Christmas'.

Donations of money, food or new toys can be made at our social services centre at 68 Aorangi Street. You can also donate via online banking.

COME HUFF AND PUFF WITH US AT THE SENIOR HUB!

In an exciting first for the MHSS Senior Hub, the newly revitalized Huff and Puff Exercise programme has been accredited by Sport Manawatu as meeting all nine of the community strength and balance effectiveness criteria to help prevent falls for older people and teach them how to get up if they do fall. This amazing programme is \$2 per session and offered on a weekly basis as part of a diverse activity line up at the Senior Hub designed for mature members of the Feilding and Districts community. This includes speakers, entertainment, games, crafts and the opportunity to socialize and relax.

The Senior Hub is open 5 days a week and can be found at 14 Bowen Street.

For enquiries contact Sandy or Tracey on 06 3232410



A NEW LOOK FOR THE MANCHESTER HOUSE OPPORTUNITY SHOP

Manchester House Opportunity Shop, a favourite local haunt for all that is pre loved recently fare-welled long time manager Amanda Street and welcomed Megan Gowan. Megan is wowing the community with her inventive window displays and new shop set up.

Megan has played an active role in the preloved arena for many years being involved in all things second hand from and young age. Coming from a big family op shopping is second nature which makes becoming the manager her dream job!

All profits made from the shop go towards funding MHSS core social services which benefit hundreds of people in our community each year.

The Opportunity Shop is open 6 days a week and can be found at 115 Fergusson Street. It is staffed by a dedicated group of amazing volunteers. We appreciate any donations of volunteer time and pre loved goods.



METHAMPHETAMINE SUPPORT GROUP; A FIRST FOR THE DISTRICT

As a direct response to the increasing need in the community for interventions, support and guidance for methamphetamine users a weekly support group has been established by MHSS to bridge the gap between intention to come clean and rehabilitation.

The group is in a pilot phase and has recently received funding from the Manawatu District Council Community Development fund for a 6 month trial concluding in March. Initial responses are promising with 4-10 users in various stages of use and coming clean attending every week.

Facilitator and MHSS Senior Social Worker Robyn Duncan who initiated the programme has been blown away by the response, honesty and openness of users who clearly find the programme a safe space. 'The programme is about new beginnings' Robyn notes, 'many addicts have over a decade of addiction, and have lost that period of their lives and don't know how to do even the basics. We are learning all the time from this programme'. These learnings will help MHSS determine if the programme meets a need and whether it continues post pilot. The programme takes place every Thursday evening.

For more information contact Robyn on 06 323 7191 or robynduncan@mhss.org.nz.

ANOTHER SUCCESSFUL FOOD DRIVE



The September 21st 2019 Foodbank Drive in collaboration with The Salvation Army was a resounding success again this year due to the generosity of the community. 5,213 items were donated plus over 1000 items from local businesses, in comparison to 4461 items in 2018. Property and Commercial Insurance Brokers were the proud winners of a morning tea shout for being the business who donated the most items. Our thanks to them and other businesses involved including Bunnings, Manawatu District Council, Liquorland Drovers Bar, The Warehouse, Aitkens and Associates, Ray White Real Estate. This annual event is a huge endeavor involving around 45 volunteers. All donated items directly benefit Feilding and Districts residents for emergency food relief. Particular thanks go to Ngaire and Noel Leins for organising the drive and the local Fire Brigade and St Johns for their assistance.

We always welcome donations of food to support the community. These can be dropped off at our social services centre at 68 Aorangi Street, Monday- Friday 9am-4:30pm.