

# Donate to Manchester House

Make a difference to people in our community.

Manchester House has this week launched a new donations system via its website to help make giving towards valuable mahi for our community even easier.

Now more than ever support is vital so we can continue ensuring the health and wellbeing people young and old during this changeable and stressful time. **Go to <https://manchesterhouse.co.nz/donations/>** Anything you can offer will help us walk alongside those who need it most right now.

## Decluttering your wardrobe during Lockdown? Some helpful hints.

Manchester House Op Shop Manager Megan Gowan offers some tips to help you organise, whether you are natural at purging or this is the first time you have in decades.

1. HAVE I WORN THIS IS THE LAST SIX MONTHS? If not why? If it's a seasonal thing did you wear it at all last season? It's probably time to pass it on (maybe to Manchester House Opshop!)

2. DO I FEEL GOOD ABOUT MYSELF WHEN I WEAR THIS? Whether the material is uncomfortable or you don't like the way it hangs or you feel self conscious wearing it the whole time. Life's too short not to be happy in what we wear no matter what shape or size you are. Let's make the change!

3. IS IT A DUPLICATE? DO I NEED A DUPLICATE? Maybe you have 3 perfectly good black cardigans. You like them all they all fit. Do you need 3 cardigans? If this is what you wear to work everyday and it makes sense, great, keep them. But if you only wear 1 a month and live in the far north where it's warmer... maybe not!

4. DOES THIS FIT MY STYLE AND WHAT I WANT MY STYLE TO BE? If you have clothes that don't make sense for your life style and personality don't feel you have to hold onto them. If your style is super casual and comfortable don't feel you need to hold on to 3 blazers! Be yourself!

5. AM I HOLDING ONTO IT BECAUSE I WANT TO WEAR IT? Sometimes we hold onto a item because we want to wear it. If this is the case set it out this week to wear it and note how you feel when you wear it. It's not till we wear a item of clothing again that we remember the reason why we weren't natural drawn to this item!

6. AM I HOLDING ON TO THIS BECAUSE IT WAS EXPENSIVE? We have all been guilty of this. Unfortunately getting rid of item doesn't waste money that was done when we brought it! Hand it on!

7. AM I HOLDING ON TO IT BECAUSE IT WAS A GIFT? This is another common reason we feel guilty. But the gift giver wouldn't want you hanging on to a item you didn't like! Pass it on and give it a new lease of life.



## Manchester House Hubs and Services during Level 3.



A brief glimpse of normality is returning very slowly with level 3 having commenced on Wednesday 1st September

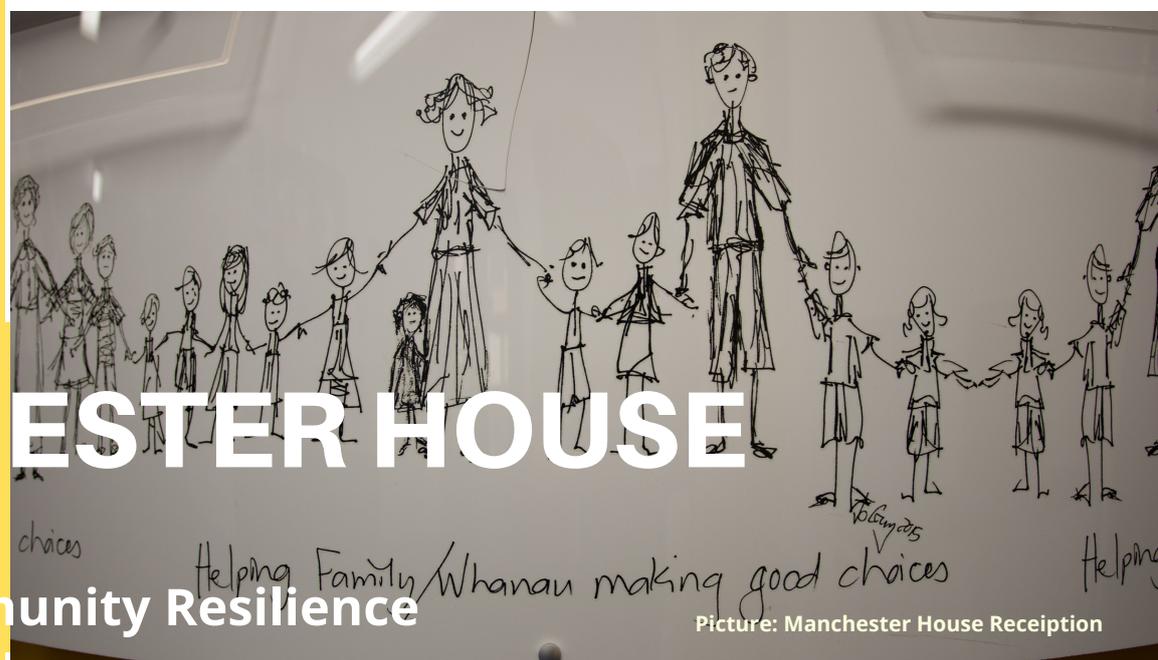
All Manchester House service buildings (Social Services Hub, Senior Hub, Opshop and ASAP) will remain closed to clients during level 3.

**We are however accepting requests for urgent support from people in the Feilding and Districts area and can be contacted on 06 323 7191.**



# MANCHESTER HOUSE PANUI

Achieving Community Resilience



Picture: Manchester House Reception

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**Donate:**

By Eftpos at 68 Aorangi Street,  
Feilding  
By Internet Banking on  
03 0626 0631496 002

**Facebook:**

@manchesterhousesocialservices

**Website:**

www.manchesterhouse.co.nz

## Working together to support OUR local community.

The work of Manchester House by, with and for our community has not come to a standstill although it feels like the rest of New Zealand temporarily has. Our social workers, counsellors and budgeters are working tirelessly via phone, email and video call to support the vulnerable, isolated and disadvantaged in ensuring their needs are met during this complex and unsettling time. This includes families struggling to be able to feed their children and supporting people for who lockdown has created fear and anxiety and who need connection and words of support and kindness.

**We are here to support urgent requests for help from people in the Feilding and Districts Community. Contact us on 06 323 7191**



## Keeping yourself mentally healthy during lockdown

Lockdown can be a stressful time for some; the physical isolation and time at home causing anxiety, stress and depression. Manchester House has seen an increased number of enquiries for counselling as people grapple with a new normal. Manchester House counsellor Bronwyn has some tips for keeping yourself healthy:

- Remain in contact.** Connection is important. Keep in touch with people. Even though you cant meet up with people you can call, text and video call friends and family.
- Distract yourself** by getting up and moving. Whether its jumping jacks, a long walk or yoga, move your body to help your mind.
- Be aware** of negative thoughts. If you know they are there, question them, be aware of them and then you can look to do something about them.
- Connect with nature.** Getting outside is a great way to take your mind off things. A walk or a bike ride can work wonders for your wellbeing.
- Understand that you are not alone.** You can pick up the phone and connect with someone who can help:

**Need to Talk Helpline: Text 1737**  
**Depression Helpline 0800111757**  
**Anxiety Helpline: 08002694389**  
**Acute Care Mental Health Team for urgent care 0800 653 357**