



Let's work together to make this Christmas special!



As the holiday season approaches, many families may be in need of some extra Christmas spirit. Last year, Manchester House, with the help of the Community, distributed more than 60 Christmas food parcels. These packages included all the usual traditional Kiwi Christmas trimmings. Additionally, we set up our Christmas Cave, where our client families are invited to select presents for their children. Our goal is to ensure that no child goes without a special Christmas.



If you are able and would like to help please donate good quality gifts and food to Manchester House located at 68 Aorangi Street. We rely on your support to continue our mission.



Manchester house Newsletter November 2023 Issue 32

Contact

68 Aorangi Street
po Box 349 Feilding
06 323 7191



Please donate to support families in our community



By Eftpos/Cash at
68 Aorangi Street, Feilding

By Internet Banking on
03 0626 0631496 002

Giving Manawatu children the presence of Christmas

PAPER BAG PRESENTS

Paper Bag Presents is a gift and food giving initiative to help families in need over the Christmas Holidays.
If you would like to donate any new presents or non-perishable food to local families in need, put them in this paper bag and we will deliver them to your preferred organization.

Drop off points for your paper bags are:

- ★ Hire a Housewife - Your cleaners will pick up donations on your next service.
- ★ Feilding Flooring Xtra - 7 MacArthur Street, Feilding (Pop under the Christmas tree)

★ Tick the organisation you would like to support

Paper Bag Presents Manchester House Feilding Women's Refuge

This is obligation free and any bit of generosity is greatly appreciated. Please don't wrap presents. In need of gifts 0-16 years.

supported by
 created by HIRE A Housewife MITRE 10 FLOORING XTRA Robert WOMEN'S REFUGE freedom

Supported by local families and businesses. Follow us on Facebook for updates

Paper Bag Presents 2023 appeal.

Paper Bags mission is to bring happiness and smiles to children in need during the holiday season. By supporting this appeal, you can help provide gifts/ unperishable food and a sense of community to those who may not have the means to celebrate.

Let's come together to spread the joy of giving.

Don't forget to tick Manchester House as it helps us support our local Feilding families. ✓



www.manchesterhouse.co.nz



MAKE-A-MOVE AEROBICS CLASS



Make-a-move, is our 45 min aerobics exercise class. All our movements are aimed at using your muscles, not your joints. We focus on strength & balance combined with dance and a whole lot of fun! Great music & a great way to start the day. Come along and give it a go!

- Make-a-move
- Senior Hub
- 14 Bowen St Feilding
- Tuesdays & Thursdays
- 9.15am
- \$3 pp
- Call Sandy or Lee 323-2410



LOW IMPACT EXERCISE CLASS



Our low impact classes are great for all levels of mobility. The 1 hour class is aimed at improving your strength, balance & mobility as we age. There are stations set up with equipment & guided exercises. All the best music from the 50s, 60s & 70s. Coffee & Tea is provided afterwards. Come along and join us!

- Low Impact Class
- Senior Hub
- 14 Bowen St Feilding
- Tuesdays & Thursdays
- 10.30am
- \$3 pp
- Call Sandy or Lee 323-2410



SEATED BODY BALANCE



Body balance is a 45 min seated only class. Here is where we focus on correct breathing, posture and core strengthening. A great session for people with all types of joint and mobility aches, to both strengthen and relax the body. Feel free to come along and see what we do!

- Seated body balance
- Senior Hub
- 14 Bowen St Feilding
- Tuesdays
- 12.30pm
- \$3 pp
- Call Sandy or Lee 323-2410



Manchester House GENERAL ANNUAL MEETING

Resilient individuals and families empowered to respond to change.



SENIOR HUB
14 BOWEN STREET, FEILDING

6:30PM

NOVEMBER

29
2023

All members please call in to pay your membership fee to be eligible to vote.

If you would like to become a member please enquire.

reception@mhss.org.nz



APPRECIATION POSTS

We would like to say a big thank you to the FAHS Community Committee for their incredible contribution of \$652.50 raised from their Bake Sale. This generous donation will be allocated toward our Children's Fund, which supports families while children undergo treatments in the hospital, and provides opportunities for children to attend camps that they may miss out on otherwise. We are grateful for their support towards this important cause.



Jesse Devonshire
& Sadie Bruce from
FAHS Community
Committee



We extend our heartfelt thanks to the wonderful people of Feilding who regularly donate produce to our sharing table or contribute by knitting, baking, or making donations to our food bank. Your support means the world to us and we truly appreciate your generosity.