

HOURS: MON-WED 9AM - 4PM
THUR-FRI 9AM - 3PM

South Centre

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TE WHARE MANAAKI
South Centre Anglican Care

July 2024 NEWSLETTER

Winter is upon us so please keep safe on the roads while driving.

Thank you to our generous community who have donated recently, these have been well received by service users.



Kia ora. My name is Kayla and I am South Centres new whanau support worker. I am a wife, mother of 5 Tamariki and originally from Rotorua. I am new to Invercargill and have been

here for 2 months. I am super passionate about helping people with whatever struggles they are facing, working together striving for the betterment of self and whanau. Along with life skills my work experience includes volunteering to prepare and serve evening meals to those in need. To founding a community service initiative that gifts Christmas presents to disadvantaged families. I will also be returning to studies next year, to complete my Bachelor of Social Work degree at Otago University. A little bit about me, I'm quite a homebody so I like to spend time with my family. I also really love bush walks/hikes. The South Centre whanau have been very welcoming, and I look forward to meeting you all soon.



Hi, my name is Carla. I am a mother of three children and (3 fur babies), I am a Nana to 7 grandchildren. I am South Centre's new Whanau Support Worker, I have lots of

knowledge, skills and experience working in community roles for the past 15 years - highly skilled in working with children/ tamariki and families/whanau connecting and working alongside agencies in the Health & Disability Sector, supporting Children and Youth empowering them to live their best lives working under (EGL) enabling good lives principles. Having a voice and having control in their decision making. Along my journey I have been inspired by many families and professionals and look forward to engaging within the community to connect families to enable Independence and empowerment to live a full happy and engaging life. I look forward to working alongside you all soon.

MAURI ORA NURSE-LED CLINIC

Offering the following:

- The nurse is here at the cottage every 2nd Thursday.
 - Thursday 4th July
 - Thursday 18th July
 - Thursday 1st August
 - Thursday 15th August
 - Thursday 29th August

H.A.R.D

Healing Around Real Dilemmas

H.A.R.D is a Peer Support Programme aimed at anyone affected by the use of Methamphetamine, with an aim of reduction within our community.

Our Peer Support Worker has lived experience with Methamphetamine and will work alongside you, taking a holistic approach to reach your goals and aspirations.

- Are you or someone you know affected by METH use?
- Would you like support with your wellbeing journey?
- Are there barriers stopping you from living the life you want?
- Do you want change?

If you would like to find out more please contact South Centre.

Referrals/Self referrals being accepted now

Ph. 03-218-2777 ,

Email: officesthcn@xtra.co.nz

Free Haircuts & Others Services for Those In Need – Event #17
Sunday July 28th 2024. Aurora College Gymnasium, Tramway Rd
Between 1 pm – 3.30 pm.

SCHOOL HOLIDAY EVENTS
JULY 2024
All events are at South Alive, 262 Ness Street
FREE

WEEK 1

- MONDAY 8 JULY 12-2PM: LEGO
- TUESDAY 9 JULY 10AM: MOVIE - ZOOTOPIA
- THURSDAY 11 JULY 1-3PM: MINI GOLF
- FRIDAY 12 JULY 10-11:30AM: COOKING

WEEK 2

- MONDAY 15 JULY 12:30 - 2:30PM: ARTS & CRAFTS
- TUESDAY 16 JULY 10-12PM: BIKE MAINTENANCE WORKSHOP
- THURSDAY 18 JULY 10AM - 12PM: LEGO

Check out Facebook for more details
Parental supervision required

TRIPLE P Parenting Programme

Jasmin is an accredited Triple P Practitioner who offers an individual approach to the Triple P program. Each session is customised to fit your personal and whanau needs. Sessions are one-on-one and in the comfort of your home (location may be negotiable). Morning or afternoon appointments are available to suit.

WHAT IS TRIPLE P?

Triple P stands for "Positive Parenting Programme" and is internationally acclaimed. It's considered one of the world's best because it has been scientifically shown to work and has already helped more than four million children and their families in more than 25 countries.

WHAT DOES TRIPLE P DO?

Raise happy, confident kids
Manage misbehaviour so everyone enjoys life more
Set rules and routines that everyone respects and follows
Encourage behaviour you like
Take care of yourself as a parent
Feel confident you're doing the right thing

HOW DO YOU DO TRIPLE P?

Because all families are different, Triple P has a range of ways to deliver your positive parenting programme, reach out to Jasmin and see what best fits you and your whanau.