

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

South Centre

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TE WHARE MANAAKI  
South Centre Anglican Care



## Newsletter October 2024

Welcome to the October edition of our Newsletter. Staff have been busy out and about in the community, whether that be networking or doing professional development on top of their case loads. It is great to see our rooms at full capacity with bookings meaning we are unable to take any new bookings for the remainder of the year.

### SYNOD

MaryAnn attended SYNOD 2024 representing South Centre. To feel the warmth and support from the Diocese of Dunedin was not only humbling but a true blessing. Making new connections and seeing more of what the Diocese has on offer was an amazing experience. Special thanks to Andrew, Liz, Dot, Steve and Keith.

### First Aid Mental Health Training

I want to Thank South Centre, Power Net and ST John (Hato Hone) for the opportunity to attend The Journey to Wellbeing, which is an important component to personal and professional well-being, - it enhances your quality of life, boosts resilience, and enables you to support others effectively.

"Good for the Soul"  
Carla - Family Support worker.



### Triple P

#### Positive Parenting Program

Are some days a struggle to have your children follow instructions?

- Would you like a home where everyone communicates and enjoys quality time together?
- Are planned outings hectic and you are left feeling out of control?
- Do you feel like you have tried all the parenting strategies out there, but nothing seems to be working?



We are excited to announce we have spaces available for our in-home Triple P Parenting Program beginning the week of **14th October**.

So, if you or someone you know could benefit from learning new parenting tools, be better prepared for those more challenging behaviours or just want to know how to better connect with your children then feel free to make contact with Jasmin to see if our **10-week program** will suit you.

### South Centre Groups

**Weigh In - Healthy Wellbeing** Mondays from 9.30 am to 11 am

A supportive group with a focus on healthy weight outcomes. Cost \$1 Fines 50c - weekly raffle

**Euchre Cards** - Tuesday 1.30 pm - Cost \$3 includes afternoon tea with Mels famous mousetraps.

**Garden Circle Friendship Group** - meets 2nd Wednesday each monthly - next meeting 9 October - 1.30 pm Guest Speaker followed by afternoon tea.



Staff attended SSPA Whakamanawa 2024 which comprised of many different speakers and workshops for the social work sector.

Kayla's reflection . "This was an awesome experience for me as I have never attended a conference before. I gained great insight and new knowledge around the social service space. I particularly enjoyed the teachings around working alongside our ethnic community. The kai was AMAZING too I might add".



Ehara taku toa I te toa takitahi Engari, he toatakitini  
Success is not the work of one, but the work of many.

