



COMMUNITY OF

**H O**  
**P E**

The word "HOPE" is rendered in large, bold, sans-serif letters. The 'H' and 'P' are black, while the 'O' and 'E' are blue. The letters are partially obscured by a cluster of white, textured snowflakes.

BRINGING  
**HOPE**

TRANSFORMING  
**LIVES**

WINTER **2022**

[www.thehopecommunitytrust.org](http://www.thehopecommunitytrust.org)

# LISTEN TO THE RAIN ON THE ROOF

The intensity of the rain woke me last night, it was relentless, unforgiving but somehow the consistency of the rain on the roof brought comfort and took me back to memories of my childhood, and the deafening noise of rain on a tin roof. It reminded me of a song I once listened to with lyrics that said "Into every life a little rain must fall and losing one you love is like a storm". But it's not only the loss of a loved one that is like a storm. It's loss, loss of income, loss of health, an opportunity lost. Here at Hope, we regularly hear of the storms of life.

Unaffordable rents, sickness, pantries empty, stretched budgets, overdue & unpayable bills, and the dark cloud of depression that just hangs. And while it's hard to change the reality of the struggles we hear about, we can offer budgeting advice, we can offer food, provide much needed household items and counselling. We know the storm will eventually run out of rain and until that happens we offer Hope.

Daily we observe the goodness of people & community, of generosity and care, we see the gift of a gesture and listening ear, and how precious the gift of time is.

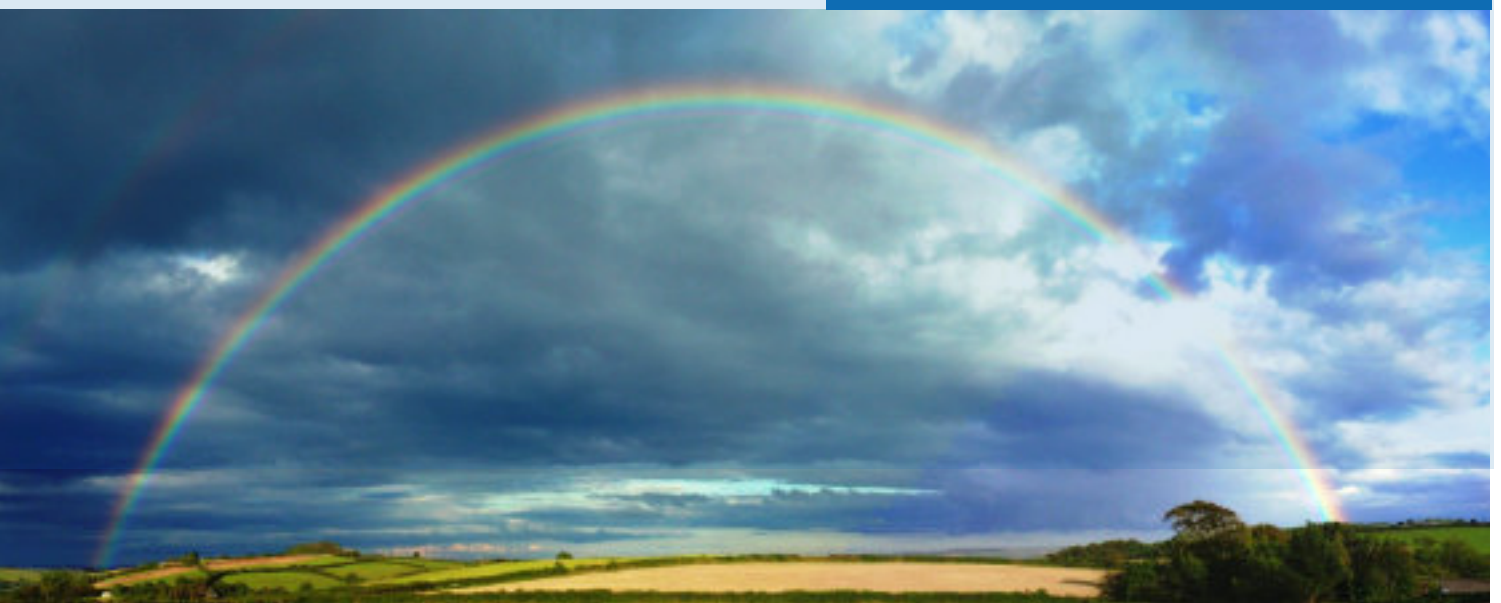
I've read Hope is the last thing ever lost.

Our mission at Hope Community Trust is to bring hope, to provide hope, to show that there is hope, not only for individuals, but for families and the community. In short Bringing Hope, Transforming lives."

*Tracy*



Hope Community Trust supports the people of Rangiora and the Waimakariri district by providing wrap round support: Foodbank, Counselling, Op Shop, Community Garden, Financial mentoring, Painting group, Hands of Hope (camping ground support) Drug & addiction support.





## GOODNESS AT A GREAT PRICE

The fruit and veg co-op was started to give families affordable fruit and veges. At \$15.00 per box, you are given seasonal fruit and veges this makes an affordable option for families, and if a parcel is more than required we can provide you with ½ a box for \$7.50. We also add to the box where possible from supplies we may have.

On TV One recently people were being encouraged to join food co-op's to make their budgets stretch further and as a more affordable option. The fruit & veg parcels are available for pick up on Tuesday 11.30-1.00pm.

You can contact Sandra on 027 212 6023 at the community garden if you would like to order a box or require more information regarding the fruit & Veg Co-op.

## THE COMFORT OF WINTER

There are some foods that just bring comfort, just like dressing gowns and slippers on a winters morning or the cup of hot chocolate warming frozen fingers on a frosty day. Comfort foods generally take us back to our childhood to those home cooked foods at Grandma's or Nana's house, to dad's special recipe with the secret ingredient that still remains elusive. Whether it's cottage pie, bangers & mash, or even hot toast & butter, they bring comfort. Soup in winter fits into the food group called comfort, and pumpkin must be at the top of the list. Enjoy, Grandmas Pumpkin Soup.

### Grandmas Pumpkin Soup

1kg pumpkin	2 large onions
2-3 tsp sugar	½ tsp salt
1/8 tsp pepper	water
1 1/2 cups milk	2 Tbsp butter

Wash, peel & chop pumpkin into small pieces. Chop onions. Place pumpkins, onions, sugar, salt, and pepper in pot and just cover in water. Simmer to tender. Strain off liquid into a bowl and blend or mash into a puree. Measure puree and place in a pot and add ¾ of a cup of milk for each cup of puree. Milk maybe diluted with surplus liquid if required. Re heat, stir in butter and add extra seasoning if necessary. Heat but do not boil.

Add curry powder according to taste for extra flavour.



# COMMUNITY KAI

**I** don't like doing the dishes. The hardest decision I make every day is what to cook for dinner. I don't mind cooking, but the decision and my indecisiveness don't make it easy.

Community Kai has solved both these issues for me, having dinner cooked for me, and not having to do the dishes, the perfect end to any day! The biggest decision I have at Community Kai is where am I going to sit and who I am going to eat dinner with.

Community Kai at RBC started during 2020, it would be fair to say COVID got in the way, and we have had a few starts, but we have had a break and we are now ready to go again.

For a gold coin donation, you get a two-course meal cooked and served, and your dishes done. The day of the week has changed to a Wednesday evening at a slightly later start time of 6.00pm, this allows more time for people to get home from work and for families to attend together. Doors will open at 5.45pm, giving enough time to make a hot drink and find a seat before dinner is served.

Trace & Mike will be your hosts, giving a big smile and a warm welcome as you arrive. They are supported by teams of people that make Community Kai possible. We have wonderful cooks behind the scenes who love cooking and preparing the food. The set-up team that prepare the hall, set the tables, and organise the drinks. And the all-important clean-up crew who pack down the hall and do the dishes.

The gold coin donation helps pay for the meal the following week.

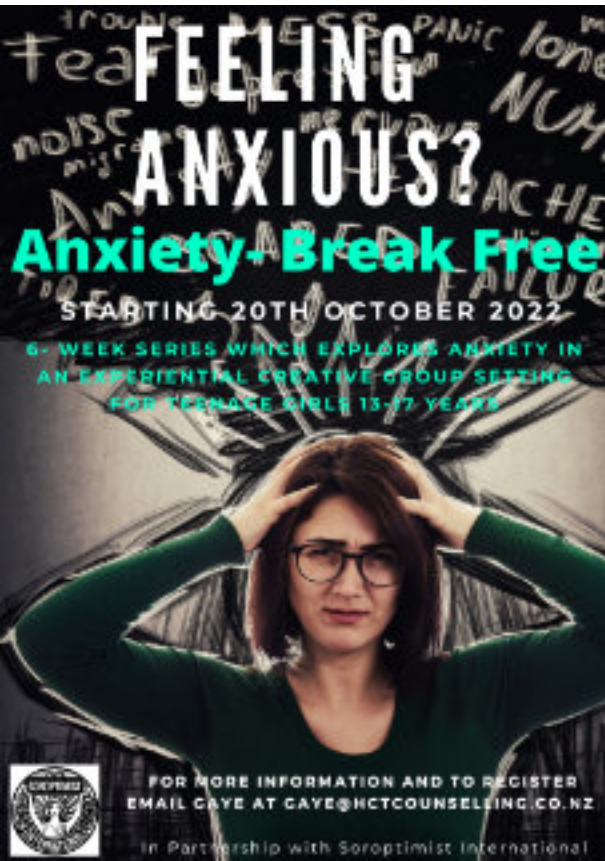
We are very thankful for the generosity of people who donate extra food items that help keep food costs down.

At Community Kai you become part of a family, an ever-important person in the life of Community Kai. We want to celebrate with you, listen to your stories, meet your friends, and walk beside you when days are not so good.

*Community Kai brings  
food and people together*

We invite you to join  
us starting  
**Wednesday 24<sup>th</sup>  
August 6.00pm**  
111 East Belt,  
Rangiora





# ANXIETY BREAK FREE

Anxiety is on the rise, it is said that 1 in 5 people have an anxiety disorder. At Hope Counselling the counsellors see the devastating effects anxiety can have, particularly on our teenagers.

In partnership with the Soroptimists International North Canterbury, we have developed a 6-week series which explores anxiety in a creative group setting. The goal of the group is to empower & provide skills to enable management of anxiety symptoms. This series of Anxiety - Break Free is aimed at teenage girls and starts on 20<sup>th</sup> October, each session is 1.5 hours starting at 3.30pm.

If you know of someone who could benefit from this course or you would like to refer yourself please contact [gaye@hctcounselling.co.nz](mailto:gaye@hctcounselling.co.nz) who can provide you with more information and take enrolments.

Spaces are limited so don't delay.



## GREEN FINGERS

We are looking for people who would like to help us by growing bedding plants. We would love to be able to provide affordable plants particularly vegetable at the Thursday market. We can provide all that you need, seeds, trays, potting mix. Please contact Tracy if you are able to help.

## VOLUNTEERS MAKE A DIFFERENCE

Volunteer week has come and gone, it's a week where volunteers are acknowledged for the significant difference they make within the community. At Hope Community Trust we could not operate without our dedicated volunteers.

I want to publicly acknowledge our volunteers for their service and the time they so selflessly give.

During 2021 we had **170** volunteers who gave **13740** volunteer hours.

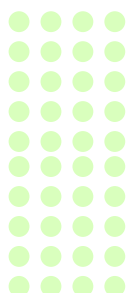


A big thank you to the RBC men's group for helping a very grateful Hope client:

"Wow! What an amazing job done by these wonderful men of God!

I'm still on cloud nine floating! Lovely morning & tea and great conversation afterwards.

Thank you so very very much!"





Hope Community Trust welcomes the Rangiora Welcome Market, **Thursday 3.00 – 7.00pm** at 111 East Belt Rangiora

We would like to acknowledge and thank all of our wonderful sponsors who support The Hope Community Trust

My daughter is currently a client at the Hope Counselling Centre. I can't express enough how warm and supportive her counsellor has been and the difference it is making in our lives on a day-to-day basis for my daughter and our family in general.

Having this help and support is the difference between surviving and coping at this stage in all our lives and I can see it making a huge difference in my daughters future life already. She is comfortable and engaged with her wonderful counsellor and is committed and happy to go each week. I could not be happier!

Many thanks.

We are extremely thankful and have the utmost respect for the people who run the Centre. We were made to feel important again and that we are not alone. I will forever be grateful and in the future will come back and help out as they helped us.



David Ellison Charitable Trust

# PEOPLE OF HOPE

## Why did you decide to volunteer for HCT?

I was coming to pick up my vege box and I decide that this was something I could do.

## How long have you volunteered for the Fruit & Vege co-op?

Three years, I really can't remember. It's such a part of my life now, this is what I do on Tuesdays. Nothing else matters on Tuesday.

## What is the best thing about volunteering?

The people, the people, the buzz they create. I have met people I would not have met, it's removed walls for me and built friendships. Now people feel that they can come and talk to me.

## What is one thing you have learnt about yourself by volunteering?

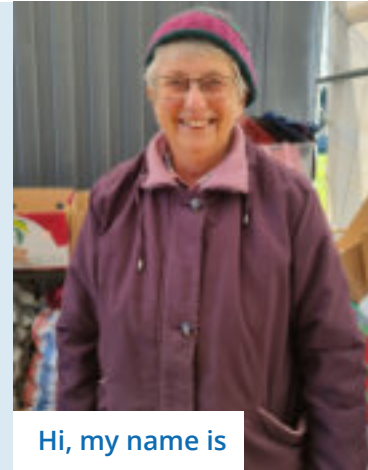
I have learnt I can communicate with anybody, and that has given me confidence. This confidence has helped me deal with stuff in my life.

## If someone were thinking about volunteering what would you tell them?

Give it a go, it's always rewarding. Give it a go, it builds confidence.

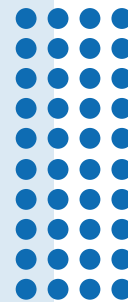
## Any other thoughts?

If you are home 24/7 you are in your comfort zone, this makes me step out of my comfort zone.



Hi, my name is

**NELLIE**



## SUPPORT HOPE COMMUNITY TRUST

For more information on how you can support the work of Hope Community Trust please phone or email

Phone: (03) 928 3066

Email: [support@hopecommunity.co.nz](mailto:support@hopecommunity.co.nz)

Become a donor and financially support the work of Hope Community, whether as a one-off, an occasional or regular donation.

Hope community Trust Bank account  
03 0674 0012155 00



# REAL LIFE COUNSELLING

## Real life counselling, what is it?

If I said to somebody, do you need counselling or would you like counselling?

A lot of people wouldn't know how to answer or even know what it means. We are wanting to make counselling real, so we are using phrases that the counsellors hear daily: Stuck between a rock and a hard place, growing old isn't always easy, I'm frustrated, and I don't know why, my heart is broken...

We are wanting people to realise counselling-talking to somebody can add value, giving tools to help the situation to help clear the clutter.

## Does counselling need to be long term?

No, it varies and depends on the situation. Short term counselling can be very beneficial, it allows us to give tools and techniques to manage situations.

## If I wanted to come for counselling what do I have to do?

Contact the HCT by either email or phone. We also have a referral form on our website that you can fill in. Once received, we will contact you to discuss your options before starting counselling.

## Do you have a waiting list for counselling?

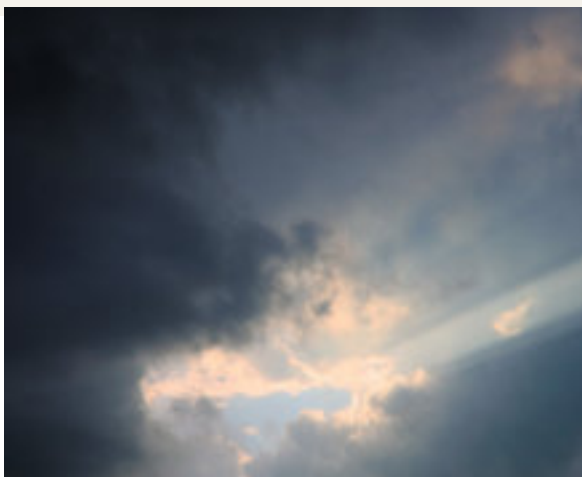
No, not at the moment. Once the paperwork is complete your first appointment can be made.

## I work during the day, can I make an appointment in the evening?

Absolutely, we have counsellors who work during the evenings.

## If somebody thinks they need counselling what would you say?

No time like the present, give us a call we would love to see you.



03 928 3066

support@hopecommunity.co.nz

www.hopecommunity.co.nz

115 East Belt, Rangiora