



COMMUNITY OF

H O
P E

BRINGING
HOPE

TRANSFORMING
LIVES

AUTUMN **2022**

www.thehopecommunitytrust.org

HOPE & PEACH PIE

Over recent weeks I've taken great joy in seeing the harvest of vegetables and fruit from the community garden. We've had beans, silver beet, spinach, corn, cabbage, apples, and peaches. The food parcels have certainly benefited from this as well as people just needing their budgets to stretch a little further. When opening an email recently there was a photo of a peach pie with note that said "thanks for the peaches, went down a treat with my family and our guests." As we change season, I am now watching the pumpkins grow, knowing they too will provide.

Just as COVID has impacted our country, community, and its people, HCT has also been impacted. Counselling and the Op-shop have certainly noticed a drop off in clientele and in turn, income. To counteract this we have started increasing our online sales, and counselling will be launching a new advertising campaign. The community garden has had fewer people in attendance, we have never referred so many people for financial help. The demand of self-isolation and quarantine food parcels have not been as great as expected, but there has been no letup of our business-as-usual food parcels. We regularly hear stories from people having to decide whether to put petrol in the car or buy food for the week, pay an account, or put food on the table. Work hours for some have been cut, food costs for all are increasing and when COVID hits a family

and they isolate, for many the pay packet is reduced. It is so easy to forget not everybody has a job that means they can work from home.

We have real concerns for the months ahead due to the financial pressure that we are starting to see more regularly being placed on families. The extra stress this can create can easily cause problems of its own.

Over the last two years HCT never went into lockdown, we were open during alert level 2, 3 & 4 and remained open during the traffic light settings of orange & red. During this time we did our best to meet any and every need that presented. Ranging from food to clothing, household furniture and bedding for the emergency move, and counselling sessions to help the very stressed and anxious. Time, just to listen, a hug to offer comfort, a tissue to wipe the tears, and prayer to give hope. And we will continue to do so, providing HOPE that is so desperately needed by many within our community.

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.



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

We are very grateful to Ashgrove school and the William Pike challenge team, the girls collected food from their neighbours and donated it the Hope Food bank



April 2022

A few months back I was struggling a lot with 3 kids, youngest being 1 and the oldest being 7. Food costs were huge for us, however coming here, I got help with fresh fruit from the beautiful garden and other items and blessing boxes.

Given advice and support though depression and financial struggles. I couldn't thank this Trust enough and hope it will always be around for others!

What a wonder idea I must say with tea and coffee creating friendships and connections together!

Thank you
Thank you
Thank you

P.S.
My brothers family in Nelson are struggling and with talking to them about this wonderful place, they mentioned there was nothing like this in Nelson
Thank you for being here!





HOPE GROWS

The community garden continues to be a place of connection and support, especially in these isolating times. There is always a cup of tea, someone to talk to, and a place to find some treasures.

Over the last two years the garden has begun to take shape. The addition of the covered arch between the two containers has not only provided protection but given extra space that allows us to pack the fruit and veggies for the vege co-op on Tuesday. The fruit and veggie co-op continues to be great value and is being promoted nationally as a way for families to stretch their budget.

We have had a great growing season and a plentiful harvest; we still have corn, and the pumpkins continue to grow, roaming free even in the compost.

We are blessed with many donations of clothes and household goods, some of which provides HCT with income, while others are given to those with great need. Some items even make their way into Christchurch and overseas.

We continue to partner with many community groups who include the garden in their weekly programs. Watering, weeding, planting, harvesting, sorting and make rags all add variety to their visits. We are grateful for their partnership and the investment they make into the garden.

We appreciate Food Satisfy and the food they provide to us. Those managing on a limited budget are grateful for the food allowing their budgets to stretch a little further.

Our next project is a Tunnel house which should arrive any day. The Corrections Department provided the funding for this, which we are very grateful for.

Thank you to all our supporters and volunteers for helping make the garden such an awesome place for many people.

Please come and visit, the kettle is always on and there is always something to do.

Sandra



PEOPLE OF HOPE

Why did you decide to volunteer for HCT?

I had a contact at HCT & I wanted to give back to the community because of all the help I have received in my life.

How long have you volunteered at the Op Shop?

I have been volunteering for two years.

What is the best thing about volunteering?

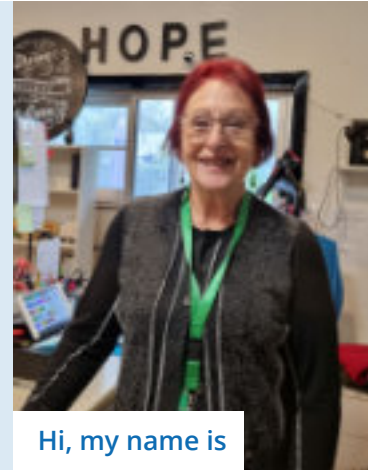
The customers and my co workers

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

I have learnt to be more patient; I have more empathy than before, and I have learnt to listen more than I speak.

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

Volunteering is fun, it allows you to build good relationships with other volunteers and customers. It's very worthwhile helping other people.



Hi, my name is

WENDY



SUPPORT HOPE COMMUNITY TRUST

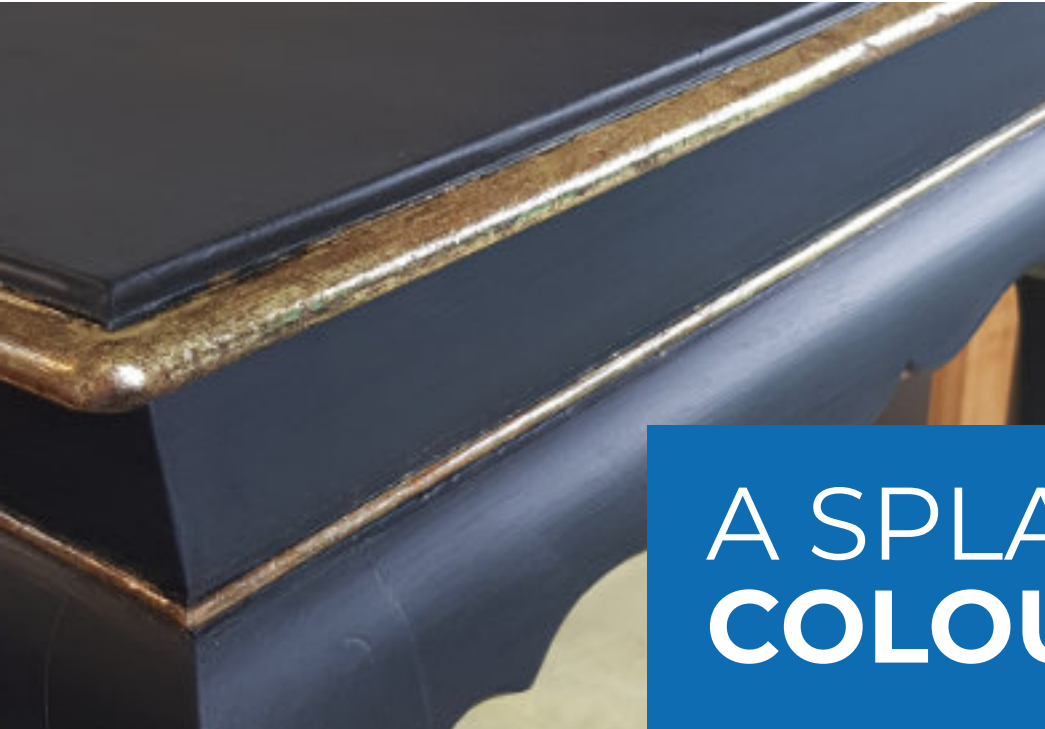
For more information on how you can support the work of Hope Community Trust please phone or email

Phone: (03) 928 3066

Email: support@hopecommunity.co.nz

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



A SPLASH OF COLOUR

When I started my 'painting' business it came with the idea of being able to 'give back' to my community with workshops. God led me to Hope Trust and our 'Painting Crew' began. This has evolved since we started in 2016. When we first started our painters came from the church family. This has evolved over time to now only being recommendations from the Hope Trust Counsellors. Our numbers are limited due to the size of the space available to us.

This workshop continues to show me just what a difference a little paint can make. Seeing the boost in confidence and self-worth by simply seeing something that 'you' have created, which has colour, light and not just a little of 'you' in it, being admired by your family, friends, Counsellors and fellow painter's is something I never tire of experiencing. Seeing these pieces in their own homes is a subtle way of continually giving that sense of self-worth. Every time they doubt themselves, and see that piece of furniture they painted - 'I did this beautiful piece'!

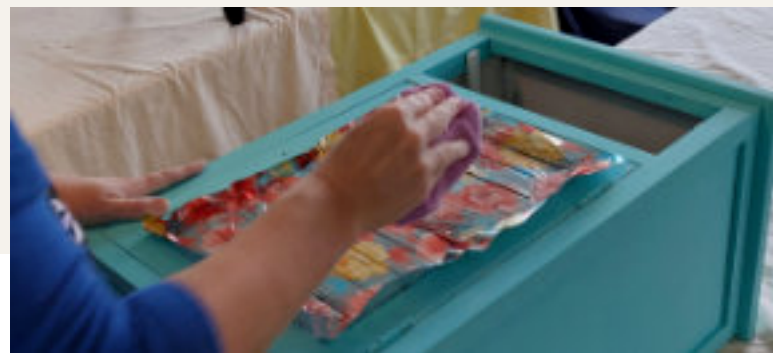
We encourage and expect our 'Painting Crew' to help set up and clean up, something which doesn't come easy to some at first. Some don't know what it is to 'belong' however they gradually learn what it is to have a sense of ownership and responsibility that comes with being

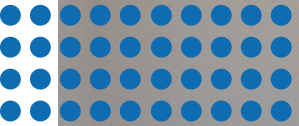
relied on to help us with these basic tasks. They realise a sense of 'belonging' and being a part of something by simply being expected to involve themselves in the basics of set up and clean up, helping and working together as a group/family.

We have an 'open door' policy and welcome the Counselling Team and Hope Trust family to come and admire and interact with our group. This shows the 'Painting Crew' that it's not just us who loves and admires the projects that they create and helps with social interaction to.

When I started this workshop I knew that our participants would get a lot out of working with our paint and creating in their own unique way. What I could never imagine, was just how much of a difference I would see, this still takes me by surprise with some. Our philosophy is that 'there are no mistakes', you just have to go with what happens and make the best of it, 'we can fix this'! Painting evolves as does life. If something doesn't work out quite as you expected it to, work with it and make the best of it often achieving something so much 'more' than you first expected. Jenny and I run this workshop together, and she is an integral part of helping our painters achieve more than they knew they could.

Nicky & Jenny





REAL LIFE

Nowhere to turn?

AFFORDABLE COUNSELLING



(03) 928 3066



thehopecommunitytrust.org