



COMMUNITY OF



BRINGING
HOPE

TRANSFORMING
LIVES

Autumn **2023**

www.thehopecommunitytrust.org

NEVER THE WHOLE PICTURE

“Don’t assume” these words are one of the best pieces of advice I have ever been given. In reality, it is easier said than actually done. Usually, assumptions turn out to be wrong, assumptions are often based on what we observe, the one-sided visual where we only see a part, never the whole.

Often we look at a person’s possessions: the car, the house, the clothes, the job, even holidays and we presume: we don’t see the hours of work, the non-stop phone calls, the stress, the gift, the hard earned savings and even the debt. We only see the part never, the whole.

At my last job, the girls would often comment on the cars people drove equating the vehicle with a person’s wealth, my message was always the same, you don’t know how much the bank owns.

I am frequently told by people, particularly for food support I don’t need help, there are people that need it more than me. That is a presumption. They are assuming. In reality they do not know. And when help is offered, and food is given the tears form and a sigh of relief is given.

My wish for you today is don’t assume your situation is better or worse than anybody else. the truth is if you need help, you need help, and we are here, we want to help, it is our desire to help. let us help.

Hope Community Trust
Giving 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.



THE HOPE OP SHOP



There is more than just clothes at the Hope Op Shop!

Come and explore the rooms of the Hope Op Shop and find an array of items for sale from clothes, shoes, books, crafts, kids toys, furniture, household items and more.

Make a morning of it and have a meander through the op shop, have a wander through the Community gardens and stop and have a coffee, slice or something savoury from The Coffee Pot (located in front of the op shop). Relax and enjoy your coffee in the lovely outdoor garden area.

Keep up to date with our sales by going to our Facebook page **Hope Op Shop**.



Shop Hours:

Mon, Tues, Wed & Fri 9am-3.30pm.

Thur 9am-1.30pm.

THE FRUITS OF OUR LABOUR

Harvesting your own fruit and vegetables is a very rewarding part of growing your own produce. Having excess fruit and veges are great to turn into chutneys and jams, preserving them to be used in later months and saving wastage. See below an easy Chelsea Sugar jam recipe using three ingredients.

Speedy Apricot Jam

- 1kg apricots, rinsed and dried, stones removed.
- 1kg Chelsea Jam Setting Sugar
- 1 knob of butter (10g)



Prep time: 5 minutes

Cooking time: 10 minutes

Method:

1. Crush the apricots with a potato masher or blender.
2. Place the crushed apricots in a 6 litre heavy-based saucepan. Add the Chelsea Jam Setting Sugar. Heat gently, stirring continuously, until the sugar dissolves.
3. Add the knob of butter. Still stirring, increase the heat and bring to a full boil (a boil that cannot be stirred down). Boil for 4 minutes only.
4. Remove from the heat, skim off any foam, and test for set. Bottle into sterilised jars immediately.

Makes 4 medium jars.



Hope Community Garden

Garden Workshops

Thursday 6th April 10.30am

Recycling:

What is okay to go in yellow bins. Feel free to bring anything you are not sure about and have your queries answered.

Thursday 4th May 10.30am

Introduction to Propagation.

Thursday 1st June 10.30am

Learn how to make a beeswax wrap.

Cost: \$5

Thursday 6th July 10.30am

How to prune fruit trees.

Thursday 3rd August 10.30am

Learn how to make

- Compost
- Worm farms
- Bokashi

Thursday 7th Sept 10.30am

Basic steps to starting your own veg garden.

Thursday 5th Oct 10.30am

School holiday activity- favourite soft toy a make over.

Thursday 2nd Nov 10.30am

- Mulching
- Smart watering

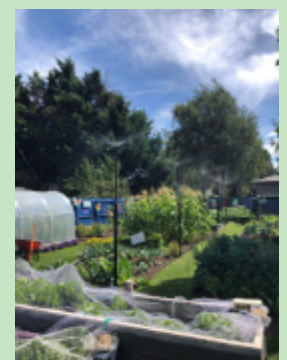
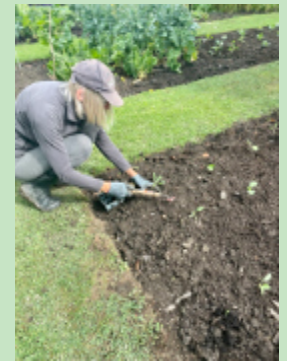
This time of year the garden is buzzing with intensity. The trees are full of fruit ready to be picked, the bean vines have sprouted and producing beans, corn is ready to harvest and many other veges are ready for the table.

The garden has had a new irrigation system installed and we are so very grateful to the Department of Corrections for the grant and to Rex at WaterForce for his support and the installation of it. Thank you to our volunteers who assisted in the installation process.

115 East Belt Rangiora (beside the high school)

Monday- Friday 9.30am-12.30pm

Enquiries about the Hope Community garden and to book on to the workshops email Sandra at sandra@hopecommunity.co.nz.



TOP UPS

An innovative approach to food support.

It takes courage to ask for help, with increasing costs ranging from eggs to toilet paper, washing powder and pet food, gardening supplies, mortgages, and rent. Spending power has weakened gradually but significantly for many within our community. We can't look at somebody and know if they are hungry, how much money they have or don't have in the bank, or what food is in the house.

TOP UPS was born out of the realisation we have to find ways to make food support assessable for the untraditional people who seek it. We had to be proactive and not reactive, we felt the need to relieve financial pressures and try and hold the status quo before the damage that financial backsliding brings.

90% of TOP UPS members are young families with pre-schoolers, single-parent households, people with mortgages, and single-income families. The majority of this group are working on low to medium incomes they are not looking for handouts but a little help to make it work financially for them. The remaining 10% are grandparents helping to raise grandchildren and the older members of the community.

Food banks are places they will not visit, and a word that is not in their vocabulary.

They say there are other people who are worse off than me.

The stories from TOP UP recipients have been:

- My mortgage has doubled.
- It's costing me \$1000 dollars extra a month in my mortgage.
- I can no longer afford it, I'm having to sell our house.
- My income covers my rent, but I have no money for food.
- The freezer is empty.
- I have no food in the house.
- We're going backwards.
- My partner has health issues and can't work, we only have one income.
- We can only afford one meal a day.
- My rent has gone up.
- I've just retired.
- I didn't know other people were struggling too.
- It's been really hard coming here, but we need help.

We believe TOP UPS is an innovative way to meet food support needs and financial pressures within families, and within our community. TOP UPS is helping people save \$10, \$20, and \$30 that can go to other financial costs. We calculate that over 2000 people per month benefit from this food support. At our latest TOP UPS, we were able to support 62+ families within our hour.





FOOD SECURITY

You start with one

They say that there is only one way to eat an elephant, one bite at a time. At times life can seem like eating an elephant, overwhelming and difficult to know how to start and where to begin, just where do you place that first bite? But it's just the same as eating an elephant you start, with one.

As we look at food security in the coming months or even years, the recent flooding and cyclone damage in Auckland and throughout the North Island will affect not only fruit and vegetable supplies but also increase their cost. Within the industry the talk is for at least two years if not more. Unfortunately, we don't have the ability or space, knowledge, or finances to plant vegetables & fruit in the quantities needed, but just like eating an elephant, we can start with one.

I have a request, if you are sowing seeds, sow one extra, if you are propagating, propagate one more, and when you are harvesting, don't just harvest one,

harvest two. If you can plant one row, maybe plant two.

Daily we have increasing numbers of families, the elderly, and community members, coming for food support. For most, it's their first time, and for most, they leave it until they are desperate. We are looking to secure our food supply, to provide quality, healthy food support to those who seek help. Hope Community Trust Garden is planting more produce, they supply the food bank with a continuous supply of vegetables. But we need your help as the Hope Community Trust Garden can't help us alone.

If you have surplus produce please think of us, please bring it to us so we can pass it on through our food support programmes to those who need it most. The need within the community is greater than ever and growing. Please help us support others.

Contact The Hope Community Trust on support@hopecommunity.co.nz



Unexpected bill this week?
Kids sports subs due?

Our Foodbank is here to help ease the burden.

TO ORDER A FOOD PARCEL

(03) 928 3066

foodbank@hopecommunity.co.nz

<https://www.thehopecommunitytrust.org/food-bank>



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FOOD SUPPORT

Food Support

Today people across NZ struggle to feed themselves & their families, redundancy, illness, benefit delay, debt, family breakdown and increasing food costs are just some of the reasons why people go hungry.

It's very easy to think of the foodbank as the only food support HCT provides but when you include the community meals, cooking classes, TOP UPS, and the fruit and vege co-op, vegetables from the garden that go to the foodbank and Community Kai. Each of these supports are aimed to meet different needs.

Food Bank - emergency food support

This is enough food to get you through the next few days, it's not a supermarket shop, but we do our best to provide what is needed.

Please contact us on Ph 928 3066 to arrange an appointment, or fill out our food parcel request online and we will contact you.

Hours: Monday - Thursday, 9am - 2pm.

Community Meals

Men's Breakfast- Monday 8.00am a place of connection for all men. Cooked breakfast provided. RBC 111 East Belt. Gold coin donation.

Community Kai- Wednesday 5.45pm two-course meal. RBC 111 East Belt. Gold coin donation.

BBQ- Friday 11.00am at the Hope Community Garden.

Fruit & Vege Co-op

Wednesday from 11.30am-6.30pm. \$15.00 per box.

TOP UPS

To provide extra food support for people who don't need a food parcel but extra support.

Cooking Classes

Talk to Virginia at Hope support for further information.



community
KAI
individuals and whānau welcome

All are welcome.

2 course meal cooked for you with the added bonus of no dishes to be done!
A great chance for you to meet new people in our community.

Gold coin donation
111 East Belt Rangiora
Wednesdays from 5.45pm
No booking required



support@hopecommunity.co.nz

MALES NEED TO TALK TOO

I'm not sure if your house is the same as ours but in our house when it comes to talking the males work on the less is more approach, in fact, one doesn't talk much at all. Here at Hope Community Trust, among our eight counsellors and our six interns, we have a total of five male counsellors some nearing the end of their careers and others just beginning. All have a wide range of life experiences and a passion for helping others live their best life through counselling.

Sometimes all we need is a listening ear and an independent voice, the right questions, and a safe place for reflection. We would like to think we can offer all of these at Hope Counselling because we realise men need to talk too.

During March we are offering men a \$20 price reduction off their first appointment. Please mention this article upon booking.

We offer a variety of payment options including MSD funding.

For more information regarding counselling please contact us at support@hopecommunity.co.nz or on our website www.hopecommunitytrust.org and click on the link to our online referral form.



Need to talk?

AFFORDABLE PHONE COUNSELLING



(03) 928 3066



thehopecommunitytrust.org

WEEKLY EVENTS

Monday

Men's Breakfast

Weekly from 8.00am with breakfast served at 8.30am. A place of connection for all men with a cooked breakfast. Rangiora Baptist Church, 111 East Belt, Rangiora. Gold Coin Donation.

Community Garden

Open daily Monday - Friday 9.30am-12.30pm.

Tuesday

Community Garden

Open daily Monday - Friday 9.30am-12.30pm.

Wednesday

Fruit & Vege Co-operative

Weekly pick up between 11.30am-6.30pm, 115 East Belt, Rangiora.

Craft Group

Weekly during School Term 9.45am-11.45am. Bring along your own crafts, additional classes are available please enquire for course pricing. \$3 donation. Rangiora Baptist Church, 111 East Belt, Rangiora.

Community Garden

Open daily Monday - Friday 9.30am-12.30pm.

Community Kai

Community Kai is back. On Wednesday evenings. Doors open at 5.45pm, enough time to get a hot drink and find a table to sit at!

Come along enjoy a 2- course meal (bonus no dishes to be done!)

Thursday

Community Garden

Open daily Monday - Friday 9.30am-12.30pm.

Friday

Garden BBQ

Weekly at 11.00am in the Hope Community Garden, 115 East Belt Rangiora, All welcome.

Community Garden

Open daily Monday - Friday 9.30am-12.30pm.

To whom it may concern,

The Hope Community Trust has been an immense and much needed service for our family and the families we know of in Rangiora that are struggling to make ends meet and provide regular food choices for our children.

Tracey and the team have been kind and thoughtful in their approach to our needs and to be fair we would have not been able to cope without them over the last few months.

Food bank client.

"We are impressed by the level of professionalism and progressive thinking that is applied to the work of Hope Trust".

"We appreciate what you and your team are doing for the wider community in the North Canterbury Area".

"Great initiative!"

MEET THE TEAM

Lynore: Hope Community Food Bank & Op Shop

My favourite flower is: The peony rose

My favourite ice cream flavour is: Goody goody gumdrop

The best thing about your job: Working with people, working in a team.

How long have you worked at Hope Community Trust? Volunteered for 5 years, employed for 3 years.

Where's home for you? Rangiora.

What gets you up in the morning? Coming to work, it has a purpose.



Lynore

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

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



PEOPLE OF HOPE

Why did you decide to volunteer for HCT? Having the time and wanting to do something for the community.

How long have you volunteered at Hope Community Trust? And where do you volunteer? 6 months. Helping out where ever needed.

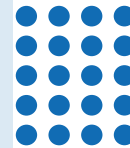
What is the best thing about volunteering? Seeing people benefit from the small things we are doing.

What aspect do you enjoy about volunteering? Enjoying being part of a team. Knowing we are all working for a common goal.

If someone were thinking about volunteering what would you tell them? Please do! Many hands make light work. I have found it very rewarding.



Tana



Tana has taught te reo Māori for the last fifteen years and has recently started teaching the HCT staff. We are very fortunate for the opportunity Tana has given us and are very thankful for his time, patience and his incredible knowledge.

FRIENDS OF HOPE



Friends of Hope is a community initiative where you can get involved to support our community through funding all the work we do in the community of Rangiora, donate monthly, once-off or just your time as a volunteer in one of our many community projects.

Every donation, whatever the size, will have a positive impact in our projects now and in the future.

How to get involved:

Volunteer

Gift your time to a community project.

Resource

Help resource our community projects i.e. foodbank, Op shop, community garden.

Donate

Become a donor whether as a one-off financial gift, an occasional or regular donation.

Bequests

Create a legacy by investing in the future of our community.

For more information please contact us by email support@hopecommunity.co.nz or phone 03 928 3066.



VOLUNTEERS NEEDED

BE PART OF OUR COMMUNITY GARDEN!

Contact Us

-  (03) 928 3066
-  sandra@hopecommunity.co.nz
-  www.thehopecommunitytrust.org
-  111 East Belt, Rangiora

If you have some time to spare and like to garden we would love to have your help here at the Hope Community Garden.

We are open five mornings a week, any help is much appreciated.

We have an orchard, gardens and a tunnel house with fruit and veggies ready to be picked.

We are always planting, sowing seeds, enlarging garden beds, composting and of course weeding.

We always have time for a cuppa.

