



COMMUNITY OF



BRINGING
HOPE

TRANSFORMING
LIVES

SPRING- KŌANGA **2023**

www.thehopecommunitytrust.org

Want not need

As I reflect on the financial pressure families are facing, I am taken back to 1988 when we brought our first house our mortgage rate was 21.75% just down slightly from the high of 23% in 1987.

During this time, we learnt the difference between a want and a need, we learnt to go without until we could afford it. Our kitchen table for the first two years of married life was a picnic table with seating attached, a tablecloth and a vase of flowers transformed it into dining at its best.

We understood, as much as we wanted it to, money didn't grow on trees. We learnt the value of hard work and the rewards that it brought. Walking to work gave me exercise and saved on petrol and parking money. At Christmas and birthdays, we realised gifts didn't need to be expensive, that it really was the thought that counts.

We knew that every cent we had went into the mortgage, there was no wriggle room, or flexibility to stray from our budget. We were fortunate we both were working and had no children or other debt.

Those years taught us life lessons that still serve us well.

The current financial and economic pressure is enormous, particularly on families, newly retired, and those that have mortgages.

Thirty-five years ago, life seemed simpler, and less complicated it properly wasn't, in reality, we were younger with less responsibility.

On occasion, we are asked to help people with issues that have been left for so long there is very little that can be done. They have visited multiple organisations and support agencies more ability equipped with their issues than us. Advice was given that they ignored or did not act upon. Crisis inevitably pursues.

If you are needing support, food, financial and budgeting help, or need someone to talk to from our counselling service we would like to help. We are practical. We live in the real world. We understand life is not always easy. We do not judge. Don't wait for a crisis. Let us bring Hope, and transform your life.

Tracy



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



The voice at the end of the phone said, I've got something to run past you, and that was the conversation that led to the 920kg of venison meat being delivered on Tuesday 27th June.

Our goal was to support families, food banks and organisations that particularly work with families. The offer of venison meat was well received with one organisation telling us they hadn't had meat in the freezer for months, and another sent a photo of their empty meat freezer we were told. "This was so badly needed" and they were ecstatic to receive it.

Within 24 hours 500kg had been distributed and another 200kg going within the following days.

We received another message telling us if we needed extra freezer space to use theirs.

The following week the feedback started to flow: "The meat was soooo badly needed"

"I bagged it up, and it just all went!" "Thank you very much for the venison meat it was greatly appreciated and a very real blessing." Another message thanked us for the meat saying, "It had gone down a treat."

One food bank wrote: "Often our clients find that meat is a precious luxury for them, so to be able to provide them with lean nutritious, easy-to-cook meat, which is full of flavour and goodness means a lot. This meat has and will continue to go out to approximately 100 families in the Kaiapoi and the surrounding area. I know that recipients who have already received it are thankful."

We had an older gentleman, a retired hunter, see the Facebook post regarding the hunt and the meat, he asked if he could have some back steak, and when he called to collect it we had no doubt what he was having for dinner.

For some, this meat sparked memories of days past, forgotten adventures, and old mates. Our older folk who didn't have families to feed, in particular, enjoyed the little packets of back steaks, an unaffordable treat they were so grateful for.

Over the last several months we have seen a marked increase in the so-called middle income coming for food support. These are people who have never needed to ask for help before, they are generally hard-working people who have a mortgage, with young or primary school-aged families. Last week we asked the following question on the HCT Facebook page: What items are you not buying to save money in your grocery shop? 20% of respondents listed less meat as their answer. The venison you provided has allowed us to provide a good quality protein to families who may not be able to afford it or at least as often as they once did.

The venison sent a powerful statement that has reverberated throughout our communities, and like a stone skipped along on a pond the ripple effect is much wider and deeper than anybody could ever imagine. What you achieved is not only about provision, protein, food security and feeding the hungry, but the community. You have inspired others to the possibilities of what they can achieve for their communities, how to feed their families and their hungry. You have encouraged community organisations and groups to work together for the greater good. What a precious gift you have given. In a world that at times seems so dark, you have shone a light. Thank you for trusting HOPE COMMUNITY TRUST to be the distribution centre for this meat. We look forward with great anticipation to what lies ahead.

"Alone, we can do so little; together, we can do so much,"

THE HOPE
COMMUNITY
TRUST



QUIZ NIGHT

RAFFLES

Monday
11th Sept

At 5 Stags Rangiora
Doors open at: 6.30pm
Game starts at: 7pm

\$10
per person /
max 6 per
team

Auction

For registration & further
Information email:
marketing@hopecommunity.co.nz

Black Eyed Pea Salad

Ingredients

- 2 cans (400g) of black-eyed peas, rinsed and drained
- 2 cups grape tomatoes, halved
- 1 each small green, yellow, and red pepper, finely chopped
- 1 small red onion, chopped
- 1 celery rib, chopped
- 2 tablespoons minced fresh basil

Ingredients - Dressing

- 1/4 cup balsamic vinegar
- 1 tablespoon mustard
- 1 teaspoon minced fresh oregano or 1/4 teaspoon dried oregano
- 3/4 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/4 cup olive oil

Directions

1. In a large bowl, combine peas, tomatoes, peppers, onion, celery, and basil.
2. For dressing, in a small bowl, whisk vinegar, mustard, oregano, salt and pepper. Gradually whisk in oil until blended. Drizzle over salad; toss to coat. Refrigerate, covered, at least 3 hours before serving.



Frequently asked Questions

Is the Hope Community Trust the same as Rangiora Baptist Church?

No the Hope Community Trust was formed out of Rangiora Baptist Church, but they have separate legal identities.

Does RBC fund the Trust?

No RBC does not fund the Hope Community Trust, the HCT gets its funding from grants, profits from the Op Shop and generous donations from individual donors.

How many staff does HCT have?

Currently, we have 5 staff
8 contracted counselors, 5 counselling interns
And countless invaluable volunteers.

What is the best way to contact HCT?

support@hopecommunity.co.nz
Phone 03 9283066

How old is the Trust?

The Hope Community Trust according to the Trust deed was officially formed in April 2012.

For a food parcel or counselling referral
Website: www.thehopecommunitytrust.org

Hope Cooking Classes

Vegetable soup, burger patties, pizza toppings, custard, and tomato sauce, were included in the cooking classes held during July and August.

The classes were based on basic food with options that could include leftovers and standard pantry items. Two of the class attendees commented they had never brought a cabbage as they had no idea how to cook it or what to do with it. Thanks to these classes they now know how to cook and prepare cabbage for the multiple options it provides.



Hope Community Trust Counselling Centre

SHOW STRENGTH. SEEK HELP.

We have a team of wonderful, caring and professional counsellors ready to journey with you at this time.

Counselling available for: Relationships, Grief and Loss, Fear and Anxiety, Depression, PTSD, Trauma and Stress, Mental Health, Personal Growth, Identity Issues.

The Hope Community Trust runs a professional counselling service in which we aim to provide quality outcomes whilst removing barriers to accessing help with a wide range of issues. All you need to do is contact us or fill in a referral form online and we will contact match you with the best suited counsellor. Our service is confidential. We want to make counselling accessible to everyone, so we can negotiate payment by looking at available funding options.



Thank you to the Otago Medical Team 3rd year medical students who volunteered their time to serve at our weekly Community Kai dinner during Community Contact Week.

Hope Community Garden



New life has been breathed into the community garden, buds are appearing, the first blossoms on the fruit trees are out, snowdrops are flowering, the birds are singing, and the sun is beginning to warm.

The soil is being prepared for planting, compost has been added, the decisions on where to plant vegetables are guided by how much water and light each crop needs, and consideration is given to the rotation of each crop from last season. The carrots have been planted, and the board beans are already 6 inches tall. Strings for the beans have been hung, cabbages are starting to hearten up. Kathy our wonderful and ever-faithful gardener has already started planting.

The garden practices lunar gardening which is being guided by the moon when to plant, sow seeds, and harvest. The benefits according to those who lunar garden are the seeds germinate quicker, plants grow faster and appear healthier, they produce larger crops, and plants appear to have fewer pests. For more information on Lunar gardening talk to Sandra at the Community Garden.

The one constant that never changes at the community garden is that the kettle is always warm, waiting, and ready for the quick reheat for the bottomless cups of tea and coffee on offer.

Garden Workshops

Thursday 7th Sept 10.30am
How to start a Spring Garden

Thursday 5th Oct 10.30am
School holiday activity-
Give your favourite soft toy a
make over.

Thursday 2nd Nov 10.30am
• Mulching
• Smart watering

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

Op Shop

Op shops are treasure troves for opportunity and discovery never knowing what will be unearthed, or what bargain awaits.

We appreciate all donations, as sales from the Op Shop support the work of Hope Community Trust's ongoing expenses.

At Hope Op Shop space is minimal so we lack the space for large pieces of furniture or beds but if you are particularly looking for an item please ask we may just have it in storage.

Dressers, side tables, buffet units, armchairs, stools, and china cabinets, are all in demand, if you are spring cleaning, moving or no longer have any use for such items we would be very grateful for them.



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.

PEOPLE OF HOPE

Why did you decide to volunteer for HCT? I wanted to volunteer at a local place and Hope does great work in the community, it felt like a good fit.

How long have you volunteered at the Trust? 18 months.

What is the best thing about volunteering? Time well spent. Helping others and giving to my local community.

If someone were thinking about volunteering what would you tell them? To do it as it is very rewarding and satisfying..



Keith



thank you

The Hope Community Trust would like to thank The Lion Foundation for the funding to replace out Trust van and Signbiz for the sponsoring the discounted signwriting. Then van looks fantastic and is getting a lot of use picking up food supplies for our community projects.



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



MEET THE TEAM

Virginia: Trust Administrator

My favourite flower is: Lavenders.

My favourite ice cream flavour is: Chocolate Trumpet.

The best thing about your job: The People, not only the incredible people I work alongside but also the new people I get to meet daily both in the counselling centre, Foodbank, volunteers and everyone else who visits the Trust.

How long have you worked at Hope Community Trust? Initially 2 Years, and after a break I came back in November 2022.

Where's home for you? Wherever my family is - Rangiora.

What gets you up in the morning? My Toddler.



Virginia





YOU CAN BECOME A FRIEND OF HOPE

As a not-for-profit organisation, Hope Community Trust relies on community grants, business sponsorship and donations to provide support to our community

SEND YOUR DONATION TO:

03 0674 0012155 00 

Bringing HOPE Transforming LIVES

03 928 3066 

support@hopecommunity.co.nz 

www.thehopecommunitytrust.org 

Three Step guide Giving Hope

Wanting to know how you can give the Gift of Hope to our community? 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 North Canterbury. Donate monthly, once-off or 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.

OPTION
01

Friends of Hope

Friends of Hope are individuals, whānau, community members, past clients and businesses who support the work of Hope Community Trust within North Canterbury

OPTION
02


Donation

Become a donor, whether as a one-off financial gift, an occasional or regular donation. All donations can be made to HOPE COMMUNITY TRUST
03-0674-0012155-00

OPTION
03

Volunteer

Gift your time as a volunteer in one of our many community projects. Find a project that interests you on our website

03 928 3066 

support@hopecommunity.co.nz 

www.thehopecommunitytrust.org 