



The Huff and Puff exercise group at the Senior Hub

MHSS NEWSLETTER

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POST CHRISTMAS FINANCIAL WOES? 5 TOP TIPS FROM MHSS BUDGETING ADVISORS

Juggling the budget in January and February can be a challenge as we face paying off the Christmas presents, kids on holiday, and the costs of returning to school.

MHSS budgeters Belinda Morgan and Sue Kitney often experience an increase in clients around this period as people struggle to get back to financial equilibrium. They share five hot tips to help rein in the finances:

1. Review your budget, or make a budget if you do not have one. Write down what you spend roughly each month on bills, food, personal items, hobbies etc. This can help you understand where you are spending money and where you can make changes.
2. Talk to the organisations you owe money to. Is there a way to make payments more manageable?
3. Set up automatic payments so you are less likely to miss payments.
4. Prioritise where you spend your money. Do you really need that item or can you do without it? Writing a budget will help you achieve this.
5. If you are struggling, seek help before it gets even harder.

The MHSS budgeting service is offered free of charge and can help you get back on track. For enquiries give us a call on 06 323 7191 or come and visit us at our Social Services Centre at 68 Aorangi Street.

THE FANTASTIC FEILDING RADIO SHOW NOW LIVE ON THE AIRWAVES

An exciting new venture fronted and organized by MHSS which is keeping the community informed is the launch of 'Fantastic Feilding'; a radio show hosted by Manawatu People's Radio (MPR). MPR helps create content by, for and about the Manawatu Community and a space where groups and organisations can share their stories and passions.

The Fantastic Feilding Show is broadcast on 999am and livestreamed on the MPR website on Wednesdays at 11am with a repeat on Saturdays at 1pm. Each episode focuses on a different Feilding group or interest. So far programme guests have included the Feilding Blue Light Group, Feilding Steam Rail and Feilding RSA.

For MPR the new show is a cause for excitement and a fresh connection with the Feilding Community. Station Manager Fraser Greig notes, "As always, we are excited to welcome a new show to the programme schedule, but this is particularly noteworthy as it addresses issues in our more rural communities which we believe is a real strength of Access Media."

Contact Helen King on funding@mhss.org.nz
if you are interested in hosting a show.



COMMUNITY INVESTS IN MHSS TO DELIVER A MEMORABLE CHRISTMAS

This year 55 Christmas Food parcels were distributed to the Feilding community. Our sincere thanks to the countless members of the community (including children) who donated food and finances to help make this possible. Our particular thanks go to Citizen Leather who coordinated donations for 'A Kit for Kids' which provided togs, a towel, sunglasses jandals and sunscreen to kids. Hire a House Wife also pioneered a new initiative giving clients a paper bag to fill for our cause, and approximately 200 bags were filled. Our heartfelt thanks to Property Brokers Feilding for once again coordinating the food and present drive between themselves, Flight Centre, You Travel and The Rose Bowl.

Our thanks to other kind contributors including The Rec Room, Snap Fitness, Feilding Baptist Church, Feel Good Fitness, Japac, Jennian Homes, GJ Gardner, Isles Construction, Narley Construction, Flooring Xtra Feilding, Intermediate School Mufti Day, Attention to Beauty and Rome Hair design, Manawatu District Council, Feilding Yellow's Twilight Netball, Rebus, Inner Wheel, Foster Hope, Wood Workers Guild, That Little Shop in Bulls, Manawatu Cold Storage, Countdown Feilding, all our Local Churches, Carols by Candle Light, AON Insurance and the Manawatu Quilters Club.

Our apologies if you donated but we have not mentioned you.

MOBILITY SCOOTER SUCCESS

A bit of supporting letter magic on behalf of Senior Hub Manager Sandra Hirst helped Leslie Harrison from Easie Living Mobility gain funding from the Lottery Grants Board for this amazing scooter for Manu Rokena. The scooter has literally changed Manu's world putting a smile on her face, giving her increased independence and helping her feel positive about life.

You can contact our popular Senior Hub on 06 323 2410.



BUSY TIMES FOR POPULAR ASAP BEFORE AND AFTER SCHOOL PROGRAMME



ASAP has been a part of the Manchester House family since 2003 and works both as a service to the community and a way to raise funds for MHSS's core social services.

ASAP started with around 12 children and in 17 years of service, has become the largest before and after school programme in the district with a roll of over 100 children attending the afternoon sessions and around 40 children in the mornings. Holiday programmes accommodate up to 60 children per day.

The mission statement is family first in all instances. We love our children and families and aim to provide a holistic approach to childcare. Our staff have a combined total of around 70 years experience within the childcare industry and take the responsibility of care for children in our community seriously while providing a fun and safe environment for children to grow socially.

If you are in need of childcare, check us out on facebook, email asap@mhss.org.nz or go to our website www.mhss.org.nz

give a little
from  Spark^{nz} Foundation

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