



# MANCHESTER HOUSE NEWSLETTER

MAY 2022  
ISSUE 15

**CONTACT**  
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[www.manchesterhouse.co.nz](http://www.manchesterhouse.co.nz)



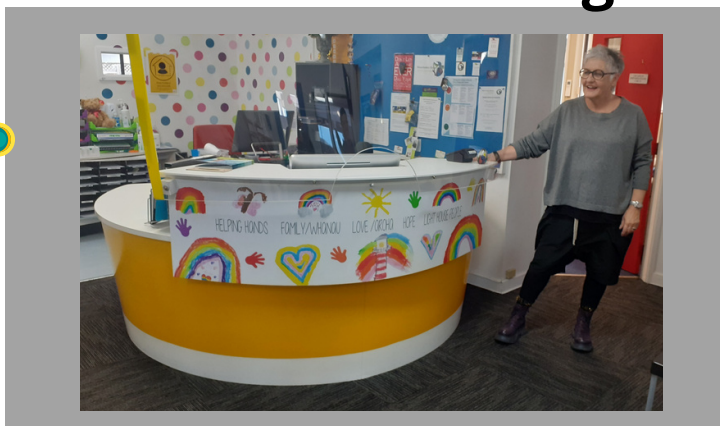
Please donate to support families in our community



By Eftpos/Cash at  
68 Aorangi Street, Feilding

By Internet Banking on  
03 0626 0631496 002

## Check out our new looking desk.



Our front desk has had an upgrade thanks to the very talented Jo Guy. Our previous desk mural was another master piece designed by Jo but unfortunately it got damaged. Jo brought together some local children and came up with this new desk front cover. It is bright and cheerful for people entering Manchester House Social Services.

Please support Joanne Guy by getting your hands on her new children's book

### ***"The Search for the Lighthouse People"***

It was inspired by encountering children who had suffered loss and grief in their lives.

**The Search For the Lighthouse People can be purchased at Paper Plus in Feilding and Palmerston North or directly from [jo@makelemonade.co.nz](mailto:jo@makelemonade.co.nz)**

### **Support meetings for people with Addictions**

Our support group is back. If you would like help and support around addictions we meet weekly on a Thursday night at 6pm. Come to the back carpark entrance, on Fergusson Street and share kai and a Korero. All welcome.

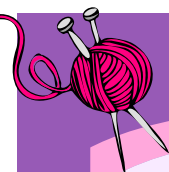


### **Wool or Acrylic Needed**

Our lovely knitting Volunteers are running low on wool..

If you have any to donate please bring in to 68 Aorangi street..

THANK YOU



# Spotlight on the Senior Hub

**Come have fun while you exercise**

**Senior hub Exercise classes**

**Tuesday 10am-11:30am**

**Thursday 10:30-11:30am**

**Morning tea provided.**

**Small charge may apply**



## Art Classes for Seniors

Tuesday 12:30-2pm

Spaces available

6 week blocks

\$40 a block

Please ring Sandy

323 2410



### SENIORNET

#### Tech Chat

Master your computer smartphone or tablet.

Learn the basics.

One-on-one help

Senior Hub

14 Bowen Street

Tuesdays

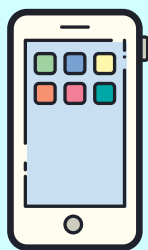
Tutors available between 11am-2pm

Phone Sandy 3232410

By appointment only

Bookings essential

No cost



## Our Budgeting team share five hot tips to help you keep at track of 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.