

Our Vision

A socially just and inclusive society

Our Mission

To challenge injustice, affirm fullness of life for all people, empower those who are on the margins of our community, and celebrate the city and its diversity

Thank you for your support:



Hamilton Methodist Trust, Hamilton East Methodist Church, Hamilton Methodist Parish, and all those who have donated time, money, food goods and other bits and pieces for our classes

Donations

Methodist City Action appreciates your generosity to help us maintain and develop our services. You can donate directly into our bank account:

Hamilton Methodist Social Services Association— BNZ 02 0800 000 4982 00

In the reference line please mark it Donation and include your name.

All donations over \$5 are receipted and tax-deductible.

Donations can also be mailed to: Methodist City Action, PO Box 1388, Hamilton.

Director	Catherine Hodges	And a special thank you to our volunteers,
Coordinator	Wendy Nickalls	the Korean Community, members of the Parish, the Tzu Chi Foundation,
Facilitators	John Berry	staff from Te Runanga o
	Stephanie Hunter	Kirikiriira and others in the community.
	Jenny Hobson	Methodist Centre, 62 London Street,

PO Box 1399, Hamilton 3240

Phone: 839 3917 / Email: info@hmss.org.nz

The vulnerable and struggling folk of New Zealand seem to be big in the headlines over the last couple of months, and this is not likely to change in the near future.

We have heard a lot about Mental Health services locally and a chain of devastating outcomes for a number of families over the last couple of years. This has been capped by the proposed Social Bonds where a profit can be made on outcomes in Mental Health and other Social Services. It seems that where government has failed to deliver these service, that other agencies have better resources to achieve outcomes and the government can afford to pay big dollars for these successes.

There are a number of people who need much more support to actively participate in the community, than can be outlined by a set of guidelines. Many of the folk we work with are already working with a range of services and for any number of reasons have not 'succeeded' in the desirable outcomes stakes.

Perhaps due to the multiple agency involvement and the reinforcing of the negative aspects of their lives, with having to repeat the same story over and over to each new person involved, people in need have lost faith that anyone can help them.

As a community we often judge those most vulnerable and believe that if **they** wanted to **they** could change their situation.

Meanwhile MCA is currently working on a number of collaborations with other agencies. We continue to run 'Cooking with Confidence', a cookery programme for those who experience Epilepsy, looking at a range of cookery techniques that are 'safe' in case of a seizure while cooking. This also covers pantry basics, general nutrition and working within an economical budget. You may have seen the recent article in the Hamilton Press about this programme. (See photo—Catherine, Liz and Jenny our Tutor).

We are also collaborating with Family Start. We have a small group of young mums, and as well as the basics outlined above, are also covering topics of particular interest to them; getting the kids involved in the kitchen, how to feed the visitors when there seems to be nothing in the pantry, practical nutrition for littlies, healthy alternatives. We will also be repeating a school holiday cookery programme with Autism Waikato.

Without the incredible contributions of our funders and supporters, from the dollar to buy a bag of lollies, through to the thousands of dollars of funding to support staff, and the sponsorship of goods, we would not be able to offer the diversity of support and programmes which enable people to engage in the community.

Thanks to you all.

Catherine Hodges—Director





Methodist City Action were recipients of Mazda Foundation funding receiving \$200. They will use the funding to purchase a guitar for sing-alongs at their weekly community meal and other events. Director, Catherine Hodges, says having someone play and sing, and getting everyone to join in really encourages a sense of community and wellbeing at the meals.

"We provide a weekly hot sit down lunch for anyone who wishes to participate. We charge one dollar which means that it's not a free hand out but is affordable for everybody. The meal is organised by our hard working volunteers and staff.

"We're grateful to the Mazda Foundation for providing the funding for this guitar and allowing us to keep singing together," says Catherine.



'It's all go at the Waikato Environment Centre - managed by the visionary Ruth Seabright, 242 Peachgrove Rd is frequently a buzz with conversation and activity. Gearing up for the Plastic Free July challenge has prompted many discussions and centre staff are taking small steps on the sustainable living journey, making an effort to walk the talk! Anna has taken Tania's lead and is now baking bread for her family, Tania has discovered a The Organic Butchery (1 Grasslands Place) that wraps their delectable meat in paper (organic all the way) and Jan is trialling the compostable plastic bags now for sale at the centre. More and more electronic goods are being recycled ethically through the centre's e-waste drop off centre and the South Waikato Achievement Centre is collecting pallet loads every month to recycle in the best way possible. Kaivolution is going from strength to strength with four bus loads of food rescued since October last year. Food that is "good enough to eat, but not good enough to sell" is now being collected from over 23 businesses and is being redistributed to over 46 charities in Hamilton and beyond. Simon is run off his feet, but is still smiling, and thankful for all the support offered by the many volunteers who come in each day to help collect, pack and sort food. Tania will be facilitating 'Future Living Conversations' at the centre. Starting in July, these conversations are an opportunity for people to 'dip their toes' in and find out about a environmental topic that interests them. And for community groups, Anna is organising a workshop on the 27th of July - "Embedding Sustainability' provided by psychologist Tim Cotter. For those dedicated to enthusing others in the sustainability journey, this workshop is not to be missed. Please contact the centre to find out more - (07) 839 4452. It's most certainly all go!



Epilepsy Waikato Charitable Trust invites you to attend an in-service epilepsy training course

TOPIC: Understanding the epilepsy condition and its associated psychosocial issues

With: Maria Lowe

When: Friday 3rd July, 4th September and 6th November 2015

Time: 9.00am-11.00am

Where: Methodist City Action, Methodist Centre, 62 London Street, Hamilton

Cost: Koha

RSVP: wendy@hmss.org.nz / 839 3917

MCA Programmes 2015				
Methodist City Action, 62 London Street, Hamilton				
Phone: 07 839 3915 / Email: info@hmss.org.nz				
	Programme	Time	Description	Fee
Mon	Community Meal	12 noon		\$1.00
Tues	Community Kitchen	9.30 am – 11.30 am 12.30 pm – 2.30 pm	Cooking classes tailored to suit client groups, with a focus on seasonal foods, pantry basics and healthy alternatives within an economical budget. (Spaces limited, please enquire)	\$5.00
	Brain Gym Plus	10.00 am – 11.00 am	Activity class for those with limited ability.	\$2.00
	Indoor Team Sports	1.00 pm – 3.00 pm	Active class with the opportunity to learn and play volleyball, badminton, indoor bowls, indoor soccer and table tennis.	\$2.00
Wed	Art & Craft	1.00 pm – 3.00 pm	This class provides the opportunity to engage in a range of basic art and craft media.	\$2.00
	Community Kitchen	9.30 am – 11.30 am 12.30 pm – 2.30 pm	Cooking classes tailored to suit client groups, with a focus on seasonal foods, pantry basics and healthy alternatives within an economical budget. (Spaces limited, please enquire)	\$5.00
Thur	Fitness & Fun	10.30 am – 11.30 am	Enjoy the fun of a fitness class involving music and dance	\$2.00
	Community Kitchen	9.30 am – 11.30 am 12.30 am – 2.30 pm	Cooking classes tailored to suit client groups, with a focus on seasonal foods, pantry basics and healthy alternatives within an economical budget. (Spaces limited, please enquire)	\$5.00
	Skills for Life	12.30 pm – 2.30 pm	Designed for those who are working towards greater independence with a focus on communication and other practical skills for life.	\$2.50

So much is happening in our Art Classes these days..., Steph our Art Tutor is introducing many new mediums and crafty art ideas and projects. Recently the class has been experimenting with fabric collage, various types of painting activities including blowing paint using straws, and creating designs using tessellations which are being amalgamated together to create a piece of wall art of everyone's work. The picture shows one of Jonathon's creations, a sculpture using tin foil, pipe cleaners and plastacine. We love the little man, and we also saw some beautiful animals and other figures.

If you are interested in art and craft, come along and enjoy having a play and unleashing your creative side.

Thank you for the ongoing donations of materials for this class. We have received paper, cardboard, ribbons, paint, fabric, glue, buttons and all sorts of things that we can use.

Art and Craft—Wednesday's at 1.00-2.30 \$2.00 and a smile!!

