

THANK YOU

TO ALL OUR SUPPORTERS & FUND PARTNERS



COMMUNITY FOCUS TRUST
136 SPRINGFIELD RD ST ALBANS
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admin@cft.nz
Charity Commission Registration No. CC 53341



Community Focus Trust SUMMER 2023 NEWSLETTER

www.cft.nz

ABOUT US

The Community Focus Trust was established in 2014 after seeing a need within the community and with discussions with Empower Church leadership. The Community Focus Trust was then formed and is focused on helping the community in practical ways.

The Community Focus Trust gained its registration as a non-profit charity with the Charities Commission in May 2016.

OUR MISSION, VISION & VALUES

focusing on the needs in our community, so that everyone can be connected and feel part of a community

to facilitate practical support and social services to our community, based on the needs as we find them

equip, empower and collaborate to build stronger communities.

OUR FOCUS

We are still seeing many challenges throughout our communities, some that will have long term effects.

Our operations have always been focused on helping those in need, providing essential food across our city, as we work with other organisations, which will not change.

Our focus will continue to offer help and assistance, as we reach out to our community in practical ways, that in doing so, we can help transform lives so that everyone feels part of their community.

HOW CAN YOU HELP TO EMPOWER OTHERS

We value each volunteer we have on our team, so if you have 1 hour or 1 day, help us by empowering our community through helping out in areas of our operations.

If you are able to help us through sponsorship or donations towards a project, please contact us to discuss this in detail.

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



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OUR PEOPLE OUR COMMUNITY

He aha te mea nui o te ao?

What is the most important thing in the world?

He tangata, he tangata, he tangata

It is people, it is people, it is people



THE SENSORY ROOM

Community Focus Trust recognises the unique needs of children with disabilities and their families.

This sensory room will be a specially designed space that offers a range of stimuli to promote relaxation, sensory exploration, and emotional regulation.

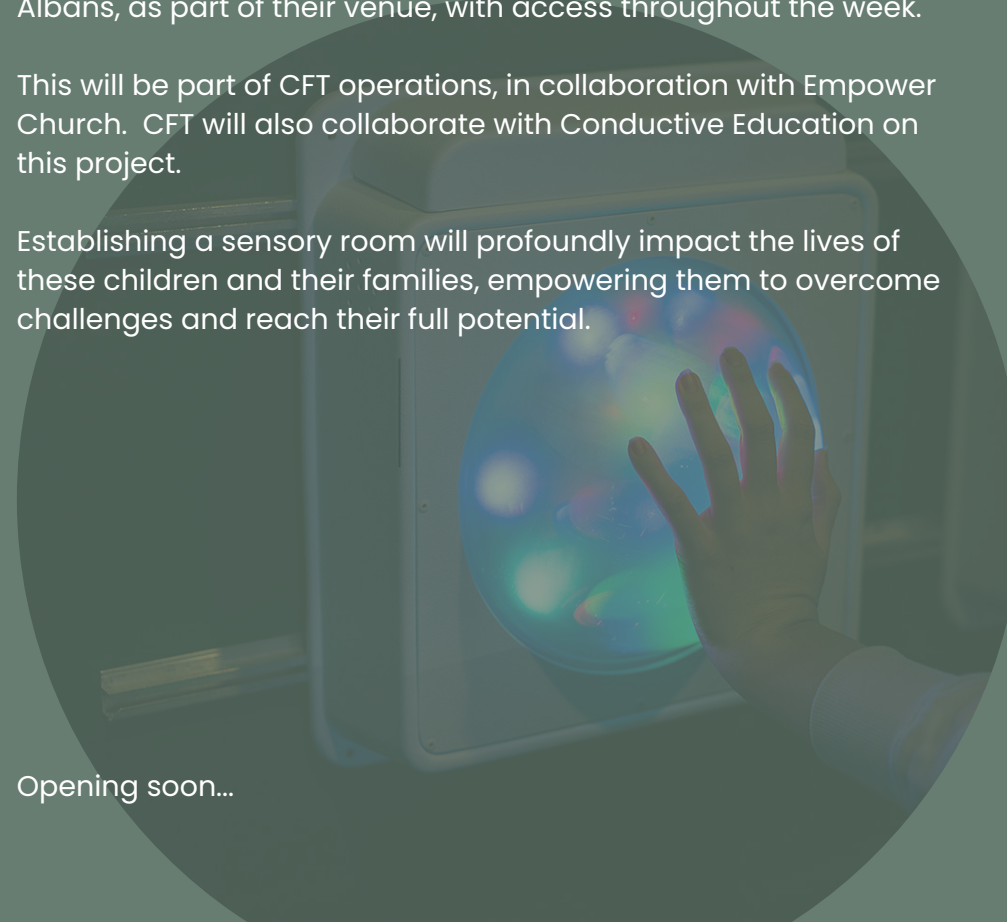
It will provide a safe and inclusive environment where children with disabilities can engage their senses, reduce anxiety, and enhance their overall well-being.

This room will be based at Empower Church, 140 Springfield Rd, St Albans, as part of their venue, with access throughout the week.

This will be part of CFT operations, in collaboration with Empower Church. CFT will also collaborate with Conductive Education on this project.

Establishing a sensory room will profoundly impact the lives of these children and their families, empowering them to overcome challenges and reach their full potential.

Opening soon...



WHATS ON



SOCIAL CONNECT

We invite you to our social gathering, where you can connect with those in the community, who just want to chat, or those who are living by themselves, families, and wish to be connected by providing a sense of community care & support.

Finger food and refreshments will be on offer.

We find that people are needing connections within their communities and this is one area we are focusing on, with this group just to have a cuppa and chat.

Social Connect Days: Thurs 1st & 15th February, 7th & 21st March, 4th & 18th April.

11:30 am Community House 136 Springfield Rd, St Albans

THE GOODNESS MARKET

This Social Enterprise initiative is a connection for local communities to achieve positive social, environmental, cultural, & economic outcomes. Working on empowering communities, and promoting healthy eating, while making connections and working with the local community, for the benefits to go back into a sustainable future.

Choose from a selection of items to fill a basket for \$25.00, all for one price, giving you the choice for what you need. Come and visit us during open hours and remember to bring your own bags.

The Goodness Market - Open Tuesday - Thursday 10am - 4pm.

This music and movement preschool group continues to grow and we are excited that in partnership with Empower Church, Loopy Tunes St Albans has been well established in our area.

This Music & Movement for Preschoolers runs each Thursday at 9:30 am during school term time.

Each term we have a theme and we do the same program for the whole term to allow the children to become familiar with the songs.

Loopy Tunes: Thursdays During Term Time - 9:30 am
Empower Church, 140 Springfield Rd, St Albans
\$3.00 Per Session / \$30.00 Per Term
www.cft.nz

CAP MONEY COURSE

When you use CAP Money principles your money goes further. It's almost like getting a pay rise! Three 90-minute sessions is all it takes and the course is completely free.

We run courses throughout the year, helping you to plan your budget.

Next course starts Monday 11th March 7pm at our Community House.

More info at www.cft.nz