

15 December 2025 Bulletin

Rotary News – Merry Christmas



Next Year

First 2026 lunch is Monday 2 February.

Brew Union Friday Drinks

Next Brew Union is Friday 27 February 2025.

Shelter Bags

Awapuni have ordered 5 Shelter Bags to help those who choose through mental health challenges to live rough.

Joining Forces

Awapuni have chosen to more formally join with PN Rotary. Both executives are working on how to do this to preserve what is working well. Watch this space.

First Meeting in 2026

Monday lunchtime 2 February 2026

Guest Speaker: Lorraine Hughes

Topic: "Fit for Purpose"

Intro/Thanks
Sergeant
Corporal
Parting Thought
Bulletin Editor
Attendance

President Dave
Nigel Withell
Nick Kaspers
Stu Schwartz
Steve Parsons
Martin Townsend



Report on Monday 15 December 2025 Guest Speaker: Danu Seffon

Topic: *The Contribution to the Community by MASH Trust.*



MASH Trust works across mental health, disability, addiction, and homelessness, supporting people to live meaningful lives within their communities. Their guiding purpose is "Working together to achieve great lives", and their philosophy is simple: people are not problems to be fixed, but individuals with goals, whānau, talents, and potential who may need support and a fair chance.

"The poverty of being unwanted, unloved and uncared for is the greatest poverty."

— Mother Teresa



WORKING TOGETHER TO ACHIEVE GREAT LIVES | MAHI TAHI KI TE WHI | AKATUTUKI I TE ABA NUI

A key principle of MASH Trust is working alongside people, not doing things to them. Individuals set their own goals, with MASH staff providing

practical, consistent support in homes, community spaces, workplaces, and social settings.

Areas of Support

- **Mental Health:** Supporting adults living with conditions such as dementia, bipolar disorder, psychosis, trauma, and related challenges, often alongside housing and financial stress.
- **Disability Support:** Helping people live independently or with 24/7 care, guided by the Enabling Good Lives framework, which promotes inclusion, choice, and mainstream participation.
- **Addiction Services:** A ten-week residential recovery programme supported by community-based and ongoing care, providing people with a vital opportunity to reset and plan their next steps.
- **Alcohol and Drug Services (Tararua):** Holistic programmes focused on mental health, self-esteem, and long-term wellbeing.



"If you can't feed a hundred people, then feed just one."
— Mother Teresa

WORKING TOGETHER TO ACHIEVE GREAT LIVES | MAHI TAHI KI TE WHI AKATUTUHI I TE ARA NUI

The Luck Centre

One of MASH Trust's most significant services is The Luck Centre, a drop-in centre for people who are homeless or socially disconnected. The Luck Centre provides:

- Free breakfasts and low-cost nutritious lunches
- Showers, laundry, and a safe, welcoming space
- Activities, life skills, and opportunities for connection

In the past year, The Luck Centre has:

- Served over 9,000 meals, with 20,000 projected this year
- Welcomed around 65 people each morning for breakfast
- Operated on a modest food budget of \$450 per week

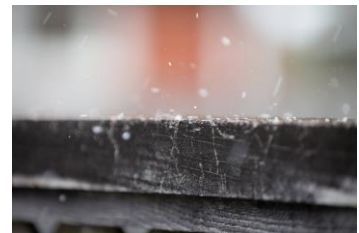
Access to food plays a vital role in stabilising people, enabling engagement with housing, counselling, and health services.

Homeless Outreach

Through outreach work in partnership with Palmerston North City Council, MASH Trust has helped over 100 people move from rough sleeping or unsafe situations into accommodation in the past year. Demand continues to exceed capacity.



"The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little."
— Franklin D. Roosevelt



WORKING TOGETHER TO ACHIEVE GREAT LIVES | MAHI TAHI KI TE WHI AKATUTUHI I TE ARA NUI

Looking Ahead

MASH Trust aims to reduce barriers to services by creating a multi-agency hub, including plans for a small health clinic at The Luck Centre, improving access to medical and mental health care for those most at risk.



"Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves."
— Rotary International Vision Statement

WORKING TOGETHER TO ACHIEVE GREAT LIVES | MAHI TAHI KI TE WHI AKATUTUHI I TE ARA NUI

Rotary Connection

Danu highlighted that good community support is not just charity, but an investment—reducing crisis responses and building safer, more connected communities. This aligns strongly with Rotary values of Service Above Self and practical local action.

In summary, MASH Trust helps turn "someone should do something" into "**righto, let's do it**" action—often beginning with a hot drink, a meal, and genuine human connection.

Parting thought: Lesley Boulton.

"Merry Christmas and Happy New Year."