



Community Connect

AUTUMN/
WINTER
2022

Because of You... Families Are Confident

Have you ever had a time in your life where things don't go the way you planned, or you feel overwhelmed?

Counselling services offered at Anglican Family Care can help with a range of concerns including self-esteem, depression, stress management, anxiety, addiction, emotional or sexual abuse issues that may impact a parent or caregivers' ability to provide healthy and effective parenting.

From our Dunedin and Balclutha offices, we offer free therapeutic support for clients.

Both counsellors work with individuals with a focus on restoring parents/caregivers wellbeing to strengthen relationships within the family.

INSIDE THIS ISSUE:

Marie's Story 2

Parenting in A Digital World 3

Thank You 7

How You Can Help 8

The nature of counselling is to assist clients to increase their understanding of themselves, in their relationship with others, and to bring about change in their lives (NZAC, 2016).

Occasionally, we have counselling students on placement who are in their final year of study. All our students are well supervised and are working towards their membership to the New Zealand Association of Counsellors (NZAC). Working with students is voluntary.

Clients in North and Central Otago can access free counselling by external providers through

their social or whānau worker. Sometimes adults assume that children are too young to understand their life experiences. However, children of all ages are shaped by their experiences (good and bad), many of which are beyond their control. They may not understand what has happened to them, but maybe significantly affected by it.

When these experiences are traumatic, difficult to understand, abusive or involve relationship attachments, the child may struggle to cope, and these events can be expressed through difficult behaviour. If these early experiences are not resolved, it can impact negatively into adulthood. This is where Play Therapy can help.

Play therapy at Anglican Family Care is delivered by a qualified therapist/counsellor based in Dunedin who uses a child centred approach, which means the play is led by the child.

In our playroom, our therapist has a genuine love of play and children. The child will find an acceptance of them just the way they are, and a deep respect for their ability to know what they need to do address and repair themselves.

It is this combination that facilitates a safe

therapeutic relationship, through which the child or adult can begin to explore the issues they struggle with, to repair, and to regulate their behaviour.

Our therapeutic service is only partially funded by government, and we are grateful for support from the community through grants and donations to help meet this financial shortfall.

If you would like more information about these services or how you can make a financial contribution so we can continue to provide these valuable services to vulnerable tamariki and their whānau, please refer to the back cover of this newsletter.

Here is what our clients told us about this service:

"Everyone I dealt with were kind, caring and understanding of my circumstances."

"I had support and was put in touch with organisations to help with me and my daughter."

"I honestly don't think I would have got through some very hard times without the support I received."

"Counselling has definitely given me greater self-acceptance and self-esteem and ability to change

behaviours/habits, like to stop drinking alcohol by providing knowledge, experience and information to give me the courage to quit, for good."

"It was reassuring and a relief to have someone compassionate to listen and not judge. My overall experience was outstanding, and I will forever be grateful and thankful for my counsellor's help"

Marie's Story

We talked to new mum Marie who told us that, prior to her pregnancy, she was experiencing some anxiety and depression which she had kept to herself. Within a week of her son being born, she was feeling sleep deprived and overwhelmed as a first time Mum. "Mason was born during the 2020 lockdown, while it was wonderful having my husband around, I still felt isolated, it was such a relief when my Mum could finally visit the three of us."

Thankfully Marie had opened up about how she was feeling to another community worker in Oamaru, who referred her to Anglican Family Care's Family Start home visiting programme, in North Otago.

"My baby was a month old at the time when I first met my Family Start Whānau Worker and Team Leader Sue. I was struggling with breastfeeding, feeling overwhelmed and sleep-deprived."

Immediately upon meeting the Family Start Workers, Marie realised that hiding her feelings away wasn't helping her situation and told us just having someone come into her home that she felt comfortable with, was life-changing.

"Marie was providing functional care to her son, but it was evident she was not really enjoying being a Mum and was aware what the impact of this could have on his emotional/social development. With the support of Family Start, Marie developed some strategies to manage her anxiety, accessed counselling and strengthened the attachment between herself and her son. She now celebrates his every milestone and enjoys her parenting role, whilst her son is thriving in her care," Sue Dundas: Family Start – Team Leader.

Post-natal depression can be debilitating and if left untreated, can affect a healthy attachment between a mother and her baby. In addition to this, a mother can lose interest in activities they used to enjoy, have mood swings and struggle to sleep.

Through the support of FINDEX Oamaru who provided funding specifically so clients can access counselling, Marie was referred to a local counsellor. Counselling is offered as a short-term therapeutic intervention to assist wellbeing for mother's experiencing depression.

Marie describes how the Family Start team were invaluable in other areas too, and assisted with





planning out her weeks, and explaining what milestones were coming up with her son.

“Just talking about your week and being provided with reassurance, like not feeling guilty when taking a nap during the day when Mason was sleeping. Essentially, normalising my feelings, and giving me confidence in myself made all the difference. They encouraged me to do little things like going for a walk and doing activities around town at other baby groups. Organising activities and structure were key for me.”

Anglican Family Care were also fortunate to have the opportunity to give Mason swimming lessons. This was supported by Waitaki District Council who donated 10 places for Family Start whānau to have free weekly swimming lessons. Marie and Mason attend with four to six other babies, every week for 30-minute lessons. “Mason loves the water and it’s a great opportunity for me to connect with other Mums too”, reflects Marie.

“It was a privilege to be able to share Marie’s parenting journey with her, offer support and guidance and watch her grow in confidence as her mental well-being improved and her parenting capacity grew,” said Sue.

Finally, we asked Marie what advice she had for other Mums going through the same experience. “I want other [new] Mums to know that there is support out there for you. Don’t be afraid to open up and talk about your feelings, it’s so important. Opening up was a big part of my recovery,

connecting with other people and working through things. Anxiety/depression isn’t talked about enough and if my experience can help others out, that would be great.”

A Multi-Disciplinary Team Approach

Clients access Anglican Family Care’s therapeutics services through internal and external referrals.

In Dunedin, a mum recently engaged in our counselling service through her daughter’s relationship with our Social Workers in Schools (SWiS) service. At that time, mum was struggling to support her teenage daughter and was hoping for a place in which she could express her emotions safely and without judgement, and learn some strategies and tools with which to improve both her emotional wellbeing and her relationship with her daughter.



During this journey, mum was able to see that she wasn't the only parent struggling with adolescent behaviour when she felt lonely and isolated. It's normal for parents to reflect on the past when their tamariki were younger and easier to manage, and wish they could go back in time.

Counselling helps parents to grow their confidence and reduce anxiety, and recognise that parenting always brings challenges, but with a solution-focused approach, clients are able to manage life's often complex and sometimes unexpected challenges.

Today, young people are under so much more pressure, and it was important for mum to make her daughter aware of the potential dangers around social media. With counselling support, she was able to help mitigate this anxiety and learn new tools to approach the situation and keep her daughter safe.

"Counselling has helped me; I have learned so much about myself and how my experiences influence my reactions. With my counsellor's guidance..."

This is an example of how our Dunedin based services work closely to help whānau connect and receive the support specific to their needs.

We accept self-referrals, or with consent, referrals from any other professionals involved in supporting a family. Counselling is delivered by qualified members of the New Zealand Association of Counsellors (NZAC).

"...I was able to talk through my feelings, I'm now able to manage conflicts and start enjoying the relationship with my daughter again. Counselling isn't a weakness and there's no shame in talking to a professional."

** Images have been changed to protect clients' privacy.*



**HONOUR THE PAST,
CELEBRATE THE PRESENT,
EMBRACE THE FUTURE**

Nominating Anglican Family Care Inc. in your Will guarantees your thoughtfulness continues supporting vulnerable tamariki and their whānau beyond your lifetime.

With your help, we can work together with Otago whānau to make change that inspires hope for a better future.

**Contact us in full confidence
E: Donna@Familycare.org.nz or
P: 03 477 0801**

**Anglican Family Care is a registered
Charity CC24152**





BETWEEN JULY 2020 AND JUNE 2021,

55

CLIENTS ENGAGED IN **296** COUNSELLING SESSIONS IN DUNEDIN,

28

TAMARIKI PARTICIPATED IN PLAY THERAPY,

186

WE DELIVERED PLAY THERAPY SESSIONS, AND FACILITATED **15** CIRCLE OF SECURITY SESSIONS THROUGH OUR PLAY THERAPY SERVICE

Ordinary people



doing extraordinary things

Contact us today about how **you** can do extraordinary things by becoming a **caregiver**
www.anglicanfamilycare.org.nz/caregiving

Thank you!

to the following Trusts and organisations for your recent support:

- Otago Community Trust
- Dunedin City Council
- Ray White Realty Dunedin
- Findex Dunedin
- Rotary Club of Dunedin Harbour
- Balmacewan Lions Club
- St Mark's Balclutha
- Altrusa Taieri Club
- H & J Smith Queenstown
- Five Forks Rural Women
- Ross Dowling Marquet & Griffen
- Network Waitaki

STAFF CELEBRATIONS

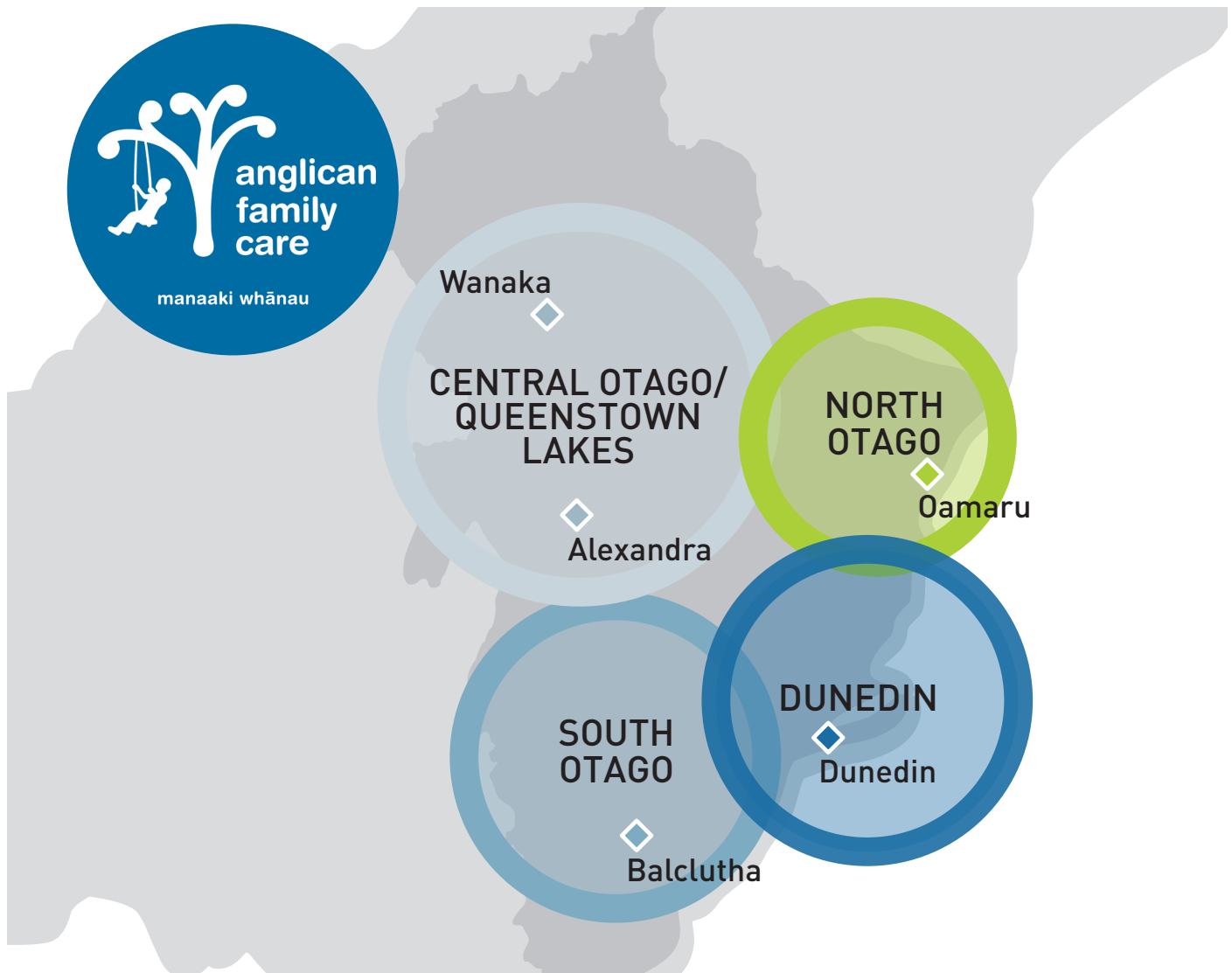
Congratulations to Marlene Underwood (Family Start Team Leader in Dunedin) who celebrates 15 years service, and Katie Baumler (Social Worker in Schools) who is celebrating 10 years of service.



HAVE A HAPPY EASTER!

Our offices will be closed on Good Friday 15 April and reopen on Tuesday 19 April 2022

A GLANCE OF ANGLICAN FAMILY CARE SERVICES ACROSS OTAGO



NORTH OTAGO	GREATER DUNEDIN	SOUTH OTAGO	CENTRAL OTAGO/ QUEENSTOWN LAKES
23 Coquet Street Oamaru, 9400	266 Hanover Street Dunedin, 9016	13 High Street Balclutha, 9230	Alexandra Community House 14-20 Centennial Ave Alexandra, 9320 Wanaka Community Hub 34 McDougall Street Wanaka, 9305
Services Family Start Oceans Grief and Loss Programme	Services Counselling Family Start Home-based Family Support Play Therapy Respite Care Restorative Justice Social Workers in Schools	Services Counselling Community Connector (COVID-19 response) Family Centred Service Family Start Home-based Family Support Restorative Justice Strengthening Families	Services Family Start Home-based Family Support Restorative Justice
0800 FAM CARE anglicanfamilycare.org.nz facebook.com/anglicanfamilycare			

Between July 2020 and June 2021,
 Anglican Family Care
 supported approximately

1,619
 Otago
 tamariki

and
 made



home
 visits

THANK YOU TO OUR WONDERFUL COMMUNITY

Amongst the generosity of our community before Christmas, we would like to thank all businesses and community groups that donated toys, vouchers, and various treats for whānau throughout Otago.

In collaboration with Four Square Supermarket in Port Chalmers; Kimberley from Ray White Dunedin organised a grocery grab for our clients. A total of \$1,000 worth



Pictured are AFC Fundraising Manager Donna Davidson, Four Square Port Chalmers owner Aaron Challis and Ray White Real Estate Agent Kimberley Rosenbrock

of non-perishable goods were donated and distributed by our team of social and whānau workers, bringing some welcome festive joy and financial relief over the holiday season for whānau. Additionally, through their Christmas initiative, "A Little Ray of Giving", their team donated gifts for tamariki and whānau we support.

St Hilda's Community Day

In late November, students from St Hilda's Collegiate in Dunedin took up the challenge and spent half a day working on a variety of craft projects for us, including personalising and beautifully decorating notebooks (kindly donated by Tuapeka Print), for clients to record their individual goal setting tasks. Art students also created a beautiful wall of murals that represent our values. The artwork has significantly brightened up a previously dull and uninviting space in our Dunedin office.

Hanging of the Greens

Hanging of the greens is a traditional Christmas service, back in December, staff, family, and friends of Anglican Family Care were invited to St Paul's Cathedral to enjoy this whānau friendly service and participate in decorating and blessing the Cathedral Christmas tree.



Caregiver Liaison Social Worker Rose admires the tree decorated by those who attended the Cathedral service

Christmas gifts for tamariki were donated, we were also grateful to receive a generous \$2,000 donation from St Paul's congregation which has provided support towards holiday programmes for tamariki. This support has been particularly critical when all other financial avenues of assistance for struggling whānau had been exhausted.



Murals created by St Hilda's students brighten the hallway at our Dunedin office

Yes!

I WOULD LIKE TO MAKE A DIFFERENCE TO OTAGO WHĀNAU

Today my gift is \$

one-off

monthly

I will donate by:

Visa/Visa Debit

Mastercard/Mastercard Debit

Internet Banking

02 0912 0018828 07 (ref. your name and "Winter 2022")

I have made a website donation via AnglicanFamilyCare.org.nz/donate

Credit card details

Card number:

Name on card

Expiry date

CVC

Signature

Please tick

Please add me to your e-mailing list.

Please send me more information about your services and programmes.

I'm interested in becoming a caregiver. Tell me more.

I have left a gift to AFC in my will.

Please send me more information about including Anglican Family Care in my will.

My contact details are:

Name:

Address:

Phone:

Email:

HELP OUR TEAM HELP WHĀNAU

Become a Changemaker



\$25

provides a caregiver for a child while mum is in hospital if there is no other family support

\$50

pays for a whānau worker to visit a family to help them work through a child's disruptive behaviour

\$180

gives a child three play therapy sessions to help them learn to cope with the loss of a loved one

The following resources will help our social workers support parents in their parenting delivery and their child's learning experience:

- Developmental toys (wooden activity cubes)
- Tactile books for babies
- Jigsaw puzzles (peg, wooden etc)
- Games for over 5-year-olds

Client Assistance

- Toiletries for the whole whānau (body wash, shampoo, toothbrushes, toothpaste, deodorant, nappies, shaving cream, disposable razors, hygiene products)
- Clothes washing powder or liquid
- Disposable KN95 adult face masks and face masks suitable for children
- Supermarket vouchers (to purchase milk formula and other essentials)
- Petrol vouchers
- The Warehouse vouchers so families can stock up on school supplies
- **New or good quality children's PJ's and thermals** (follow us on Facebook for more info)

Wherever possible we do prefer brand new, but we also accept "as new" pre-loved items. If you would like to contribute or have a question, we'd love to hear from you!

All donations are receipted. Gifts of \$5.00 or more are tax-deductible. Our Charities Commissions Number is CC 24152.

Please return this form to:
Anglican Family Care
266 Hanover Street
Dunedin 9016