

# COMMUNITY CONNECT

AUTUMN/WINTER 2023



ANGLICANFAMILYCARE





**Everyday people**  
**doing extraordinary things**  
*Become a caregiver*

We are seeking to expand our caregiver team and provide opportunities for Dunedin whānau to recharge their batteries and look after themselves.

Quality training and support are provided

Contact us in confidence

**0800 FAMCARE | [AnglicanFamilyCare.org.nz](https://www.AnglicanFamilyCare.org.nz)**

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manaaki whānau





Mike Williams  
GENERAL MANAGER

# TĒNĀ KOUTOU KATOA

Over the last few months, we have been busy refreshing our Community Connect newsletter, we do hope you enjoy the new look and reading about our recent activities since my last update.

At the end of March, we invited supporters to join us in our Dunedin office for a cuppa and a chat, and to personally thank them for their support over the last few years.

For those of you who couldn't be there, Caregiver Liaison Social Worker Rose talked about her role and the benefits of providing respite care for whānau. Rose highlighted the opportunities respite care presents for parents to recharge, supporting them to achieve positive changes that can make a big difference for their tamariki. We are forever grateful to our small team of Caregivers who so willingly offer tamariki a loving and caring space in their own homes. If you would like to find out more about becoming a Caregiver, please contact Rose in confidence via phone 0800 FAM CARE or drop her an email to [Enquiries@AnglicanFamilyCare.org.nz](mailto:Enquiries@AnglicanFamilyCare.org.nz).

We are privileged to have delivered our Family Start programme since 2000, and over this time kaimahi have supported many parents, beginning before the birth of their baby or in babies first year. In this edition, we share the experience of a mum who was referred to Family Start by her midwife who identified she would benefit from some extra support. Her story is one of hope, self-determination and courage, as she worked through a range of challenges together with the support of her Whānau Worker.

Also, we're very pleased to introduce our South Otago Team Leader Katherine Chamberlain. Katherine is an experienced social worker and leader who joined the team in December last year. You can read more in this edition about Katherine, her experience, values, and what led her to joining us at Anglican Family Care.

If you would like to help us progress our work and reaffirm our commitment to a vision of strong, connected, and thriving whānau and tamariki, turn to the last page of our newsletter for information on how you can support us.





# FAMILY START

When Monica found herself pregnant with her third child the relationship with the baby's father was new and already strained, she felt trapped and angry. Terminating the pregnancy wasn't an option.

"It was through my midwife, that I first heard about the Family Start programme. I was struggling to accept the pregnancy and bond with my unborn child. I met my whānau worker Cathy when I was just a few months pregnant, and I immediately connected with her," Monica told us.

"Cathy would visit me in my home every week and gave me exercises to help me bond with my baby, which not only helped me connect with my unborn child, but also helped me process some grief, having lost a baby during a previous pregnancy with my ex-husband.

Family Start is a home-visiting programme that focuses on improving children's growth and health, learning and relationships, family circumstances, environment and safety.

It helps whānau who are struggling with challenges or problems that may make it harder for them to care for their baby or young child.

*"I felt listened to and supported, and that I could get help whenever I needed it for me and my children."*



One activity was to shop for baby clothes, which had initially felt difficult, but with Cathy's guidance I started getting excited, choosing clothes for him and talking to him during my pregnancy – all of these exercises really helped me connect with my son before he was born.”

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Whānau worker Cathy explains, “By giving Monica the time and space to hear her story, and by acknowledging what she was feeling and felt comfortable with exploring and to reflect on, helped build a rapport and a trusting relationship, so positive change could happen.”

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An experienced mum, Monica recalls how challenging it was in those early months, especially as her older children were model sleepers, so coping with a baby who would only sleep for short periods, cry for hours on end and wouldn't settle was challenging. Taking him outside for a walk was difficult, so it was easier to stay at home. Apart from the hospital visits, Monica felt isolated.

“Harry was born with some medical problems which required an operation at 11 months old. Prior to this procedure, I thought he was deaf, so I learnt some basic sign language skills to help communicate with him. While recovering in hospital he was able to hear for the first time in his life – I was overcome with emotion and cried with happiness.”

Harry's health issues were still challenging for Monica, and he was referred to a speech/language specialist, where he was recognised as being autistic.

He was behind in some of his developmental milestones, including his speech and was displaying classic signs of autism, e.g., continually banging his head against the wall, was extremely sensory, wouldn't touch or eat certain foods and had a complete dislike to sand.

One morning he woke up and it was like a switch had gone off overnight and all these symptoms disappeared. He's quite the miracle little boy,” Monica said.

Harry attends daycare three days a week which has been instrumental in developing his social skills, which previously were non-existent. Not long after Harry was born, he was diagnosed with an anxious personality. Monica told us that he still gets anxious when he's separated from her, but she's reassured by his early learning teachers that as soon as she leaves, he settles very quickly.

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*“I now have a very bright and cheeky 4-year-old who is inquisitive and eager to learn. I'm home-schooling my 14-year-old daughter, and Harry just wants to join in. I've just begun preparing him for school and using flash cards to help teach him to read and write his name and he already recognises the letter H.”*

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"Every parent needs a cheerleader, someone to recognise and talk to their strengths of which Monica had many. This is especially important when families face adversity, and they don't feel strong in that moment. I helped her reflect to real time which enabled Monica to observe her own strengths and build resilience," Cathy – Whānau worker explained.

We asked Monica to sum up her experience with Family Start. "After having [Whānau worker] Cathy by my side for four years, I felt so sad to let her go, she's helped me so much, even being an advocate for me.

I wouldn't have been able to get through the last four years without Family Start.

Cathy was literally my guardian angel. The programme gives you that strength so you can get through, which was especially significant having a challenging child. It's reassuring having that support and means you don't find yourself in so many dark places, knowing that help is there. No matter how many bad nights I had in a row, Cathy always left making me feel happy after her visits."

*Client names and images have been changed.*



**1,201 people received support through Family Start programme between 1 July 2021 & 30 June 2022**

## Family Start Book List

Through our parenting programmes, we focus on improving literacy within whānau as well as utilising reading to develop a love of learning for tamariki.

As part of this, we have created a list of books that kaimahi (staff) are able to take into homes to share with whānau. If you would like to support this initiative, these books can be purchased from any good bookseller and donated to any of our offices.

You can access this list on our website [www.anglicanfamilycare.org.nz/booklist](http://www.anglicanfamilycare.org.nz/booklist)

## Support in North Otago

Our friends at Network Waitaki donated food and gifts to our Family Start team in Oamaru at Christmas



## Children's Day In Dunedin

Whānau workers Bushie and Sarah shared heuristic play with whānau at the recent Children's Day event held at Forsyth Barr Stadium.





# FAMILY START

At your place, at your pace



**Feeling lost or anxious about how to care for your unborn or new baby?**

Our **Family Start** programme can help.

Our team of whānau workers visit you at your place, at your pace and help you care for your baby. We focus on improving children's growth and health, learning and relationships, family circumstance, environment and safety. We deliver this free programme across Otago.

**Contact us today to self-refer or for more information.**

0800 FAM CARE | [anglicanfamilycare.org.nz](http://anglicanfamilycare.org.nz)





# Meet our South Otago Team Leader, Katherine

Recently, we had a new face join us in our South Otago kapa (team), so we asked Katherine to tell us a bit about herself.

## What's your background?

I did my social work qualifications through Otago University as a post graduate. My bachelor's degree was in primary teaching and although I enjoyed teaching and loved the time and interactions with kids, throughout my placements I became more and more aware that there were issues like poverty, family harm and what we would now call trauma, that impacted on kids' ability to learn and just be at school in the first place.

I really wanted to do something about addressing those underlying needs so that is how I came into social work and I haven't really looked back since. I've worked in a number of fields including child protection, school social work, and most recently supporting foster parents with high needs placements.

Whatever role I'm in, I'm always looking to keep the

needs of the child at the forefront of planning and intervention and I'm always asking my team to think about what the impact on the kids is and how can we make life better for them.

## What attracted you to the role?

That is probably what attracted me to this role – the opportunity to support a team doing work that I am passionate about while drawing on my leadership skills and experience. I really want us to be known for providing good quality services to children and families. Having a good fit in terms of values is also really important to me and I felt I found that in Anglican Family Care.

## The best piece of advice I've ever been given is...

"Enjoy every stage" was sage advice given to me by an aunty when I was pregnant with my daughter but I think it applies in so many areas of life.



To me, enjoying every stage means noticing what is happening and how it fits with the bigger picture, not wishing the time away when it's hard going or even a bit boring and having gratitude.

At the moment, I'm enjoying this stage of forming and building the team here in South Otago. We are still on the look out for another social worker to join us on a part time basis so yeah, enjoying that process, holding the space and keeping an open heart and mind ready for that right person to fit with our team and kaupapa.

## South Otago Services

Our South Otago Team work between Waihola and Clinton, Lawrence and Owaka. We support whānau who may be facing challenges which are impacting their well-being. You can refer yourself from our website, by email or by calling us.

- Family Start
- Home-based Family Support
- Family Centred Service
- Counselling
- Strengthening Families

03 418 2530

13 High Street, Balclutha

0800 FAMCARE | 0800 326 2273

[Enquiries@FamilyCare.org.nz](mailto:Enquiries@FamilyCare.org.nz)  
[AnglicanFamilyCare.org.nz](http://AnglicanFamilyCare.org.nz)





Donna Davidson and Sarah Thornton  
FUNDRAISING, MARKETING & COMMUNICATION TEAM

## NGĀ MIHI NUI (thank you very much)

We have received some wonderful donations from our community and would like to take this opportunity to thank you.

We would especially like to thank:

- \* Anglican Diocese of Dunedin
- \* Balmacewen Lions Group
- \* Beanies for Babies \* Catalytic Foundation \* Cottonsoft \* Dunedin City Council \* Kingston Sedgfield (NZ) Charitable Trust \* New Zealand Lottery Grants Board \* Otago Museum \* Otago Peninsula Parish \* Peninsula Bays Women's Institute \* Quilters & Patchworkers of Otago \* Ray White Dunedin
- \* Roslyn Baptist Friendly Circle
- \* Ross Dowling Marquet & Griffin
- \* Rotary Club of Dunedin Central
- \* St Luke's Oamaru AAW
- \* St Pauls' Cathedral

# KIA ORA E TE WHĀNAU

At Anglican Family Care, we are committed to reducing our carbon footprint and have made changes in our offices to support our environmental sustainability.

As more and more people move online, our next step is to produce less paper, and this year we began sending all donation receipts electronically via email.

Should you wish to continue receiving a hard copy receipt, please contact our Fundraising team to make sure we have your correct contact details.

## Volunteering Opportunity in North Otago

Our Oceans Grief and Loss programme in Oamaru is only made possible through the generosity of the community. Recently we received additional funding from NZ Lottery Grants Board, and the Catalytic Foundation. The programme is facilitated by volunteers from the community.

If you would like to learn more about becoming an Oceans volunteer facilitator, you can contact Maria Johnson at 020 459 6900 or [Oceans.Oamaru@FamilyCare.org.nz](mailto:Oceans.Oamaru@FamilyCare.org.nz)

## Like Our New Look Newsletter?

Let us know what you think.  
Email [Communication@FamilyCare.org.nz](mailto:Communication@FamilyCare.org.nz)



## Help Protect Our Future Generations

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](mailto:Donna@Familycare.org.nz) or  
P: 03 477 0801



# Honouring the Past, Celebrating the Present, Embracing the Future

Thank you to everyone who came and celebrated our 50th anniversary with a special dinner at Selwyn College in November last year.

Special thank you to our friends at Gravity Events and Simply Flowers and Events who made the room look spectacular, to Selwyn College for providing the venue, Ray White Dunedin for running the auction, the fantastic Damian Newell for MCing the evening, the wonderful Nigel Latta for being our keynote speaker, and our sponsors Dunedin Kia, The I.T. Team and Findex.



## Supporters' Lunch

Thank you to everyone who joined us for our Supporter's Lunch in March. It was lovely to be able to reconnect and tell you about our Caregiver service.

To see photos from all our events, check out our [Facebook](#) or [Instagram](#) page.





# RESTORATIVE JUSTICE



We provide Restorative Justice services to the Dunedin and Alexandra courts. This community-based justice programme offers victims of a crime an opportunity to participate in a process to address the harm done, with referrals received through the courts or the Police Diversion Scheme.

Participation in a restorative justice conference is voluntary for the victim and offender. Both parties are invited to meet together with trained facilitators to discuss what happened and what can realistically be done by the offender to put things right for the victims.

Anglican Family Care has been delivering this service for 20 years.





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contributes towards a  
whānau or social worker  
visiting a family in their  
home

- Please send me information about how my donation can help
- I have left a gift to Anglican Family Care in my will
- Please send me information about including Anglican Family Care in my will



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

Please return this form to:  
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Dunedin 9016