

COMMUNITY CONNECT

SPRING/SUMMER 2023



ANGLICANFAMILYCARE



Mike Williams
GENERAL MANAGER

TĒNĀ KOUTOU KATOĀ

In this issue, we share two inspirational stories from our rural teams; Sophie, a young mum was referred to our Family Start Programme in North Otago. She shares how she got through her pregnancy and those crucial early stages of her baby daughter's development, despite mental health challenges and being isolated from whānau.

And Michelle from Wanaka, a parent of two boys, talks about her experience and how our rural team in Central Otago, supported her to overcome her son's anxiety and integrating him back to school by applying strategies she learned through the Circle of Security Parenting Programme.

A significant highlight for this year was the gifting of Te Mauri ō te Paerangi, "The Lifeforce of the Conversation at the Horizon" to the agency by kaumātua Monty and Mere Montgomery. The taonga is a valuable gift, as it signifies the partnership between tangata whenua and tangata Tiriti, the journey we are taking together. We humbly share the gifting of this waka huia inside this edition.

Finally, on behalf of our kaimahi, we THANK YOU for your support of our work and wish you all a happy and safe holiday season. Meri Kirihimete.

A LEGACY REMEMBERED



We were saddened to hear that our former Director Catherine Goodyear passed away on Saturday 4 November.

Catherine came to what was then the Anglican Methodist Family Care Centre (AMFC) as a social work student on placement in 1977, and after a short time volunteering for the agency was employed as a part-time social worker. In 1982, following the departure of our first Director Bob Walton, Catherine was appointed as Director of AMFC, a role she held until 2003.

Catherine was instrumental in the development and securing of contracts for many of the services we provide today.

Under Catherine's leadership the agency grew from a staff of six based in Dunedin, to around 50 with a footprint across the province. She was also very involved in the forming of the Anglican Care Network (ACN) in 1994, a network representing and supporting Anglican parishes and social services throughout the country. The agency continues to contribute to the ACN today.

In addition to her work at AMFC, Catherine was an active member of the Dunedin branch of Rotary International. In 2004 her substantial contribution to our community was recognised when Catherine was awarded the Queens Service Medal.

It was my privilege to spend time with Catherine in 2020 and 2021, a connection formed around the publication of Southern Service - a book written by Julia Stuart chronicling our agency history. Catherine attended the launch of the book and accepted an invitation to come to our Dunedin office for a staff morning tea- a chance to share old war stories which was very much enjoyed by all who were present. We were also pleased to have Catherine attend our 50th celebration dinner in November last year, an important milestone for someone who had contributed so much to our history.

Kua oti tō mahi, engari kei te mau tonu tō taonga tuku iho
Nō reira, Catherine, moe mai, moe mai, moe mai rā.

Mike Williams - General Manager

AT YOUR PLACE, AT YOUR PACE

Family Start whānau worker Alex first started working with Sophie when she was referred to Anglican Family Care in North Otago by her midwife during the first trimester of her pregnancy. With a history of depression, and being isolated from family, Alex explained how Sophie was concerned that her mental health may deteriorate once she had her daughter and was determined to put strategies in place to help her and her unborn child.

Sophie told us “I built a close connection with Alex, who would come and visit me in my own home. She helped me with a plan to ensure my mental health was on track before I gave birth to my daughter, counselling was also recommended for me especially as there were concerns that I could develop postnatal depression.”

“My first counsellor wasn't the right fit for me, and I learnt that it's so important to get the right match with a Counsellor and to have your medication changed if it isn't working. Having open conversations with Alex meant I got immediate help when I did get postpartum depression, and together with my new Counsellor, I was taught coping strategies that helped me with my feelings.”

“We focused on signals that we and others close to her could look out for when her mental health was deteriorating,” Alex explains.

Except for her partner, Sophie had no other natural supports, having relocated to Oamaru from the North Island a decade earlier to be closer to her Nana (who passed away last year), so isolation was also a big factor for Sophie.

Sophie told us that the point of difference with Family Start were the home visits that removed the barrier of a clinical setting.

“Initially Alex visited me weekly, with phone contact in between, which helped me to build trust. After having my daughter, I developed mastitis. This led to being hospitalised on several occasions for treatment. Alex helped our family by organising home-cooked nutritious meals through the local church, this made it so much easier for both me and my partner, who was working long hours over that time.” [Mastitis is a painful infection of the breast tissue]



Our **Family Start** programme is a home-visiting service that aims to achieve positive health, education, and social change for pēpi, tamariki and their whānau

Support starts early - before the baby's birth or in their first year

“When I hit post-partum depression, one of my symptoms was this overwhelming feeling of anger. Alex taught me valuable strategies that helped me get through these feelings. One natural stress relief that got me through was going outside for a short period of time. At the time I felt stupid, but through Alex's reassurance and support I was able to normalise my feelings of depression and anxiety and I began to feel so much better and start enjoying motherhood.”

Receiving information about a baby's development and milestones can be extremely helpful for first-time mums, as it can enhance their learning and understanding of their baby's needs. She learned about the importance of responsive parenting and how to promote healthy attachment. As Sophie's confidence grew, it made it easier to interact with her daughter through a range of activities suggested by Family Start.

Looking back on those difficult days, Sophie told us it was important that she share her story, as without her whānau worker she's not sure how she would have coped.

She was very grateful for the support she had received through the Family Start Programme and the positive impact it had on her and her baby's lives.

“Willow is now a cheeky, happy girl who has a Mum who celebrates each milestone and is thriving. It has been a pleasure to watch Sophie go from a nervous parent to one who is sure and confident of herself and her parenting abilities.”
Alex – Family Start Whānau Worker.

*Client names and photos have been changed



CIRCLE OF SECURITY

This is Michelle's story; a mum raising two boys on her own, who was facing challenges with her youngest son's resistance towards attending school.

An inspirational client story about how our rural team in Wanaka supported her to help her son overcome his anxiety, allowing him to return to school, despite the uncertainties of COVID-19.

“The local connection with the community was essential to me, making me feel that I could relate to the support being offered.”

The COVID-19 pandemic had exacerbated Michelle's youngest son's anxiety, making it even more difficult for him to cope with the changes brought about by school closures and lockdowns. Seeking help, she reached out to the school, and they referred her to Anglican Family Care (AFC) in Wanaka.

Michelle told us; “In 2018, I first came into contact with AFC when I sought their support through their office in Alexandra. Knowing that they now provided services in Wanaka was reassuring, as it meant that there were local professionals who understood our community and the school environments.

I'm so proud that I had the courage to reach out to the school to inquire if other students were experiencing similar distress, and that they listened to my concerns and referred me to Anglican Family Care. The local connection with the community was essential for me, making me feel that I could relate to the support being offered.

I was assigned my Social Worker Stacey from Home-based Family Support who suggested the Circle of Security programme to help me. Initially, I didn't realise how impactful it would be, but gradually, I began implementing the strategies I learned. By the next school term, Ethan started going to school regularly, and the morning meltdowns became a thing of the past. The programme was tailored to our pace, which I greatly appreciated."

Social Worker Stacey, explains. "Michelle's referral was based on Ethan's attendance at school. As Michelle had a previous positive experience with our service, she very quickly engaged, which meant I was able to suggest and start Circle of Security soon into our engagement. Through the lens of attachment, we were able to look at how this could help Michelle, look at what was stopping Ethan going to school, and what was happening within their relationship."

"Ethan struggled with separation anxiety, which was further amplified by the fear of contracting COVID-19 due to his underlying health condition with asthma. The thought of him getting sick and potentially ending up in Dunedin hospital was terrifying for both of us. As a point of reference, when we did contract COVID-19, it took us three weeks to recover fully, compounding Ethan's anxiety," said Michelle.

Michelle describes a typical morning. "Ethan would display resistance, crying, and expressing his reluctance to go to school. He often mentioned feeling sick, reciting COVID symptoms, to convince me to let him stay home.

Although he enjoyed home-based learning through online programmes like Steps, he struggled with the thought of being safe in the school environment. Even when I managed to get him to school, he would become anxious if we were running late, often shouting, 'Don't abandon me, Mum!' His real fear of abandonment was distressing, and it broke my heart."

Stacey explained that Michelle picked up on the concept of Circle really well, was able to take the bits that she really connected with and put them in to place at home – building on it every week and embedding it at home – where she could see an improvement.

Having a full week at school was initially a rarity for Ethan, by the end of the facilitation he was attending school every day, and both Michelle and Ethan now have the opportunity to reach their full potentials. This has lessened the stress from Michelle and has meant that they can both go through their day and not be continually impacted by each other's anxieties.

Summing up her experience, Michelle reflects. "Getting the right support is my advice for any parent, and to recognise it is the right support for your situation. The Circle of Security programme provided me with invaluable strategies to handle Ethan's emotions and address them in a non-emotional manner. It taught me how to reassure him that going to school was safe and okay. Even now, I frequently refer back to the Circle of Security resources.

The most significant change for me was learning to remove the emotional element from the situation. Instead of assuming his behaviour was intentional, I realised that as an eight-year-old, he was unintentionally expressing his feelings through difficult behaviour, because he couldn't verbalise them effectively.

The programme has taught me there is a better way to react, which I was more comfortable with. It may take longer, and others might perceive it as me being too soft, but it has helped Ethan attend school calmly, without heightened anxiety and emotions. With AFC's support, my parenting style has become more confident, and I feel reassured that he is in a safe environment at school."

Client names and images have been changed

WHY WORK FOR US?



Working as a team at Anglican Family Care and contributing to all its incredible work is something that our employees love being a part of – but there are other benefits that come part and parcel with working here too.

We understand the importance of balancing work, life and whānau with flexible work arrangements.

We take your health, safety and wellbeing seriously.

We offer a wide range of development opportunities to support you in your career with us.

Check our website or scan the QR code to see the latest vacancies
www.anglicanfamilycare.org.nz/work



INSPIRING WHĀNAU FOR A BRIGHTER TOMORROW

Our Board of Trustees, chaired by Ruth Zeinert, provide considered stewardship to the agency. It is essential that we respond to changing need but also that our purpose, manaaki whānau, remains our true North.

Our Board continue to lead by example. Meet the members below, and find out more about who they are on our website.



Ruth Zeinert
CHAIRPERSON



Diana Hudson
DEPUTY CHAIR



Bishop Steven Benford
(represented by
Elisabeth Cunningham)



Amanda Burke
TRUSTEE



Jim Hawker
TRUSTEE



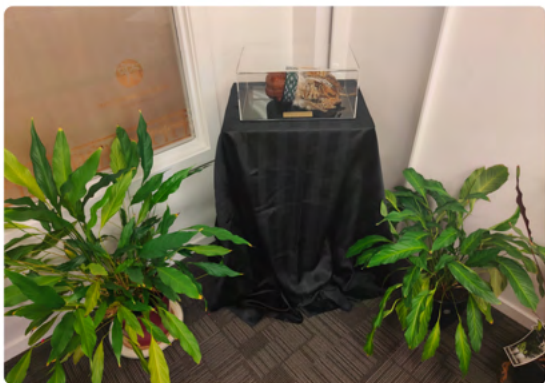
Katherine Shaw
TRUSTEE

TE MAURI Ō TE PAERANGI

As we continue to walk together on our bi-cultural journey, we joined together for morning kai in September to welcome the waka huia Te Mauri ō te Paerangi to its new resting place in our Kauri/Board room.

We came together to sing waiata as we moved through the celebration.

Te Mauri ō te Paerangi means "The Lifeforce of the Conversation at the Horizon" and was gifted to us by Kaumātua Monty and Mere Montgomery at our noho marae in May.



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 or
P: 03 477 0801

MERI KIRIHIMETE TO OUR WHĀNAU AND SUPPORTERS

We're closing for a break,
from 22nd December

RE-OPENING IN THE NEW YEAR
ON THURSDAY 4TH JANUARY, 2024

Have a safe and happy holiday season.
We look forward to reconnecting
with you in 2024

FIND YOUR SEAT AT OUR TABLE



Can you help to make positive change in the lives of Otago whānau?

We are looking for a community-minded, volunteer board member to join our skills-based board.

Find out more:

www.anglicanfamilycare.org.nz/Join-Our-Board



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

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manaaki whānau

COULD YOU OPEN YOUR HEART AND HOME TO ONE MORE?

We recently asked Doug and his whānau about their Caregiving experience. Doug explained that, at the time, they were a married couple with a young boy who was about kindy age. They saw the advertisement for carers being needed and at that time, had no other significant commitments due to the age of their son and saw this as an opportunity to help people who needed a little bit of support and it seemed like it would work in well with their current lifestyle.



Can you tell us about your experience? How many years?

“We did respite care for approximately 15 years I believe. Some years were busier than others.

We did a lot of single child respite initially but eventually it became quite normal to have two or three kids stay with us at any one time. It just became normal for our own kids to share their rooms and lives with these kids.

Whether it was just playing at home or taking the kids out for different activities around Dunedin, they just blended into our lives. It's fortunate that at one stage we had a people-mover, but normally we had two cars, as we had up to six kids all together (three of which were our own), with us two parents, so it was a full-on experience most weekends.

When we also helped one of the kids get into rugby for the first time and seeing how much he enjoyed that opportunity was a cool highlight.

We've had some really nice kids spend time with us and I know it has been a very rewarding experience for our own kids to share their lives with so many other children.”

What impact has this made on your life?

“Aside from seeing for ourselves how fortunate we are in our lives, it has been a great learning experience for our own kids to learn how to share everything they own and that you can get to know anybody from any background and be able to relate to them. Our kids got to develop some really good friendships over the years, and they had a lot of fun with the sport that got to be played in the backyard.”

What advice would you give to others who were considering becoming a Caregiver?

“At first, you don't have to overcommit yourself with multiple kids on more regular visits.

Start small if you want to, until you can really see the extent of the commitment

involved and once you know it is right for you then you can increase kid numbers or the amount of visits.

Once you do have this opportunity though, it can be rewarding in many different ways. It's a new learning experience for yourself and your own children if you have them and it's a fantastic way to give back to our community and to help out some very deserving caregivers who just need a little help to give them a little bit of breathing space when they need it.”

Anything else you would like to add?

“After such a long time doing respite care, I'm grateful for the kids that visited our family home over the years and brought their own unique personalities to our home. They have taught our own kids some valuable lessons and hopefully we helped out those families to make their lives a little easier too. An experience I would recommend to anyone.”

KIA ORA E TE WHĀNAU



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:

- * ACE Shacklock Charitable Trust
- * Anglican Diocese of Dunedin
- * Beanies for Babies * Caring Families Aotearoa * Central Lakes Trust * Cottonsoft * Donald & Nellye Malcolm Charitable Trust
- * Friends of Relationship Services
- * Kingston Sedgfield Charitable Trust * Lion Foundation * Lions Club of Dunedin Host * Ministry of Justice * St Hilda's Collegiate School * Tindall Foundation
- * Trinity Foundation * Waitaki District Council

We regularly run events throughout the year. Previous fundraisers include our popular House and Garden Tour, movie nights, and concerts.

In October, a group of supporters visited Olveston Historic Home in Dunedin for High Tea and a guided tour of this original historic building. Check out the photos of this fantastic event over the page.

Do you have any ideas to help us fundraise? We're always looking for fresh ideas, perhaps you could get together with friends, whānau, school or workplace and run a car wash, boot sale or sell baking and donate the money raised to Anglican Family Care. With your support we can continue working together with Otago whānau and make change that inspires hope for a better future.

Keep an eye out on Dunedin streets on 24 November for our annual Street Appeal.

If you would like to stay up to date and join us for future events, sign up to our newsletter, or follow us on Facebook or Instagram.

Christmas Donations

The holidays and the festive season can be a very difficult time of the year for many whānau we support. The commercial pressure on parents to provide a perfect Christmas for their children can lead to high levels of anxiety and frustration.

Your gifts help empower parents and ensure that their children experience the joy of Christmas.

Here's some ideas Santa has given us:

- + New books, toys and games.
- + New art supplies
- + Pre-loved toys in excellent condition
- + Whānau experiences, eg movie tickets, swim passes, etc

Unfortunately, there are some toys we can't accept such as

- Pre-loved soft toys
- Toys with button batteries

So no child misses out, we need to get these presents to Santa in time! Please have your donations to us by the week commencing 11 December.



SPRING FLING



We thoroughly enjoyed dressing in our finest, and enjoying the delectable treats at our Edwardian High Tea at Olveston Historic Home.



WE LOVE BOOKS



We love working with St Hilda's Collegiate School, so when we issued this term's challenge, we were excited to see how they would respond. And respond they did!

Through our programmes, we promote literacy and a love of learning with our tamariki and rangatahi, and St Hilda's share this philosophy.

We asked them to donate new and used books that we can give to whānau, for them to have in their homes to share with their children.

Pictured are kaimahi Cathy, Sarah and Rachel, enjoying some of the new books.



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 "Summer 2024")

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

Credit card details

Card number

Name on card

Expiry date

CVC

Signature

Name

Address

Phone

Email



provides a supermarket voucher towards a family's grocery bill



helps provide a respite caregiver for a night



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 tax deductible.
Our Charities Commissions Number is CC 24152.*

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