



Community Connect

SPRING
2019

Because of You.. Families are Empowered

Circle of Security is a Parenting Programme that focuses on the connection between the child and parent/caregiver and helps to strengthen the relationship. We asked one of our clients to share their experience about the programme with us.

Megan is a solo mum to three daughters aged 14, 12 and 8 all with varying high health needs and had been attending counselling with her middle daughter who had ongoing severe anxiety and depression. Towards the end of their sessions, it was identified that their home environment was highly stressful, which was having an effect on everyone, including Megan, who had developed depression. "I often felt overwhelmed, lost and helpless" Megan explains. "Due to my children's health needs, I had resolved that my role as a Mum was always going to be hard and I was never going to have the happy positive household I had envisaged". The counsellor felt that some further support was required and made the referral to AFC.

Megan recalls having little knowledge of AFC and

the services the agency offered, "I was actually anxious to have people come into my home for fear of being critiqued. I was blown away by how there was no judgement at all. My Social Worker Steph made me feel understood from the get-go. I had thought because I have children with severe anxiety, there would be no mainstream approach to help me raise them. Steph and I discussed options that may benefit us as a family, and from there I agreed to try The Circle of Security programme".

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Social Worker, Steph, explains that the programme is based on attachment theory, focusing on the relationship and understanding that a child's behaviour is a message that children use to try and communicate to us what they need. "It's fundamentally different from a behavioural approach because it focuses on the relationship between the child and parent.

The Circle of Security encourages us to look at what is behind the behaviour and ask why the child is acting this way. I see the relationship as the basket, if there are holes in a basket then behavioural strategies are going to fall through those holes. The relationships need to be strong first. Often what we find is when children are securely attached and are having their emotional needs met, there are fewer behavioural issues."

Megan reflects on the whole experience as being very positive. "Having Steph come to my home every week and allowing me to discuss the trials and tribulations of being a mum, without judgement had a huge impact on me, I no longer feel lost or hopeless."

As a reflection-based programme, it can be quite challenging. It's delivered over 8 sessions, through video clips that cover interactions between children and caregivers that are designed to help parents relate to their own parenting experiences, providing them with the opportunity to reflect and learn.

"I would visit Megan each week to help with reflection, talk about the interactions that had occurred and where that sat on the Circle. Being bigger, stronger, wiser and kind, is a tool used to demonstrate how to comfort and protect a child's independence so that you can enjoy and support them," said Steph.

"Steph's approach was always so positive and helped reinforce that you actually don't have to be a 'perfect' Mum. The Circle of Security taught me how to repair your relationship when you drop off the Circle and helped me to recognise that my daughters don't take me for granted. Every week we had handouts that I have kept, so when the time comes that I need a refresher, I have the material to help get me back on track."

"It's rewarding now when people notice a change in my attitude and approach, in fact, even my

children have noticed the change in my parenting style and have commented on how much more present and engaged I am. What fascinated me was how using the Circle applies to not just you as a parent, but other relationships with family and friends. With two of my children being older, I assumed it was too late to change the dynamics

of our relationships, but the Circle programme showed me you can start making connections at any point. After a few weeks, my default responses to situations had changed. A good example of this would be when my teen comes into my bedroom at the end of the night and sits on my bed. Sometimes she will talk and want to share what has happened in her day, other times she might watch TV with me. Previously, I would tell her to go back to bed or question why she couldn't tell me this stuff earlier in the day, however, now I see the behaviour as her seeking a connection and I understand the impact of taking that opportunity, as small as it is."

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"I have been quite vocal throughout my support networks about the positive difference that AFC has made. I have never felt judged and I formed a bond so easily with my Social Worker as she was realistic and honest. I constantly tell people about the Circle of Security and how at any stage if the system wasn't working, I could reassess and look at other options. Aside of the Circle Programme. Steph was able to help advocate for me with several organisations, having the backing of a professional helped me feel less helpless and that I am not battling for entitlements on my own."

This programme is based on decades of research, and since January this year Steph has worked with nine families.

If you would like to learn more about this programme we recommend reading 'Raising a Secure Child', by Kent Hoffman, Glen Cooper and Bert Powell and is available at Dunedin Public Library or visit

www.circleofsecurityinternational.com

The Many Faces of Love

Recently we were invited to participate in the "Many Faces of Love" exhibition, showcasing social services in Dunedin, hosted by St Paul's Cathedral.

Our team had a lot of fun brainstorming and creating our display.



Thank You St Hildas

St Hilda's Collegiate School has been a longtime supporter of AFC and continues to commit to help vulnerable people in our community. Last term they accepted our challenge to fundraise so we could purchase a new Reborn Baby Doll for our playroom. Due to their successful fundraising effort through their Whānau groups, we were extremely pleased to purchase this vital resource for the playroom. In August, some of our team headed up the hill to introduce the students and staff. Great effort girls, thank you so much!!



Earlier in the term, we were also visited by international students Shiori and Mayuko, who provided an extra pair of hands each, helping with our newsletter distribution and preparing our buckets for our street appeal in November. We wish them well as they return home to Japan.



Thank You

We remain deeply humbled by the offers of support our Wish List has generated. The generosity of parishioners and supporters throughout Otago have kept our donation table topped up with warm clothing for babies and children, toiletries, pre-loved clothing, and children's books which our teams distribute to families.

Following recent renovations at the Copthorne Lakefront Hotel and Copthorne Lakeview and Apartments, Millennium Hotels in Queenstown recently donated over 100 sets of drapes to Anglican Family Care and Presbyterian Support Otago. Together with other social agencies, we have distributed these among families in the Central Otago region. Thank you for your generosity Millennium Hotels, it has improved the well-being of many people we support.



A special thank you must also go to the following Trusts and businesses for their recent donations:

Central Lakes Trust | ACE Shacklock Charitable Trust | New Zealand Federation of Graduate Women | Pub Charity Limited | Kingston Sedgfield (NZ) Charitable Trust | Otago Motor Club Trust | Harrington Vaughan | Millennium Hotels | The Southern Trust

We Need Street Appeal Volunteers

CAN YOU HELP US on Friday 29 November?



Over the last 12 months we have supported over 2,200 families and as the need in our community continues to grow for our services, we need to position ourselves better to help meet these demands.

Last year we held our first annual street appeal in Dunedin, the event was a fabulous awareness raiser and we're currently coordinating this year's street appeal day.



We need volunteers to help us make it a success again. Can you help?

If you have a few hours to spare on Friday 29 November, we have collection spaces available in South Dunedin, Dunedin Central and in the suburbs; perhaps your workplace can organise a team, or even a mufti day to support us?

Your support will make such a difference and will help us raise much needed funds and awareness, so we can continue to deliver crucial social support to the most vulnerable children and families living in Otago.



Contact Donna or Sarah on Communications@FamilyCare.org.nz, call 03 477 0801 or jump online and sign up on our website.

AFC 2020 Calendar

Thanks to a grant from the Southern Trust, we have produced our own 2020 calendar. All of the artwork has been donated by our friends and supporters.

At only \$15 each, secure yours by contacting the Fundraising Team as above or on our website. Great for Christmas presents, so order yours today!



Yes! *I would like to make a difference to Otago families*

Today my gift is \$

one-off monthly

I will donate by:

Visa/Visa Debit Mastercard/Mastercard Debit

Cheque

Internet Banking
02 0912 0018828 07 (ref. your name and "Spring 2019")

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

- I would like to help with Street Appeal.
- Please add me to your e-mailing list.
- Please send me more information about your services and programmes.
- 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:

The AFC Wish List



Resources

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)
- * Children's books (My First Colours, My First Numbers, My First Letters)
- * Art supplies (pens, pencils, pallet paint, paint brushes, stickers)
- * Safelet SOS-band www.safelet.co.nz (for safety of our Whanau Workers)

General

- * Care packages (body wash, shampoo, toothbrushes, toothpaste, deodorant)
- * Supermarket vouchers (to purchase milk formula)

North Otago

- * Knitting wool (not acrylic) suitable to give to volunteers to knit baby blankets and singlets, etc.
- * Children's books, new or second hand in good condition, suitable for babies and children up to the age of three- years-old
- * A life-size baby doll, with a soft body, suitable for demonstrating safe sleep positioning
- * Armchairs for our waiting room (suitable for breastfeeding)

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