



Community Connect

SUMMER
2020

BECAUSE OF YOU... FAMILIES ARE CONFIDENT

Family Start is a free home visiting programme that provides support to expectant parents, and parents of newborn and young children.

We asked two clients to tell us about each of their experiences of the programme.

It was during her first pregnancy when Siobhan was referred to Anglican Family Care (AFC) in North Otago. Whānau Worker Becky recalls when she met with Siobhan for the first time, it was clear that, as she hadn't resolved any of the negative impacts from her childhood and further into adolescence, multiple challenges needed to be worked through to help her embark on a journey to be a capable sole parent. One of her goals was to live independently – as at the time she was living at home with her grandparents.

Siobhan, a single mother, knew that she had to make major changes in her life to have her son in her care. Little did she know that she was on a pathway that would give her hope and inspiration for a future that she never dreamed was possible.

A Family Start Whānau Worker usually begins to support babies and their parents or caregivers early – often before the baby's birth or in his or her first year.

The Family Start team work alongside other agencies and use a multi-disciplinary approach. To support Siobhan's well-being and address the psychological challenges that were impacting every area of her ability to move forward as a mother, wrap-around support of multiple agencies; including counselling were

fundamental to the success of Siobhan's journey. "It was clear that without getting Siobhan's mental health under control, she wouldn't be open to change," said Becky.

"I was using alcohol and drugs on a daily basis to hide my emotions," Siobhan told us. "Having the support of Becky helped me to become a good mother and get my priorities straight by guiding me in the right direction. I was also put in touch with other community services that were able to support me as well."

After the birth of her son Arlo, the journey was not easy, and as a short-term intervention, Arlo was taken out of Siobhan's care.

Becky explained, "At times the situation was dissentious, and there were many difficult conversations along the way, however, together we slowly worked through solutions so that mother and son were able to live again together. Ultimately, it's about how much a person wants to change that is the key to a client's success. And Siobhan's story is indeed a success story."

Over a two-and-a-half-year journey, Siobhan has completely turned her life around, she now owns her own home, has a fiancé, and works part-time

(while her fiancé works full-time). Arlo is enrolled in an early childhood centre and has free swimming lessons with thanks to the support of the local community. Reflecting on her journey, Siobhan now recognises that despite her resistance at the time, her grandparents made huge sacrifices and did the very best for her and Arlo, for that she is extremely grateful.

With any change, there is a natural tendency to resist and revert to old ways. The strength of the



relationship between a client and Whānau Worker is key. Siobhan's journey is an example that having the right support, personal inner strength, determination, and resilience, can help to pave the way to positive change and a future that is bright and purposeful.

Naoko was first referred to the AFC Family Start programme by her friend who was worried that she had little support in the community when her unborn child had been diagnosed with a serious health condition. Although Naoko is strong, independent, and able to advocate well for herself, her friend knew she would need support particularly as she did not have any family living in New Zealand and English was her second language.

Naoko had lived in the area for some time but she had little experience of the services available to her from pregnancy and because of her baby's health needs. Whānau Worker, Rebecca

supported her to navigate her way through the many parts of the health system and advocated for her voice to be heard, particularly given the language difference. This included making sure there was good communication between professionals and endeavouring to strengthen the relationships that Naoko had with them.

Rebecca was able to ensure Naoko had financial help including travel assistance grants as specialist appointments and hospital admissions were outside of the area. Her baby's condition meant a long stay in hospital to monitor mother and baby's progress before and after birth.

Adequate and stable housing was an ongoing issue for this family as they moved several times in baby's first year. Rebecca assisted Naoko in a public housing application and four months later they secured a house to move into.

Rebecca was also able to arrange furniture for the house with another social service agency and they now have warm and stable housing, which is important to Naoko's child's health needs.

This regular support and consistent relationship from Rebecca helped reduce some of the stress Naoko was managing and allowed her to focus on her relationship with her baby.

As a professional, it has been rewarding for Rebecca to see the close bond develop between mother and baby, and to see the child flourish alongside her ongoing health needs.

Naoko says, "(because) I have no family here, Rebecca is like family support, it's good to have somebody to talk to about worries. Without her, I didn't know (what was available to us)." She recommends AFC to other families as they were a "big support" to her family.



OUR WHĀNAU WORKERS ARE COMMITTED TO WORKING ALONGSIDE FAMILIES, advocating, affirming, and supporting parents in making positive choices for themselves and their children. A Family Start Whānau Worker will work together with you; one on one, at your pace, at your place.

They help you to get the right health care for your child, support you to keep your child safe, explain how your child is growing and changing at different ages, and help you work out what you want to achieve, change or improve.

You can be referred to Family Start by a healthcare professional or community worker, or you can refer yourself.

Call 0800 FAM CARE (0800 326 2273) or email enquiries@familycare.org.nz for more information about Family Start.



Farewell To Influential Trustee & Former Board Chair Hilary Allison

At our recent AGM (held in September at St Matthew's Church), our Board of Trustees Chair Jim Hawker farewelled long-standing Board Member Hilary Allison. Jim acknowledged Hilary's remarkable contribution, joining the AFC Board in 2000, serving twenty years as a trustee with twelve years as the Board Chair.

Hilary began working life as a trained nurse, and when her two daughters were older, completed the Otago University's Certificate of Social Work. She was employed by the Department of Internal Affairs and then the Department of Labour as a regional manager of community economic development programmes, in partnership with many community organisations throughout Otago and Southland for over twenty years.

"This workspan traversed a time from when general belief was that the (welfare) state would carry you through from the cradle to the grave; and through changes in legislation in the mid-1980s with such impacts as the closure of government departments such as NZ Forestry, Ministry of Works and local freezing works companies to when many New Zealanders sought alternative employment and re-training opportunities, so they could continue providing for their families, and small towns looked to develop local tourism ventures, local businesses or create training opportunities," reflected Hilary.

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"In that previous work role, I got to see the impact of Anglican Methodist Family Care (AMFC) services, and admire Catherine Goodyear and her stewardship of the agency. This motivated me to join

the board when invited, and when staff who worked directly with the families spoke of their work, that was what kept me endeavouring to do my bit."

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Jim Hawker (Board Chair from 2014 to 2020) recalls being approached by Hilary to take over the Chair role prior to her retirement and reflected that it was only the fact that she was remaining on the board that he agreed to accept the role. "I have the utmost respect and gratitude for both Hilary's strong leadership and enduring guidance, and she will be very sorely missed from the Board," he said. Indeed, it was Hilary's reasoning and passion to stay on the Board for another five years, together with her staunch belief in good governance, going hand-in-hand with a quality service and the relevance it holds in the community.

Over the decades Hilary has worked with two Directors - Catherine Goodyear and Nicola Taylor until Nicola's retirement in late 2018, and recently Mike Williams, who succeeded as General Manager that same year.

"In my short time to date as General Manager, I have



seen in Hilary not only an exhaustive knowledge of governance but also a genuine passion for the work this agency does. Having personal experience of being on a Board, I know that you can feel that step removed, but Hilary always brought a desire for better outcomes and honest care for people to the Board table. She understood the complexity of it all."

Nicola remembers meeting Hilary when appointed as Director of AMFC in 2003 and when Hilary was Board Chair. They developed a close working relationship during Nicola's tenure (until 2018). "Hilary's background in community development is a strength, and her network of relationships within the community provided a huge benefit to the agency. The 'competitive' approach within the NGO sector was not her preferred strategy, and we continued to seek opportunities for collaboration and partnership," remembered Nicola.

During this time Hilary stepped down as Board Chair in 2014 but continued to make a significant contribution as Board Trustee to the agency.

"Her retirement will leave an enormous gap, but her work over so many years has contributed to the growth and strength of the agency. She will leave things in good heart," said Nicola.

Hilary's departing gift to the agency is a fund staff members have suggested be called 'The Hilary Allison Fund'. This will provide extra client support to help people with mobile phone top-ups and travel assistance, so they can get themselves to counselling and play therapy appointments when they have exhausted their own budget.

Staff Celebrations

We celebrate with Family Start Team Leader Ngarangi Matthews as she celebrates 10 years of service with the agency.

The Times May Have Changed But Our Purpose Remains The Same

2021 marks the 50th year of Anglican Family Care and we are planning a year of celebration!



Beginning with a **HOUSE & GARDEN TOUR** on 14 February, we have an array of stunning homes to view & gardens to stroll through on the Taieri. One of our featured gardens has a collection of heritage roses that have been recognised as "A Garden of National Significance" (5 stars), as assessed by the Royal New Zealand Institute of Horticulture.

Tickets are \$30 per person, available from our **Dunedin office** (266 Hanover St), **De Winkel Mosgiel** (128 Gordon Road, Mosgiel), **Simply Flowers & Events** (70 Musselburgh Rise) and **our website** anglicanfamilycare.org.nz/house-and-garden-tour
A fantastic Christmas gift idea!

CHARITY GALA DINNER EVENT

Our major event for 2021 will be on **9 October**, when we will be hosting a celebratory Black Tie Gala Dinner at Selwyn College, Dunedin. There will be further details about this, but **save the date now!**



A HISTORY OF ANGLICAN FAMILY CARE

Carefully curated over the past decade, author Julia Stuart has been faithfully documenting our history and has produced a book, which will be available for purchase from early next year.

Pictured is a Family Care Christmas party from the 1970's

As we plan to celebrate our first 50 years in 2021, it provides an opportunity to ensure that we have measures in place to protect the future of Anglican Family Care, so that we're sustainable and are around for the next 50 years and beyond.

LEAVE A LASTING GIFT

Would you consider leaving a gift in your Will and let your philanthropic values live on, and feel confident that your children and grandchildren will grow up in a community that you have helped to keep happy, healthy and safe? No matter how large or small the gift, we guarantee that your generosity will continue to provide support to vulnerable children and their families, beyond your lifetime.

Your Will doesn't need to be complicated; it just needs to reflect your wishes. The most important people you should consider first are your loved ones.

If you are thinking about nominating Anglican Family Care as a benefactor, we can provide you with more information about leaving a lasting gift. Contact Donna Davidson in complete confidence: 03 474 7415 or Donna@Familycare.org.nz
Anglican Family Care is a registered charity – Charity Commission Number: CC24152



WE VALUE YOUR FEEDBACK

Follow the link to complete our quick questionnaire:
anglicanfamilycare.org.nz/donor-feedback

Strengthening Our Anglican Connections

As we start to think about the next 50 years and how we continue to deliver quality social services in Otago, sustainability is more than just a buzz word within our sector right now – in fact it's a reality, and a necessity as we consider how the agency responds to a global pandemic, and the impact of reduced community giving. An immediate COVID-19 casualty was the decision of the board to cancel our planned November street appeal this year, due to the uncertainty of alert levels and the safety and well-being of volunteers, who we strongly rely upon to help with collections. In spite of everything, we would like to thank our referrers, volunteers, and all our supporters, including Selwyn College, St Hilda's Collegiate School and the Diocese of Dunedin, for continuing to support us during this challenging year.

AGM at St Matthew's Church

With COVID-19 alert levels fluctuating and varying restrictions in place, social distancing became a word we became all too familiar with. We needed to find a venue large enough to ensure we could do this effectively and safely, and were grateful St Matthew's opened their doors for us. The character and atmosphere of St Matthew's proved a delightful space to stay connected to our wonderful friends and supporters.



Selwyn College

Throughout the year, Selwyn College has provided support in multiple ways. Starting with a group of students who volunteered their services

and washed our Dunedin fleet cars and building windows, they then implemented a fundraising campaign so we could pass on food vouchers for families who were impacted by the lockdown, and have recently donated nearly \$1,000 worth of grocery vouchers for those families who are struggling at Christmas.



St Hilda's Collegiate School

In August, our Caregiver Liaison Social Worker Rose visited St Hilda's and talked to the students about our Respite Caregiving service and a new initiative for the students to get behind; collecting a range of resources for caregiver activity packs to help enrich the lives of children in respite care.

Through their whānau groups, St Hilda's pupils embraced the challenge set by AFC, the generosity of the students and their families has been overwhelming.



New Board Chair & Deputy Chair

After 6 years at the helm of the Board of Trustees, our Board Chair Jim Hawker decided the time was right for succession. The Board subsequently elected Ruth Zeinert to assume the role of Chair effective from 26 November 2020. Ruth is a current Trustee having served on the Board since December 2018. To find out more and see what Ruth says about the role, see our website www.anglicanfamilycare.org.nz/news



Ruth Zeinert



Diana Hudson

Diana Hudson has also been elected as Deputy Chair.



Christmas Wishlist

As we prepare for the holidays and the festive season, it can be a very difficult time of year for many families we support. The commercial pressure on parents to provide a perfect Christmas for the children can lead to high levels of anxiety and frustration; they feel challenged in providing an experience they feel their children should have.

2020 has been a year like no other, and if you would like to consider supporting a family this Christmas, we welcome unwrapped new children's toys & clothes that can be passed onto families in need.

Help create long-lasting memories by donating a family experience such as

- * movie or swimming passes
- * toy library memberships
- * baby swim classes
- * ice-skating or mini-golf passes
- * care packages; (body wash, shampoo, toothbrushes, toothpaste, deodorant)

You can leave a gift at any of the following AFC locations:

266 Hanover Street, Dunedin
 13 High Street, Balclutha
 23 Coquet Street, Oamaru
 14-20 Centennial Ave,
 Alexandra
 34 McDougall Street, Wanaka



We wish all our families and supporters a happy Christmas season. We will be closed from Christmas Eve and reopen on 5 January 2021.

Thank you

We've received some generous support from our community that have included: hygiene product packs, reusable masks, clothing for children, and donations of funds, big and small. We, and the families we support, are extremely grateful.

We sincerely thank:

- Central Lakes Trust
 - Tindall Foundation
 - Lion Foundation
 - Network Waitaki Community Fund
 - Pub Charity Fund
 - Donald & Nellye Malcolm Charitable Trust
 - The Southern Trust
 - A H & A I Reed Trust
 - Otago Community Trust
 - Dunedin City Council
- for their support by way of grants over the last quarter.

YES, I WOULD LIKE TO MAKE A DIFFERENCE TO OTAGO FAMILIES

My gift is: \$10 \$20 \$50 \$100 Other
 Please charge my credit card: Visa Mastercard
 Card number:
 Name on card:
 Signature: Expiry date / / CVC

I enclose my cheque for \$
 I have made a deposit of \$ into Anglican Family Care's bank account
 02 0912 0018828 07 (ref. my name and "Summer 2020")
 I have made a website donation of \$ via AnglicanFamilyCare.org.nz

My email address is:
 My phone number is:
 I would like to become a regular donor, please contact me to organise.
 I would like some information on how I can help AFC by leaving a gift in my will.

Scan this QR Code to make an Online Donation



All donations are receipted.
 Gifts of \$5,00 or more are tax deductible.
 Our Charities Commissions Number is CC 24152.