



Community Connect

SUMMER
2023

Because of You... Families Are Hope-Filled

What is this thing we call social work?

Social workers work in many contexts. They must have a tertiary qualification in social work or be able to demonstrate they are competent to the Social Work Registration Board.

Social workers work across a number of fields and apply their practice in a variety of ways and roles including clinical work, community development, advising, education, supervision, facilitation, advocacy, management, policy development and leadership.

They are about change. Whether supporting people to make a change in their life by addressing the challenges they may be facing

personally or by promoting social change amongst the systems they live in, be it a family system, a work/ education system or a community or government system.

Principles of social justice, human rights and respect for diversity are central to their work.

In the Anglican Family Care context, what that means is an opportunity to come alongside a family and understand their situation in order for change to occur. Relationship building is the platform so mutual trust can be established. Child centred practice is paramount. Though we primarily work with parents, we are always

endeavouring to look at the world through a child's eyes.

We work with a family, in their home, in a negotiated and planned way. A partnership is developed that recognises not only what skills and knowledge a social worker brings but also what strengths and skills a family already has. This sets the scene for a partnership where there is not only an opportunity for parents to learn what their children need to flourish, but also an opportunity to develop insight into their own needs, as parent wellbeing is interlinked to child wellbeing. Stress that is occurring for parents can have an impact on their children.

Jane Addams who is sometimes quoted as the mother of social work said "what after all, has maintained the human race on this old globe despite all the calamities of nature and all the tragic failings of mankind, if not faith in new possibilities and courage to advocate for these."

To be able to hold hope for a family, particularly when they cannot hold it for themselves at times of distress, is a powerful contribution to the worker/family partnership. Always with the knowledge that there will be a time that they can hold that hope for themselves.

Vicki McDermott (Team Leader Central Otago / Queenstown Lakes)

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Advancement Through Advocacy

Our team of social workers and whānau workers advocate for clients. Dunedin Home-based social worker Rose explains what this means.

"I recently worked alongside Alan who was parenting his teenager on his own, his son had health issues that were affecting his wellbeing. Having already experienced the benefits of accessing support from Anglican Family Care, Alan self-referred when he found himself struggling. I organised a meeting with other professionals to discuss what their needs were and what would work for them. It was through this process of collaborating with other professionals, where we identified his son would benefit from attending Health School."

"It's a privilege to be the voice of the client in these settings", Rose told us. "You need to establish trust and have a good relationship because it's within that relationship that solutions can be found, and changes can be made."

Alan told us. "I have been a single dad for a number of years, since taking over the care of my son when he was very young and have benefitted from Anglican Family Care's Family Start and Home-based Family Support Services a few times when I've faced parenting challenges. An earlier example in my son's development, was when he had trouble sleeping, which he unfortunately inherited from me. I learnt techniques to help us both adjust and



how to cope when he wouldn't settle. This gave me reassurance that I was doing the right thing." Alan expressed that being a male and parenting on his own is a unique situation. "The support I've had over the years has given me peace of mind."

Alan's advice to other parents who are struggling. "Don't try coping on your own. It takes a shift in mindset and acknowledging and admitting there's a problem first, but that help doesn't come until you do. In my experience, admitting there is a problem is the first step to finding a solution and support."

A special thank you to everyone who joined us at our Mrs Harris Goes To Paris Movie Night Fundraiser on 20 October.

We had a great time and together we have raised over \$1,500 for support for tamariki and whānau in Otago.

Congratulations to our raffle winners Madeleine, Clare and Jayde. We hope you enjoy your prizes

If you want to keep up-to-date with our upcoming events, follow us on Facebook or Instagram

Thank you!



Find out about what it takes to become a social worker...

Working Together For Positive Change

We are proud to help combat family violence in Dunedin with a place on the Whāngaia Ngā Pā Harakeke (WNPH) police-sponsored initiative where police and local iwi are working in partnership to reduce family harm. November marks their second anniversary and in that time WNPH has grown exponentially and now has a good collective of 24 non-government organisations (NGOs) and government agencies to help whanau.

Home-based Family Support Team Leader Terri spends 4-6 hours a week involved in their High Risk table where she contributes to Safety Planning for family at high risk of Family Harm. That is a huge investment of time for us, let alone our contribution to Family Harm tables across the other three sites. And WNPN is making a difference, in the two years it has been running, there has been a reduction in harm in severity of family harm by 20% which is incredible.



I have been able to support whanau who would not normally ask for it, with care packages, paying power bills and supplying food parcels.

South Otago Community Connector

The Community Connector service was introduced in **** to help those negatively affected by COVID-19. This service has enabled us to connect with other agencies within our South Otago community and to understand the services they provide. We have been able to fill the gaps in service delivery – utilising the Salvation Army Foodbank and working in with Clutha Development to deliver food parcels

We are used to adapting to needs in the community, and without the funding from the Ministry of Social Development, we would not have the capability and resilience to help.

Having a high trust model meant we were able to fix things quickly and provide support immediately for families as well as individuals who would not normally have access to Social Services in South Otago

Lisa (our Community Connector) has been able to support whanau who would not normally ask for it, with Care packages, paying power bills and supplying food parcels. Many families have found having a second parcel can be helpful for the following week, after completing their self-isolation period. It has been great to have the discretionary fund to help remove barriers for people self-isolating or negatively impacted by Covid. We have been lucky enough to get texts and photos from whanau who have received support from us.



A Journey Through Parenting

Brooke first heard about Family Start through her partner at the time, who was receiving support from the programme delivered by Anglican Family Care. When she became pregnant with Lachlan, Brooke welcomed the opportunity to start her own journey with Family Start's parenting programme as a new young mum.

Brooke told us that when she first got involved with her whānau worker - Lisa, it was at a particularly bad time in her life. "My relationship was unstable with [my] baby's dad, and I couldn't be totally honest about my situation or my feelings with anyone." It was only when the relationship with her son's father ended, that Brooke was able to openly connect with Lisa, and start finding her way.

Whānau worker Lisa explains, "Relationship building is an important part of the Family Start journey and is the foundation for meaningful progress. Brooke initially didn't share what was going on in her life and needed to see this for herself and accept that change needed to happen and to have trust in me, so I could walk alongside her on the path she chose. We genuinely want the best for our families so while trust can take time, it usually eventuates. It is also important for a good 'fit' between a whanau worker and the family they support."

"My mental health wasn't good," reflected Brooke. "I wasn't coping at all and was making bad choices such as abusing alcohol. Lisa helped

me open my eyes, and see my self-worth, she assisted me with safety plans, provided me with relationship strategies and pointed out any red flags that were triggering my negative behaviour. If it wasn't for Family Start and Lisa's support, I wouldn't be here today!"

Being independent with both a good work and home life balance is important to Brooke. In Lachlan's early years, her whānau worker was able to assist with strategies so she could achieve this, while still being a good mum to her son.

Whānau worker Lisa says, "Our service is voluntary, so families willingly invite us into their homes. Goals and changes are self-determined by the families themselves. Our priority is the child's best interests. Because parents want this too, it means we both have the same goal. If changes are going to benefit the parents, the child will benefit also."

"Stress was a risk to Brooke's overall wellbeing. She has an amazing work ethic. When she was doing well, she tended to overload herself with commitments. While employment was intended to alleviate financial stress, it sometimes added other stressors with Lachlan in childcare and reacting to the changes; and Brooke fatigued which led to health issues. I highlighted this for Brooke and goals focused on a work-home balance. I checked in when she took on new commitments to ensure this was manageable for her."

Three years on and Brooke is now studying

through Otago Polytechnic towards her NZ Diploma of Business and Management, and last year graduated and obtained a certificate in Business Administration Level 3. "My whānau worker helped me to set goals and supported me to keep striving to achieve those goals."

"It's wonderful to hear the progress that Brooke is making with her ongoing parenting journey and with her studies." Lisa: Family Start – Whānau Worker.

When Lachlan was almost 3 years old, Brooke was referred through to the Home-based Family Support (HBFS) parenting programme offered by Anglican Family Care near the end of her time with Family Start. This programme supports whānau and their tamariki up to 17 years where there may be challenges impacting the well-being of tamariki and their whānau. In Brooke's case, she transitioned to HBFS to help with problems that were impacting Lachlan's behaviour.

Social Worker, Maddie, explains how Brooke has been extremely motivated and focused on achieving her goals.

"A large part of our work together has been facilitating her journey on the Circle of Security (CoS) Parenting Programme. As we have progressed through this programme, there have been some challenging and sometimes confronting ideas discussed. Brooke has done an amazing job at connecting with the course material and sharing examples of how it relates to her own parenting style. She's open and interested in discussing new strategies and ways of viewing what can be seen as challenging

behaviour from her toddler. Through my time working with Brooke, it's easy to see she's a very caring and compassionate person who always takes care of those around her. At times I have had to remind her to make sure she is taking the time to look after her own self-care as well. Brooke is an awesome mum, the CoS Parenting Programme has given her additional tools to keep in her kete to help with the everyday challenges of being a parent."

Based on attachment theory, CoS is an evidence-based intervention driven by years of attachment research, focusing on strengthening the connection between the parent and te tamiti.

Maddie identified that Lachlan wasn't getting a full night's rested sleep, which was potentially affecting his behaviour, and worked with Brooke to change his bedtime routine.

"It was a never-ending cycle. My son was getting overtired to the point where at the weekends he was so frustrated, his reactions were uncontrollable, and he would become violent," said Brooke.

With the situation spiralling out of control, Brooke was at her wit's end, and it was negatively impacting the relationship with her son.

Brooke's journey is an example of how social work intervention together with attachment-based principles can help parents repair their relationship with their child(ren) as she learned how to respond to her son's unmet needs.

"It's quite unbelievable the positive impact through changing my response and adjusting his bedtime routine has made on our lives," Brooke told us. "We now finish tea by 5pm, have time to play before his bath, then a bedtime story and Lachlan quickly settles and is asleep by 6.30pm, which gives me time to study at night, and I

have an hour to myself in the morning to get ready for the day."

"With Maddie's support and CoS, it has helped me look at parenting in a completely different way. Instead of thinking my child just needs attention, I learnt that he was actually sending me a message and it's how I respond that results in his good or bad behaviour. It's changed



everything.”

By understanding and applying the principles of CoS, Brooke has seen a complete change in her son (and herself), as his outbursts of anger and frustration have stopped. She has been able to approach her parenting style in a different way, rather assuming Lachlan was being naughty at bedtime, she adjusted their evening routine which has brought about positive changes that are profoundly life-changing for both mother and child.

“I would totally recommend (AFC’s) parenting programmes to any parent who is struggling. There is no judgement, they listen and give you advice – you just need to be open to change, if I wasn’t [open] I probably wouldn’t have Lachlan in my care today. I know that the words ‘social services’ can make anyone nervous, my advice is don’t be afraid, the workers are actually there to support and help you.”

The icing on the cake for Brooke is receiving an offer of another home. “It’s a lovely house, in a friendly neighbourhood and it’s warm. I’m so grateful to all the support I have received. My motivation in sharing my story is to encourage other [single] parents who need it to get help. You really don’t have to struggle on your own, non-judgemental, and practical support is out there.”

Photos supplied by client



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
- Balmain 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.



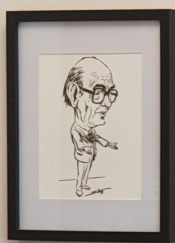
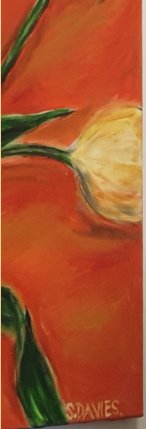
Between July 2020 and June 2021,
Anglican Family Care
supported approximately



and
made



home
visits



General Manager Mike Williams pays homage to the legacy of previous Directors

Honour The Past, Celebrate The Present, Embrace The Future Celebrating 50 Years Of Service To The Community

Since our 'humble beginnings' in 1970, Anglican Family Care has delivered a range of restorative, social and therapeutic services in Otago to tamariki and their whānau who are facing difficulties. While there have been many changes and challenges since then, we remain firmly focused on our role in giving people hope that their futures can be better.

"The single most important thing to me is that Anglican Family Care is available to support our community for as long as there is a need for us to do so. We remain committed, Board and staff alike, to a vision of strong, connected and thriving whānau and tamariki, whatever challenges the future brings."

50 years is a remarkable achievement for any organisation and we are thrilled to be celebrating our anniversary in person following a challenging season.

Thank you for helping us celebrate our 50th anniversary with a Celebration Dinner at Selwyn College, on Saturday November 26, featuring keynote speaker Nigel Latta.

As our General Manager was recently quoted in the Otago Daily Times newspaper: "Our Board of Trustees and management team are really looking forward to the opportunity of gathering in good company and reflecting on a legacy to date of care and excellence," We're all keenly aware the job isn't done yet, but 50 years is certainly worthy of celebrating."

There are "not enough words" to thank the many sponsors, supporters, donors, philanthropic organisations, and others who continue to support the work of Anglican Family Care.

50
anglican family care
mariposa whānau

JOIN US TO CELEBRATE
50+ years
OF ANGLICAN FAMILY CARE'S
SERVICE TO THE COMMUNITY

Celebration
DINNER

Saturday
NOVEMBER 26, 2022
Selwyn College,
560 Castle Street,
Dunedin

THANK YOU TO OUR SPONSORS
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THE I.T. TEAM

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- I'm interested in becoming a caregiver. Tell me more.
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- Please send me more information about including Anglican Family Care in my will.

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

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Anglican Family Care
266 Hanover Street
Dunedin 9016

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!