

Community Connect

SPRING/
SUMMER
2021

BECAUSE OF YOU... FAMILIES ARE COURAGEOUS

Family Start (FS) is a home visiting programme that focuses on improving children's growth and health, learning and relationships, family circumstances, environment, and safety and helps to ensure there are positive outcomes for the parent/caregiver and child. The programme supports whānau to negotiate through some of life's challenges that may impact the wellbeing and safety of the parent /caregiver or child.

Having raised her own three children, who are now adults and living independently, *Heather was beginning to look forward to having more time on her hands to socialise with friends and the freedom to put her wellbeing first. Due to circumstances outside of her control, the reality was soon to be very different.

Married at 18 years old and a young mum, Heather recalls feeling lost and not ready for motherhood. "I didn't feel maternal, I was still young and wanted my freedom, looking back now I'm aware how my own feelings and parenting style had a significant impact on my children growing up."

Heather's daughter, already a mum to one child, (who was not in her care) found herself pregnant again. Heather explains, "Because of my daughter's poor choices, it was clear that unless she made some drastic and significant life changes to improve her situation, this baby would not be safe in her care. I was feeling very frustrated and concerned for the overall [future] safety of my grandchild."

Oranga Tamariki (Ministry for Children) were supporting Heather and her daughter to establish a plan for the wellbeing and safety of the

new-born child. It was during this process a referral was made to Anglican Family Care's Family Start team.

Family Start whānau worker Cathy explains, "Heather had a strong focus and desire to ensure the safety and wellbeing of her grandchild and that they grew up in a safe nurturing home, where all their needs were met. She supported her daughter tirelessly through her pregnancy and when baby was first born."

"Meeting Cathy for the first time was a life changing experience," reflected Heather. "Keeping my grandchild safe was my main priority and having Cathy there to advocate for me through the daunting statutory and family court process, so I could take legal guardianship of my grandchild, was such a relief."

Having made the decision to become her grandchild's caregiver, Heather had to adjust to a life with her grandchild in her full-time care. The relationship with her whānau worker continued to be valuable, as she focused on raising her grandchild while balancing her own wellbeing and juggling work commitments.

"It was a very challenging and emotional time for all involved. My role was to help ensure that the baby's safety and wellbeing remained the focus" said Cathy.



"My grandchild can be strong-willed and sometimes I do feel overwhelmed. Cathy would visit us and reassure me that my parenting approach was on track. She never judged me. I appreciated the practical advice I received from her too. My grandchild is an early riser, I would get tired easily and struggle at times to cope. Cathy encouraged me to take time out for myself and find my own coping mechanisms."

"I supported Heather around child development, this involved some good conversations regarding parenting styles and their impacts on parenting/caregiving, the child's wellbeing and development and accessing supports for Heather as required. A large part of my role at this time was supporting her as she negotiated the Family Court process.

During our work together, Heather was open to support and information. She had a strong drive to ensure her grandchild did not repeat the cycle and wanted them to thrive and grow up to be healthy, happy and confident.

We had some courageous conversations as she reflected on her own childhood, and her parenting experience the first time around, together we focused on what she would do differently with this new learning. With this new knowledge and determination, this grandmother is helping to ensure her grandchild gets the best possible start in life."

Cathy told us Heather had a lot of challenges along the way, most of which was forgetting to look after herself.

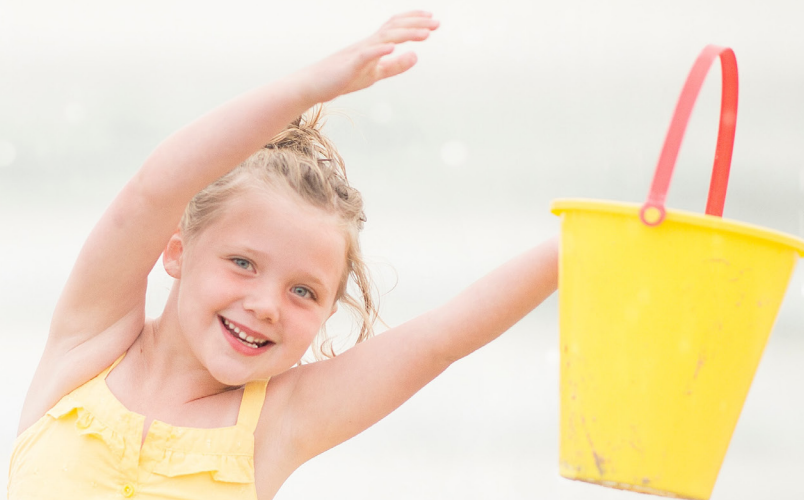
"This was perhaps the most challenging part of our relationship," said Cathy. "Her tenacity and determination to make a better life for her grandchild is an inspiration. Everyone needs a cheerleader and at times we are that for the parent or caregiver and sometimes the cheerleader for the child. My hope is that this whānau can be cheerleaders for each other."

Heather's grandchild is now two and a half years old, and they continue to use the resources and tools that Family Start provided. She fondly recalls Cathy's visits, and the delight on her grandchild's face, when the box of toys would come out.

"It was the simple things, that gave the most joy, for example small stones in a secure container that would rattle, stimulating my grandchild's love for exploring new things. Without Cathy, I wouldn't have known how much fun you can have with basic everyday items with little cost."

Family Start supports babies and their parents or caregivers early on, before the baby's birth or in their first year. This allows time to build a relationship of trust and support for whānau to negotiate any challenges that pregnancy and parenting/caregiving can bring including access to other services to achieve their goals and be the parents they want to be.

**Names have been changed to protect client's privacy*



Break the cycle of Period Poverty

"Period poverty is an issue facing large numbers of individuals and whānau throughout Aotearoa. When an individual is unable to access adequate period products, they frequently miss school or work, and are forced to use substandard, unhygienic alternatives, such as toilet paper or rags." – AWWA Period Care

It is a story that is reflected across women of all ages who cannot afford or access suitable period products, some of whom make the decision between nappies for their children or products for themselves, or even essential items such as food. This can lead to feelings of isolation and loss of dignity.

This is the message the students at St Hilda's Collegiate School in Dunedin heard earlier this year when whānau worker Bushie visited.



Period-proof underwear, ready to be distributed



St Hilda's students display the products alongside chaplain Dr Townsley

KidsCan's 2018 survey of 5,000 women and girls in New Zealand found that:

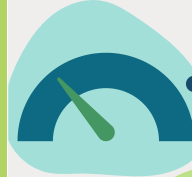
53%

had found it difficult to afford sanitary items at some point



29%

under 17 year olds had missed school due to lack of sanitary care

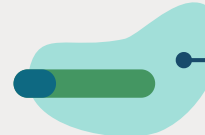


\$16,000

NZ menstruators spend almost \$16,000 in their lifetime on period care products.

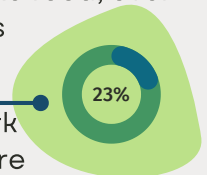
30%

said they had to prioritise buying other items like food, over sanitary items



23%

had missed school or work due to lack of sanitary care



References

KidsCan survey conducted in 2018
www.kidscan.org.nz/news/more-action-needed-to-combat-young-people-s-experiences-of-period-poverty

They were then inspired to help our mums and rangatahi to overcome social embarrassment, stress and reduced self-esteem - the impact of period poverty. Students collectively, in their whānau groups, donated a range of products to support this cause.

We are now proud to partner with AWWA Period care, who have donated 150 pairs of period-proof underwear so our clients have a reusable, sustainable option in keeping with our commitment and focus on environmental sustainability.

If you would like to help, call 0800 FAM CARE, or email Communication@FamilyCare.org.nz

AWWA

Saying Farewell To A Legendary Advocate

It is with sadness that we acknowledge the passing of Anne Turvey on September 1st, 2021.

Anne was an integral founding staff member of the Anglican Methodist Family Care Centre, employed by the agency in its formative years from 1970- 1976. Anne recounted and shared her memories from those early days- many of which are documented in our 50th anniversary publication 'Southern Service', which was launched in April this year.

Anne made a significant contribution to her community not only through her work but also her time on various committees, boards and in local governance. It was a pleasure to spend time with her at the book launch and she will be sadly missed.

We offer our heartfelt condolences to Anne's family at this time.

We asked some people who worked alongside her to share some memories with us.

Anne Turvey was involved in Family Care from its very beginning. When Family Care's doors first opened on 27 May 1970 for an 'experimental year', Anne was there as the first Director's office assistant. Anne, along with Bob Walton and Beverly Russell, Family Care's first social worker, occupied in three rooms on the same floor as the Methodist Central Mission in the newly-opened tower block on the Octagon, and from there began the innovative social welfare agency which has served Dunedin for the past 51 years.

For that first year, the agency was so experimental it didn't even have a budget. Anne and Bob Walton had been working from the Anglican diocesan office in lower Stuart Street. Still paid by the Anglicans, they just moved up the road and brought their office equipment with them. After that first twelve months, when it became obvious there was a clear need for the service, Order of St Stephen volunteer Beverley Russell went on to run the nearby Citizens Day Nursery, the Methodist office took over the clerical work and Anne Turvey became the Family Care social worker, being paid the princely sum of \$1 per hour.

In the eight months after Family Care was officially established in June 1971, Anne Turvey and Bob Walton took on 140 new client families. Anne managed the donations of practical help –

food, clothes and household equipment – and found space to store them in the new Mission building. She and Bob Walton had been involved in the Group Life Laboratory movement, and were interested in the dynamics and therapeutic benefits of informal group meetings. So from August 1972 she began to gather mothers and their small children together once a week, drawing volunteers from both churches to help with activities, hospitality and a simple lunch.



Logo designed by Anne in the late 1970's which appeared on Centre letterheads and annual reports throughout the 1980's

She also set up another small friendship group in South Dunedin.

Thus was born the Thursday Group, which ran for the next decade and was a lifeline for hundreds of lonely parents in need of support and friendship. Anne was still doing a lot of administration, but found time to study for the first social workers' certificate course run by the university. After attending a conference in Australia in 1975, she saw the need for the coordination of child abuse services, and introduced a regular meeting of the various agencies working in this field.

Along with her other talents, Anne was an artist and designed the first Family Care logo, which served the growing agency until the mid-1990s. She left the agency in 1977 to pursue a career in local government, having helped set a strong and stable base on which the next generation of social workers could build with confidence.

Julia Stuart

Anne saw a need, and would seek to do something about it. She was passionate about social work, and particularly the lives of the single itinerant men, women and families that we dealt with on a daily basis. The Thursday Group, was created because Anne asked clients that came to us what they really needed by way of support.

I commenced work at AMFCC in January 1974, when we were based in the Methodist office, Bob had his own office, and Anne and I shared a small room that was also used to interview people. When a client needed 'private space' I would go out to the Methodist office area to work.

Anne was undertaking interviews, administration, and social work tasks. I recall that she was recording very neat client details in a hard-covered notebook, and one of the first things we discussed was creating a client recording system, hence my first task was to design a client intake form!

She also wanted to ensure that correct information was recorded for the future, even to the extent of upsetting some people! She had little time for 'fools, or do-gooders' and was adamant that good accurate records needed to be kept, so the correct story could be told, hence her writing up the first history of AMFCC.

Anne maintained a life-long interest in social services, and particularly AMFCC; she would telephone me regularly to have a 'chat' and catch up. I will miss those calls.

She was a forward thinking person, who battled for better services for women and families, and was a fore-runner in the social work field.

I remember her telling me that she stood for council in the hope that she would be able to facilitate change for people, particularly families. She was intensely loyal to the South Dunedin area, even after her and Dick moved to St Leonards.



*Anne Turvey.
Photo: ODT files*

Anne, was aware she 'upset some people' by her honesty but she relished the challenges faced both in social work and her time as a city councillor. She suffered fools lightly, and hated wasting time on mediocre matters, that could be resolved quickly.

She enjoyed creative writing and was a Member of the Dunedin Writers Group, she also encouraged me in my own poetry writing attempts. Anne saw writing as an important form of expression.

She loved spring, the new flowers, she and Dick managed the big garden at St Leonards. Anne enjoyed the pleasure of gardening. Both her and Dick were members of the Sawyers Bay Garden Club, and Dick were regular contributors for many years.

I really enjoyed working with Anne, she was honest, caring, funny, and genuinely cared for people, I will miss our regular catch-ups.

I recall something she said recently – "It was never about me Lynne, it was always about the people".

Lynnette Campbell

Anne Turvey was not only unwavering in her support of and belief in Anglican Family Care, she was a woman warrior for her beloved St Kilda neighbourhood and the people of South Dunedin. Anne always gave people confidence to carry on.

Hilary Allison

As a new social worker in the Department of Social Welfare, in 1977, the work of Anglican Methodist Family Care Centre, or 'Family Care' as it was known, was legendary in the sector. Bob Walton was a regular visitor to the office, and Anne Turvey's name well known. The DSW in those days responded to the most acute issues of care, providing for children in the aftermath of abuse and neglect. Care placements for children were provided by Family Care, who offered support to families in the most troubled circumstances. There was extraordinary collaboration across the health, education and welfare departments led by visionary individuals desperately looking for answers for entrenched situations within families.

In 2003 I was appointed Director of AMFCC, and I well remember Anne speaking at an agency AGM. I forget the year, but we were in the Bath Street meeting room downstairs. Anne told the story of her own life in a most frank and colourful way,

and you could have heard a pin drop in the room. She disclosed details of her own personal hardship and challenges as a child, and together we gained a sense of her incredible vision, strength and determination to work for change. She went about this in a very quiet and unassuming way, but her fearless approach and no-nonsense reaction were an inspiration to all of us in the most thankless profession of responding to poverty, hunger, shame, despair and abuse. It all came together that night, listening to her story and the vision for change - an ethos which underpins every aspect of the work of the agency. The compassion and commitment of all staff continue in the 21st century, carrying out the very early legacy of Anne's work.

In 2010 the agency celebrated its 40th birthday, and the idea formed of writing a history. Anne, myself and Jane Jones formed a small committee, and began the work of gathering up the threads of research and story telling. Julia Stuart picked this up to write the history 'Southern Service' released in 2021. The work was tedious at times as records were searched and interviews done of key people. The final book is beautifully written, and Anne was able to attend the book launch.

Thank you, Anne, for your support and hard work, and you will be remembered as the agency's first social worker. It was fabulous to have you there on the 50th birthday celebration. You set the foundation for amazing achievements far reaching in their impact. We who have been in the profession a long time joke about the 'cynicism' - you had a fair measure of that, as you critiqued the pretentious and half-hearted - but you were also kind and sincere in your approach.

Thank you, and our love to your family.
Nicola Taylor



General Manager Mike with Anne at our book launch in April

It was my great pleasure to meet with Anne this year when celebrating the launch of our book, particularly given Anne provided a link to the origin of our agency. Over several phone calls Anne shared with me her recollections of those early days alongside our first director, Bob Walton, in what was a very different time. But some things have remained very much the same - Anne's desire to support those who were in need is still very much at the heart of the current day Anglican Family Care Centre. We owe so very much to the legacy created by those who had the foresight, energy and genuine care to start us out on this journey.

We farewell Anne with sadness but thank her for a life so obviously dedicated to the betterment of the lives of others. She will be well remembered by all who have been a part of Anglican Family Care.

Mike Williams
General Manager Anglican Family Care



Start the journey today

*Become a
Caregiver*



"Our own children have very much enjoyed the opportunity to meet and play with these kids too and we know that their caregivers have received a very much deserved day or two off from the pressure that they have been under."

Doug (caregiver)

AnglicanFamilyCare.org.nz

Honouring Our Past, Celebrating The Present, Embracing and Planning Our Future

As we focus on sustainability and safety, we have started developing a sustainability map, beginning with upgrading eleven fleet vehicles, all with 5-star safety ratings, six are hybrid. Our commitment to protecting the environment and keeping our people safe at work continues.

Looking ahead to the next fifty years our **financial sustainability** is key to helping our community **stay happy, healthy, mentored, and safe** for future generations. **Leaving a lasting gift** in your Will and letting your philanthropic values live on will help us to achieve this.

Your Will doesn't need to be complicated; it just needs to reflect your wishes. The most important people to consider first are your loved ones. After they are looked after, you can continue supporting the causes that matter to you, by nominating Anglican Family Care Inc. in your will we guarantee your thoughtfulness continues supporting tamariki and their whānau beyond your lifetime.

We can provide you with more information about leaving a lasting gift in confidence, call 03 477 0801 or email Communication@FamilyCare.org.nz



Our Year of Celebration Continues...

Update on 50th Anniversary Events

This year, we began celebrating our 50th anniversary with a House & Garden Tour fundraiser, followed by the book launch of "Southern Service" on our inauguration date (27 April 1971). * Purchase your copy direct from our website at \$39.95 each.*

Celebration Dinner

Our board of trustees have made the difficult decision to postpone the 50th Celebration Dinner which was to be held on Saturday 16 October. The postponement has been made due to the uncertainty of COVID-19 alert levels and potential risk factors associated with the Delta variant, planning is now underway for a new date in October 2022.

Thank you for your support and patience. We'll keep you updated on our Facebook page and let you know when you can purchase tickets for this amazing event.



A couple of weeks ago, we were able to join as a staff team from across Otago to commemorate 50 years of service to our community. Special thanks to the staff organising committee and Plato restaurant in Dunedin for providing an authentically themed venue, and a tailored selection of delicious 1970's cuisine.



AFC WISHLIST

Each of the following items will help our practice teams support parents/caregivers to develop and strengthen their parenting skills, so that their children are able to reach their full potential:

Resources

- * Developmental toys (wooden activity cubes),
- * Tactile books for babies
- * Jigsaw puzzles (peg, wooden, etc)
- * Art supplies - pallet paint, paint brushes, stickers

Client Assistance

- * Toiletries for the whole whānau (body wash, shampoo, toothbrushes, toothpaste, deodorant, nappies, hygiene products)
- * Sun protection (sunscreen, hats)
- * Supermarket vouchers (to purchase milk formula)
- * Petrol vouchers

BE A CHANGEMAKER

Have you considered setting up a regular donation so that your goodwill can be spread throughout the year?

Here's what some of our regular donors say:

"Mum brought us up to help kids who don't have access to the same things we did, so I have continued that tradition as I have got older"
- Esther, aged 25

"I donate to AFC at Christmas because it's tradition, it's something we have always done, as a family"
- Josh, aged 29

"AFC helped me when I was at my lowest point, and I just want to help someone else in the way I was helped"
- Rachel, 41

Thank you!

We would also like to take this opportunity to thank our supporters who have helped us throughout the year. Unfortunately, due to COVID-19 restrictions, we are unable to proceed with our supporters thank you luncheon this December. We wish you all a festive Christmas and look forward to reconnecting safely in 2022.

We would also like to sincerely thank:

Anglican Diocese of Dunedin,
AWWA, Beanies for Babies,
Central Lakes Trust,
Dunedin Kia, Findex Dunedin,
Friends of Relationship Services,
Lion Foundation, Mitre 10 Mega,
Otago Community Trust,
Otago Packaging,
Rotary Club of Dunedin,
Selwyn College,
St John's Anglican Parish,
The I.T. Team, Tuapeka Gold Print,
Zonta Club of Metropolitan Dunedin
for their support.

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 have made a deposit of \$ into Anglican Family Care's bank account 02 0912 0018828 07 (ref. my name and "Summer 2021")

I have made a website donation of \$ via AnglicanFamilyCare.org.nz

My name is:

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.



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



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