



manaaki whānau

# Community Connect

## Supporting Otago Families

AUTUMN  
2019

**Jade Speaks Up!** A New Zealand pilot programme funded by ACC for students in Year 5 to Year 8 is delivered in five low-decile Dunedin schools.

Social Workers in Schools (SWiS) is a dedicated community social work service supporting children who are experiencing issues that are affecting their performance in school and home behaviour. These include grief and loss, transitions and change, anxiety, recognising their feelings and relationships with their peers.

SWiS is based on a well-researched strength-based model that aims to harness the strengths that already exist in whanau/families. Over the last year 433 children have benefited from 29 programmes delivered by our SWiS team.

There are many ways our social workers in schools deliver support, and when Claire and Katie learned about "Jade Speaks Up", a personal safety programme that focuses on a primary prevention and early intervention approach, they decided to find out more about it.

Jade Speaks Up is a pilot well-being programme created by a team in the North Island, including Elaine Dyer and Andrea O'Hagan. It is delivered

by teachers over 10 weeks and focuses on:

- Strategies for responding to family violence and bullying
- Practical and relational strategies for keeping safe
- Developing emotional literacy, trust and self-agency
- And features a seven-minute key resource video "Jade Speaks Up".



Andrea O'Hagan and Elaine Dyer with Claire and Katie



Convinced that this programme would enhance the work already being delivered in schools, Katie and Claire persuaded its creators to extend the pilot to Dunedin.

Jade Speaks Up was launched last year in term three and Katie and Claire played a key role in coordinating the training required for teachers. The schools then ran with the programme and the Jade team offered Skype supervision to the teachers.

One teacher who completed the programme commented, "I believe they all took away messages that will help them to speak up if they were the victim of bullying or violence."

As the programme is designed as a prevention tool, tailored to all children, it helps them to develop better social awareness, and to build relationships and trust. "We saw immediate value

in it", said Katie. "Some children who weren't exposed to the same challenges as their peers expressed that while they were grateful [bad stuff] wasn't happening to them in their own households, they have developed empathy and a raised level of awareness, and more kids are looking out for each other".

Claire noticed that the programme gave children skills and a language to use to help them keep safe. For some children who were in unsafe situations, it empowered them to talk about what was going on and to get help.



This is another example of how Anglican Family Care social workers advocate to find resources that support children and their families in Otago.

People interested in the Jade Speaks Up programme can make contact at: [jadespeaksup@violencefreecommunities.org](mailto:jadespeaksup@violencefreecommunities.org)



### *Could You Be A Caregiver ?*

Do you want to help Dunedin families in need of support? We are looking for caregivers to provide emergency, short-term and/or respite care for children. As part of our support for families, we sometimes offer planned respite care when there may not be other people who can help. Caregivers are given ongoing support and training, and are required to undergo an approval process.

Further information is available on our website: [anglicanfamilycare.org.nz/supporters/be-a-caregiver](http://anglicanfamilycare.org.nz/supporters/be-a-caregiver)

### *Spreading kindness at Christmas*

Shirley Mills, 83, loves to help out at Christmas time by collecting gifts that she distributes to the local community. It brings her so much joy that she often starts to gather Christmas gifts in September! Shirley has no family close-by but doesn't want to move away from her home in Balclutha. "I'm more-or-less house bound now, but still enjoy being active in the community and this is a wonderful opportunity for me to continue to give back".

Shirley also sews and makes "fidget cloths" for people in nursing homes, especially dementia wards. She has recently also provided the local Women's Refuge with homemade cushions, towels and facecloths.

Thank you so much Shirley for your support and donations of gifts that we were able to pass on to the families we support in South Otago at Christmas!



### *Thank You*

We are extremely grateful for the funding we receive from our dedicated donors, supporters and community partners, including tangible items such as knitting, toys and clothing for the children and families we support. We would also like to thank Central Lakes Trust; The Friendship Group, Oamaru; Mercy Hospital; The Trinity Foundation; Otago Community Trust; Dunedin City Council; and The Trusts Community Foundation.

## New Faces at Anglican Family Care



**Donna Davidson**  
Fundraising, Marketing and  
Communications Manager

### *Why did you come to AFC?*

Having worked in the not-for-profit sector for over 18 years, I have always felt comfortable working for organisations where the key driving principle of the work is to create better outcomes for people when they need it most in their lives.

### *What previous experience do you have?*

Customer service and sales was my background before coming into the not-for-profit sector. I've been privileged to grow and develop my fundraising experience, including managing the grant and bequest portfolios for several national not-for-profit organisations.

### *What do you hope to achieve?*

To continue the good work of my predecessors, raise funds to meet our (government) contractual shortfall and to grow our profile in the community.

### *What is life outside of AFC like for you?*

DIY with my husband Gary, and family time. A chunk of our family live in the North Island, who we try to visit as often as possible, when we're not immersed in yet another DIY project.



**Sarah Thornton**  
Receptionist/FMC  
Administrator

### *Why did you come to AFC?*

I've had a relationship with Anglican Family Care since I was a child, when Mum would bring us in to donate toys at Christmas. Helping children at risk has always been in my heart and to be part of the team supporting families is such a blessing.

### *What previous experience do you have?*

Admin has been in my blood for a long time, being administrator of St Matthew's Church for 11 years, as well as a director for the Kids Under Construction puppet team.

### *What do you hope to achieve?*

To raise the profile of AFC in the community and to engage my generation in helping families who need it most. Right now, I'm just trying to learn everyone's names!

### *What is life outside of AFC like for you?*

Hectic. With two girls and a husband that need to be in different places and different times, life can be a bit busy. When we can, we like to pack the car with the bodyboards, head down to the beach and catch a few waves.

## The AFC Wish List

From time to time we are asked if there is anything specific that we need extra help with. So, we have developed a "Wish List" to help us meet the financial shortfall and to reduce the cost of purchasing some items.



### Family Start Resources

Family Start is a parenting programme that focuses on improving children's growth and health, family circumstances, environment and safety. 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, peg jigsaw puzzles)
- Tactile books for babies
- Fluorescent child safety vests
- Jigsaw puzzles

- Reborn baby doll (play therapy)
- Children's books (My First Colours, My First Numbers, My First Letters)
- Art supplies (pens, pencils, pallet paint, paint brushes, stickers).

### General

- Toiletries (body wash, shampoo, toothbrushes, toothpaste, deodorant)
- Tea/coffee/sugar
- Supermarket vouchers (to purchase milk formula).

### North Otago

- Knitting wool (not acrylic) suitable to give to volunteers to knit baby blankets and singlets, etc.
- A toastie sandwich maker
- 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, gentle handling, etc. with our ante-natal clients.

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, please contact:

0800 FAM CARE 0800 326 2273 or email us [enquiries@FamilyCare.org.nz](mailto:enquiries@FamilyCare.org.nz)

We would love to hear from you!





**\$200**

provides a social worker in a school weekly for a term to support a child to become fully engaged in school life

**\$180**

gives a child three play therapy sessions to help them learn to cope with the loss of a loved one

**\$50**

pays for a whānau worker to visit a family to help them work through a child's disruptive behaviour

**\$25**

provides a caregiver for a child while mum is in hospital if there is no other family support

**\$75**

provides a pack of parenting resources for young or vulnerable mums and dads

**Yes!**

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

*Please tick as applies:*

My gift is

I require a receipt for my donation.

Please send me information about your services and programmes.

Please send me information about including Anglican Family Care in my will.

Please return this form to:

Anglican Family Care  
266 Hanover Street  
Dunedin 9016

My contact details are:

**OR**

Name:

Internet Banking:

Address:

Anglican Family Care, BNZ 02 0912 0018828 07

Please put your name and "Autumn 2019" in the particulars field and your address in the reference field.

Phone:

**OR**

Email:

Make a donation online at:  
[AnglicanFamilyCare.org.nz/donate](http://AnglicanFamilyCare.org.nz/donate)

Donations over \$5.00 are tax deductible.  
Our Charities Commissions Number is CC 24152.

0800 FAM CARE or 0800 326 2273  
[AnglicanFamilyCare.org.nz](http://AnglicanFamilyCare.org.nz)  
[enquiries@FamilyCare.org.nz](mailto:enquiries@FamilyCare.org.nz)