



Community Connect

SUMMER
2019

Because of You.. Families are Thriving

In this summer edition of Community Connect, we talked to Kaiya about her engagement and experience with the nationally recognised voluntary Family Start Programme, delivered throughout Otago.

Family Start is a home visiting programme that is available for expectant mums or whānau who are struggling with challenges that may make it harder for them to care for their baby or young child.

Whānau Worker Cathy describes the work of Anglican Family Care as supporting families to find their strengths and work through solutions; enhancing the parent-child bond, supporting parent's confidence to help ensure their child's safety and positive health, developmental and educational outcomes.

Kaiya's pregnancy came as a complete surprise. "It was very early into the relationship with my partner at the time and we were only starting to get to know each other," said Kaiya. Both new to Dunedin, and without any immediate family support systems, or local knowledge of community support services, the situation left them both feeling overwhelmed. "It was a difficult pregnancy with some health challenges along the way, but it was through the good support of my midwife who referred us to Anglican Family Care's Family Start programme that made such a positive difference to our

journey as new parents."

Initially, Kaiya and her partner weren't sure if they had the capacity to join the programme so were very relieved when in the ninth month of their pregnancy, they decided to meet Whānau Worker Cathy; and quickly realised, they really needed support to prepare for their baby.

"It's important to build rapport and a trusting supportive relationship. Trust is a huge part of what we do as we work alongside families," Cathy said.

Correction
We featured a story in our Spring Community Newsletter about the Circle of Security Parenting Programme where we may have confused readers by making mention of two distinctly different services offered by Mirror Services. We may also have unintentionally given the impression that Mirror Services were not offering a holistic service to whānau with our choice of wording. We have removed these references and we owe our colleagues at Mirror Services our sincerest apologies for any confusion caused.

"We didn't have any family support in Dunedin and didn't know anything about babies and their development. When Breezsha was born, I was also experiencing problems with breastfeeding and felt like an epic failure. Cathy took me along to a community health centre to help me with breastfeeding, I was socially anxious, and she held our hand as a family. It was like having another mother figure, guiding us through each step of the way," reflects Kaiya.

"Before Breezsha developed a new skill, Cathy educated us about the developmental milestones



and what to expect. It helped us to understand what was happening with our baby and gave us more confidence to get on with parenting, and decision making. Even if Cathy didn't have the immediate answers, she would research them for us. She even brought us lovely (donated) woollen hand-knitted cardigans and jumpers for Breezsha, which were so much appreciated, especially in the cooler months."

Kaiya and her partner separated when Breezsha was six months old and their Whānau Worker helped both parents to raise a child in two separate households. They were put in touch with a parenting programme that supports parents to focus on the well-being of the children through a separation. "What was so special was that Cathy continued to support not just me but Breezsha's Dad too," reflected Kaiya.

Cathy had a trusting relationship with both parents. "It's really important for the child that

where possible both parents are supported, in order for them and their children to thrive. Supporting parents to negotiate the transition between separate homes, to ensure that the well-being of their child is the focus and that they provide consistent care is key."

Confidence and managing discipline with their child were areas that both parents were struggling with. Kaiya recalls that being reassured that you're not completely failing – especially with your first child was important. "The more confident you get with your parenting, the more secure you are with your decision making."

“EVERYONE NEEDS A CHEERLEADER”

"Everyone needs a cheerleader, often we are that cheerleader for both the child and parents, highlighting strengths, supporting parenting confidence and inspiring hope for a better future for both the parents and children. It's just wonderful seeing families thrive and grow and connect with their children," said Cathy.

"I can't speak highly enough of the Family Start service, from getting me support for my anxiety and mental health challenges, teaching valuable parenting techniques to simply reaffirming that we are doing ok. Family Start has helped us to ensure Breezsha's development was on point by providing resources so we could identify the milestones. We learnt about windows and when your child becomes interested in something you should jump on it," Kaiya said.

Kaiya is now studying full-time. "As a full-time student, I would not have been able to keep on studying if it wasn't for Family Start. I believe the programme should be available to all new parents."

Referrals to Family Start can be made by parents themselves, healthcare and legal professionals or other community workers.

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 on our website. Great for Christmas presents, so order yours today!

Pictured are Vicki our Central Otago Team Leader with Social Worker Rebecca, who recently celebrated taking up residency in Wanaka's exciting new Community Hub, located at 40 McDougall Street, Wanaka.

The Hub provides connected services and will enable the building of strong community relationships



New Practice Manager Appointed

October saw the end of an era with the departure of our long-standing Practice Manager, Kathy.

Kathy has been a valued key member of staff for over 25 years and we wish her well on the next steps of her journey. Our team leader from South Otago, Jane has been appointed as Practice Manager and we welcome her to the role.



Jane is a very experienced social worker, starting out with what was then the Department of Child, Youth and Family in 1996 as a Care and Protection & Youth Justice Social Worker before joining the AFC team in 2010 as a Supervisor/Social Worker Child & Support Service in South Otago. Jane developed and led a new rural team across both the South and Central Otago regions until 2017, when the expansion of Family Start allowed the agency to appoint a Central Otago Team Leader. She is hugely respected in the South Otago community and has been instrumental in promoting our agency's reputation for excellence in the area.

We are certain you will all join us in congratulating Jane on this exciting opportunity. It is a pivotal role within the agency, and we are very fortunate to have someone of Jane's calibre to guide the practice of Anglican Family Care into the future.

Celebrating 10 Years of Caregiving

Viv Robb has been a caregiver for Anglican Family Care for 10 years and we took the opportunity to thank her on behalf of the many families she has supported over this time.

Caregiver Social Worker Ginnie Ravell asked Viv what attracted her to the role, "I wanted to give back to the agency. When I was a parent on my own with three children under the age of three, I needed respite care myself and I was so grateful that a caregiver from Anglican Family Care was there for me. I had such a positive experience with the service, it helped me get some space and my head back on track at such a challenging time in my life."

Being a caregiver means you need to care about children, have a sense of humour (and a bit of patience), be willing and able to open your home to a child or young person to help them feel welcomed and cared for.

The caregiving relationship is a special one and can be really rewarding. And respite care doesn't

last forever; the idea is that the parents have the opportunity to make some changes in their situation over the time that respite has been provided, so things are better for the whole family.



Viv has decided to 'retire' from her caregiving role with us and reflected on the wonderful rewards and positive changes she has seen with children and families she has supported, including normalising sleep and eating patterns. "Normalising and interacting with babies and children, helping them develop their social skills, little things, like simply sitting on the floor and playing with them, there are so many rewarding memories that I will treasure".

If you are interested in opening your heart and home to become a caregiver there is more information on our website anglicanfamilycare.org.nz/supporter/be-a-caregiver or ring Ginnie 03 477 0801



With 2019 winding down and 2020 right around the corner, we wanted to say thank you to all of our fantastic volunteers, supporters and donors for your continued support, we really appreciate it!

A special thank you to the following Trusts for recent grants:
Trinity Foundation | Anglican Diocese of Dunedin | Waitaki District Council | Bendigo Valley Sports & Charity Foundation | Donald & Nellye Malcolm Charitable Trust

We wish all our families and supporters a happy Christmas season. We will be closed from Christmas Day and reopen on 6 January 2020.



Long-Standing Community Relationship is Now Exposed!

Since 2011, Carbase/Dunedin Kia has helped us procure quality used vehicles for our fleet all on a tight budget. It has been important that the vehicles have been comfortable and safe for both our staff, as well as the children and families which we support. The team at Carbase/Dunedin Kia delivers a friendly after-sale customer care service and with a total of 24 vehicles in the agencies fleet, having reliable vehicles is critical; as the majority of the work provided by AFC is delivered visiting families in their own homes.

Over the years Carbase/ Dunedin Kia has supported worthy causes in the local community, including attending our events and they recently embraced the opportunity to expand their support to us through a sponsorship

arrangement. "Over the last decade, it feels as if Carbase and Anglican Family Care have now come of age together!" Carbase/Dunedin Kia Director Neil Videler said.

At the end of October, Mike Williams welcomed the agency's first branded vehicle into the fleet. "Neil and the Carbase/Dunedin Kia team have always looked after us exceptionally well and we value our longstanding relationship. We are very appreciative of their support in helping us secure our first branded car, and we're excited about the additional agency profile that it will create in our communities."

Pictured: Mike Williams (AFC General Manager) and Neil Videler (Carbase/(Dunedin Kia Director) with the 2016 Kia Cerato.



Riverstone Castle Tour & Lunch

29 February 2020

To avoid disappointment, book your tickets now!

Numbers are strictly limited to 50 spaces

includes: transport | 3 course set menu lunch | castle tour

Tickets: \$99 Book online at www.anglianfamilycare.org.nz/riverstone or call **03 477 0801**

Yes! I would like to make a difference to vulnerable families in Otago.

My gift is:

\$10 ___ \$20 ___ \$50 ___ \$100___ Other ___

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Internet Banking

Anglian Family Care account number:

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Make a credit card donation online at AnglianFamilyCare.org.nz

(Donations over \$5.00 are tax deductible. Charities Commission Number CC 24152)

Ways to donate:

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Please send your cheque with this form to:

Fundraising Team

Anglian Family Care

PO Box 5219

Dunedin 9058