



Community Connect

Supporting Otago Families

WINTER
2019

Celebrating 25 years of service at Anglican Family Care

In this edition, we are celebrating 25 years of service with Jackie and Kathy, who both started working for AFC in 1994. This is a huge milestone and they both took some time to reflect on their careers and the changes they have seen over this time.

Kathy, who came to AFC in June 1994, was previously a Social Worker at CYF's (now Oranga Tamariki) and was recruited to set up caregiving services for children and young people, alongside the Home-based social work service. "Catherine Goodyear was the Director at that time. On my first day my task was to go out and purchase my own desk and set it up in the staffroom with the other Home-based Social Workers in Bath Street, where the agency was based. All Dunedin based staff worked from the staff room, it's just the way it was. We were very frugal and to save power, we would cover our knees with knitted blankets, before putting the heater on", Kathy remembers.

"The world was a different place then, but people's needs don't change, just the social and geographical challenges, particularly for people

living in rural South Otago, some are separated from their families and other support networks", said Jackie. "When the role was advertised, I was attracted to the agency and the work they did for children and families. I had experience working with children in a Play Centre environment and through my own upbringing, (when as a teenager my own family was faced with some challenges), I was lucky enough to be cared and nurtured by a loving family and role model".

There have been many highlights over the years for both Kathy, (who is now the Dunedin-based Practice Manager), and Jackie (Social Worker, based in South Otago). "The roles back in 1994 didn't require a Social Work qualification, but the organisation was very supportive and enabled me to work on the job and gain a formal qualification, which meant working full-time and studying part-time", says Kathy. "I also had the opportunity to complete the diploma in not-for-profit management".

Jackie recalls how she came into the role with experience, but with no formal qualification and

was supported by the agency to gain a degree in social work through Otago University. "Anglican Family Care has always been very supportive."

Kathy and Jackie recall how Anglican Family Care has grown from being a very small organisation to a staff of 48 employees today. In 2000 it doubled in size to take on Social Workers in Schools and Family Start. "This required the organisation to develop from an informal model, build its infrastructure and focus on policy and procedure and meeting key performance indicators" said Kathy.



Jackie and Kathy

They have both seen how the roles have changed over the years. Today, there is a greater focus on safety, not tolerating family harm and greater awareness around mental health. "We try to encourage clients to think about making small changes to help themselves. For example, going outside, walking and getting enough sunlight – small steps that can sometimes make a world of difference to a person's well-being", said Jackie.

Overall there have been lots of funny moments, humour is important, as the environment is challenging. It's a demanding sector and uncertain social service environment, but it's important to celebrate what we do as an organisation and the difference we make in people's lives. When you can see the positive outcomes, hear about how our services and programmes have positively impacted on the lives of children and families and to see our staff grow in skills and confidence, you know that you have done your job!

THE WORLD WAS A DIFFERENT PLACE THEN,
BUT PEOPLE'S NEEDS DON'T CHANGE.

Play Therapy

"You can discover more about a child in an hour of play than you can in a lifetime of conversation". Plato

Play Therapy is a therapeutic approach where the child, through the therapeutic relationship and within the context of play can safely begin to explore complex issues within their lives, such as trauma, grief, separation and emotional regulation. Within our agency, a person/child centred approach is used. This allows the child to lead the play, giving them control over their therapy and experiences. Bruce Perry has said "I really believe that anyone who is working with individuals of any age should be using expressive arts and/or play to address trauma". Child Centred Play Therapy is built on the premise that the child has within them the capacity and ability to resolve their own problems. It is not hurried; it is within their time frame. They have control over their therapeutic process.

We have been offering this service to children and adults living in Dunedin at Anglican Family Care (AFC) for over 4 years. It became increasingly evident that there was a lack of therapeutic services for pre-school children in the city. "Therapeutic services for very young children were limited and often a developmental mismatch due to the modality offered. I really believe in the importance of the first 1000 days in a child's life, during which time the brain is developing, to ensure a child receives what they need to flourish. Early intervention works best when things go wrong" said Kirsten.

"Sometimes adults think children are too young to understand their life experiences. However, children of all ages are shaped by their experiences, many of which are beyond their control."



The children we work with have all been vulnerable, presenting with complex emotional needs and have a combination of one or more factors, including neglect, abuse, complex attachment issues or trauma. When these experiences are traumatic, difficult to understand, abusive, or involve relationship attachments, the child may struggle to cope and often express these experiences in maladapted behaviours.

"These early experiences can shape the child and, if not resolved, impact into adulthood."

In the playroom, through the use of toys and creative mediums such as art, sand, clay, sensory exploration, music and drama, the child is facilitated by our Play Therapist, to play through their issues. "The play isn't hurried, it's at their pace – as deep emotional work takes time". explains Kirsten.

"Trauma is perhaps the most avoided, ignored, belittled, denied, misunderstood, and untreated cause of human suffering." Peter Levine

This full article can be found on our website (www.AnglicanFamilyCare.org.nz/news)

Our Wish List

Over time Kirsten has carefully collected toys and props, many have been donated and some purchased from second-hand shops. There is one key resource that is missing from the Play Room a 'Reborn baby Doll'. There are many benefits to using a Reborn Doll in the playroom (as opposed to an ordinary doll), their characteristics resemble a real baby, they're weighted, have moveable limbs that look and feel like a baby and assist both the child and adult to work through any attachment, relationship and trauma. This is a significant part of the early work with a child, as Kirsten seeks to understand and support attachment repair with the parent before beginning work with the child.

Two dolls would be ideal, as the play can be simulated between the child/adult and Kirsten our Play Therapist, which will help significantly with the healing process.

If you can help us to achieve our wish, we would love to hear from you. All enquiries can be made directly to Enquiries@Familycare.org.nz or call 03 477 0801

The AFC Wish List.



Resources

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)
- * Safelet SOS-band www.safelet.co.nz (for safety of our Whanau Workers)

General

- * Toiletries (body wash, shampoo, toothbrushes, toothpaste, deodorant)
- * Supermarket vouchers (to purchase milk formula)

North Otago

- * Knitting wool (not acrylic) suitable to give to volunteers to knit baby blankets and singlets, etc.
- * 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 antenatal clients
- * Armchairs for our waiting room (suitable for breastfeeding)

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!

Thank you!

A special thank you to the following Trusts for recent grants:

- Otago Community Trust
- Lions Foundation
- NZ Lottery Grants Board
- Anglican Diocese of Dunedin
- Waitaki District Council
- Friends of Relationship Services
- Graham and Olive West Charitable Trust
- Network Waitaki

DESIGNER CLOTHES FUNDRAISER!

Thank you to everyone who came along and supported our recent Designer Clothes Fundraiser. A huge thank you to Karen at The Wardrobe, for hosting this event.

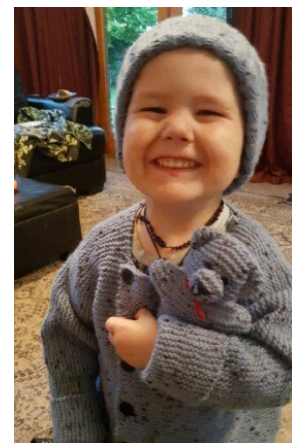
We raised \$350 on the night and a good time was had by everyone.

Look how excited wee Nyxzine from Central Otago is to receive a warm jersey and hat.

Looks like teddy will be well-loved!!!

Thank you to everyone who has been donating home knitting recently.

Great way to keep the kids snuggly over the cooler months.



Sign up below to receive our seasonal newsletters via email

Go into the draw to win this gorgeous organic beauty pamper pack; gifted by our friends at 'Only Good'.

Their range of beauty products are created to embrace a kinder way of cleansing and caring for your skin.

Made in New Zealand with 100% naturally derived ingredients and uplifting botanicals.

www.onlygood.co.nz

Entries close 31 July 2019 and the winner will be notified by email.



Yes!

I would like to make a difference to Otago families

My gift is

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

OR

Internet Banking:

Anglican Family Care, BNZ 02 0912 0018828 07

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

OR

Make a donation online at:

AnglicanFamilyCare.org.nz/donate

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

Please tick as applies:

Sign me up to receive the e-newsletter.

Please send me information about your services and programmes.

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

My contact details are:

Name:

Address:

Phone:

Email:

0800 FAM CARE or 0800 326 2273
AnglicanFamilyCare.org.nz
enquiries@FamilyCare.org.nz