

ON A MISSION

Your Wellington City Mission Newsletter

wellingtoncity
mission



March 2015



PROUD TO BE BACK IN SCHOOL

A couple of years ago I hated school. When I was in Year 10, I was only going to about two classes a day before heading home. Eventually, they gave me a choice – either improve my attendance or go to Mission for Youth. I felt like school was a massive waste of time, and that I wasn't learning anything useful there, so agreed to give The Mission a go. I didn't know anything about Alternative Education courses, but I wasn't expecting much.

At first I had no idea about what I wanted to do in life, but we started doing a lot of goal-setting work, and the staff kept reminding

us of those goals as we went along. Mine was to get back into high school. Honestly I wasn't that keen at first, but I liked Youth more than school and kept coming in.

Mission for Youth made me realise that education is important

As time went on, I actually started wanting to achieve my goal. Teachers like Bob (pictured) helped me to enjoy subjects like maths, and I started to achieve the

NCEA Level 1 credits that I was missing. I also liked learning practical life-skills that I had never really done before, especially cooking and cleaning.

After two terms at Youth, I returned to school as a Year 11 student, and passed NCEA Level 1! I'm back for Year 12 this year, and really like it now - especially subjects like sociology, history and service catering. Mission for Youth made me realise that education is important, and to enjoy my time at school.

I also know what I want to do after school. I want to be a social worker - especially with youth. I would say if you're in a position like I was, you should go to a course like this to get your life back on track – it really helped my mindset more than anything.

In two terms at Mission for Youth, Danni increased her attendance from 20% at school, to 92% with us - and we enjoyed having her. She became a positive role model for other students, and her school has told us that they too are happy with her newfound focus, attitude and success. We are really proud of students like Danni. Thanks to her effort and hard work, she has made her future much brighter.

THANK YOU

Greater Wellington stepped up again at Christmas to help The Mission support those in the community who are struggling. We were absolutely rapt with the tremendous response to our Christmas Star Appeal!

For more, see our Christmas Appeal page inside...

YOU'VE HELPED US TO...

OCTOBER - DECEMBER KEY STATISTICS SEE BACK PAGE FOR MORE

OUR STUDENTS ACHIEVED

84 NCEA CREDITS

YOUTH

94

FAMILIES WERE SUPPORTED BY OUR FAMILY SOCIAL WORKERS

FAMILIES

4,203 COURSES WERE SERVED TO

3,010 GUESTS IN OUR DROP-IN CENTRE

INDEPENDENCE

73 SENIORS WERE REGULARLY SUPPORTED IN THEIR OWN HOMES

SENIORS

AT CHRISTMAS, **1,443** CHILDREN

of Mission clients, and those of 38 other agencies throughout Greater Wellington, were supplied with Christmas toys, gifts and books

CHRISTMAS

WHAT IS 'MISSION FOR YOUTH'?

Disillusioned young people, who have been excluded or have disengaged from mainstream schools, often look for new ways of being accepted. This can lead down a negative or counterproductive path, and cause associations with inappropriate role models and involvement in anti-social activities, crime and drugs.

Mission for Youth provides a comprehensive Alternative Education programme for these rangatahi (young people). Here, some of Greater Wellington's 'high risk' youth can address underlying trauma or issues in a safe environment, work to achieve NCEA qualifications, learn new academic and social skills, and build positive relationships. We aim to provide a place of belonging, which will help them attain a better quality of life - by offering opportunities to master skills and encouraging self-reliance, motivation and generosity.

Typically our rangatahi are aged between 13 and 16, and have grown up experiencing things none of us would wish for someone - mental health issues, family dysfunction, violence, sexual abuse, or drug and alcohol addiction. Through counselling, personal support, advocacy and mentoring they are supported to identify and address such distress. We work collaboratively with a range

of external community services and specialists, including Child Youth and Family, alcohol and drug counsellors, Police Youth Aid, and Health Education providers.

At the same time, Mission for Youth staff work with each student to help them achieve the NCEA qualifications they would otherwise miss out on. Students are provided the opportunity to study from their own level of understanding and at their own pace to achieve really meaningful objectives in their secondary school work. Also, we teach practical and NCEA accredited life-skills - equipping them for their teen years and beyond.

We encourage students to build on their achievements by returning to mainstream school, enrolling in tertiary education or moving into full-time employment. Family engagement is encouraged throughout, and we access other Wellington City Mission services over and above what we offer at Youth, where further support is required.

Mission for Youth is now into its sixteenth year. Our annual costs are partially met by government funding, but the programme also relies on Mission fundraising and the generous support of the AMP Foundation.

For more information on the Mission for Youth programme, please call John Chapman on (04) 389 0627 or email johnc@wgtncitymission.org.nz.

LIFE-SKILLS

Alongside basic literacy and numeracy units, we offer many NCEA accredited life-skill and practical papers. Examples include CV production, interview skills, employment rights and responsibilities, task orientated teamwork, reading comprehension, alcohol & drug abuse, and dealing with anger.

PRACTICAL SKILLS

Students also engage in a variety of everyday tasks that many have never been exposed to, or asked to do. We routinely clean the kitchen, bathrooms, floors and rubbish, and teach flatting skills - teaching students to find a suitable flat and job, and shop for and prepare healthy meals on a budget. Students also screen-printed all of the collector vests for our Street Appeal!

HEALTH

Health is a key theme, and Evolve nurses come in once a week to discuss general and sexual health, and perform check-ups on students who would otherwise never seek medical advice due to cost. Many students deal with symptoms of poor diet and living conditions. We also receive advice from a CART personal trainer who teaches practical workout routines.

PRIZE-GIVING



Rewarding hardworking students for their dedication



HAPPY TO CALL KEMP "HOME"

Since moving to Kemp Home & Hospital I have never looked back. 2013 was a year that turned my world upside down. My wife of 34 years passed away and I was in and out of hospital after an operation. Being unwell and going through a tough recovery meant day-to-day life was becoming unmanageable. I felt constantly fatigued and was unstable on my feet, which was wearing away my ability to live independently. I could hardly prepare meals for myself or take

care of household chores, and couldn't drive anymore. My doctor soon told me that living at home was becoming unsafe and that I really needed 24-hour nursing care.

I have always been a strongly independent person, and am a proud veteran of the NZ Māori Battalion having served my country in World War II, but I knew going into care at that time was the best option for me and would remove worry for my family. I knew a few residents of Kemp and had heard good things, so at 91 years old I too became a resident, with the goal of regaining some of my independence in mind.

There are plenty of group activities to get into but I actually like the comfort of my room, where I have everything I could ask for. I spend a lot of time doing things I love - watching sports and movies, and listening to my music. Importantly, my health has improved and I'm driving my car once every few days. I visit my wife at the cemetery, go for dinner at my daughter Janice's (pictured) house every Sunday, and do grocery

shopping - buying extra fruit to share with other residents.

I really value Kemp's positive environment and respect for its residents and their

Staff respect your privacy and encourage you to do what you like to

independence - I am not confined to this place. The staff and residents have had to deal with a whole lot of my cheekiness and I really enjoy the companionship here. Staff respect your privacy and encourage you to do what you like to, and are also well trained. I'm happy here, and above all I feel safe, which lets me get on with enjoying myself.

For more information on Kemp Home & Hospital, please contact Valelia Gibb on (04) 236 8099, or email manager@kemphome.co.nz.

A VICTIM NO MORE

Shifting around from place to place with four young kids is not what I wanted at all, but we had to move a lot because of a violent relationship with my children's father. Even though we'd split up, he kept finding us, and it was causing a real threat to our safety. In October, after being tracked down again, we relocated to Wellington.

I was hoping to start a new life but had little money, and because of the danger we had to leave most of our possessions behind. But with the support of a relative I found a little house and got the kids into school. My biggest priorities were to keep my children safe, get them settled, and have enough money to live

on. But simply getting by day-to-day as a solo mum in my situation was proving to be difficult, and I heard that The Mission may be a good place for me to start.

I felt excited once I started working with them - for the first time in a while I began thinking positively about our future. It was a massive relief to start receiving weekly food parcels - they helped me manage my tight budget while I stayed on top of the day-to-

For the first time in a while I began thinking positively about our future

day challenges. We also organised a range of ongoing education and guidance courses for me and the kids - I'm in a programme for

women in similar situations, learning about keeping safe with the Police Family Safety Team and having meetings with The Family Court. The Mission also provided amazing Christmas food parcels and toys in December, which took more pressure off, and the kids loved getting nice presents and food. It was a really special time for us.

I'm still working closely with The Mission - my social worker checks in every week or so as I aim to achieve full independence. I now have a part-time job and want to move to full-time this year. The kids and I have got lots of useful courses coming up too. It's a huge change having the immense weight of feeling unsafe off my mind, and the kids are thriving. I feel much more confident and willing to face coming challenges, while healing scars from the past.



ACHIEVING MY DREAM

In 2004, I lost everything. After choosing to leave my family home because of a devastating marriage breakup, I had only the clothes on my back. It was hard to see a better tomorrow, and I lost control - losing my job, living on and off the streets and trying to escape using drugs and alcohol. I realised it was time to make a positive change and began working with Women's Refuge to improve my situation. They mentioned that The Mission offered services that could help me turn my life around.

It was fantastic to start receiving regular food parcels and Budgeting Advice. Laying out the contents of a food parcel blew me away, it had everything - vegetables, canned goods, bread, cereal and toiletries. I remember crying and thanking God for the blessing. Within six months I found full-time employment and stopped accessing The Mission's services.

I'd gone from a \$3 food budget to having sustainability

In 2010, I moved to Fiji for family reasons, but returned to New Zealand in 2014, determined to pursue a passion which has long burned in my heart - to study law at university. Living on very little, and unable to receive Temporary Additional Support (TAS) from WINZ to help with living costs, I was left with a \$3 weekly food budget. It was a real struggle having no food or bedding, and walking everywhere, so I came back to The Mission in September and asked for help. I again received food parcels and began working with Kellie (pictured, right) their

community services advocate, to support me with WINZ, and to talk through some ongoing personal difficulties and sustainable budgeting ideas. Eventually we gained TAS which meant an extra \$70 for 13 weeks and made a big difference to my budget.

In November, I got the good news - I was accepted at Victoria University to study a Bachelor of Laws and will be studying for the next four years! I came off all Mission services earlier this year - in four months I'd gone from a \$3 food budget to having sustainability, which has given me the ability to study.

The Mission has played a vital part in my life, and I can feel the love in this place. I want to give back to the community after I finish my degree - especially in areas of The Family Court, human rights, and immigration. I feel like the dark times I've been through have prepared me for my degree, and I have found my happiness again.

For more about Mission for Independence or Families call Olivia Lange (04) 380 1829 or email olivia@wgtncitymission.org.nz.

JANE'S BIG MOVE

Jane initially came to us in 2008, struggling with the effects of poor health. With major heart surgery fast approaching, she had difficulty breathing and walking, and had a debilitating speech defect. Everyday tasks were becoming hard to manage, and with her family living in Scotland, she had very little local support.

Unable to carry any weight up and down her stairs, we immediately helped her access day-to-day essentials more easily, including groceries, health needs and banking. Liaising with her family, we arranged respite care for after the heart surgery and regular

assistance from a personal carer when she returned home. In 2013, Jane was able to return to a completely independent lifestyle as her health improved. She cancelled her personal care and came off our Mission for Seniors service - safe in the knowledge that she could come back if needed.

Last November, Jane contacted us again. Although she had done her best to remain independent, her well-being was rapidly declining - causing much anxiety. She explained: "I had let myself get sicker and did not have the energy to do anything. It was time to move into a rest home, but there's a lot to do when you leave your home of 25 years and I was feeling absolutely wretched. Everything was adding up to be a mountain." Over six weeks we helped with everyday

tasks as before and advocated strongly with the Needs Assessment Centre to get her into a rest home. Once entry was granted, we liaised with her family, lawyers and the Residential Subsidy Unit, made the necessary changes to her mail delivery, bank, phone and power details, and organised a house mover.

Jane is now in a great rest home, telling us: "I wouldn't have been able to transition into care without Seniors' help. I can spend the time I have left knowing that everything is in place. The service is wonderful and I am so pleased have had them when I needed."

For more about Mission for Seniors call Vicki St. Clair on (04) 477 5985 or email vicki@wgtncitymission.org.nz.

OUT & ABOUT CHRISTMAS APPEAL

Our Christmas Star Appeal had an incredible response and we would like to thank you for your generous support!

THANKS TO YOUR SUPPORT...

Over the Christmas period, individuals and families in need received over 300 regular food parcels, 900 Christmas food parcels, and 7,200 toys, books and gifts. Recipients were made up of clients of The Mission, and those of 38 other external agencies and services. Thousands of individuals and families were also able to access our five key programmes, at what can be a very stressful time of year for those who are struggling.

In addition, 100 families who worked closely with The Mission, and made great progress during the year, were personally delivered one of our special 'Christmas Day Hampers'. Each hamper contained everything to make the day special and relieve some of the added pressure. These families were able to enjoy meats from Hellers, Mad Butcher and Coq Au Vin Poultry, desserts from Ruth Pretty Catering, and toys and gifts - including complete sets of 'Blokhedz' donated by Z Energy. We were also lucky to have Team Wellington City Mission Champions Jeff Toomaga-Allen, Stu Smith and Simon Woolf join us to help deliver the hampers - getting to see the happy faces of parents and children who received The Mission's help.

WE COULDN'T HAVE DONE IT WITHOUT YOU...

Workplace Christmas Star saw 678 specially wrapped boxes delivered to businesses and organisations throughout Greater Wellington - they came back filled with food, new toys and gifts.

Pack the Bus achieved the highest recorded collection - nearly three full bus-loads! We were also fortunate to have lots of individuals, families, businesses and organisations donate their own food and toy collections.

Our Street Day collection made \$42,000 - up 68% from last year! We were also thankful for the strong collector presence around Greater Wellington - with around 450 collectors spread across 72 sites.

The Star Car's first year in action also went really well - attracting over \$20,000 worth of cash, eftpos and Text donations.



L'affare's Christmas Blend launch



Workplace boxes waiting to be sorted



Ben Sigmund at the Drop-in Centre



Whittaker's donated masses of chocolate!



Youth students screen-printed our vests



Grocery hamper competition winner!



Street Day collection



Christmas Day Hampers



Star Car & Pack the Bus



Hampers with Jeff Toomaga-Allen



Packed-out bus!



The Mission team

A BIG THANKS

We are truly grateful for all the individuals, families, business and organisations of Greater Wellington who showed their community spirit last Christmas. Whether you donated money, goods or time volunteering, you have helped make a tremendous difference to the lives of those who are struggling in our local communities.

Your ongoing support will ensure The Mission can continue providing its services throughout 2015. Please visit the 'Help Us' page on our website for more.

WE ARE ALSO GRATEFUL FOR OUR KEY CHRISTMAS STAR APPEAL PARTNERS AND WOULD LIKE TO RECOGNISE THE GENEROUS SUPPORT OF:

- | | |
|--|--------------------------|
| Wellington Firebirds & Ili Tugaga | Henshaw Signs |
| Wellington Hurricanes & Jeff Toomaga-Allen | Countdown |
| Wellington Phoenix & Ben Sigmund | New World |
| The Breeze FM & Stu Smith | Z Energy |
| Ruth Pretty Catering & Ruth Pretty | Mad Butcher - Lower Hutt |
| Whittaker's Chocolate & Holly Whittaker | Hellers |
| Photography by Woolf & Simon Woolf | Coq Au Vin Poultry |
| Royal NZ Navy & Rear Admiral Jack Steer | Go Wellington Bus |
| Datacom | L'affare |
| Precinct Properties | Immersion Marketing |
| EFTPOS NZ | Lambton Square & Eatery |

MOVING IN TOGETHER

After over 15 years, The Mission's Johnsonville administration office is moving into our Newtown location at 200 Riddiford Street.

The merge will cut costs and help improve time efficiency when delivering our social services to the Greater Wellington community. It will also make cross-programme collaborations, communications and support much easier.

Although it will mean we no longer have a donation drop-off point available in Johnsonville, you can still drop things off at Newtown between the hours of 8.30am - 4.30pm, Monday to Friday.

BROWN PAPER BAG APPEAL

It may seem a way off yet, but we are already preparing for our annual 'Brown Paper Bag' food appeal in June. The donated items restock our Foodbank for the remainder of winter and the beginning of the spring - enabling us to continue providing food parcels for those we work with who are struggling to make ends meet.

In June, you can fill our specially made bags with non-perishable food and household items, and drop them in to your local Z Energy station for us to collect!

FRESH FROM THE MISSION STILL AVAILABLE

Our cookbook 'Fresh from the Mission' is still on sale, in case you missed out on picking one up at Christmas. They make great gifts and are packed with incredible recipes from Wellington chefs, food writers and the Wellington City Mission Auxiliary team!

They are just \$20 each, for more information or to make an order, please go to our website www.wellingtoncitymission.org.nz, or email Mary Gilchrist at marygilchrist@clear.net.nz. All proceeds go to The Mission.



Auxiliary members M.J. and Wendy selling copies during our Street Day collection

This year we will continue contributing to the well-being of around 600 people every day through our five key programmes:

MISSION FOR FAMILIES

Early intervention and support for families with young children, through household assistance and parenting, guidance and skills programmes.

MISSION FOR YOUTH

Providing a comprehensive Alternative Education programme for youth who have been excluded or disengaged from mainstream schools.

MISSION FOR INDEPENDENCE

Guiding, equipping and enabling financially disadvantaged and unemployed people towards independence and self-management.

MISSION FOR SENIORS

Enhancing the quality of life, dignity and respect for older people with health, disability or social isolation issues.

KEMP HOME & HOSPITAL

An 81-bed facility offering both rest home and hospital level care, for residents who require permanent or short-term care.



TRIC'S MISSIONS WELLINGTON CITY MISSIONER

This year at the Wellington City Mission looks to be a pretty full-on one, with lots of transition and change within our organisation. Our Johnsonville staff are moving into our Newtown centre, which means us all shifting around and making room, physically and emotionally.

The Parish of Wellington South are selling their St. Cuthbert's church site and are making St. Thomas' their place of worship and community. Again for The Mission that means making room and exploring those relationships more. As with any change, this is both exciting and challenging.

People and communities empowered, transformed, experiencing fullness of life

In addition, we have been reassessing and developing our organisational values. These help keep us grounded, and with an eye on the future during this period of change. They remind us who we are as we develop new relationships and adjust in our established relationships. They also help us to dream, and picture who it is that we long to be as we engage in relationships, networking, activities and advocacy situations.

The Mission is a Christian organisation, so it is helpful for to us to reflect on what that means at this point in our history and how we might live that out. Key to that is seeing each person we encounter as made in the image and likeness of God. This invites us to see the wisdom within each person, to see the places where our lives intersect, to acknowledge that we receive as well as give and it requires us to act with neighbourliness, generosity and compassion.

We thank you for journeying with us, for sharing your humanity, your neighbourliness and generosity, and we look forward to continuing that journey in meaningful ways throughout the year.

Blessings, Rev. Tric Malcolm

Email tric@wgtncitymission.org.nz

A WORD FROM MICHELLE BRANNEY – CHIEF EXECUTIVE OFFICER



Kia ora koutou and welcome to our first newsletter for 2015. We hope you enjoy reading a little more about how your support is being put into action, and the difference you are making in Greater Wellington.

We continue to highlight one of our key Community Services in each newsletter and mail appeal. This newsletter highlights 'Mission for Youth', specifically our Alternative Education programme for 13-16 year olds who have disengaged or been excluded from mainstream education.

The programme has now commenced for the year, with some of the students continuing with us from last year while others have moved on. At the end of 2014 we said farewell to a number of rangatahi (young people) who are progressing on to further education, training, or back into mainstream school. All students and their families attended a graduation and meal last December, as a way to recognise their achievements as well as say goodbye to those leaving. Mostly it's not a

final goodbye even for those graduating – we offer post-programme support and generally follow up every young person and they stay in contact with The Mission one way or another. It's great to see leaving students' next steps and plans for 2015 include studying toward NCEA Level 2, a building apprenticeship, early childhood education study, hospitality industry training, dairy farming and further study/training at the New Zealand Institute of Sport. Such a diverse and talented group!

This year, we look to review and develop certain aspects of our Community Service programmes, and also our infrastructure as a whole by upgrading our IT system. Because of the intertwined nature of our programmes, every improvement creates more effectiveness and value across all of our services and their delivery to those who are most in need.

Specifically, 'Families' will up-skill staff through specialist training, extending the delivery of Mission run courses such

as 'Triple P Parenting'. 'Youth' will continue developing our custom-made curriculum

which we have tailored for the needs of our rangatahi while in-line with NZQA requirements. 'Independence' will continue to improve the Drop-in Centre in making it more guest-friendly, and innovate ways of delivering our Budget Advice and Foodbank services. 'Seniors' will integrate a registered social worker as a third staff member, and work to make sure seniors in the community have access to the support available. At Kemp we'd like to upgrade and refresh the older facilities of the hospital.

Thank you for taking an interest in the work of The Mission, we truly couldn't look to the future without your ongoing support.

Michelle Branney

OCT - DEC 2014 STATISTICS

FAMILIES

- Our social workers made 186 visits to family homes
- 14 families participated in The Mission's 'Triple P Parenting' and 'Fare Basics Cooking' programmes
- 9 families fully and successfully completed all the objectives in their personal plans

YOUTH

- 16 students attended the programme
- Students took part in 18 EOTC (Education Outside The Classroom) sessions and life-skills workshops
- The programme achieved an average attendance rate of 69%

INDEPENDENCE

- 111 clients received Budgeting Advice or used our Total Money Management system
- 142 budgeting meetings, education sessions, visits, calls and contacts were made with clients
- 363 regular food parcels were distributed

SENIORS

- External agencies were visited or contacted by Mission for Seniors staff on behalf of clients on 151 occasions
- 20 referrals were made to a range of specialist external agencies ensuring the best possible outcome for our seniors

KEMP HOME

- 6,464 bed nights of accommodation were provided throughout the facility
- 38 staff took part in 11 training sessions

IF YOU WANT HELP, IF YOU WANT TO HELP

If you, or anyone you know, wants the help of any of our services - across the age spectrum - please drop in, or phone our Newtown office (please see details adjacent).

If you want to help – thank you! We rely on the goodwill of Wellingtonians in order to continue our work in the Greater Wellington region. Whether an offer of support via goods in-kind, volunteer hours or monetary donation, we are always amazed by the generosity and community spirit Greater Wellington demonstrates on a daily basis.

Please refer to the contact details adjacent, but for information on ways to support, please follow this link:
www.wellingtoncitymission.org.nz/public/help-us

Please feel free to call in to our Newtown offices,
Drop-In Centre or St. Thomas Mission Centre
200 Riddiford Street, Newtown
PO Box 7477, Wellington South 6242
(04) 389 2033

For Chief Executive Officer, Marketing, Fundraising,
Accounts, Administration, Mission for Seniors
PO Box 13383, Wellington 6440
(04) 477 5960

For more detailed or general information
on our services, please visit our website
www.wellingtoncitymission.org.nz
or email enquiries@wgtncitymission.org.nz