



## NOW I'M THE PARENT I WANT TO BE

Eight years ago, I became a mum to my first child. It was a really exciting time, but I was anxious to make sure my daughter was healthy and safe. Heading into winter, we had the heater on 24/7, and I was left with a huge power bill that I had no way to pay. I completely lost control of my money.

Back then I had never learnt how to plan my finances. I was basically living week-to-week. I had some debt I was very slowly paying off (although it felt like I was just paying the interest), and no savings. Meeting my new baby's needs became the most important thing, but I just wasn't prepared for all the extra costs. I didn't have enough coming in, so often it meant missing out on meals myself. We were heading backwards and I wasn't providing my daughter with the life I wanted for her.

Work & Income referred me to The Mission's Financial Mentoring service, to help organise my finances and make sure I could be the best parent I could be. I met with Laurelle, and we worked out my entire budget bit by bit. Even just seeing everything written down on paper made so much more sense. I joined their Total Money Management, so The Mission automatically allocated money for living costs, and paying back debt. We were making progress, but winter still added a lot of extra stress. We could only warm one room in our cold house, and I had to buy single bags of firewood from the supermarket because I couldn't afford to buy in bulk. Honestly it was a real battle but The Mission's help with food parcels, clothing, and bedding made such a big difference. I really appreciated Laurelle's

personal and emotional support as well. It all helped us get through the toughest times.

**Honestly it was a real battle but The Mission's help with food parcels, clothing, and bedding made such a big difference.**

Today I'm proud to say that I've left all Mission support. I'm back at work full-time and I'm debt-free. My life outlook is completely different. My entire focus is on working hard, caring for my kids, and thinking ahead. After paying the essential bills, I always put money away for saving. It's such a relief having some money set aside for emergencies, and when Christmas or birthdays come around I know I can afford it. I have a strong budget, and I'm fully prepared for this winter too. My house has just been insulated, I'm in credit with the power company, and I even bought an electric chainsaw so I can cut my own firewood! I'm looking forward to taking the next step, and saving for our own home.

I'm so grateful to The Mission, and everyone who gets behind it, for the opportunity we were given. I'm proud to be independent, and it's rewarding to know I'm setting an example for my children. We've come such a long way, and we're really happy!

## WINTER APPEAL

Winter can be really tough for those in need – but you can make a difference by getting behind our Winter Appeal!

See our special Winter Appeal insert inside for ways to get involved.

## THANKS TO YOUR HELP...

### JANUARY – MARCH 2019 KEY STATISTICS

**102** FAMILIES WERE SUPPORTED BY OUR MISSION FOR FAMILIES SOCIAL WORKERS

**557** FOOD PARCELS WERE GIVEN OUT TO FAMILIES AND INDIVIDUALS

**4,015** MEAL SERVINGS WERE PROVIDED IN THE DIC

VOLUNTEERS GAVE

**1,871**

HOURS OF THEIR TIME WORKING IN OUR DROP-IN CENTRE AND FOODBANK

## WHAT IT MEANS...



**Valelia**  
Nurse Manager  
Kemp Home & Hospital

Many of our wonderful residents tell us how hard winter used to be for them. One resident said she would bundle herself up in as many clothes as possible and spend a lot of time in bed, because it was too expensive to use her heater. She was always getting sick, and felt really isolated. We love knowing that Kemp is providing a warm and safe home for so many older people like her. It's such a relief to know that they don't have to suffer through another winter alone – and it's incredibly rewarding for our team to be part of their journey.

**Kemp Home & Hospital is an 81-bed facility offering both rest home and hospital-level care, for residents who require permanent or short-term care - improving their quality of life.**



**Monique**  
Financial Mentor  
Mission for Independence

Some people really struggle to make ends meet during winter. When they come to The Mission for help, they're often feeling desperate and anxious. Some have taken out loans to help pay their bills, while others come to us facing power disconnection – or when they've already had their power cut off. It's so rewarding when we're able to make a difference by negotiating with their power company and helping them find new ways to budget and save. Over the years I've seen many people become debt free and get back on their feet – which is often something they never thought possible.

**Mission for Independence works on guiding, equipping and enabling financially disadvantaged and unemployed people towards independence and self management.**



## I'VE FOUND MY MISSION

When I first walked into the Drop-in Centre (DIC), I knew it was where I needed to be. After starting as a guest, I've been volunteering every day for the last six years. Now, this is my home. My favourite thing about the DIC is how it opens you up to people. That's been big, because I used to be so closed off. I didn't let anyone come near me because of the very dark stuff I have been through – starting from childhood.

My parents had no time for me, and I grew up in violence. My sister committed suicide at nine, and I was whāngai (adopted) at 13. But inside, I was destroyed. All I heard running through my mind for years was

“no one loves me”. I was living on the street, with no education, doing what I had to do to survive – eating out of rubbish bins, and using drugs and alcohol. The only thing that kept me going was my faith. I prayed for food, guidance, and belonging – and found the DIC. I know how powerful this place is, because it has changed my life. The staff, volunteers, and guests have lit a fire within me, and inspired me to help others.

Every time it's cold and raining, I think about people who are still on the street. They are survivors but the weather is so harsh, especially in winter. Some of them choose to spend any money they have on drugs and

alcohol because they can't see a way out, and it's like their blanket. They can't handle finances or hold onto a house because there are holes in their life that need to be filled. That's when the food and environment in the DIC can have a big impact on their well-being. Hot meals warm them up, and we get to check on how they're going too.

**At the end of the day, I think it comes down to seeing people who are lost in life, or living on the street, as our whānau too.**

What I'm doing feels very important. I had to go through the darkness to be here to shine a light on people who are stuck on a negative path now. I can relate to someone who is broken. When I hear what they have been through, it inspires me to look for different ways to impact them. By sharing my story it cuts through, and they start to realise that they can change their lives and do something positive too. It fills me with pride seeing lots of people who come to the DIC use the resources available, and break out of their cycle. Many of them start volunteering, find good jobs, move into housing, or get an education. They can then take their own experience to help someone else, because we all have a gift to offer.

At the end of the day, I think it comes down to seeing people who are lost in life, or living on the street, as our whānau too. They are people who need the chance to feel like they belong, and it feels good to be here for them.



## THE IMPORTANCE OF COMMUNITY - WITH RAY TUFFIN, COMMUNITY DEVELOPMENT MANAGER

Being part of a connected community is crucial to living a full and vibrant life. I believe that when a community is connected we're all better off. It's inclusive, builds resilience, creates wellness, reduces isolation, breaks down barriers, and supports those going through hard times.

The backbone of a strong community is having people know their neighbours and colleagues, and being able to engage with others each day. This engagement is so important as New Zealand continues to change. We are becoming more culturally diverse, our population is ageing, social isolation is growing, and we're moving towards more high-density housing. All

of these factors call for communities to be more connected, and for people and groups to find innovative ways to foster this connection.

It's often in times of tragedy or loss that we are reminded of the importance of connected communities. After the shocking attacks in Christchurch, it has been crucial for people across Aotearoa to join together, to stand as one, and to show love and support for one another. Here in Newtown it was an honour to help host a community dinner for our local Muslim whānau, and it was remarkable to see more than 500 people come together to share kai, support, and conversation (pictured).

At The Mission, we value local communities and understand that no two are the same. We have a wide range of services focussed on supporting communities across the region. Our teams are passionate about helping those who are alone to reconnect with their community and whānau. Our Drop-in Centre, for example, helps to feed our guests' bodies and souls. It's a place that empowers them, and provides dignity as well as an opportunity to build relationships. You can see the impact of gathering places like this during winter – a particularly hard time for those who are easily isolated, or struggling to pay for utilities and food.

So, how can we all contribute to making our communities more connected – especially as we head into winter? It can be as simple as getting to know your neighbours, or exchanging phone numbers and email addresses so you can look out for each other. The next time you walk past someone sitting alone on that bench in your neighbourhood, stop and say hello – you never know how much it could mean to them. Check out what's happening in your local community centre and get involved. Or, my favourite, invite someone to join you at your table during the winter months. Opening up your home and sharing a meal is a great way to create a connection, and a positive experience. It might seem simple, but it can make a real difference!

I'm classed as being 'deaf-blind'. I've got 'macular degeneration' in my eyes, and without my hearing aids I can hardly hear anyone – even if I'm right in front of them. I'm only just meeting my basic living costs, and I don't have any family around so I'm pretty much on my own.

As you might imagine, when my hearing and sight got worse, it became really difficult to get my hearing aids sorted. I couldn't hear people on the phone well – I couldn't even hear the doorbell – and reading important letters was near impossible. I used to take letters back to the senders to decipher them, and I even walked across to the lady at the supermarket to read them out to me. Getting to appointments was tough too. If there's any glare outside I can't see, and I can't read the numbers on the buses. So everyone was finding it hard to get hold of me and the whole process took ages. That's when a nurse at my medical centre got in touch with Mission for Seniors.

My new caseworker Annette (pictured) became my go-between, and things started changing for me. With her advocacy, time, and effort I was finally able to get my hearing tested, and receive my own hearing aids. My first pair was an improvement but they weren't perfect. I probably would have just put up with them if I didn't have Annette by my side. Thankfully we went back to the



## GETTING ON WITH LIFE

hospital and put my case forward to get a better quality hearing aid.

Together we made my home much easier for me to live in too. We tested some doorbells, and got the loudest one installed. We also got an alarm under my pillow in case of a fire. She arranged for me to get a Total Mobility Taxi card, and my photo put on my Gold Card, to make it easier for me to get around. Annette even referred me to get fortnightly home help, so if there is anything I can't read my helper will tell me what it's about. All of this help has really improved my day-to-day life.

**Having her there has taken a lot of my anxiety away.**

To put it mildly, Annette's support has been absolutely marvellous. Having her there has taken a lot of my anxiety away. She has helped me feel more independent so that I can look after myself. If something ever worries me, or I need advice or advocacy, I know she's only a phone call away.

# OUT & ABOUT

## FUNDRAISING, 'SIDE BY SIDE'

We enjoyed a wonderful night of musical theatre recently at a charity performance of 'Side by Side by Sondheim' at Wellington's iconic Circa Theatre!

The 'Side by Side' team generously donated \$13 from every ticket sold to this special show, and thanks to our Mission Auxiliary Committee we also held a raffle on the night for two hampers filled with delicious goodies. In total over \$2,100 was raised for The Mission through ticket sales and raffle entries!

Our huge thanks go to everyone who came along, to the 'Side by Side by Sondheim' cast and crew, and to Circa Theatre for their support.



City Missioner Murray Edridge (far left) and Marketing & Fundraising Manager Bridget Child (far right) with the cast of 'Side by Side by Sondheim'.

## TAKING ACTION TO ELIMINATE FOOD INSECURITY

At The Mission, we believe that everyone in New Zealand should have access to nutritious food for themselves and their families. That's why we've chosen to be part of a collective of social service agencies called 'Kore Hiakai Zero Hunger'. Together with the other key organisations (Auckland

City Mission, the Salvation Army, and the NZ Council of Christian Social Services) we are seeking long-term solutions to the issue of food poverty.

In March Kore Hiakai Zero Hunger hosted three hui in Auckland, Wellington and Christchurch, bringing together a diverse range of people and organisations to discuss this issue. We look forward to sharing key action points from these meetings in the near future.

If you're passionate about eliminating food insecurity in NZ and want to get involved, please email [korehiakai@nzccss.org.nz](mailto:korehiakai@nzccss.org.nz) or visit [zerohunger.org.nz](http://zerohunger.org.nz).



## GOLF DAY – A HOLE IN ONE!

We love working with Wellington's business community to make a difference. So it was fantastic to be chosen by Parker & Associates as the official charity partner of 'The Garden Classic Charity Golf Day' in February. Held at The Royal Wellington Golf Course, this event included a fun day of

activities for both golfers and non-golfers.

We're thrilled to announce that a huge \$72,937 was raised for The Mission through this special event! We're so thankful to Parker & Associates, and all the generous organisers, participants and sponsors, for this incredible support. Thank you for making such an amazing contribution to The Mission's work in the Wellington region.



A beautiful day at The Garden Classic Charity Golf Day where The Mission was the official charity partner.

## GETTING CLOSER TO OUR NEIGHBOURS

We always enjoy celebrating Neighbours Day Aotearoa, an annual campaign that encourages people to connect with each other. This year it was recognised from 22 – 31 March and The Mission participated in a couple of ways.

In our Drop-in Centre we held a special intergenerational lunch to bring together people of different ages from within our programmes. Along with making and sharing a BBQ meal together, they also connected through fun icebreakers and waiata. Thanks to the John Tristram Memorial Trust for funding this event.

We also had a great time collaborating with other local agencies to host a 'Neighbours Fun Day'! This community event was held at the Soup Kitchen and included kai, live music, and market stalls. Thanks to all who came along!

# LOOKING FORWARD

## SUPPORT THIS YEARS BROWN PAPER BAG COLLECTION!

Winter can be extremely challenging for those who are struggling. It's heartbreaking that many people in our region simply don't have enough to heat their homes, pay for rent, and provide the necessities for themselves and their children.

This winter you can make a difference by supporting our Brown Paper Bag Collection! This collection asks people across the



Wellington region to choose between donating cash or food items – “The Money” or “The Bag”. By donating financially or filling a bag with non-perishable items for our Foodbank, you'll help provide both immediate and long-term support for those who are struggling. You can participate in the Brown Paper Bag Collection as an individual or family, or even as a school, workplace, church or team.

Please check out our special Brown Paper Bag insert for all the details, or contact our Campaigns Coordinator Sarah on [sarah@wgtncitymission.org.nz](mailto:sarah@wgtncitymission.org.nz) or **04 245 0843** if you have any questions. Thanks for supporting people in need this winter!



## MAKE A DIFFERENCE WITH YOUR SUPER

Spend My Super is helping generous Kiwis to make a difference for children and families in need across our country. Through Spend My Super you can donate part or all of your Superannuation to selected charities, including The Wellington City Mission, so that together we can help more of our children have a fair chance to succeed and thrive.

If you're interested in donating part or all of your Super to The Mission, then we encourage you to visit [spendmysuper.org.nz](http://spendmysuper.org.nz) to set up regular payments today. If you're in the position to do so, you may also be interested in donating your Winter Energy Payment this winter. If you have any questions, please get in touch by emailing [enquiries@wgtncitymission.org.nz](mailto:enquiries@wgtncitymission.org.nz) or calling Vivienne on **04 245 0845**.

Thank you!

## NEON NIGHT WALK EVENT

Enter the Neon Night Walk at Rangituhi Scenic Reserve, Porirua on Saturday 5 October and raise money for people in need across Wellington. Walk or run the 8 or 16km track under the stars, past waterfalls, nikau groves and glow worms. Enter as an

individual or team and dress to impress in neon! Sign up today by contacting Sarah Thomas on [sarah@wgtncitymission.org.nz](mailto:sarah@wgtncitymission.org.nz) or **04 245 0843**. To learn more about this event visit [neonnightwalk.co.nz](http://neonnightwalk.co.nz).



## MURRAY'S MESSAGE

### WELLINGTON CITY MISSIONER



I have recently returned to New Zealand after travelling to Brazil and the United States. We had a wonderful trip, spent quality time with family and friends, and had some amazing experiences. Even in this context, it is wonderful to return home to New Zealand and be reminded again how privileged we are to live in this beautiful part of the world.

There were a number of very special places we visited – the sort that appear on travel brochures. The reality however is that you don't have to journey too far from the beautiful places, people and scenery to find others for whom life isn't so beautiful.

Every place we visited had people who were doing it hard and for whom life was a continual struggle. It seemed too that the more affluent and beautiful the location, the more difficult were the lives of those who didn't seem to benefit from the proximity of such wellbeing.

I have found when travelling overseas that people express a real interest in and fondness for New Zealand and everyone we met shared their sadness and concern about the horrific events in Christchurch on 15 March. They also talked with awe and admiration about the changes that had come about as a consequence of this event – especially the changes to firearms legislation and the coming together of diverse communities under the Prime Minister's rallying call of “they are us”.

All of our communities in New Zealand have people who are struggling but for many of us we have the opportunity to contribute to making life better for them. I believe we have the ability as a nation to ensure that everybody has a quality of life

that enables them to be the best person they can be. I also believe we have a better chance of doing this than almost any other country on earth!

This newsletter has a number of wonderful stories about people and some of the challenges they have faced in their lives. These are also stories of hope because they describe the difference that can be made with a bit of the right support and assistance, at the right time.

Thank you for the support and encouragement you give to the Wellington City Mission that enables us to do what we do. Let us each be thankful for the place we live and thankful that we can assist others to enjoy this remarkable country.

*Therefore encourage one another and build each other up, just as in fact you are doing.  
1 Thessalonians 5:11*

**Murray Edridge**  
Email: [murray@wgtncitymission.org.nz](mailto:murray@wgtncitymission.org.nz)

# A WORD FROM SUSAN – FOODBANK AND VOLUNTEER COORDINATOR



We can all appreciate the importance of hearty food, especially during the brutal winter months. It gives us nourishment, warmth, and energy – keeping us healthy and lifting our spirits. So at The Mission, our Foodbank and Drop-in Centre (DIC) services are hugely important.

Many different people come to The Mission for food assistance – people who are on benefits, sole parents, students, and those who are working but are struggling due to high rents or living costs. Either way, the families and individuals we work with have little support, and nothing left over for food. When someone first walks into The Mission we often find that they haven't had a meal in a while, so we initially invite them to have some kai in our DIC. We'll also do a food parcel interview to understand their situation. In many cases we'll find that there's a budgeting or housing issue behind their need, and we can offer support with these challenges too.

Good food can make a huge difference. Even if you miss one meal, you start feeling your energy levels deplete. Kids are a classic example of that. Going to school hungry makes it harder to learn, and as a parent, if you don't have food to give your children, this causes a huge amount of stress. It's amplified in winter because if you're not eating your immunity is likely to be lower, you feel the cold more, and you're more likely to get sick. When someone's experiencing challenges like these it can be hard to have a positive outlook on life, but we're glad we can be there to help.

Now as we head into our Brown Paper Bag Appeal, our food stocks are really low. We had an increase in demand for food parcels at the end of last year due to factors such as high rents, rising food costs, and high debt. The purpose of this appeal is to restock our Foodbank's essentials, and ensure we can continue offering our services during the colder months. We're so grateful for the

support we receive during this appeal each year from businesses, schools, churches, groups, and families. It's a massive effort from a huge group of people, and it's really special to see more and more people wanting to get behind their community.

Everything The Mission does is really worthwhile, because at the end of the day, everyone deserves to have a meal in front of them, and a warm dry home to live in. We can only get to that point through the generosity of our donors and volunteers, who help us keep reaching people in their time of need. When the community gets involved, our most vulnerable people have a better chance to be happy and healthy this winter.

## JAN - MARCH 2019 KEY STATISTICS

### MISSION FOR FAMILIES

**749**

Staff made 749 contacts (face-to-face, phone, and email) with families

**34**

34 families successfully completed all the objectives in their personal plans

### MISSION FOR YOUTH

**27**

Students took part in 27 Education Outside the Classroom sessions and life skills workshops

**100%**

100% of students told us they feel they are benefitting from the programme

### MISSION FOR INDEPENDENCE

**76**

76 clients no longer required food parcels

**26**

There were 26 new clients seeking budgeting assistance

### MISSION FOR SENIORS

**215**

Staff made 215 contacts with external organisations advocating for clients, via phone or face-to-face

**185**

Staff made 185 face-to-face visits with seniors in their own homes and in the community

### KEMP HOME & HOSPITAL

**5,690**

Kemp provided 5,690 bed nights of accommodation for 74 people

**230**

Kemp residents participated in more than 230 planned recreational activities and community events/outings

## IF YOU WANT HELP, IF YOU WANT TO HELP

If you or anyone you know wants the help of any of our services, please drop in to or phone our Newtown office.

If you want to help – thank you! We rely on the goodwill of Mission supporters so we can continue our work throughout the Greater Wellington region. Whether it's an offer of goods in-kind, volunteer hours or monetary donation, we are always amazed by the generosity and community spirit people demonstrate on a daily basis.

**Call in, or contact our Newtown office and Drop-in Centre:**  
19 Gordon Place, Newtown, Wellington  
PO Box 7477, Newtown, Wellington 6242  
T: (04) 245 0900 E: enquiries@wgtncitymission.org.nz

**Kemp Home & Hospital:**  
21 Te Pene Avenue, Titahi Bay, Porirua  
PO Box 52081, Titahi Bay, Porirua 5242  
T: (04) 236 8099 E: info@kemphome.co.nz

**City Mission Stores:**  
Corner of Taranaki & Abel Smith Streets, Wellington  
228 Jackson Street, Petone  
T: 0800 245 542 E: welcome@citymissionstore.nz



Support us today by donating online at [wellingtoncitymission.org.nz](http://wellingtoncitymission.org.nz)



# SUPPORT OUR WINTER APPEAL

The cold weather and increased costs that come during the winter months have an effect on us all. But for many families and individuals across the Wellington region, it can be devastating.

With costs like rent and food continually rising, many people are already struggling to make ends meet. Then when winter hits, these challenges intensify, and they are forced to stretch their limited incomes even further. It's heartbreaking when people realise they simply don't have enough to heat their homes, pay for rent, and provide necessities like food, healthcare, warm clothing and bedding for themselves and their children.

People in need across the Wellington region will be faced with these challenges this winter – but together we can make a difference. Please support our essential services today by getting involved in our Winter Appeal.

## THE WELLINGTON FOOD SHOW



**24 - 26 MAY**

The Wellington Food Show is taking place from **24 – 26 May** at Westpac Stadium and it's brilliant to be the Official Charity Partner again!

At our booth you'll be able to purchase a reusable Mission Supporter Cup, or donate via cash or eftpos. Everyone who donates or purchases a cup over the weekend will go into the draw to win an 'Ultimate Prize Pack' stocked with goodies from Food Show vendors! You can head to [foodshow.co.nz](http://foodshow.co.nz) to purchase tickets. We're looking forward to seeing you there!

## BROWN PAPER BAG COLLECTION



**THE MONEY  
OR  
THE BAG?**

**27 JUNE - 31 JULY**

Our iconic Brown Paper Bag Collection will launch on **Thursday 27 June** with an insert in the Dominion Post, and **run until 31 July**. This appeal asks people across the Wellington region to choose between donating cash or food items – **“The Money”** or **“The Bag”** – to help families and individuals in need this winter.

## THE MONEY

If you choose to help by donating “The Money”, then you can:

- Make a donation to this magazine appeal.
- Donate via our special envelope in the Dominion Post on **Thursday 27 June**.
- Head to [wellingtoncitymission.org.nz](http://wellingtoncitymission.org.nz) to donate online at any time.
- Get your workplace, team, school, church or group involved by fundraising for the Brown Paper Bag Collection – you might like to do a bake sale, a special lunch, or a gold coin mufti day!



## THE BAG

If you choose to help by filling “The Bag”, then you can:

- Collect our special Brown Paper Bag from the Dominion Post on **Thursday 27 June**, fill it with our most-needed items, and drop it off to a Z Energy Station or another local drop-off point.
- Request bags from The Mission or fill any regular shopping bag and organise a food collection at your workplace, school, church or group.



### HOW YOU CAN MAKE A DIFFERENCE!

**\$50**

1 week's worth of food for a small family



12 meal servings at the Drop-in Centre



**\$80**

1 week's worth of food for a medium-sized family



20 meal servings at the Drop-in Centre



**\$145**

1 week's worth of food for a large family



36 meal servings at the Drop-in Centre



### MOST NEEDED ITEMS:



For more information, please contact Sarah on [sarah@wgtncitymission.org.nz](mailto:sarah@wgtncitymission.org.nz) or 04 245 0843 today.

Thanks to our key Supporters!

