



Te Ope Whakaora

your support in action

Reporter

2013 ISSUE 3



Keeping the family intact

Living in poverty puts intense and relentless pressures on couples and many relationships don't survive the strain.

Ratree and Clifton originally sought assistance from The Salvation Army when their finances were in a state of collapse. Ratree had discovered she was legally responsible for a large amount of credit card debt, run-up by her former husband after their relationship had ended.

Debt payments, rent and utilities ate up all of the family's disposable income, leaving nothing for food.

Ratree approached her local Salvation Army Community Ministries, which provided the family with food parcels until a social worker could help negotiate manageable debt repayments. The social worker provided much-needed emotional support and guidance, says Ratree, during her most desperate times.

Ratree and her family also regularly attend The Salvation Army's weekly community meal. 'It gives us a chance to

take them out because we can't afford to do very much for the kids,' says Ratree.

Despite rent consuming around 70 per cent of the family of five's income, they are now close to paying off all their debt. Life is not easy—there is \$85 a week left over to feed two adults and three children—but they are looking forward to life free from the shackles of debt.

But Ratree and Clifton say the most dramatic change in their lives came through a course designed by The Salvation Army. The Positive Lifestyle Programme aims to raise self-awareness, enabling clients to identify and overcome personal difficulties before they become major problems.

The 10-week course covers topics such as dealing with depression, anger, grief and stress, which is an ever-present and potentially damaging aspect of life for most poor families. The programme works toward building self-esteem and assertiveness and developing goal-setting skills.

Ratree says before taking part in the programme, her relationship was under a great deal of pressure, and arguments

were common.

Both Clifton and Ratree say the programme saved their relationship and the benefits, especially to their children, have been immense.

North Shore Community Ministries manager Dee McColl says the programme has developed into one of her staff's most powerful tools in getting clients to resolve their own problems and become increasingly independent.

'It's proven to be very beneficial—life changing,' she says. 'There's actually a huge paradigm shift from making poor decisions to identifying these behaviours and what might be behind them, and moving on to making positive decisions for themselves and their families—it's quite remarkable to see.'

Thanks to your help, The Salvation Army's community support for the year to 30 June 2013 included:

56,707 Food parcels distributed

14,399 Budgeting sessions provided

17,588 Community meals served

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Countdown shoppers help families

Thank you to the generous shoppers at Countdown supermarkets who donated \$24,981 in collection boxes or by Eftpos at checkouts for this year's Red Shield Appeal. These contributions will help provide families throughout New Zealand with essential food and clothing, as well as supportive services such as budgeting advice and life skills programmes.

The Countdown Food Rescue programme continues to donate food that its stores can no longer sell. 'Every week of the year, more than 125 of our stores provide food for Salvation Army food parcels across the country,' Countdown Managing Director Dave Chambers says. 'We're very proud to be involved with The Salvation Army. If we can help them change lives in even a small way, then we're very humbled to make that difference.'



Photography: Neil Mackenzie

The Salvation Army's David Smith, Bryan Thomson and Stephen Crump joined Store Manager John Lamb at the Countdown Petone opening on 28 May. To celebrate, the store donated two large trolleys of nutritious food to our Hutt City and Petone food banks.

A film for a can

Now in its 20th year, the Wattie's Cans Film Festival supports The Salvation Army by providing cans of food to help those in need of food assistance.

On Wednesday 13 November, Kiwis around the country can visit their local participating movie theatres and swap a can of food for a ticket. With Wattie's matching the number of cans donated, last year's total of 43,064 cans helped to stock up our food banks for the heavy pre-Christmas demand.

Mark your calendar for a night of fun and entertainment for all the family, and a chance to lend a hand to those who need it most. Visit the **Wattie's Cans Film Festival Facebook page** for updates about the movies showing and participating theatres, and keep an eye out for special activities to celebrate 20 years of giving by New Zealanders and Wattie's.

Helping others find freedom from poverty



Salvation Army New Zealand Overseas Development Officer Major Vyvyenne Noakes appreciates clean water from a new pump in west Kenya.

The Salvation Army Overseas Development team is involved with a variety of projects and programmes around the world that provide opportunities for individuals and communities to find freedom from poverty. Some of our key priorities are education, food and practical help, income and employment opportunities, and emotional and spiritual well-being.

The Salvation Army recently received a grant from the New Zealand Ministry of Foreign Affairs and Trade International Development Fund to run a WORTH microfinance and empowerment project in partnership with The Salvation Army in west Kenya. Offering literacy, micro-credit and health training, this work is significantly changing the lives of more than 8,000 women in rural villages.

Live Below the Line

The Salvation Army is an official partner charity of Live Below the Line—an innovative awareness and fundraising campaign that's making a huge difference in the fight against extreme poverty in poor communities. From 23 September, participants taking part in the campaign choose to live on \$2.25 a day for

five days to change the way people in New Zealand think about extreme poverty.

Find out more about our work overseas and how you can help others find freedom from poverty at www.livebelowtheline.com/nz-salvationarmy





Looking for a place to call home

Wellington 614 youth fundraising with a sausage sizzle

For the young adults Tim Malton works with, state-of-the-art smart phones or the latest street wear are not what they crave most.

The Salvation Army captain and leader of Wellington 614 Corps says what they are seeking is a place to belong and a way to contribute to their community.

'That's why we encourage as much



Michelle lives in Sanctuary House run by 614 Youth Services in Wellington. This accommodation provides a safe and secure environment for young homeless women to stabilise their lives and make plans for the future. The 614 boutique Family Store has now offered Michelle work every Saturday. For more about how 614 youth are raising funds for their services, visit [facebook.com/SalvationArmyBoutique](https://www.facebook.com/SalvationArmyBoutique)

as we can for youth to contribute, to help others,' he says. 'It gives them the satisfaction of helping others and helps establish who they are and their place in the community.'

614 is a faith community in inner-city Wellington. Its main aim is to bring together youth living on the margins—many of them homeless or estranged from their families—and help them find their direction in life and a community to call home. Some were under the care of Child, Youth and Family, which ceased when they turned 17. In a city where 25 per cent of teenagers are unemployed, the great majority of 614 youth are desperate for work, says Tim.

Wellington 614 is part of a network of 17 similar communities worldwide, where staff and volunteers live in the neighbourhoods in which they work, mainly with the urban poor and vulnerable.

614 operates two residential houses providing transitional accommodation for young homeless men and women. It runs several programmes at a local high school, one designed specifically for Māori students. The programmes help foster confidence, self-esteem and teamwork, with a particular focus on developing leadership and active citizenship among teens. Participants have been identified by the school as benefitting from additional support.

In addition, 614 hosts a weekly community meal attracting around 40 young people and operates Street Beat,

a van that parks in the central city on Friday nights, offering hot drinks and food, games and a safe place for youth to hang out.

Annika first became involved in a 614 programme at high school, went through a troubled period and is now a trainee youth worker with the group. She says 614 members tend to stay connected, even those who were on programmes several years ago.

'I think youth are looking mainly for a place to belong,' she says. 'And I think 614 is perfect because it really has the feel of a family—they see that and they want to be a part of it.'

The service is partially self-funded. 614 youth run various fundraising projects. It operates its own boutique Family Store, with retro label and vintage items. Profits are ploughed back into services and overheads.

614 has leased, centrally-located offices and a drop-in centre, which are in a bad state of repair. But its other services are scattered across the city. The long-term vision, says Tim, is to find a new base in the inner-city that can accommodate the entire 614 range of services to create a better sense of community—a place they can call home.

The Salvation Army places great emphasis on nurturing young people and helping them achieve their full potential. Please donate today to help young people living on the margins find their direction in life. Thank you for your generous support.



Trucking along despite the bumps

When Ruby was a small child, her mentally-ill mother would take her around the country on spur-of-the-moment journeys.

Ruby's first contact with The Salvation Army was when they would arrive in a town or city and go to Salvation Army hostels for a bed for the night.

'I remember that being really comforting, just to have a clean bed and some food and somewhere to sleep, because it wouldn't be beyond mum to have us stay in a bus stop,' Ruby says.

Living in a squalid inner-city suburb, the youngest of five children, her father long gone and her mother in and out of psychiatric hospitals, Ruby's childhood was chaotic and lacked the security and care she craved. At 13, she left home.

Today, she has three adult children and lives with her eight-year-old son. In the past year or so, the former truck driver found it increasingly difficult to

make ends meet.

With 65 per cent of her net income going on rent, a few unexpected expenses began to put Ruby behind with payments to her creditors—a situation, she says, that was becoming increasingly stressful and demoralising.

Already operating a strict household budget, Ruby reluctantly decided to visit a Salvation Army budget advisor to see if she could make further spending cuts.

The Salvation Army suggested minor changes to her budget and helped her consolidate her debt at a lower interest rate. A social worker negotiated more manageable repayments with her creditors. Food parcels helped take some pressure off the household budget until her financial situation stabilised.

The Salvation Army social worker has also provided guidance and emotional support to Ruby—something she says was hugely beneficial during a deeply distressing period.

In recent months, a chronic illness

meant Ruby had to leave her job, and she and her son still live from week to week. But she says getting the help to get her finances back to a manageable state took a great weight from her shoulders.

'To know that nobody was going to come banging on the door or toss us out on to the street was a huge relief—it's nice to be happy for a change—no words can really describe it,' she says.

Life wasn't always a struggle. Ruby once owned her own home and has always endeavoured to stay in work and maintain her independence. She still insists on paying the voluntary donation to her son's school although she could easily argue hardship.

Your donation can help struggling families find a way to a brighter future.

Three ways to give ...

Call **0800 53 00 00**

Remember us in **your Will**

Online at salvationarmy.org.nz



Support our work by automatic payments

An easy way of giving to help Kiwis in need

Giving regularly by automatic payments to The Salvation Army is simple, secure and convenient.

Thank you for helping us do all the things we do.

Three ways to set up automatic payments ...

- Go to salvationarmy.org.nz/autopay
- Email pr@nzf.salvationarmy.org
- Call **0800 53 00 00**



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