



Te Ope Whakaora

It all started with your

gifts



Report Back to supporters following the Christmas Appeal 2022

It all started with a gift...

You helped provide:

Peace

40 Positive Lifestyle Programme facilitators operating across **24 centres**.

Whānau

There were **152 new clients** of whānau support and 77.4% of those in the programme met over 80% of their goals.

Security

There were **2329** clients and dependents helped through transitional housing.

Hope

After receiving Financial Mentoring, **92%** reported feeling confident about achieving their financial goals.

Aroha

1183 clients who received a food parcel were referred to other services.

A Future

Of the clients that received welfare support, there were **5122** clients in households with children.

Joy

7713 people were given gifts at Christmas.

Courage

338 hours of counselling provided.

Choice

11,145 people received Christmas support.



Leticia's Christmas

Five years ago, Leticia was fighting to overcome a gambling addiction and eliminate the debt she was carrying. She needed support and practical help.

'The Salvation Army helped me get back on my feet. I asked them to help me with budgeting because I needed help to straighten things out,' explains Leticia.

With the cost of living crisis continuing to rise, now more than ever people need financial mentoring to get through. The Salvation Army matched Leticia with budget advisor Jeff, who worked with her to ensure bills were paid and expenses managed.



'I'm learning to budget for food and with the cost of living going up, it's been a really great help to me. Jeff gets me on a budget, and I try and stick to it. Sometimes I fall off, but Jeff helps me get on track again,' Leticia explains.

The Salvation Army also provides a variety of wraparound services that empower those facing tough times with skills for life and, ultimately, hope for the future. Leticia attended a course for cooking to a budget, as well as a parenting course, and The Salvation Army also provided WINZ advocacy to ensure she received all her entitlements. Leticia now has the practical tools to navigate her own way and is even helping others.

Last Christmas Leticia found herself unemployed due to poor health and was struggling. 'I'm a person who doesn't really like asking for help, but Jeff said he'd put my name forward. I was amazed because I had roast chicken and vegetables, and gifts for my daughter which was good because it's just me and her now.'

This Christmas looks very different for Leticia. 'The Salvation Army is absolutely wonderful this time of the year', she says.

'Thank you very much to everyone that has been supporting The Salvation Army.'

Even just \$5 goes a long way—that could be a meal. I'm just so grateful that there are people out there who can help, and organisations that help like The Salvation Army.'

The work continues

You started a journey of transformation for so many people this year, but there is still work to be done.

As we head into 2023, we have been seeing an increase in levels of stress and anxiety, which have a significant impact on emotional resilience and mental wellbeing.

One of the focusses this year will be on providing wraparound support, so people who need it can learn develop the tools to work on their own self-awareness, and the skills to be able to identify and manage their emotional and wellbeing needs. Through this support and the client's engagement, they can grow in self-awareness, deal with issues such as loss and grief, and learn how to set goals, problem-solve, and make plans.

We have also seen an increase in material hardship going into this year. As the recession and the cost of living crisis is impacting more and more Kiwi, we are seeing many new people accessing our services, presenting with basic requirements such as needing food, practical aid and housing.

The Salvation Army has recently improved its policies to reduce barriers for people accessing kai and to



▲ JONO BELL

ensure that people who are going hungry can access the food that they need. In some communities, we are extending opening hours and putting additional volunteers and staff in place to meet the demand.

Alongside the provision of food parcels, there are a range of food security initiatives such as cooking programmes, food co-op opportunities and gardening projects to help address people's long-term needs and to help them build their resilience for the future.

Jono Bell (Head of Community Ministries)

Thank you for recognising the need for **Joy, Hope, Peace and Aroha** at Christmas time

Your gift this Christmas provided something much deeper for those receiving your generosity. For many Kiwi whānau, your gift means the beginning of an ongoing journey of transformation, one which will change their lives for the better.

Over the Christmas period, we saw thousands of Kiwi in desperate need. The increase in the cost of living is putting a strain on families who already have little.

Your contribution has helped them experience more joy, bring them more peace and feel a little more aroha at a time when they would have otherwise gone without. This difference could've been from your gift of practical support or food, a donation towards wraparound care or even simply the thought that they are not alone.

So again, thank you for giving a gift of meaning this Christmas.

For so many New Zealanders, it has all started with your gift.



Your choice today will give them choice tomorrow

It is during the first 1000 days of life that a child undergoes the most significant development they will ever experience. Research shows that the environment that they are exposed to during this time will have a profound impact on their future and shape the person they will become.

Children can only develop as well as their circumstances allow them to. For many, they are set up for a life of increased challenges, through no fault of their own.

It can be a difficult cycle when parents need to work to support their families but can't afford the costs of early childhood care. Sometimes they are faced with the hardest choices about where to send their tamariki so that they are given every opportunity to thrive, and their development nurtured.

Help is needed to give parents the support they need in their child's first 1000 days. Give to the 1000 Days Appeal to help provide quality Early Childhood Education, provide wraparound support to parents of young children and supply practical necessities to growing families who are in need.

There's 1000 reasons why.



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To help, visit [SalvationArmy.org.nz/1000days](https://www.salvationarmy.org.nz/1000days)