



Te Ope Whakaora

# HOW YOUR KIND GIFTS WARMED HEARTS

Report Back to supporters following the **Winter Appeal 2022**

# In acknowledging your generosity during this winter, there's so much to thank you for.

Firstly, thank you, if you've sent your kind gift to warm hearts.

Thank you for identifying with Darren and Miriana's situation in finding themselves and their children homeless. And for understanding that losing a home can happen to any of us when circumstances take a turn for the worst.

Thank you for helping to provide transitional housing for this family, and other families. Winter is the worst possible time to be without the protection, comfort and safe haven of your own home.

Housing is a big issue for many people when they come for help, but there are many other needs as well: budgeting and monitoring of finances; emotional and social counselling; rehabilitation from substance abuse; food assistance and more. These all form part of our wraparound services, providing holistic help. Thank you for contributing to those services, too.

Your donations always do more than just address the needs of any individual or family coming to The Salvation Army for help.



When there doesn't seem like anywhere else to go, your gifts keep our doors open to welcome anyone in need. And by helping to stabilise one person or one family, you contribute to bettering the fabric of our society—one person or one family at a time.

Your kindness also contributes to the ethos that is part of Aotearoa New Zealand—in offering one another a Kiwi helping hand when the worst of times are being experienced.

Lastly, I'd also like to thank you for your partnership in empowering our mission: caring for people in social and spiritual distress, transforming lives and reforming society.

Thank you, so much.

# Your kind gift **warmed the heart** of someone like Darren.

You helped provide:

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**1311**

people received  
**practical assistance.**

This is a 24%  
increase  
from last year

**62%**

improvement  
in client  
**ability to**  
meet financial  
obligations

**55%**

of clients feel  
**empowered**  
to make good  
financial  
decisions

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**308**

people are  
currently  
**waiting**  
to receive  
Financial  
Mentoring

**36%**

of clients  
are actively  
working  
towards  
**reducing debt**

**2300**

people  
experiencing  
**homelessness**  
have been  
supported  
over winter

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**28**

**additional**  
staff were  
hired to meet  
housing  
demand

**1129**

people were  
**supported**  
in the  
transition  
into long-term  
housing

**94%**

of people  
report  
**improved**  
housing self-  
management  
skills

1 June–30 August 2022



# More Than Just a Cooking Class

Winter can be a tough time. Thanks to your generous support to our Winter Appeal we have been able to provide vital items and wraparound services to those in need this winter. The Sallies Kitchen Programme is one of the life-skills programmes we run at The Salvation Army.

Dee Price, social worker from Christchurch City Corps, runs the six-week course annually. She says, 'eating well has benefits all year round, but even more so during the winter months. A healthy balanced diet works to boost your immune system, helping to ward off those winter coughs and colds. Nutritious food also boosts your mood, helping you avoid those winter blues, and the right food will help to keep you warm.'

Dee is passionate about teaching people to cook tasty, nutritious meals, even on a tight budget and with limited cooking equipment.

'Some people don't have much equipment at home, so we teach them how to cook everything in an electric fry pan. At the end, we gift everyone their own and they go away with all the knowledge to use it.'

'Each week we focus on a different key ingredient, and we practise cooking it three different ways. We show alternative ingredients to use and additional things to add, teaching people to be adaptable and think outside the box.'

'There is often a lot of surprise about how simple things can be, and amazement of not knowing it was so easy.'

Dee recalls a grandfather who did the course. 'He lived on his own but often had the care of his grandchildren. He would usually cook them two-minute noodles or baked beans, so he came to the course to learn how to cook.'

I saw him about a month ago and he was thrilled with the way his grandchildren had been receiving his meals. He had a huge smile, and the sense of achievement he got from it was awesome.'

Mother of two, Magdalina, says, 'I've been cooking for my family for a long time, but we are on a very tight budget. The course taught me clever ways to shop more affordably, and I definitely learnt to be more creative with canned food. I realised that to make the meal go further it's great to add an additional can or some frozen vegetables.'

Dee says, 'At the end of the course, one guy said the best part about it was actually sitting down at the end of each session and having a meal with everyone because he usually eats on his own.'

'Everybody gets something different from the course. For someone who starts out not knowing how to cook and leaves making nutritious meals for themselves and their family, that's a brilliant outcome. But for someone who is socially isolated, exchanging numbers with someone and making a new friend is the best outcome.'

Dee says, 'it's not just about cooking, it's never just about cooking, it's everything else.'



# There's Still Work to be Done

## Three Areas of Need:

### Financial Mentoring

With the growing levels of inflation and the high cost of living, we are seeing people struggle with higher debt than normal, and many new clients are in need of the skills to understand and manage their finances.

To meet the demand for this service in communities all around Aotearoa, we need your help. Every additional person and hour of service that you support will help get more New Zealand families on top of their finances, and set them on the right path to provide for their own needs.

### Group Educational Programmes

Since Covid-19 there has been an increase in people feeling isolated, and this can be compounded in those who are struggling with mental health issues, such as anxiety. Providing a group for those people to connect with is a good way to foster a sense of connection and draw on the collective experiences of those in the group. Often these connections with other participants extend beyond the end of the 10-week period.

These programmes offer a range of tools and resources to help people develop and grow their skills in meeting the challenges that life brings. They teach important life skills—cooking, budgeting and parenting—all of which promote mental and emotional wellbeing.



## Food Security Initiatives

During Covid-19 lockdowns and beyond there has been an increase in demand for food, which requires a new approach to empower people to source and provide for their own food needs. This included initiatives which teach people how to grow and share their own kai.

They can break cycles of foodbank dependency and can enable people to take control of their own futures. These have been piloted in a couple of locations and are now ready to be expanded throughout the country. These could make a lasting transformational difference for thousands of New Zealanders. Funding support will enable us to get these initiatives up and running in a local community.

***‘Now more than ever, people are in desperate need of support, not only to meet their immediate needs but to do the in-depth work of shifting circumstances and attitudes’***  
—Jono Bell (Head of Community Ministries)

At a time when inflation is driving up the costs of essentials, like food, electricity and housing,  
**your help is needed more than ever.**

In the new issue of our newsletter, read about Marise who came to The Salvation Army when she was homeless. A Salvation Army social worker assisted Marise into a home, which provided a firm foundation on which she was able to rebuild her life. Today Marise is giving back to the community by working in a Salvation Army Family Store and is helping to run children's programmes. Your support of our work helps us to help people like Marise transform their lives.



**Thank you for all you've already done;  
and thank you in advance for all that you may  
be willing still to do.**



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[salvationarmy.org.nz](https://salvationarmy.org.nz)

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