



Te Ope Whakaora

your support in action Reporter

2014 ISSUE 2



Newfound confidence

Poverty is usually acutely stressful and emotionally draining, even for those who are adept at squeezing the maximum value from a few dollars.

For many people on the breadline, the future extends only as far as the next meal. Before coming to The Salvation Army, single mother Moana (not pictured), didn't sleep most nights because of the worry of how she would feed her children, including an autistic son.

'It's almost like being a drug addict: where are you going to get your next fix?' she says. 'There's breakfast but what are we going to do for lunch, then what are we going to do for dinner—and growing kids want to snack in between.'

The Salvation Army provided a few food parcels to take pressure off the household budget and Moana started work with a budget adviser. Already a disciplined manager of the household's finances, Moana and budget advisor Maureen fine-tuned the family's budget and Maureen negotiated with Moana's

creditors to arrange more realistic debt repayments.

Moana says simply explaining her financial problems to Maureen was an immense relief, particularly when Maureen was able to put them into context and explain that there was a solution.

Salvation Army budgeting service clients are on low incomes and dealing with high overheads that can include rents that consume 70 per cent or more of their net income. More and more clients also carry long-term debt that has become unmanageable by the time they seek assistance.

Salvation Army Social Services Secretary Major Pam Waugh says unexpected health costs or repair bills and regular expenses such as school uniforms, fees and books can throw even the most meticulously managed household budget into disarray. If not dealt with promptly, this can lead to rent arrears, eviction and a declining ability to find safe accommodation, Pam says. 'Our over-riding aim is to

Salvation Army centres provide welfare services, support and education

maintain a stable home. Without this, employment opportunities, education and physical and psychological health suffer markedly.'

The fact is that many clients are already excellent at managing their money, says Pam. 'But the problem is that their incomes are often insufficient to cover the costs of sustaining a family.'

Meanwhile, Moana is sticking to her budget and has cleared most of her debt. With her newfound confidence, she has commenced work as a specialist teacher's aide at her local school and is undertaking vocational study part-time.

Thanks to your help, The Salvation Army's community support for the year to 31 March 2014 included:

14,414 Budgeting sessions provided

56,308 Food parcels distributed

2,241 Life Skills and Positive Lifestyle Programme courses provided

Inside:

Reaping the benefits

A new start in Christchurch

Side by side with Kiwis in need

Into calmer waters

Reaping the benefits

In rural Feilding, isolated people and those caught up in the court system are finding a new direction and a newfound self-confidence.

The Salvation Army Feilding Community Life Skills Garden was established 18 months ago on unused land behind its Feilding complex. The garden provides fresh produce for the Army's food bank. Its green house and rotary hoe were donated and its shed built by students at Education and Employment, the vocational training and employment placing arm of The Salvation Army.

But the garden's most important function is to help our clients reconnect with their communities, motivate them to make changes to their lives and prepare them to re-enter the work force.

Rob Green established the gardens and oversees their operation. He says while the number of people working on the project is modest, watching once withdrawn and disheartened people begin to bloom is a moving experience.



Clients learn new skills ... and develop self-discipline and personal responsibility



Participants are mainly Salvation Army Community Ministries clients and those Rob has met in court as part of his work as a Salvation Army Court Officer. Many of these people had become socially isolated, lacked purpose and had given up on any hope of truly participating in their community, Rob says.

Clients learn new skills, develop friendships and learn to be part of a team and develop self-discipline and personal responsibility.

Rob provides references for clients who have exhibited commitment, initiative and responsibility—often the first reference of their lives.

He says many of those who have worked at the gardens have at first been tentative and sometimes reluctant to get involved. Over time, they become

increasingly interested and motivated and eventually see themselves as having a stake in and a responsibility for the project.

Under Rob's guidance, one previously unmotivated teenage gradually discovered a renewed interest in the work and has since gone on to secure employment. Another man, who Rob describes as a once angry and reluctant participant, has moved to Palmerston North and become a central figure at The Salvation Army's community garden there. Others have found a new confidence, new interests and friendships, and one recently had his outstanding court fines cancelled because of his commitment to the project.

'We don't operate on a large scale, but I believe we are changing lives,' Rob says.

At the heart of Typhoon Haiyan response

Typhoon Haiyan—one of the deadliest storms on record—hit the Philippines on Friday 8 November 2013. Tens of thousands were left displaced, homeless and needing urgent assistance. With considerable experience in large-scale disaster response, our International Emergency Services staff assisted The Salvation Army in the Philippines to provide mobile medical teams, relief food packs and shelter assistance along with practical and emotional support.

New Zealanders responded immediately to help others in our Asia-Pacific community in their time of need. Thank you to our generous donors who gave over \$50,000 to The Salvation Army appeal—these funds went directly



to Tacloban to purchase emergency supplies for distribution across the island of Leyte. The Salvation Army

is continuing to work in the Philippines on a longer-term recovery plan.



A new start for Christchurch trainees

After the Christchurch earthquakes, it was estimated the city needed 1000 extra workers to rebuild its infrastructure over the next five to seven years—a job that would normally take 20 years.

The Salvation Army Education and Employment service (previously Employment Plus) pitched in by setting up 'U Build 4 the Rebuild'—an initiative to train and qualify local unemployed people for roading and underground infrastructure work.

The first course began two years ago in June 2012, and the 15th is now underway. Since the programme started, it has had a 90 per cent attendance rate and 80 per cent of trainees have secured employment.

The six-week course was developed in partnership with infrastructure industry training organisation InfraTrain along with the Stronger Christchurch Infrastructure Rebuild

Team (SCIRT), representing companies involved in the rebuild, as well as local and central government agencies.

U Build is funded by The Salvation Army Canterbury Earthquake Appeal, which was supported by thousands of generous donors.

Many of the U Build trainees had lost their jobs after the earthquakes. One had been out of work for two years and had been through a marriage break-up and has a three-year-old daughter. He was suffering from anxiety and depression.

He was helped with accommodation during the course and provided with other support to get back on an even keel. Following graduation, he started work at \$15 an hour, and a few months later was taken on permanently and given a raise to \$19.50. He is now in line for another promotion.

'I'm not on the minimum wage now, I've got a career,' he says. 'I'm not just paying child support—I can do things with my daughter and spoil her a bit.'

'We deal with every individual on a

case-by-case basis,' says Salvation Army project manager Robyn Laurenson. 'We address any barriers that may have inhibited people from learning in the past, and we're connected to other Salvation Army services for budget advice and other social service support if required.'

The free, full-time course begins with two weeks of 'work readiness'. Trainees attend the gym twice a week to get fit and undertake units that improve their knowledge of nutrition and budget management and allow them to develop teamwork skills.

Trainees are put through their wheels, tracks and rollers licence, which qualifies them to operate diggers and other machinery.

During the course, trainees gain 20 credits towards a National Certificate of Infrastructure to give them a step-up into the industry—including training in traffic management and site safety.

'It takes them out of the minimum wage trap and into a potential career,' Robyn says.

Thank you for standing *side by side* with Kiwis in need

The Salvation Army Red Shield Appeal is a major source of funding for the essential social services provided by our 58 Community Ministries centres throughout New Zealand. Thank you to everybody who donated generously this year to help people in need take positive steps toward a brighter future.

Your donations came to us in a myriad of ways—through the mail, website, internet banking, text and our street

appeal. Shoppers at Countdown and Smiths City donated in stores, while others purchased Salvation Army branded pens at Warehouse Stationery.

Our Red Shield Appeal text donation number is open until 9 July 2014. Please text RED to 4411 and we'll call you back for your donation (standard text charges apply). Or donate online at salvationarmy.org.nz/RedShield2014





Into calmer waters

Positive Lifestyle Programmes have become a mainstay of The Salvation Army's social services.

The aim is to deal with the emotional obstacles that inhibit clients from coping with life's challenges and achieving stability in their lives.

Johanna, a single mother of two, was largely isolated from adult company, spending her days dealing with the needs of her young children and ignoring her own. In addition, her separation from her partner had left her angry. The pressure of running a family alone and on a limited income for several years was starting to build.

The tension got so bad that for a brief period, she relied on alcohol for stress relief.

'I'd been wanting to make some lifestyle changes, to work on myself a bit,' Johanna says. 'But I'd always been putting the kids first and kind of forgetting about myself.'

Johanna signed up for the Positive Lifestyle Programme that was being

run at her local Salvation Army. She was thrilled with the results. As well as feeling calmer and more capable of dealing with life's pressures as result of what she learned from the course, she says her children are also benefitting from the programme immeasurably.

Learning new skills and gaining a deeper understanding of herself means that managing her two children and defusing arguments between them is much easier and relatively stress free.

'My children are a lot happier now that I'm a lot happier,' she says. 'I think by concentrating on myself for a while and making sure I'm well and more balanced makes for a calmer life at home. I'm now better equipped to deal with problems before they escalate.'

The Positive Lifestyle Programme is part of The Salvation Army's multi-faceted approach to helping clients overcome problems that are stopping them and their families from leading self-sufficient and healthy lives.

The Salvation Army-designed 10-session course covers areas such as dealing with depression, anger, grief

and stress, which is an ever-present and potentially very damaging aspect of life for most low-income and sole parent families. The programme works toward building self-esteem and assertiveness, and especially developing goal-setting skills to help clients plan their futures.

As the complexity of problems clients bring to The Salvation Army increases, tools like the Positive Lifestyle Programme are becoming more important, says Salvation Army Social Services Secretary Major Pam Waugh.

With Johanna's life now increasingly more manageable and her self-confidence in a good shape, for the first time since she became a mother Johanna is looking forward to taking on further education and looking towards a career.

Your donation can help families like Johanna's have happier and healthier lives.

Three ways to give ...

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So we can continue to help other New Zealanders long after you've gone

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- Call 0800 53 00 00
- Write to The Salvation Army, Free Wills Booklets, PO Box 27001, Marion Square, Wellington 6141
- Email wills@nzf.salvationarmy.org

