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Reporter

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Stepping up for his girls

Dave travelled the country earning good money working on some of New Zealand's biggest roading projects. The hours were punishing and he saw less of his two daughters than he liked, but he enjoyed the lifestyle.

Then, late last year, his partner's deteriorating health forced him to choose between his job and bringing up two little girls. Either he take on the role of sole parent, along with a hefty drop in income, or the girls would be taken into care. 'All that was in my mind was the girls, so it wasn't a hard decision,' Dave says.

Dave sold his car in preparation for the steep fall in income and he and his daughters, aged six and three, entered a residential parenting programme run by The Salvation Army in Hutt City.

The six-month intensive parenting programme accommodates seven families at one time, living in their own apartments. It has a live-in support worker. Participating families

have usually been under immense stress. Some are at risk of having their children taken into care, while others are escaping overcrowded housing or domestic violence. Some are homeless.

While on the programme, Dave undertook a comprehensive parenting course focused on parent-child relationships and parenting skills. He also learnt how to efficiently manage a household and prepare economical yet nutritious meals. Dave was taught budgeting skills and took part in another course called the Positive Lifestyle Programme (PLP).

PLP was designed by The Salvation Army and is a series of modules from a trained facilitator that address areas of a person's life that may be holding them back from leading independent and fulfilling lives. Dave took part in one-on-one sessions aimed at building his self-esteem, developed goal-setting, problem-solving and anger management skills, and learnt to deal with challenges such as grief, depression and stress.

The residential programme's coordinator Toga Tofilau says The Salvation Army has helped many families remain intact and carve out healthy and independent futures for themselves.

Meanwhile, Dave and his daughters have completed the programme and are looking for accommodation, with the assistance of The Salvation Army. He doubts his family would have remained together otherwise. 'The girls are happier now I'm with them, and that's actually made me happier,' Dave says.

Having finished his education in third form, Dave is now keen to go back to the text books and is considering his career options.



Thanks to your ongoing generosity The Salvation Army can help people like Dave make positive change. Please donate today to give more Kiwis a helping hand.

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Independence, dignity, friendship and support are all part of the service provided to thousands of people through The Salvation Army's HomeCare service.

HomeCare provides assistance for people needing support to live independently and safely in their own homes. HomeCare provides support for elderly people, people recovering from surgery, the disabled and people in palliative care. Staff look after more than 7000 clients, working in Auckland, Bay of Plenty and Waikato and overseeing the management of Hospice Marlborough in Blenheim.

Having to leave home can be a major disruption to people's lives and being able to stay at home is a treasured sign of independence. HomeCare client Marjorie says, 'Living in my own home means everything to me. It means I can have contact with my friends, family can visit, and I can get out and about.' Marjorie needs extra assistance to stay at home because of a disability and a HomeCare registered nurse made a care plan tailored to her needs.

The HomeCare service can be 24/7, with staff sleeping over if necessary. Staff help with everything from

palliative care, medication management and nurse home visits to assistance with housework, shopping, bathing and dressing. They also link people in with wider support from The Salvation Army.

“ Living in my own home means everything to me. ”

Carer Vicky Robertson says carers work hard to be someone the clients can trust and rely on and often build up a special rapport with the people they care for. Maintaining a person's dignity and independence as much as possible is important, she says. The Salvation Army also offers good training and support to staff to keep standards of care high.

For many clients, loneliness is often their biggest challenge. Along with supporting a person's physical needs HomeCare staff provide company and friendship for the people they visit, letting them know someone else out there is looking out for them.

Marjorie says she has a great relationship with her support worker. 'Nothing is a problem and we work well together. She always goes the extra mile.'

For more information go to www.homecare.org.nz

Hunger for colour

Resene ColorShops were busy adding colour to homes and putting food on the table for thousands with a new campaign in February. The Hunger for Colour fundraiser saw Kiwis swap more than 24,000 cans of food for 55-80ml testpots of any Resene paint at 65 Resene ColorShops around the country. The cans were then donated to their local Salvation Army food banks.

Resene Marketing Manager Karen Warman says people liked donating food knowing it was going directly to help someone in need, and the testpots are a popular, versatile product which encouraged people to come in. 'It's getting the message out there about the importance of food banks as well, which is almost as important as the cans themselves.'

Major Pam Waugh, national head of



Major Lesley Nicholson and Resene Johnsonville store manager Amber Savill with donated cans

Salvation Army Community Ministries, says the cans collected gave a major boost to food bank supplies. 'We are very

grateful for the real difference Resene staff and their customers have made through these donations.'



A new way for at-risk teens

Demand for a Salvation Army-designed programme for at-risk youth has exceeded expectations.

The Aspire youth development programme was launched in March, attracting 530 11–16 year olds in 32 centres across the country. Most were referred by their schools, which identified the teens as living in poverty, at risk of disengaging from school or from becoming socially isolated.

Aspire's national coordinator Jono Bell says many come from tough family backgrounds, some have behavioural issues to address and some are struggling with addiction. 'But equally, they also have incredible talents and gifts and some have leadership potential,' he says. 'A big part of our work is uncovering that potential and

honoring the strengths they already have—developing self-esteem and confidence, which are major obstacles for these young people, flows from this.'

The programme works on four key developmental aspects: the need for social connections, the need to achieve, the need for responsibility and independence, and the need for purpose and generosity.

“ A big part of our work is uncovering potential and honing strengths. ”

Including the wider family in the programme reinforces their child's progress. A large proportion of families get involved, although some are sceptical at first. Jono says this tends to change as they witness the improvements in their

child's attitudes and behaviours.

Nearly half of participants have now been on three-day outdoor adventure camps, trying out caving, kayaking, high ropes courses and other activities. For some, it was their first trip out of their home towns or cities.

Jono says the aim is to provide new experiences and challenges to the teens, putting them into situations where they need to work as a team, taking responsibility and relying on others. 'What was interesting is that some of the young people that you wouldn't expect to, really shine in leadership roles,' he says.

Five other social service agencies are working alongside The Salvation Army to deliver the programme.

The Salvation Army is very grateful to The Warehouse Group and its suppliers for funding this programme.

Thank you for helping Kiwis in desperate need

The Salvation Army works hard to provide a safety net for families and individuals who are falling into desperate need. The Red Shield Appeal is a major source of funding for the essential social services provided by our 58 Community Ministries centres throughout New Zealand.

Your donations—through the mail, website, internet banking, text, our street appeal and at Countdown stores—will provide longer-term supportive services

such as budgeting advice and life skills programmes, as well as emergency food and clothing.

Our Red Shield Appeal text donation number is open until 30 June 2015. 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/RedShield2015.

Thank you for helping others to get back on their feet.





Ordeal's over: Zara's back on track

Two years ago, Zara described herself as a mess. She was heavily in debt, suffering acute anxiety and struggling to regain custody of her children.

Today, she is on top of her finances, the family is back together with her two eldest children excelling at school and Zara, for the first time, is looking towards the future.

She and her children had left a broken relationship and moved to Nelson hoping for a new start. She left her children in the temporary care of her mother and took on seasonal horticultural work to save enough to set up home for her family. But her mother decided for the children's sake they should stay with her.

For Zara, who says her children have been her entire focus since she had her eldest son at the age of 19, being separated from her kids was emotionally catastrophic. 'I was like a walking

zombie,' she says. 'I didn't know what to do or where to go. I came to the Sallies balling my eyes out.'

The Salvation Army's Nelson Community Ministries helped her with the Family Court processes and she quickly regained custody of her children. The local Family Store provided household items and clothing as Zara began setting up a home.

With debt collectors knocking on her door, Community Ministries advocated on Zara's behalf to secure a new repayment schedule to ensure she could afford the payments and that her creditors would get paid. A budget was drawn up, which she is keeping to and her debt is steadily decreasing.

During those periods when Zara had little or no income, food parcels eased the strain.

Zara says her ordeal was all the more harrowing because of the importance she places on having a stable home for her children—the key requirement for

her kids to be emotionally settled and achieving academically.

'I definitely don't think I would've been able to do it without the support, the encouragement, the gentle pushes and reminders from the Sallies,' she says. 'Now I'm like the bubbly me I was when I was younger and we're all doing well.'

Zara is now laying out the foundations of a career. Next month, she begins three years of tertiary study in information technology. One of her motivations is saving enough for the deposit for a house for her family.



Your donation can bring hope to struggling families like Zara's. Please help provide a safety net to catch Kiwis in need.

Three ways to give ...

- Call **0800 53 00 00**
- Remember us in **your Will**
- Online at salvationarmy.org.nz

Include The Salvation Army in your Will

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

To find out how you can help us to help others, ask for your free Wills and Bequests booklets:

- 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

