



Community Connect

Supporting Otago families

AUTUMN
2017

Our Home-based Family Support Service social workers support parents or caregivers who want to develop and strengthen their parenting skills and confidence to improve their children's health, safety and well-being.

The child's voice and well-being is at the heart of all our work. Our social workers support Otago families who face challenges in their lives and who are seeking help.

Workers visit clients in their homes weekly to help set and work towards goals that:

- Support child development, safety and well-being
- Develop confidence in parenting skills and child behaviour management
- Increase parent's or caregiver's understanding of their children's needs
- Build on strengths and develop self-confidence
- Link parents/caregivers into community and support networks

Common issues our clients seek support for include teaching children about boundaries and consequences, techniques for managing tantrums or sleep issues, or ideas about how to build trust and spend time together as a family.

We recognise that parents or caregivers may face various stressors that can make it hard for them to be the parents they want to be. For example financial pressure, mental health problems, addiction issues, relationship difficulties including family violence, children's mental health or developmental issues.

For further information about accessing our free and voluntary services, please call 0800 FAM CARE (0800 326 2273), email enquiries@familycare.org.nz or visit www.anglicanfamilycare.org.nz

Day in the life of a Social Worker



How long have you been a social worker for Anglican Family Care?

I started working for Anglican Family Care on the 11th April, 1994.

How did you get in to social work?

I was very lucky to be fostered by a family from Owaka when I was 15, and have remained close to my foster mother ever since. She became a social worker and I admired her so I wanted to follow suite. I was very lucky that my brush with the social welfare system was good for me and introduced opportunities I would never have had. It made a difference and I wanted to do the same.

Anglican Family Care has made a huge difference to my life and given me strength and opportunities I would never have had if I have done anything else.

What do you like best about your job?

The variety and differences in every day with all of the people we are fortunate to be involved with. Each and every one of them has something to offer and be proud of; some just might not know exactly what it is, but if you look, generally they do.

What are the challenges?

Lack of resources in our area that we can refer clients to, especially when they don't quite fit the box for a particular agency or service, and knowing that a small amount of input would them help immensely.

Please describe your typical day

The majority of my time is spend on face-to-face work with clients and then writing

"It made a difference and I wanted to do the same."

up my case notes and adding client feedback into our software programs. This can include lots of travel! Some of my clients live an hour away so I try to visit all the people in the same area on the same day but this can't always happen!

I also spend a lot of time researching or liaising with referrers or services that may be able to help such as the Police, Plunket, Oranga Tamariki (formerly Child, Youth and Family), the Salvation Army, WINZ, or mental health services. It depends on the issues the client may have or need assistance with.

We have team meetings and I meet regularly with my supervisor (she has the patience of a saint!).

When you aren't working, what do you like to do?

Life is somewhat simpler now... I have stepped down after 15 years of ambulance work with St John but am still heavily involved with St John Youth as Divisional Manager.

I have two grown children and a 6-month-old granddaughter. I also have four step children and three step grandchildren who live in Balclutha so I am lucky to see them a lot.

I am the President of the local motorbike club – Big River Bikers – but we haven't been out much this season unfortunately (too busy tripping to Christchurch to see my new granddaughter). And I love doing nails and makeup and other crafty things.

Jackie is a social worker in our South Otago Home-based Support Service team

Free things to do with your kids this season

Put your wellies on, find a park with piles of autumn leaves and stomp around crunching the leaves.

Bake ANZAC biscuits and take some to your friends, family or neighbours.

Make the most of sunny days with a cycle or walk around your neighbourhood spotting autumn colours.

Collect leaves of all different colours then tape or glue them onto card to create a montage or picture.



Help Otago families in need

Become a Caregiver

We are looking for caregivers who are willing to provide emergency, short-term and respite care for children for a variety of circumstances which can range from one night to a period of three months.

We train and provide support for all caregivers.

"I urge anyone to take this opportunity on as the rewards are beyond belief and better than anything you receive in life."

Caregiver Val

AnglicanFamilyCare.org.nz
0800 FAM CARE



Thank you!

We would like to say a special thank you to everyone who has supported us financially or with donated goods or time so far this year. Whether it has been firewood, toiletries, Easter rabbits (and eggs), beautifully crafted quilts, or money towards the delivery of our services, we, and the families we support, are extremely grateful.

We would also like to sincerely thank:

The Trust Community Foundation
Otago Community Trust
Central Lakes Trust
Waitaki District Council

for their support by way of grants in the last three months.

Yes!

*I would like to make
a difference to
families throughout
Otago*

My gift is \$

Please return
this form to:

Fundraising Team
Anglican Family Care
266 Hanover Street
Dunedin 9016

OR

Internet Banking:

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Please put your name in the particulars field and your address in the reference field.

OR

Make a donation online at:
AnglicanFamilyCare.org.nz

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about your services and programmes.

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0800 FAM CARE or 0800 326 2273

AnglicanFamilyCare.org.nz
enquiries@FamilyCare.org.nz

Donations over \$5.00 are tax deductible.
Our Charities Commissions Number is CC 24152.