



Community Connect

Supporting Otago Families

SPRING
2018

Congratulations to Heather, who has retired from her role as a caregiver for children being supported by Anglican Family Care.



Heather has been a caregiver for more than 20 years, ever since her son was five. She was interviewed for the role in September, 1995 after coming along to a seminar at Anglican Family Care about what caregiving involved.

At the time, she had two young children of her own and was a solo parent. "I was at home looking after my own children and I thought it was important for my kids to see that other children were having a tough time – it taught them a lot of compassion". Heather's own children, especially her daughter, liked the kids that came to stay.

When asked how many children she has cared for, Heather said, "I haven't the faintest idea... there have been a lot. Most of the children stayed with me for a short while. Some weekends I was caring for three or four children at a time."

WHAT IS CAREGIVING?

AFC offers respite caregiving to families as part of our services. This is where a child goes for a short stay with a caregiver on a regular basis – such as one weekend a month – to give parents a break if there are no other family supports. Emergency care is offered if a parent has to be absent at short notice, for example, if they have to go into hospital. Caregivers are offered training, support and a small board payment. If you are interested in being a caregiver, call 03 477 0801 or visit our website.

Heather feels that what she enjoyed most about being a caregiver has been getting to know the kids and making sure they had a happy time. Her children also enjoyed having others around to play with. She said that sometimes there were challenging behaviours, but she would just ignore those and praise the good behaviours. She also worked hard with the children to develop good routines and to establish the same boundaries she expected of her own children.

When asked about some of the highlights of being a caregiver, Heather said they were when the children thanked her when they left. "I must have been doing something right because when they left, some of them wrote me a thank you letter."

She has also been really pleased to catch-up with some of the children years later, and find out that they are doing well, or have their own children. "One day I was stopped by a young man who greeted me and told me who he was and showed me his baby. It is enough for them to want to stop and say hello to me. That's what gets me. You know that they appreciate you."

Heather would recommend caregiving to other people. She said you need to

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be patient and calm, even when you are being challenged. And it was important to be loving. She said this can be hard when a child doesn't want you to love them and says, "You're not my mother". But Heather would reply, "This is my house and here I am the mother."

The boundaries and routines were the same for all the children in the house, including Heather's own. "My kids had to clean their teeth and go to bed at a certain time, so the visiting children did the same."

In her retirement, Heather plans to spend more time with her grandchildren. "I will miss all the different kids but I have got to the stage where I have two grandchildren and I want to focus on them."

Meet Dayle Ingram, social worker



When did you join Anglican Family Care and what is your role? I started at Anglican Family Care in November 2017 as a rural social worker working out of the Balclutha office.

How did you get into social work? I sort of stumbled into it. Growing up I was always interested in human behaviour and would often be the one my friends would come to for advice about how they were thinking or feeling. Growing up in a family of tradesmen, I guess it was expected I would follow the same path. I left school at 16 to start an electrical apprenticeship. This suited me as I wasn't too fond of school. I completed my apprenticeship four years later and worked as an electrician for another three years.

One day, during a walk along the beach with my partner, now my wife, we were discussing things I had been reading about the human brain and how it influenced behaviour. My partner asked why, given such interest, had I never explored a career in the area? To which I rattled off my regular spiel about how I would love to in the future when I have more life experience. Normally this was a satisfying answer for most, but not this time. My partner challenged me further, "Look, you're obviously not happy in your current job, why wait? Why not do it now?" After some self-doubt I responded, "Fine, I will then". Upon returning home I hit apply on the Otago University page to study psychology. I didn't think I'd be accepted – I was wrong.

Going to Uni was the second best decision I've ever made, after marrying the woman who encouraged me to enrol, of course. Unlike my experience at high school, I was interested in the material and could see it's use in life. For the first time in my life, I enjoyed learning. Coming to the end of my psychology degree I needed to decide what was next. Most of the career paths coming out of psychology involved research, which really wasn't me – I wanted to be out in the community working with people. Inspired by some extra papers I had done, I started looking at subjects like sociology and philosophy. When I stumbled across a description for social work, I was convinced.

What do you like best about your job? My job involves working alongside families to establish a positive environment for children to develop and reach their true potential. The fact that these families trust me to walk alongside them during this time, through the good and the bad, is such an honour.

What are the challenges? Humans are complicated creatures, none of us are the same. Each child is different and what works for some doesn't work for others. Parents can get disheartened when they see techniques working for other families but not for theirs. Sometimes when things get hard families look to us for a quick fix, but that's not how it works. It can take a long time to learn new behaviours and even longer to unlearn others.

Building trust can be challenging. As I said earlier, I'm honoured when a family trusts me to walk alongside them. But getting to that point takes work. Not everyone is comfortable with someone coming into their home and discussing topics like parenting, health, education, finances or routines. To help ease this I make a conscious effort to be myself – nothing is more off-putting than someone acting fake or insincere.

Please describe your typical day. My typical day involves face-to-face visits, normally at my client's homes. During these visits we develop and work towards achievable goals to help establish a positive environment for their children's development. I take notes which I record electronically once back in the office. These notes, which are kept confidentially on a secure server, help me to keep track of my work

and hold me accountable, to ensure I'm doing what I'm employed to do.

The rest of my time is spent researching resources and information for clients, attending training, or liaising with other services my clients are involved with, such as Work & Income, Plunket, Oranga Tamariki, mental health or the Police. Once a week I have supervision, which enables me to reflect on my work and look for opportunities to learn or improve.

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When you aren't working, what do you like to do? I'm a bit of a movie nerd. Not only do I enjoy watching films, I'm intrigued by how they are made and the way in which visual and audio tricks influence their storytelling. Since leaving Uni I have been teaching myself videography and filmmaking. This is a huge rabbit hole with so much to learn, like video editing, lighting, sound recording, and script writing. I have only just begun to scratch the surface, but I'm loving it.

SPRING
CLOTHES
SALE

13 SEPTEMBER, 7.00PM

**St John's Church Hall
373 Highgate, Roslyn
Dunedin**

Complimentary glass of sparkling wine or juice on arrival.

All guests receive goody bags.

Nibbles, tea and coffee provided.

Wine available to purchase.

Tickets \$10 Book online at www.anglicanfamilycare.org.nz/clothesale or call **03 4770801**

Thank you!

A special thank you to the following Trusts for recent grants:

- Otago Masonic Charitable Trust
- Otago Community Trust
- Network Waitaki
- Anglican Community Trust
- The Lion Foundation
- ACE Shacklock Charitable Trust
- Waitaki District Council
- DCC Community Grants
- Pub Charity
- Central Lakes Trust

CLOTHES SALE FUNDRAISER!

If you are having a wardrobe clear-out, we would be very grateful for donations of clean, good quality clothes for our next fundraiser. Please drop them in to 266 Hanover St, Dunedin 8.30am to 4.30pm, Monday to Friday, before Friday, 7 September or call 477 0801. Thanks to everyone who has already donated!

A huge thank you to everyone who made or donated warm clothing and blankets in response to our winter appeal. The response has been amazing and families are benefiting from these generous donations, including one-month old Iraia (right).





\$200

provides a social worker in a school weekly for a term to support a child to become fully engaged in school life

\$180

gives a child three play therapy sessions to help them learn to cope with the loss of a loved one

\$25

provides a caregiver for a child while mum is in hospital if there is no other family support

\$75

provides a pack of parenting resources for young or vulnerable mums and dads

\$50

pays for a whānau worker to visit a family to help them work through a child's disruptive behaviour

Yes!

I would like to make a difference to Otago families

My gift is

Please return this form to:

Anglican Family Care
266 Hanover Street
Dunedin 9016

OR

Internet Banking:

Anglican Family Care, BNZ 02 0912 0018828 07

Please put your name and "Spring 2018" in the particulars field and your address in the reference field.

OR

Make a donation online at:

AnglicanFamilyCare.org.nz/donate

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

Please tick as applies:

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I require a receipt for my donation.

☐

Please send me information about your services and programmes.

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Please send me information about including Anglican Family Care in my will.

My contact details are:

Name:

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0800 FAM CARE or 0800 326 2273
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