



# Community Connect

## Supporting Otago Families

WINTER  
2018

Hannah from North Otago talked to us about how our Family Start programme for babies and their parents has helped her through tough times.

Hannah is a young mum from Oamaru who was “looking for ways to become a better parent”. She felt she wanted to look after her kids better, use different parenting techniques and learn alternative ways to approach family routines.

A friend of Hannah’s was working with Sue, a Family Start whānau worker, and recommended the programme. Hannah already had a four-year-old and decided to seek help when her second child was born. “I didn’t have the support of Family Start with my oldest son, but I thought why not, it’s a different avenue – someone else to support me.”

So she enrolled with her youngest son and hasn’t looked back. Hannah says that Sue has been really supportive and that she understands her well as they both come from a country background. “Sue can understand my train of thought, which has helped a lot.”

When Hannah has a particular parenting difficulty, Sue gives her pamphlets or advice, and even

advice from personal experience, which really helps.

“We meet weekly or fortnightly – Sue pops out to see me and the kids, and we just talk about what needs to be talked about. If there are any problems, they are brought up and sorted out.”

Hannah said she would definitely recommend Family Start to other people. “Not everything works, and every child is different, but it’s all about having my worker’s support,” she goes on to say. “I am allowed to contact Sue anytime which has been good for my peace of mind.”

At the moment, sleep is an issue for Hannah’s children, so she and Sue are working through a range of practical ways to get them to settle in the evening.

“Family Start has definitely helped me feel more confident. The whole experience has been invaluable. I’ve been involved with Oranga Tamariki and Sue has helped me right through

that process, even with my oldest boy who wasn't actually enrolled with Family Start." Sue was able to help get him into the early intervention system, which Hannah has found to be really helpful.

Even when the family were moving house, Sue helped in all sorts of ways, including helping Hannah find the furniture she needed. She also helped source clothes for the kids. "And when she hasn't been able to help directly, she has pointed me in the right direction."



## Family Start

Our Family Start programme is a free and voluntary home-visiting programme that provides support to expectant parents and parents of newborn and young children.

The programme focuses on the health, education, safety and development of the child and supporting parents to achieve their goals.

Family Start will help:

- children to grow strong, stay healthy, learn, and have positive relationships
- parents and caregivers to be more confident about caring for their children
- whānau to create a strong and positive future for their child.

Our whānau workers are committed to working alongside families, advocating, affirming and supporting parents in making positive choices for themselves and their children. A Family Start whānau worker will visit you at home, starting

with once a week, and get to know you, your child, partner and whānau. They will find out what parts of being a parent you've already got sorted and what you need help with.

They will also help you to get the right health care for your child, support you to keep your child safe, explain how your child is growing and changing at different ages and help you work out what you want to achieve, change or improve.

Your worker will also make a plan with you to help you get there, offering advice and ideas to solve problems.

Call 0800 FAM CARE (0800 326 2273) or email [enquiries@familycare.org.nz](mailto:enquiries@familycare.org.nz) for more information about Family Start.

You can be referred to Family Start by a healthcare professional or community worker, or you can refer yourself.

*Please join us for a*

# WINTER WARMER MUSIC CONCERT

Thursday, 14 June, 7pm at St Matthew's Church, 30 Hope St, Dunedin.

Featuring the Dunedin Harmony Chorus (pictured below), Sing Hilda's (St Hilda's Collegiate Choir), Sing Out! (St Clair School choir) and St Matt's Band.



Photo credit: Clive Copeman Photography

Tickets are \$20 for adults and children are free. There will be complimentary goody bags, interval refreshments and fantastic raffles prizes!

Book at [anglicanfamilycare.org.nz/concert](http://anglicanfamilycare.org.nz/concert) or call 03 477 0801 or 0800 FAM CARE.

100% of proceeds go towards supporting Otago children in need.

Special thanks to event sponsor Ray White. Ray White Marketing Manager Tania Burton said, "We are so pleased to be supporting this event. We believe all Otago children should live safe, healthy and happy lives and we know that the vital work of Anglican Family Care helps to achieve this."



A huge thank you to the following Trusts and Foundations for grants in the last three months:

- Central Lakes Trust
- Scotlands Te Kiteroa Trust
- NZ Lotteries Grants Board
- The Warehouse Foundation

We are delighted to welcome the team from Cowell's Pavlovas as corporate partners for 2018!



## How you can help...

1) We are seeking **warm children's clothes**, especially gloves, hats, coats and blankets to pass on to the families we support over the winter. We would welcome donations of these to our Dunedin, Balclutha or Oamaru offices. See our website for addresses or call 0800 FAM CARE (0800 326 2273).

2) We are having a **Clothing Sale Fundraiser** in September, so if you are having a clearout over the winter, we would be very grateful for clean, good quality or label clothing at our Dunedin office (266 Hanover St, Dunedin 9016).



3) Could you open your heart and home to a child in need? We need **caregivers** to provide respite and emergency care for children, for example, for one weekend a month. Caregivers receive training, ongoing support and a board payment to help cover additional costs. For more information, please call 0800 FAM CARE (0800 326 2273).

4) As you may know, we are partially funded through government contracts but need **financial support** to operate our services. We are very grateful for any donations, either at 266 Hanover St, Dunedin 9016 or via [www.anglicanfamilycare.org.nz/donate](http://www.anglicanfamilycare.org.nz/donate)



# Thank you!



We would like to say a special thank you to members of St Columba's Church in Wanaka for their recent fundraiser to support local Anglican Family Care services. A market day was held on Sunday, 15 April with donated produce, clothing, knick knacks and even a Devonshire tea which was auctioned off!

Items for local families such as knitting, petrol vouchers and toiletries were also donated. Our Central Otago Team Leader Vicki McDermott said, "The support has been amazing – we were blown away by the generosity and hard work of the parish community and their ingenious ideas for raising funds."

**Yes!** *I would like to make a difference to Otago families*

My gift is \$300  \$50   
 \$200  \$25   
 \$100  Other:

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 "Winter 2018" in the particulars field and your address in the reference field.

**OR**

Make a donation online at:  
[AnglicanFamilyCare.org.nz/donate](http://AnglicanFamilyCare.org.nz/donate)

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

*Please tick as applies:*

- I require a receipt for my donation.
- Please send me information about your services and programmes.
- Please send me information about including Anglican Family Care in my will.

My contact details are:

Name:

Address:

Phone:

Email:

0800 FAM CARE or 0800 326 2273  
[AnglicanFamilyCare.org.nz](http://AnglicanFamilyCare.org.nz)  
[enquiries@FamilyCare.org.nz](mailto:enquiries@FamilyCare.org.nz)