



Community Connect

SPRING
2016

CAREGIVING & RESPITE SERVICES

Anglican Family Care (AFC) is an approved Child and Family Support Service under Section 396 of the Children Young Persons and Their Families Act and this approval allows us to provide caregiver services for children and young people from the age of 0-17 years.

We provide care for a variety of circumstances including emergency/ crisis care, respite care and short-term care. Short-term care can range from one night to a period of three months. Such a placement is often appropriate when,

for example, the child's only parent is hospitalised. Respite care is regular care, usually provided on weekends once or twice a month, until intervention with the family is complete. We endeavour to match caregivers with client families' needs and preferences so there is a good fit between them.

Referrals are made to us for a variety of reasons such as to provide time out for parents and/or children where there are no natural supports within the family network, or to help with care where there are parental mental or physical health issues. Referrals come to us from families themselves or

through other community organisations.

We currently have nine active family caregivers providing these services in the community. The aims of these caregivers are:

- to help children and young people maintain links with their family identity
- to create a feeling of self-worth
- to help family members through difficult times so they can look after their own children
- to provide alternative life experiences to those which children and young people currently experience
- to provide a warm and nurturing environment where children's needs of shelter, food, care, and emotional security are met.

Anglican Family Care supports the work of caregivers by way of monthly home visits, with phone calls and emails in between times. Caregivers are also given training opportunities to assist them in their job. Our caregivers, their social worker, and the family's social workers all work as a team to achieve positive outcomes for the family.

Could you provide care for a child?

We provide emergency, respite and short term care for children and young people. There is no particular type of person who is better suited to caregiving than any other.

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Caregiving & Respite Services continued

You do not need to be in a relationship, have a big house or car, nor is it necessary to have children of your own. We are looking for people who can commit wholeheartedly to meet the children's needs, be honest, accepting and flexible. Good health is also an important factor. Caregivers receive a small payment to help towards costs such as food and petrol (0-5 yrs: \$25 a night; 5-17 yrs: \$30 a night).

There are innumerable social, economic, health and educational benefits to the children and young people, their families and the whole community provided by our dedicated team of caregivers.

Minister Tolley announced some very big changes to child protection and care to be rolled out in March 2017. With these impending changes, we would love to grow our pool of caregivers and would welcome any enquiries. Please contact us on **03 477 0801** for further information.

ANGLICAN FAMILY CARE SUPPORTED ALISON TO HAVE SOME TIME OUT.

Alison's story

*Alison recently relocated to Dunedin with her children meaning a loss of her natural supports.

Her relationship with the children's father had been abusive and she had depression, which she was able to manage with medication. She received a benefit, but had large debts and struggled financially, meaning there were limited opportunities for the children. Alison was finding the children's behaviour very difficult to manage and there was considerable stress in the family.

Alison was referred to Anglican Family Care for temporary respite care by another community organisation.

Alison was involved in our Strengthening Families service, which brings together various professional supports to work alongside the family towards their goals. Anglican Family Care were able to provide a number of services including: respite care for the children, parenting support, access to a social worker in the children's school, and counselling for Alison.

Due to Alison's lack of natural supports and the impact her mental health was having on her

parenting, respite care was provided for the children fortnightly in the weekends. After a period of time, Alison chose to alternate having one child at home while the others went to care which enabled one-on-one time with each child.

Initially Alison reported benefitting from respite care, as it gave her a break and a chance to recharge and reflect. She recognised that the children needed focused time with her and the respite care was changed to accommodate this. The children benefited through increased opportunities to participate in the community, such as the caregivers taking them to sports games and other community events and this has led to one of the children becoming engaged in sport. The provision of Anglican Family Care services has supported the overall health and wellbeing for Alison and her children.

Caregivers are vital to meet the needs of clients like Alison. If becoming a caregiver is something you might be interested in, please contact us on **03 477 0801**. We would love to hear from you.

**Name changed to protect the privacy of our client.*

Val's story of being a caregiver

As a respite carer, you can make a huge, positive difference to a child's life. Caregiver Val shares her story and explains what makes caregiving so worthwhile.

Val has been caregiving for Anglican Family Care for over eight years – she made the decision to help when she was working as a dental therapist in Dunedin schools, a job she recently retired from after 43 years of service. "Some children would come into the dental clinic and I just wanted to take them home and give those children a hug, clean clothes and food".

Over the years Val has provided respite care for many children and currently has three children who come to her, either once a fortnight or once a month, for 28 nights spread out across a year. There have been occasions where she has provided short-term care for out-of-town children whose parent was admitted to hospital temporarily.

Val does not do this all on her own - she has a team to help her, which includes her brother, her large network of extended family and friends, her dog Pippa and cat Max. Pippa has been invaluable with the children over the years and she has helped teach them responsibility and empathy as well as foster emotional, cognitive and social development. Val recalled a time when a young child she was caring for was

hesitant of Pippa but over time, really took ownership of her - grooming, feeding and walking Pippa. Val is a firm believer that if the children can see pets as part of a family unit it really helps to settle them.

Val's brother also plays a big role, particularly with some of the young boys Val has cared for. He owns a small farm close to Dunedin and is also a member of his local volunteer fire brigade, so Val and the children can sometimes be found working out on the farm or down at the fire station cleaning the appliances.

Weekends at Val's are busy. You will often find her and the children baking, crafting, cooking or gardening and often they will have "treat" days and head into town for a few hours to places like the Chinese Gardens, Otago Museum or the beach. The children are always learning new skills from these activities, particularly confidence, kindness, sharing and strong communication and social skills.

"This has become a passion for me and the joy and fulfilment that you get from helping these children is beyond any words. I urge anyone that has a great caring heart to take this opportunity on as the rewards are beyond belief and better than anything you receive in life."

If providing temporary respite care is something you might be interested in, please contact us on 03 477 0801.



Caregiver Val and her dog Pippa.



Social Workers in Schools

Social Workers in Schools (SWiS) is a school-based community social work service.

SWiS is a targeted early intervention programme for primary and intermediate aged children. It is based on a well-researched strengths-based model, which aims to harness the strengths that already exist in whānau/families. SWiS was set up with the aim of ensuring a co-ordinated and integrated approach to services for children and their whānau/families, and is part of a range of services available.

We have three social workers in Dunedin schools who are passionate about what they do, because they help to enhance the lives of children and young people every day. Involved with children in six schools around Dunedin, they bring together school, health, family and social needs, to bring out the best in the child. Our SWiS team work in partnership with school staff as part of the school community. The service can only be successful with the family's willing participation and engagement.

One of our Social Workers in Schools, Elle Brittain, says a barrier she faced was the job title "social worker" and the stigma attached to this for the

families she was working with. Elle supports Te Kura Kaupapa Māori o Ōtepoti. By simply changing her name from social worker to Kaitauwhiro she immediately noticed an increase in referrals she was receiving. The Kura Kaupapa model operates under a number of principles, one being the principle of whānau. This principle sits at the core of Kaupapa Māori. She has worked with children who are not experiencing difficulties for themselves, but rather other siblings going through troubles that are impacting the whole whānau. This necessitates engagement from the whole whānau, including grandparents, parents, aunts and uncles, to address issues in order to achieve desirable outcomes.

The 2015 South Dunedin floods had a real impact on some families whose children attend Bathgate Park School, with some families having to either temporarily (or in some cases permanently) relocate from the area. Along with housing issues, there was a real spike in illness at Bathgate Park School. Social Worker Katie Baumler worked closely with the families, the school and many agencies during this time to ensure the best outcomes for those affected by the flooding.

The SWiS programme provides assistance and intervention to children and their families when circumstances are causing the child to struggle with education, health or social development. The aim is to see safe, healthy and socialised children with a strong sense of identity, who are fully engaged in school.

There are many different ways our social workers engage with the children, which could include individual work, small group work or classroom lessons.

Individual work can benefit children of school age who need support with:

- Identifying and managing feelings/anger management
- Grief/loss
- Transitions (starting a new school, changing caregivers etc)
- Self-esteem
- Bullying (being the bully and being bullied)
- Challenging home life
- Making and keeping friends

Group work addresses many of the same issues that individual work does, but can be useful if there are multiple children of a similar age with the same struggles. Groups are designed to be 3 - 6 sessions long and have a maximum of five students. Most take place at the school, though many also involve at least one trip out into the community.

One type of referral our social workers often receive is for girls who are struggling with friendships, self-esteem and grief and loss – often these three issues are coupled together. We offer a group for girls aged 9-12 years called Gorgeous Girls. The programme is run over a seven week period and is all about teaching girls how to look after themselves, make positive friendships, and be strong and confident. There is also a similar group for boys called Remarkable Boys.

Our SWiS programme partners with other community groups to provide other learning opportunities for the children such as;

- **ACE (Animal Care Education):** Designed for children to build empathy by helping them learn to care for and treat animals with kindness, run in conjunction with the SPCA.
- **Kaka Club:** Takes place at the Orokonui Ecosanctuary to help children build confidence in new settings. This is targeted at children who are generally well-behaved, but may lack confidence and self-esteem.
- **Make a Difference:** Designed to expose children to new experiences and develop empathy, the group will volunteer with a different community agency each week (i.e. SPCA, foodbank, Pregnancy Help, etc).

For the younger children we have;

- **The Friendship Club:** Supporting children to make and keep friends, working cooperatively, and showing empathy towards others.
- **Time to Talk:** A board game resource aimed at supporting younger children with developing social skills and making friends.

A common theme across many of the schools is the large number of very young children (5-6 years) starting school who struggle with basic social and behavioural skills, making it very difficult for them to integrate into the classroom. The schools have implemented different strategies to address this and the Friendship Club and Time to Talk are complementary to these strategies. At the other end of the age spectrum we have a Transition to High School group which provides a supportive environment for young people who are anxious about the next step of schooling.

Tania McDonald, Principal at Brockville School, said the benefits of having social worker Katie Baumler running the SWiS programme in her school are huge. The children show more confidence and the parents often become more involved in their children's education and the school community. "Katie is able to make connections with other agencies, school, home and advocate on behalf of the child, family and school. She is very supportive of our children. Having Katie at our school enables my teachers to focus on teaching."

Anglican Family Care are looking forward to helping more children through the Social Workers in Schools programme. If you would like more information about this service or would like to make a donation to this programme please visit our website.

Two of our SWiS Katie Baumler and Claire Millichamp.

anglicanfamilycare.org.nz



Local Partnerships



Family/Whānau workers Cathy Donald and Robyn Appleton explaining our Family Start programme to mentors at the Breastfeeding Group at The Hub in South Dunedin.



Briar Yockney-Grounds with the arts and crafts goods recently collected for Anglican Family Care by the girls at St Hilda's during their last Eucharist. These resources are extremely valuable for the work we do with children and their families.

Anglican Family Care partners with many groups and organisations in our local community. Since our last newsletter we have participated in many events and received many goods in return. We are extremely grateful for the support we receive. Thank you!



Family/Whānau workers Cathy Donald and Natasha Teasdale, from our Family Start programme participated in a teaching project with the Sociology, Gender and Social Work Department at the University of Otago. They presented two lectures to third and fourth year students reflecting on their work and how Family Start works in practice from a professional and client point of view. Students said it was very valuable to hear the client's voice. Both the University and Anglican Family Care see this work as a very valuable learning experience from all perspectives.



We regularly receive donations of amazing knitted goods and home-made quilts from a committed group of supporters. Our families really appreciate them and so do we.



Shining Stars

THE OLD AND THE NEW

Let us not forget our past – it is timely to reflect on where we have come from.

Anglican Family Care is a social services agency that has served the people of Dunedin and Otago since 1970. Our main focus is children, young people and their families, but we also provide services that support individuals in need. Our services are for all people regardless of beliefs because we respect the values and beliefs of the Anglican Church, especially “To respond to human needs by loving service”.

An organisation such as Anglican Family Care has, and continues, to rely on many supporters from within the wider community. We know these wonderful people as supporters, donors, caregivers, volunteers, champions, friends and mentors, and each has supported our work to help families navigate through dark times to enable their children to have a happy and healthy life. Without them, we cannot achieve all that we do and a big thank you must go out to all of you.

We would like to capture all of those, and more, under the new title of “Shining Stars”.

For more information about our Shining Stars initiative or to become a Shining Star, please contact Lucy on lucy@familycare.org.nz



"My relationship with my baby is stronger and I've gained confidence as a mum."



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
PO Box 5219
Dunedin 9058

OR

Internet Banking:
Anglican Family Care, BNZ 02 0912 0018828 07

Please put your name in the particulars field and your phone number in the reference field.

OR

Make a donation online at:
 anglicanfamilycare.org.nz

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

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