

putting children first  
**AtwC**

# Caring

Community Magazine

**Welcome to our  
new-look newsletter**

**Inspiring Counselling  
Role Model Praises ATWC**

**New Programme Targets  
Hard-to-Reach Preschoolers**

**ATWC Social Workers  
Help Christchurch  
Quake Families**

**Otahuhu Locals Embrace  
New St George's Preschool**



## A Message from the CEO

As we draw to the end of the 2010/2011 financial year, we are reflecting on the challenges of a difficult 12 months where, like many charities, we have suffered significant downturns in our financial health.

We know that we have reached a watershed where these losses cannot be sustained into the future.

Like any family on a limited budget, if we are spending more than we earn, we must make some tough decisions about what our priorities are so that our organisation can be sustainable.

Over the last three months, the ATWC board and senior management have had to do much soul searching and reduce some of the services that ATWC has previously provided.

The reductions were undertaken so that in the 2011/2012 year we will be able to work towards returning to good health and balancing our budget.

Although this has been stressful for ATWC and for everyone concerned, I am confident that we have turned the corner and are now positioned to continue to provide quality services for Auckland families into the future.

Wilson Irons

CEO – Anglican Trust for Women and Children

## Welcome to Our NEW Look Newsletter

We have revitalised Caring to showcase the great work of the Anglican Trust for Women and Children and keep you in touch with our services and programmes. Not to mention the employees, supporters and volunteers who work so hard to put Auckland's children and families first.

We also have a sharp new logo which we'll be slowly rolling out in our brochures and on our website.

Happy reading!

**ATWC needs your support to help build happy, healthy futures for our children.**

To **DONATE**, visit [www.atwc.org.nz](http://www.atwc.org.nz), call 09 276 3729, or send a cheque payable to Anglican Trust for Women and Children to PO Box 22363, Otahuhu, Auckland 1640. Or fill out the card with this newsletter and send it to us in the Freepost envelope provided.

Freepost Authority No. 61481, The Anglican Trust for Women and Children, PO Box 22363, Otahuhu, Auckland 1640  
Freephone: 0800 901 000



# Grief counselling at ATWC Spurs Life Change

ATWC client Melissa Cole was an inspiring guest speaker at Auckland's Counselling Awareness Week in May which promotes the benefits of counselling.

## Here is her story ....

Melissa Cole watched her big sister Annabel turn her life around – from being a glue-sniffing, pregnant teenager living rough to someone who cleaned up her act and became an inspirational Maori role model.

Then Melissa watched Annabel die when doctors turned off her life-support two days after she was in a car crash near Warkworth in December 2004.

For a year after Annabel's untimely death, Melissa, the youngest of eight sisters, was so overwhelmed she could barely leave her house and felt she was drowning in an "ocean of tears".

"I was a wreck and crying every day. Counselling seemed daunting but my friend was seeing an ATWC counsellor and convinced me to go."

Seeking help from ATWC was the start of a five-year journey during which Melissa says she has become stronger, more self-aware and more joyful about life than she ever imagined she could be.

"The picture I have of counselling is that it is like climbing Mt Everest. My counsellor was my Sherpa Tenzing, helping me to carry my emotional load."

Melissa, 39, told her moving story at the Celebration Breakfast during Counselling Awareness Week which ran from May 9 to 15. Organised by Home and Family Counselling, it aims to demystify counselling.

The initiative is supported by agencies including ATWC, Lifeline, Youthline, Problem Gambling Foundation, Relationship Services, Family Works, Friendship House, New Zealand Christian Counselling Association and New Zealand Association of Counsellors.

On May 24, Melissa was due to take part in a celebration that mirrors her late sister's life - graduating from Manukau Institute of Technology with a Bachelor

of Communications Degree, 12 years after Annabel completed the same course.

After finishing her degree, Annabel Whaanga became a Manukau City Council communications advisor and talked about her personal journey on a Te Mana television advertisement.

She was 34 and a married mother of five when the car she was in with friends crossed the centre line and collided with a four-wheel-drive vehicle.

"When Annabel died I felt the full force of how much I loved her," says Melissa.

"What drives me today is knowing how short life is. I am here to live and do what I want to do."

Melissa says facing her demons was perilous.

"But my counsellor believed in me and I trusted her. You have to trust yourself, the counsellor and the process. I was willing to go to the places I had to.

"I began to get a true picture of who I was. I had an image of myself in a lifeboat and I started to see a bay at the end of my ocean of tears.

"I came back to myself in a full circle, but feeling whole – with all the parts of me that I had dropped, lost or rejected. Doing that with counselling helps you to embrace who you are."

Melissa also lost 40 kilograms which her counsellor says "gave her permission to shine".

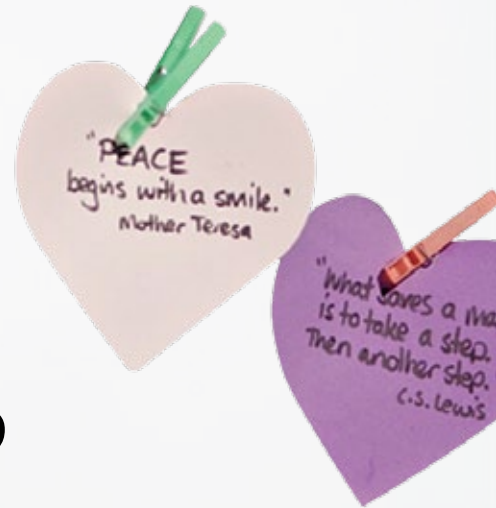
"The first time Melissa walked through the door she had the weight of the world on her shoulders.

"Today she is much happier."

"What drives me today is knowing how short life is. I am here to have fun, to live and do what I want to do."



# ATWC Social Workers Help Christchurch Quake Families



Sarah-Jane Shearman and Litia Bitu were the first two ATWC social workers to fly to Christchurch to help victims of February's devastating earthquake.

Sarah-Jane and Litia are no strangers to dealing with traumatised family members who may feel unsafe in their own homes.

But the two women, who work for ATWC's Family Start services in Panmure and Otahuhu, say their social work skills were tested when they volunteered to help Christchurch victims following February 22's earthquake.

Helping old people, parents and children who were confused and stunned after having "all normality stripped from their lives" and who were often too scared to leave their homes was a challenging but rewarding experience, they say.

ATWC sent Sarah-Jane and Litia to Christchurch to work as volunteers for the Earthquake Emergency Response Teams which the Salvation Army and New Zealand Christian Counselling Social Services (NZCCSS) are coordinating.

ATWC hopes to send more social workers to Christchurch over the coming months.

"There has been an overwhelming response from staff wanting to volunteer their skills to help however they can," says ATWC's Director of Social Work, Judy Matai'a.

"There were hundreds of families we could have helped," says Sarah-Jane. "But after our first day, we quickly realised that it was better to focus on quality than quantity – because there is not much you can achieve by spending only a hour or so with people."

Working in 13-person response teams, the ATWC social

workers spent up to 12 hours a day visiting about 30 families in central suburbs as well as Parklands, further north of the city.

"Some Parklands families were still waiting to have their houses assessed after September's earthquake. I dealt with four families whose lives were at a standstill."



From left: Litia Bitu and Sarah-Jane Shearman

As well as checking to see if families had enough water, food, and access to adequate toilet facilities, the social workers tried to comfort people who could not sleep because they kept reliving the earthquake, mothers who were scared to drop their children at school and people terrified of going outside their homes.

Both women found they could help most effectively by tracking down the right organisations and services to help people. "It was great when we could make breakthroughs for families and establish networks that would provide for them in the long term," says Sarah-Jane.

Litia, who comes from Fiji, is used to dealing with the

aftermath of floods and hurricanes there. She was shocked by the devastation in Christchurch but amazed at the selflessness and generosity of people there.

"Everyone we talked to was concerned about other people who they thought might be worse off than them. Often people would say no to a food voucher if they thought there was someone in the neighbourhood who might need it more," says Litia.

"It was a very grounding experience."



# ATWC targets hard-to-reach families

**A new programme targets families whose three and four-year-olds do not take part in early childhood education and risk becoming truants when they start school.**

ATWC's Foundations for Learning programme will help Maori, Pasifika and low-socio economic families in the Manukau, Manurewa-Papakura and Maungakiekie-Tamaki wards overcome barriers to sending their kids to pre-school.

ATWC workers can work with families for up to two and a quarter years – from when children turn three until 12 weeks after they start school.

Foundations for Learning (F4L) is part of the Ministry of Education's Engaging Priority Families/Whanau Initiative – one of five ECE initiatives announced in August 2010.

F4L and other similar pilot Initiatives around New Zealand will initially be government-funded for three years.

ATWC adopted the Foundations for Learning name to reflect how important early childhood education and a smooth transition to school are to enhance life-long learning.

Five similar initiatives in Auckland will target areas including Glen Innes, Waitakere and Pukekohe.

ATWC practice manager Ann Eade, who runs ATWC's F4L programme with seven staff, says no money for fees or transport and parents not feeling comfortable in ECE environments are key reasons why children do not take part in early childhood education.

"We know some of the highest truancy rates are among five year olds enrolled in school – so supporting families as their children transition to school is critical."

Latest Ministry of Education figures from 2009 show that, between the primary years of 1 to 7, Year 1 students have the highest truancy rates.

Ann says parents often do not understand early childhood education is about so much more than giving them a break.

"Quality early education improves children's socialisation skills, positively affects their behaviour, gives them confidence to explore, teaches them early numeracy and literacy skills and can provide positive role modelling for parents."

## PROFILE



**Seani Dalton, our new St Mary's teacher aide, is a talented photographer who took the cover shot for this month's newsletter.**

### **What has surprised you most about working at St Mary's Preschool?**

Each child's potential. I was with a three-year-old boy the other day. He looked out the window, saw pictures of different animals, named every one and smiled proudly. He is usually focused on cars, boxes and running around so it made me realise children think and feel much more than they show.

### **What have you learnt from the kids?**

I've learnt that each child has a different personality, they also approach things and react to things in their own way.

### **And from your colleagues?**

Each child deserves respect and patience.

### **What's great about working at ATWC?**

Being able to see the effect ATWC has on parents and their children. Seeing them grow and make connections with each other.

### **What photos do you like taking the most?**

Photos of children to catch natural expressions you can't get when they pose. I also like taking close-up shots of things like water, bubbles, the beach and forest scenery.

### **Where would you like to be in five years?**

To have finished studying photography, early childhood education or event management and to have a full time, enjoyable job!

### **How do you like to relax?**

With my family, friends and boyfriend. I like shopping, going for walks and to the beach.


### **Favourite movie?**

*The Blind Side* - a great portrayal of someone with no hope of a better life. But with his adopted parents' help, he turns his life around.

# St George's preschool update



"They come and their faces light up with pride."



ATWC's new Papatoetoe preschool offers affordable childcare to local

families whose children might not otherwise be able to benefit from early childhood education.

St George's Preschool opened its doors to children from 0 to 5 years on March 13.

Since then, local parents – often with no transport – have been able to walk to St George's with their children who take part in three or six-hour sessions between 9am and 3.30pm on weekdays.

ATWC's Director of Early Learning, Rae Dalton, says St George's provides a much needed service to the local community and is "filling a gap" with its holistic approach to raising children.

"Parents and children at St George's, and St Mary's can access ATWC's family based services such as Mellow Parenting. Often parents do not know what services are available so we point them in the right direction."

After the hard work that went into planning St George's, Rae says it is rewarding to see children, their parents and relatives enjoying their beautiful new childcare environment.

"Why should these kids not have the best – irrespective of what they may have at home. This environment becomes part of their lives. They come and their faces light up with pride."

St George's and St Mary's are non-profit so parents can access the Government's 20 free ECE hours without signing up for paid sessions.

**St George's has spaces for 50 children. It is located at 5c Landscape Rd, behind St George's Church. Contact RaeD@atwc.org.nz or phone 09 276 3729 ext 9600.**



## EASTER AT PRE-SCHOOL

Easter was a hive of activity and happy faces at St Mary's and St George's preschools.



**ATWC needs your support to help build happy, healthy futures for our children.**

To DONATE, visit [www.atwc.org.nz](http://www.atwc.org.nz), call 09 276 3729, or send a cheque payable to Anglican Trust for Women and Children to PO Box 22363, Otahuhu, Auckland 1640. Or fill out the card with this newsletter and send it to us in the Freepost envelope provided.

Freepost Authority No. 61481, The Anglican Trust for Women and Children, PO Box 22363, Otahuhu, Auckland 1640 Freephone: 0800 901 000



## The Friends of ATWC Incorporated

# Theatre Night



Enjoy a Wilde night of theatre and support the ATWC's good work.

Howick's Harlequin Musical Theatre performs Oscar Wilde's perennially popular play *The Importance of Being Earnest* from August 22 to September 11. The Friends of ATWC are holding a fundraising evening at the 140-seat theatre on August 30. Tickets to the witty satire of Victorian ways, directed by John Fausett, cost \$35 each and include supper.

**Where:** Harlequin Musical Theatre  
563 Pakuranga Rd (behind the  
Howick and Pakuranga  
Recreation Centre)

**When:** 7.30pm, August 30, 2011

**RSVP:** Tracey on 09 276 3729 or  
email TraceyM@atwc.org.nz

### Thank You Lunch for Parish Supporters

Remember to RSVP by June 24 for the Supporters Lunch & Update hosted by The Friends of ATWC on July 1, at St Mary's Family Centre, 10 Beatty St, Otahuhu at 10.30am.

RSVP to Tracey on 09 276 3729 or TraceyM@atwc.org.nz

### Prayer Crosses

For just \$12.50 you can buy a Prayer Cross as a thoughtful gift to support ATWC.



For orders, contact Tracey or Amanda on 09 276 3729.

### Ruth Pretty's Famous Christmas Cakes

Christmas is still be months away. But these delicious fruit cakes sell out fast so place your order early. Each 1.2 kg cake costs \$56 including gst and delivery and is beautifully boxed and tied with a satin ribbon.



### Tell us how you help

We want as many parishes as possible to help raise funds and awareness of ATWC's work. Tell us what your parish is doing so we can spread the good word.

St Andrew's Epsom provides supplies for the Breakfast Scheme at Te Papapa Primary School where ATWC has a social worker as part of its Social Workers In Schools (SWIS) programme.

### Calling all knitters!

Being nifty with knitting needles is a great way to help our ATWC families. Winter is coming so Granger Grove families and those visited by Family Start social workers will appreciate warm clothes like jumpers, jerseys, hats and scarves.

Contact Dianne Kenderdine on 09 630 8776 to donate your hand-knitted items.



### Friends of ATWC Christmas Cake Order Form

Name: \_\_\_\_\_

Delivery Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

I would like to order \_\_\_\_ cakes @ \$56.00\* = \$ \_\_\_\_\_

Please find enclosed my cheque (made payable to ATWC)

I have made an internet payment to your bank account 12-3011-0156856-00 with my surname and the words "Xmas Cake" as a reference.



Please post this form to:

Christmas Cake Orders  
ATWC, P.O Box 22 363  
Otahuhu 1640, Auckland

Contact Tracey at ATWC on 09 276 3729 or TraceyM@atwc.org.nz with any queries.



Wilson Irons, ECE director Rae Dalton, F4L practice manager Ann Eade and F4L family/whanau co-ordinators Melanie Kaiipo and MeauliSeuala at the Tamaki hui.

## ATWC HELPS FOR “THE LONG HAUL”

ATWC has reinforced its commitment to sharing its resources with the community, families and other early childhood educators to help children participate in early childhood learning.

CEO Wilson Irons spoke to about 200 people at the Te Tamaiti O Te Ao hui in Tamaki on May 5, where he outlined the ATWC services that target early childhood education.

Te Tamaiti O Te Ao is a foundation project of the Tamaki Transformation Project. Its working party includes early childhood education providers, play groups, kohanga reo, government and community agencies and parents.

“ATWC is committed to early intervention services. It is about intervening early and giving children the opportunity to reach their full potential,” said Mr Owens.

“We have been around for 152 years and we are not going to go away. We are in this for the long haul,” he said.

Mr Owens said ATWC intended to provide access to early childhood education services in Tamaki through two of its services: its new Foundations for Learning (F4L) programme which aims to access families with three to four year olds who do not attend pre-school, and Family Start, which helps parents improve their parenting.

“For ATWC, it is about sharing resources with the community, with families and with each other,” Mr Irons told attendees at the hui.

Te Tamaiti O Te Ao’s goal is to have 100 percent of Tamaki children participating in early childhood learning and the hui was called to help strengthen and grow community partnerships, identify right steps for action and celebrate children and families.

## Granger Grove Update

Granger Grove is a residential parenting programme which is run by ATWC for mothers and their pre-school children and is based in the grounds of Trust’s head quarters at St Mary’s Centre in Otahuhu.

We currently have vacancies in our Granger Grove programme for families who come with funding attached and we welcome any inquiries. Please call Jane Hanley or Katrina Berntsen on 09 276 3729 or email [janeh@atwc.org.nz](mailto:janeh@atwc.org.nz) or [katrinab@atwc.org.nz](mailto:katrinab@atwc.org.nz) for more information or visit [www.atwc.org.nz](http://www.atwc.org.nz)

- **A big thanks to everyone who donated easter eggs to our Granger Grove families who greatly appreciated them.**

## A SPECIAL THANK YOU!

Thank you to Fleet Partners, Four Winds, Guardian Trust, The Lion Foundation and The Strathlachlan Fund, who have recently given us grants. Your generosity means we can keep putting children first and providing our valuable services and programmes to the Auckland community.



## ATWC needs your support to help build a happy, healthy future for our children.

To DONATE, visit [www.atwc.org.nz](http://www.atwc.org.nz), call 09 276 3729, or send a cheque payable to Anglican Trust for Women and Children to PO Box 22363, Otahuhu, Auckland 1640. Or fill out the card with this newsletter and send it to us in the Freepost envelope provided.

Freepost Authority No. 61481, The Anglican Trust for Women and Children, PO Box 22363, Otahuhu, Auckland 1640  
Freephone: 0800 901 000