

COMMUNITY CONNECT

NOVEMBER 2025



ANGLICANFAMILYCARE



As we enter November, it's hard to believe that the end of the year is just around the corner. This is our last pānui of 2025 with our next due in early 2026.

We were delighted to receive news in October that our Oranga Tamariki contracts for Family Start, Social Workers in School, Strengthening Families (South Otago) and Therapeutic Interventions (South Otago) will be extended through to March 2027. This ensures this important mahi continues and provides some assuredly for our Kaimahi doing this work.

September and October were busy months with Anglican Family Care being the recipient charity in two events. Thank you to Rotary Dunedin Central and LUGO (LEGO Users Group Otago) for choosing Anglican Family Care as their charity partner at this year's event. Our team had a wonderful time in the Brick Pit, connecting with families and sharing in the fun, all in support of our Social Workers in Schools work.

A huge thank you also to Z Energy's Good in the Hood and to Jonathan Usher and his team for accommodating us during the September promotion. Both fundraisers have directly supported our Social Workers in Schools programme, helping tamariki and their whānau access the support they need to thrive.

In this issue, we're privileged to share a Family Start client story, told in her own words. A powerful reminder of the impact of compassionate, in-home support.

With the holiday season rapidly approaching, we are reminded that while this may bring joy and celebration for many, it can also be a time of added stress and pressure for the whānau we support. We invite you to consider how you can make a meaningful difference for our clients. This could be through a financial donation to Anglican Family Care to support the ongoing delivery of our programmes, or through a gift for a family doing it tough. Check out our Christmas Giving section for idea on how you can make a difference.

As we look toward the close of 2025, we extend our warmest wishes for a Meri Kirihimete to all our stakeholders, supporters, and clients. Thank you for walking alongside us this year – we look forward to continuing this journey together in 2026.

Ngā mihi nui for your ongoing support of our mahi across Otago.

Lynette Finnie

General Manager



Harriet's Story

"Becoming a mum is the most rewarding but also the most challenging thing I've ever done," Harriet shares. "There were times when I doubted myself, but having the support of the Family Start Programme [in Dunedin] has made such a difference."

Here is Harriet's experience in her own words.

"My name is Harriet, and in 2022, my partner Matt and I fell pregnant unexpectedly with a beautiful baby girl. After owning a home and being together for 12 years and getting engaged in June that same year, you would think I would have had some excitement for this new venture from myself around this sort of news; but I did not, and I don't feel guilty for saying so.

After struggling with endometriosis for a decade and going through testing for my cycles, and about to start fertility testing, I got pregnant. And that came as way more of a shock than I could have predicted, my mentality shifted, and I was riddled with extreme anxiety, financial worry, doubt, depression. I was told I would most likely need some help to become pregnant and had a decade to come to terms with that notion, then for me to fall pregnant - it was a confusing time. We had just purchased our first home in a new town away from family, and the last of our funds were spent renovating. We weighed up all options. I spoke with Sarah from the early pregnancy clinic, and after a long discussion, I realised that this is what I have always wanted; it was just surrounded by the fear of the unknown. She referred me to the organisation Anglican Family Care, and I'm so thankful to her that she did! In March 2023, I met Bushie [my Family Start Whānau Worker], and she was amazing! She came at a time of great need for me, having someone to talk to weekly and helping process and validate the feelings I was having, preparing for parenthood and all the knowledge. She had really helped me personally, but also helped me to bond with my baby. She continued to help after my wee one was born, and while I was doing a lot better mentally, she was there to reassure and give me confidence in my parenting ability.

Bushie and Family Start played a big part in my parenting journey and still do to this day, and as a new parent, there are no words to describe what that means to us. Through the Circle of Security (parenting programme), Bushie's knowledge in breastfeeding, babies' development and all the above allowed me to have all the tools I needed to be the mother I always imagined and helped me understand the needs of children. So much so, that I'm now looking at a career and study in this field myself. I would recommend this service to all. I'm very thankful there are services and help available like this one!"

Bushie described Harriet as "absolutely wonderful" and expressed what an honour it has been to support her and her partner on their parenting journey.

**Client names and images have been changed*



Good News!

Spaces now available in our Dunedin Family Start programme

We're pleased to let you know that our Dunedin Family Start programme is now able to take on new referrals, with spaces available for clients who are ready to engage.

To support more families, we've updated our referral criteria. Referrals are now open for children up to 12 months old, bringing us back in line with our rural sites. This change follows a temporary limit to 6 months, which helped us manage demand while we built capacity – and we're excited to now be able to extend our reach again.

Referrals can be made directly through our website: Dunedin.Services.AnglicanFamilyCare.org.nz, or by sending completed referral forms to FamilyStartDunedin@FamilyCare.org.nz.

We look forward to continuing to work alongside you to connect whānau with the support they need.



FAMILY START

At your place, at your pace

Feeling lost or anxious about how to care for your unborn or new baby?

Our **Family Start** programme can help.

Our team of whānau workers visit you at your place, at your pace and help you care for your baby. We focus on improving children's growth and health, learning and relationships, family circumstance, environment and safety. We deliver this free programme across Otago.

Contact us today to self-refer or for more information.

0800 FAM CARE | anglicanfamilycare.org.nz

Meet Our Team



Kaimahi Spotlight



This month we honour Whānau Worker - Cathy Donald, who is celebrating an incredible 25 years with Anglican Family Care. Cathy's dedication, compassion, and wisdom have left a lasting impact on countless whānau and tamariki across Otago.

We asked Cathy to share some of her story with us.

About the Journey

1. How long have you been with Anglican Family Care, and what first brought you here?

My story with Family Start began just a short 25 years ago. I brought with me some life experience as a single mum, some university stuff, lots of volunteer work, my work at the Plunket Family Centre and in the community with more complex whānau, and my passion for pēpi, tamariki, whānau and parenting.

2. Can you remember what your very first day or week was like?

I remember feeling very excited and privileged to be chosen for this new role and programme with such huge potential to make a big difference to parents and children. We had to start from scratch; Family Start was a new programme and a new team. Just a small team of two managers and three whānau workers, so the first week or so were welcomes and getting to know each other.

3. What roles have you had during your time with us? How has your mahi evolved?

During that time, I have seen lots of changes in buildings, office spaces, team leaders, managers, teams and general managers. The work has become more complex, with whānau experiencing increasingly diverse and intensive needs. Housing is a key challenge, alongside cost of living, mental health, trauma, family harm and addiction, resulting in more engagement with government departments and agencies as we navigate these challenges. Whānau are struggling to access primary health services/support in a timely manner, for example, delays in getting GP appointments, and mental health support is another key challenge facing our communities at present.

Throughout my career, I have developed and maintained key relationships and partnerships that help support my mahi, and contributed to positive outcomes for the whānau, pēpi and tamariki I work with.

Connection to the Work

4. What keeps you coming back to this work, year after year?

What keeps me coming back each day, week, and year is my continued passion and steadfast belief in this mahi, and the difference we make to whānau and pēpi. Some seen and measurable, others often not seen.

For me, the key to the mahi is relationship with the whānau first and foremost, and then with other professionals that support me to help ensure positive outcomes and whānau to thrive.

Parents' courage and strength through what is often huge adversity never ceases to amaze and inspire me.

5. Is there a moment or memory that stands out as especially meaningful to you?

Too many delightful, magical moments, not enough time!

6. How do you think your work makes a difference for whānau and tamariki?

Turning up, trust, honesty, holding hope for the whānau we work with and believing in them, noticing and talking to their strengths, delighting in them and with them (parents and children), a sense of humour really helps! Being a cheerleader for the māma, pāpa and pēpi every visit.

“For me, the key to the mahi is relationship with the whānau first and foremost...”

Reflections & Looking Ahead

7. What are you most proud of from your time here?

That I have maintained my passion and energy for this mahi after 25 years, and that I can still get up and down off the floor during visits!

Also, I hope I have made a difference supporting māma and pāpa to believe in themselves, and in their parenting, and supporting parenting confidence and connections between parent and child.

8. What's one thing you've learned that you'll always carry with you?

Passion has longevity and is catching!

9. What advice would you give someone just starting out in this mahi?

Pace yourself. Take your time to get to know the whānau you are working with before worrying about the paperwork. It is only through the relationship with the whānau that the other mahi can be done and it makes doing the paperwork much easier when it's the whānau story and voice.



Extract from our Southern Service book

Members of the Family Start team, in the foyer of the Cumberland House offices, August 2009. Back row (standing): L-R Angela McCrea, Lauris Polson, Tui Benson, Elizabeth Annison, Marlene Underwood, Gracie McGregor, Stephen Thompson, Tinaka Kilgour, Fiona McLean, Jane Black, Pania Tulia, Amanda Nicolls. Front row: L-R Charlotte Easton, Esther Clarke-Prebble, Jass Adlam, Nicky Fredericks, Sheryl McKewen, Cathy Donald, Courtney Thompson. *Stephen Thompson collection.*

Farewell to A Valued Trustee



The Board wishes to say a huge “thank you” to Jim Hawker who resigned from his role as Trustee in September this year.

Jim joined the Board in October 2012 and took over as Chair from Hilary Allison following the 2014 AGM, just as the organisation moved from Bath St to the Hanover St premises. Jim stepped down as Chair in 2020, but has remained as a Trustee.

His commitment to Anglican Family Care has been without question. While his day job as CFO at Forsyth Barr is high profile, his personal commitment to giving back to the community, his support for the AFC team and his Board colleagues, coupled with his extensive financial skills has been a constant through the ups and downs of recent years.

He has left big shoes to fill; we will miss his presence but wish him well for his future endeavours.

Diana Hudson
Acting Chairperson



Annual General Meeting

Ngā mihi maioha to our supporters and stakeholders who attended our recent AGM. Special thanks to our guest speaker, **Carmen Batchelor** - the Social Sector Partner Lead for Whāngaia Ngā Pā Harakeke kī te Otepoti (multi-agency collaboration nurturing strong families and communities impacted by family harm).

Carmen acknowledged Anglican Family Care's role in this community partnership and the support we provide whānau impacted by family violence across Dunedin.



*The Right Reverend Dr Anne van Gend
(Bishop of the Anglican Diocese
of Dunedin) leads a karakia
to open the meeting*

How Our Community Supported Us

Your aroha and generosity keep us walking alongside whānau when they need us most.



Good In The Hood

We were thrilled to be selected as one of four charities supported through Z Energy's Good in the Hood at Z Andy Bay.

We received nearly \$1,200 which will support Social Workers in Schools programme across five low decile schools in Dunedin.

Thank you to everyone who supported and voted for us.

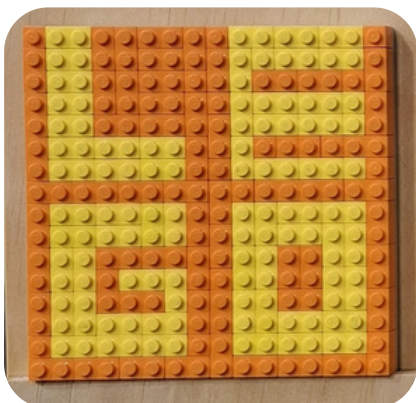


Dunedin Brick Show

What a wonderful weekend we had at the Dunedin Brick Show on Saturday 4th and Sunday 5th October! We were thrilled to be chosen as this year's recipient charity. There are some very talented people and tamariki in our community.

Ngā mihi nui to everyone who came along and to the organisers (Rotary Dunedin Central and LUGO (LEGO Users Group Otago) and volunteers who made it happen.

Your support helps us continue to walk alongside tamariki and whānau across Otago.





Otago PolyFest

We were proud to have a presence at this year's festival where we had a static display. This event was a key part of our Te Kaupapa Tikanga Rua (Bicultural Development) journey. It provided a great opportunity for many Anglican Family Care kaimahi to celebrate with some tamariki and rangatahi we support, who were performing as part of the festival, as well as the opportunity to engage with our wider community.

Being in the Village is always a vibe, and it was such a special moment to be involved in an impromptu sing-along of Tūtira Mai Ngā Iwi with some of Dunedin's littliest performers while we were there.





Our heartfelt thanks to partners, businesses, grant providers and individual donors who continue to back our mahi. Here's a look at some of the support we've received recently.

Waitaki District Council

– \$2,000 to support our Oceans Grief & Loss Programme in North Otago,

The Tindall Foundation

– \$7,500 toward Oceans delivery in North Otago, helping local tamariki navigate grief and loss,

Russell Henderson Charitable Trust

– \$10,000 to support our Family Violence Inter-Agency Response System (FVIARS) tables across Dunedin and Central Otago,

The Trinity Foundation

– \$20,000 to support our work across Otago, strengthening our mahi for whānau and their tamariki,

Contact Energy and Dunedin Kia

– for their generous sponsorship towards a Kia Niro Hybrid for our Central Otago | Queenstown Lakes team. Visiting whānau in their homes is central to our work, and maintaining a reliable, safe and energy-efficient fleet supports both our service delivery and our commitment to sustainability,

University of Otago (Ōtākou Whakaihu Waka)

– we partnered with a team of researchers who conducted a study on charitable giving, which also raised an additional \$550 in donations to support our work.



Service Spotlight

We are proud to provide the Social Workers in Schools (SWiS) service across five Dunedin schools: Carisbrook, Bathgate Park, Concord, Brockville, and Pine Hill.

Our two dedicated social workers are based within the schools, making them familiar and approachable faces for tamariki and their whānau. This connection reduces barriers to engagement and ensures families can access support easily.

SWiS offers free, early support to help overcome challenges that might impact a child's learning and wellbeing. With demand for this service continuing to grow and the needs becoming more complex, our social workers use both individual support and group work to reach more tamariki. One creative example is the "Friyay Challenge", a fun weekly group where students work in teams on activities such as cupcake decorating, building structures, or even making accessories for Bodhi (our SWiS worker's dog). These challenges encourage teamwork, communication, self-regulation, and friendships that extend beyond the classroom.

Our SWiS team also partners with organisations including Riding for the Disabled, Public Health Nurses, Sport Otago, the Police, Whāngaia Ngā Pā Harakeke, Strengthening Families, and Oranga Tamariki. These collaborations strengthen the wraparound support available for tamariki and whānau.

We are grateful to our partners, our school communities, and the families we have been privileged to walk alongside this year.



A Little Time, A Lot Of Heart

We're looking for friendly faces to help with our Street Appeal in Dunedin on Friday 28 November.

Every hour you give helps us continue supporting whānau and tamariki in our community. Whether you're a first-time volunteer or a familiar supporter, your time makes a real difference.

-  When: Friday 28 November, between 9.00am and 1.00pm
-  Where: George Street and other various locations across Dunedin
-  How to help: Email Sarah (Communication@FamilyCare.org.nz) to volunteer



GiveALittle Day

On Tuesday 2 December, Aotearoa comes together for Give a Little Day – one day dedicated to generosity. For 24 hours, every dollar donated to Anglican Family Care through Givealittle will go in full to our cause — Givealittle is fees free on the day.

We invite you to be part of it – whether by making a one-off donation, encouraging colleagues and friends to join in, or sharing our story. Together, we can show how small acts of generosity add up to extraordinary impact.

Please support Anglican Family Care this Give a Little Day by donating through our [Givealittle page](https://givealittle.co.nz/org/anglicanfamilycare) (<https://givealittle.co.nz/org/anglicanfamilycare>)

Give a little – together we can give a lot.



Christmas Giving

This Christmas, we're encouraging quality over quantity — focusing on thoughtful, environmentally friendly gifts that bring joy to tamariki while caring for our planet and experience gifts, for example movie vouchers, mini-golf, or adventure passes.

If you or your community would like to contribute, we'd love gifts made from natural, renewable, and recycled materials or gift vouchers that offer whānau memorable experiences.

Here are some ideas to inspire you:

For Younger Children

- Wooden or bamboo toys and building blocks
- Soft toys made from organic cotton, hemp, or recycled fabric
- Wooden musical instruments (e.g. xylophones, maracas, tambourines)
- Pretend play sets (e.g. wooden play kitchen food, tea sets, tools or gardening kits)

KMart has a great range of wooden toys available with local stockists like Mahana NZ or Little Whimsy supporting Kiwi businesses.

Creative Play

- Art and craft kits with recycled paper or soy-based paints
- Natural crayons, beeswax crayons, or modelling clay
- DIY kits: make-your-own birdhouses, beeswax wraps, or friendship bracelets
- Reusable sticker books or magnetic storyboards

Though stationery focused, Warehouse Stationery have eco-friendly product ranges (recycled, sustainable) and gift-items.

For Older Children & Teens

- Board games or puzzles made from recyclable materials
- Books
- Reusable drink bottles or lunchboxes (stainless steel or recycled plastic)
- Experience gifts – movie vouchers, mini-golf, or adventure passes

Places like Megazone or Escape Artists in Dunedin, Puzzling World in Wānaka, or the Riviera Cinema in Balclutha or Ōamaru offer gift vouchers for purchase. *Fun fact: Escape Artists are actually based in our former Bath Street offices.*

For All Ages

- Eco-friendly outdoor toys (e.g. skipping ropes, recycled sand play sets)
- Gardening kits with seeds and compostable pots

Kingsseeds has a range of kits to get those green-fingered tamariki started.

Mitre10 also has a great section on their website for activities to enjoy over summer.

Other local alternatives are:

The Baby Factory stock the Everearth range of eco-friendly toys, Warehouse Stationery supply eco-friendly paint brush sets and paper options, Farmers also have a range of eco-friendly options.

We know not all gifts will fit this perfectly, but any effort to choose more sustainable options makes a real difference — to the planet and to the tamariki we support.

Thank you for helping us make Christmas special for families in our community.

How Does My Donation Help?



\$20

provides a supermarket voucher towards a family's grocery bill



\$50

helps provide a respite caregiver for a night



\$100

contributes towards a whānau or social worker visiting a family in their home

**Make a difference to Otago whānau
Donate today**

www.anglicanfamilycare.org.nz/donate



How You Can Help

If you would like to support our mahi, you could:

- ♥ make a one-off or monthly donation direct to our bank account (02-0912-0018828-07) or via our website Anglican Family Care,
- ♥ share our [Facebook](#) or [Instagram](#), or [Linkedin](#) posts,
- ♥ nominate us for your workplace giving,
- ♥ refer a local business who might support our vehicle sponsorship goal,
- ♥ host or attend a fundraising event.

If you would like more information about how you can help, get in touch with one of our team by emailing us at Communication@FamilyCare.org.nz.



We're closing for a break on Wednesday 24th December, re-opening in the New Year on Monday 5th January 2026.

Have a safe and happy holiday season.

We look forward to reconnecting with you in 2026