

# COMMUNITY CONNECT

JANUARY 2026



ANGLICANFAMILYCARE



Kia ora koutou,

As we start the new year, I want to take a moment to say thank you for the incredible generosity and support we've seen from our community over the Christmas period, and over 2025. Your kindness brought joy to countless whānau, tamariki and rangatahi, and for that, we are deeply grateful.

Grief touches every life. For a decade through our Oceans Grief & Loss Programme in North Otago, we've seen when people feel supported and have the tools to process their grief and loss, healing and hope can flourish. This year, we're committed to extending that lifeline to South Otago. Thanks to the Clutha Foundation's generous pledge of \$15,000, we're already halfway to our goal. But we can only make this happen with the support of our wider community.

Together, we can ensure families in South Otago have access to the same programme that has transformed lives in North Otago. Your support can make a difference. We've included details on how you can make a donation and invest in this programme to help us reach our goal and make a real difference in our rural communities.

Thank you for walking alongside us. Your support is the ripple that creates waves of change.

Ngā mihi nui,  
Lynette Finnie  
General Manager



## It's a New Year and We're Back!

We're back after a well-deserved break over the Christmas / holiday period and ready to work with whānau.

Referrals can be made directly through our website: [Anglican Family Care](#), or by sending completed referral forms to the email address on the referral form.

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



## Ngā Mihi Nui

Thank you to our incredible community for showing true generosity and compassion by supporting whānau in need this Christmas. Your kindness ensured tamariki received gifts and joy during the festive season. We are especially grateful to the following groups and businesses for their outstanding contributions:

- Dunedin Harbour Rotary
- Ray White Dunedin – Little Ray of Giving
- Leanne Black and the team at Tall Poppy Real Estate
- Zen Hair
- Kaans Catering
- Balmacewen Lions Club annual BRONZ Otago Toy Run
- Otago Peninsula Parish
- St John's Roslyn AAW
- Becky from Hyde Boutique

# How Our Community Supported Us



*Sarah and Donna from our Fundraising Team, pictured with Tania and Jude from Ray White Dunedin*



*Lynette (our General Manager), Leanne (Tall Poppy Real Estate), and Donna (our FMC Manager) in the Christmas shop we opened for whānau we work with to choose gifts for their tamariki*



*Terri (one of our Home-based Family Support team leaders) with Hayley and Leanna from Zen Hair*



## Recent Grants We Have Received

- NZ Lottery gave \$10,000 to support Oceans Grief & Loss Programme in North Otago. Without the support of our community, we simply couldn't deliver this programme,
- Dunedin Casino Charitable Trust have helped us out with a \$700 grant towards our Client Assistance Programme for whānau who need extra support with groceries and petrol costs.



## Street Appeal Success

We are incredibly grateful for the wonderful partnership we share with St Hilda's Collegiate. Their Year 7 and 8 students joined us in November for our annual Street Appeal, bringing energy, enthusiasm, and smiles to the day. Their support helps us raise vital funds and awareness for our cause, and we truly value their commitment to making a difference in our community. Thank you, St Hilda's, for standing with us!

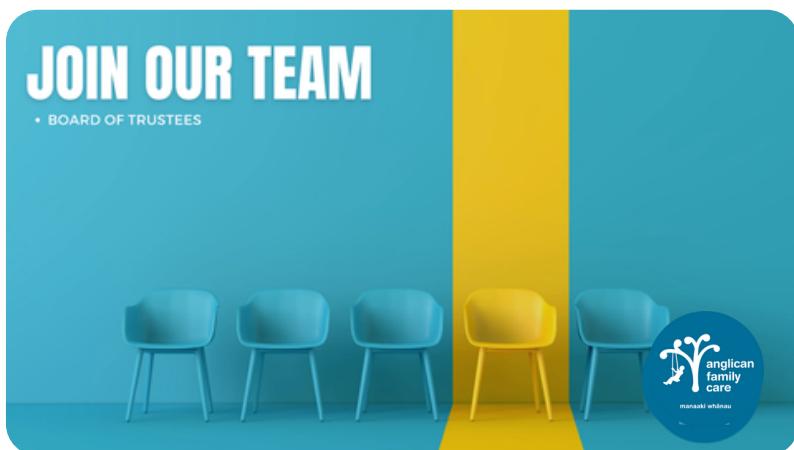
Thank you, also, to the community members who volunteered their time at our other locations around the city.





## Farewell and Welcome

In November, we farewelled two valued members of our Board of Trustees, Amanda Burke, and Emma Hodgkin. We're deeply grateful for their dedication and contributions to Anglican Family Care. At the same time, we're delighted to welcome Fraser Richardson to the board table - bringing fresh energy and insight to our governance team.



## Find Your Place At Our Table

Help shape the future for Otago whānau and tamariki. Anglican Family Care is seeking a volunteer Board member to join our skills-based governance team.

We're looking for someone who brings experience, insight, and a genuine commitment to strengthening families and communities across Otago.

As part of our Board, you'll help guide our mission and ensure our mahi continues to inspire hope and positive change.

Learn more about this opportunity:

<https://www.anglicanfamilycare.org.nz/available-positions/board>



# Can You Help Us Bring OCEANS Grief & Loss Programme To The South Otago Community?

For nearly a decade, our OCEANS Grief and Loss Programme has been a lifeline for tamariki, rangatahi, and adults in North Otago, helping them navigate the deep waters of grief and loss with compassion and support.

Now, we've identified a critical gap in South Otago, families and individuals who need this same care and connection. We're ready to launch and pilot the programme in this region, but we need your help to make it happen.

## Our Goal:

Raise \$15,000 to fund the launch and pilot of OCEANS in South Otago.

## The Good News:

The Clutha Foundation has pledged \$15,000 to support this initiative, but we need another \$15,000 to deliver it.

## Why It Matters:

Grief touches every life. OCEANS provides a safe space for healing, resilience, and hope. By supporting this campaign, you're ensuring that tamariki, rangatahi, and adults in South Otago have access to the same proven programme that has transformed lives in North Otago for nearly a decade.

## How You Can Help:

Donate today to help us reach our goal. [www.anglicanfamilycare.org.nz/south](http://www.anglicanfamilycare.org.nz/south)  
Share this campaign with friends, whānau, and colleagues.

Please help us raise \$15,000 so together we can bring OCEANS to South Otago.

Every wave starts with a ripple. Be that ripple.

Donate via our website  
[www.anglicanfamilycare.org.nz/donate](http://www.anglicanfamilycare.org.nz/donate)



# Heading Back To School

Going back to school can be tricky, especially if your child is starting a new school or just moving to a new classroom.

We talked to our Social Workers for their best tips for a smooth transition.

## 1. Ease back into routines

A gentle return to earlier bedtimes, quieter evenings, and a consistent morning routine can help kids feel settled before day one. Give your kids, and yourself, at least a few days to gradually get back into routines.

## 2. Talk through what to expect

A quick kōrero about what school might look like — new teachers, friends, or classes — helps ease worries and builds confidence. You might want to visit the school grounds as it gets closer to term time, play on the playground and peek in their new class together.

## 3. Prep together

Letting tamariki help pack their bag, choose their outfit, or sort their lunchbox gives them a sense of control and excitement. Maybe they can wear their favourite top, and have a treat to look forward to at lunchtime.

## 4. Keep mornings calm

Try to have clothes/uniforms, lunches, and bags ready the night before. Small wins reduce stress for everyone.

## 5. Notice the feelings

Big emotions are normal. Checking in with “How are you feeling about going back?” shows kids you’re there and listening. If you think back, you can probably relate! Showing your child you understand is a helpful approach.

## 6. Celebrate the little things

Acknowledging their courage, effort, or kindness, not just achievements, boosts resilience and self-esteem.

## 7. Reach out if things feel tough

If the transition feels overwhelming, it’s okay to ask for support. Your child’s teacher will want them to have the best start for the school year, so let them know if you have worries. If you need extra support, you may want to connect with one of our services. Our team is here to walk alongside you, at your pace and in your place.

# SUPPORTING WHĀNAU

across Otago since 1970



## WHERE TO FIND US

### Dunedin Office

📍 266 Hanover Street, Central Dunedin  
📞 03 477 0801

### South Otago Office

📍 Te Pou Ō Mata-Au, 6 Clyde Street  
📞 03 418 2530

### North Otago Office

📍 23 Coquet Street, Oamaru  
📞 0800 FAM CARE ☎ 03 434 1011

### Central Otago | Queenstown Lakes Office

📍 Alexandra Community House  
14-20 Centennial Ave, Alexandra  
📍 Wanaka Community Hub,  
34 McDougall Street, Wanaka  
📞 03 448 8228 (Alexandra)  
📞 03 443 6623 (Wanaka)

## Where To Find Us

We have offices across Otago, from Ōamaru in North Otago to Balclutha in South Otago. You can also find us in Wānaka, Alexandra and Dunedin, or you can visit our digital home at [www.anglicanfamilycare.org.nz](http://www.anglicanfamilycare.org.nz)