

Community

A PUBLICATION OF YMCA AUCKLAND

SUMMER 2017-2018

Finding time for whānau at Family Camp

- ▶ Calling all superheroes for Round the Bays!
- ▶ Holiday programmes a hit with working families





We're here
for your community

In this issue

Feature

- 3 Finding time for whānau at Family Camp

Funder Profile

- 5 ANZ Staff Foundation supports youth development

YMCA People

- 6 Teen volunteer prepares to pay it forward

Community News

- 7 Calling all superheroes for Round the Bays!
8 Holiday programmes a hit with working families

Community

Community is the official publication of YMCA Auckland.

Community provides YMCA a way to recognise the achievements of our members, individuals, teams and organisations that we work with and support.

We are pleased to be able to keep our wider community up to date with news of the work YMCA is engaged in and to share our successes with you. We hope you enjoy reading this issue of *Community*.

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EDITORIAL



Welcome to the first edition of *Community* for 2018. As I write that, I find it hard to believe we're into a new year already.

Where did last year go? I like to think I invested a lot of my time into family: trips to the beach, birthday celebrations with big family get-togethers, or more simple affairs such as a weekday dinner around the kitchen table where we update each other on our days' highlights.

But that's not always the case.

Sometimes the family dinners are missed, or weekends away have been clipped or abandoned entirely in favour of a pressing work deadline. And I know my family and I are not alone here. Work. School routines. Emails and smartphones. Sometimes life just gets in the way of... life. And we all yearn for the kind of life that truly matters – a life surrounded by family and friends and moments that stay with you well into old age.

This edition of *Community* magazine is very much about cherishing and celebrating those moments. Recently at our fully-subsidised YMCA Family Camp we met one family who is making the most of what they have. On a Friday afternoon three generations of the Samu family rolled in to YMCA's Camp Adair in Auckland's Hunua Ranges for a weekend of cabin-based camping. Grandparents, children, and the grandchildren all spent the weekend together climbing, abseiling, singing or tackling a muddy obstacle course together. Their goal? To make family memories.

Let's be honest, though. Finding time together as a family isn't always easy, particularly in today's society where both parents often need to work to make ends meet. Our team recently caught up with two families to find out how they cope over the summer holidays, and the role of holiday programmes in ensuring they can strike a balance over the long summer break. You can read their story on page 7.

Finally a note about *Community* going forward. This will be our last print edition as we look to the future and embrace the digital age. From now on you'll see *Community* popping up in your email inbox. If you'd like to update your details, or opt out of future editions of the *Community* e-newsletter, then please complete our contact form at ymcauckland.formstack.com/forms/community_enewsletter, or contact us at communication@ymcauckland.org.nz.

Best wishes for 2018. I hope the year brings you much joy and quality time with those closest to you.

Peter Fergusson
CHIEF EXECUTIVE OFFICER
YMCA Auckland



FINDING TIME FOR WHĀNAU AT FAMILY CAMP

Work. Finances. Chores. School routines. With the pressures of daily life it's little wonder so many Kiwi families struggle to spend quality time together, and the numbers prove it.

In 2015 a Statistics New Zealand report revealed one third of New Zealanders feel they are not spending enough time with their partners and children. The same study also found families with children are less likely than childless couples to share meals together.

YMCA's Family Camp seeks to address some of those issues. For four years YMCA has been sending up to 40 deserving families a year to Family Camp for a weekend of fully-subsidised cabin-based camping at the iconic YMCA Camp Adair facility in the Hunua Ranges.

This time-out provides a valuable opportunity for families to get away from the pressures of daily life, step back from everyday distractions and spend quality time together with the people who matter most: whānau. And with no TV or internet, but a large communal dining hall and all catering provided, there's no escaping those meal times together.

For the Van Dalen's of West Auckland, the October 2017 Family Camp was an opportunity to participate as a family in some of their favourite outdoor activities such as abseiling and archery. Mum Pauline says the financial pressure of increased

rent in Auckland meant they've had less chances lately to get away and connect as a family.

"We used to do stuff together, like camp at Kai Iwi lakes, but then we hardly did anything together."

"The kids love doing outdoor activities and Family Camp was a great way for us to experience that together."

Joining the Van Dalen's at the October Family Camp were five other families from all walks of life: working families under pressure to stay ahead of the bills and worn down by the grind of the working week; single parents unable to afford similar opportunities or take the time off work; families with foster children looking for opportunities to better connect as a family unit.

For the three generations of the Samu family that attended – 12 in all including grandparents, daughters and grandchildren – Family Camp was a chance to get together and make the most of what they have.

Daughter Shirley said the whole family, young and old, loved Family Camp and were grateful for the opportunity to spend a quality weekend together.

"Our parents are getting older, and we're just trying to make family memories."

You too can help deserving families attend Family Camp. Visit our Everyday Hero page and donate today to support the next Family Camp, 23-25 February.

everydayhero.co.nz/event/ymca-auckland-hamilton





YMCA is a not-for-profit organisation. The October 2017 YMCA Family Camp was made possible via a generous grant from the Sir John Logan Campbell Residuary Estate, and donations from the public and YMCA members.

ANZ Staff Foundation supports youth development



Ask Greg Alford, ANZ's Director

of Institutional Relationships, why he supports YMCA's efforts to empower young people and he doesn't have to think long for an answer: "We all benefit from helping young people prepare for their future. Giving them the opportunity to develop leadership and other life skills is a great way to build strong communities."

Greg is on the advisory board of the ANZ Staff Foundation – a charitable trust supported through payroll giving by more than 2,000 of the bank's employees. Their donations are matched dollar for dollar by ANZ, and so far the Foundation has distributed over \$4 million to more than 550 charities nationwide.

Recently the Foundation threw its support behind a YMCA initiative to empower young people by providing a \$15,000 grant to the YMCA's youth development programme – Raise Up.

Raise Up is run by youth, for youth

and helps young people aged 13 to 18 realise their full potential by fostering a sense of pride for themselves and their local communities. Operating since 2002, Raise Up crews regularly plan and deliver youth-led activities that make a positive difference to young people and their communities. The programme encourages youth to develop leadership and organisational skills, as well as confidence and a sense of connection with community and issues affecting their generation.

Greg says the ANZ Staff Foundation chose to support Raise Up because of the crucial skills youth develop through the programme, as well as a strong belief that all New Zealanders deserve opportunities to achieve economic and social independence.

"Helping young people develop their confidence and find their voice results in everyone playing an active role in society, leading a rewarding life, being good

people and achieving their potential."

YMCA's Community Development Manager and Raise Up coordinator Adam Brown-Rigg sees first-hand the impact Raise Up has on youth. Adam says Raise Up crew members often report increased self-confidence, and greater teamwork and leadership skills as they progress through the programme.

"None of this would be possible, however, without the generous support of funders such as the ANZ Staff Foundation.

"It's often said that an investment in young people is an investment in the future, and that's definitely true when you look at the personal development of Raise Up crew as they come through the programme."

Find out more about how the ANZ Staff Foundation's support of Raise Up is having a positive impact on youth by visiting raiseup.co.nz.

Teen volunteer prepares to pay it forward



When 17-year-old Fangapulotu Pau'u joined YMCA's youth development programme – Raise Up – she never imagined the experience would lead her to a major award.

In September 2017, Lotu, as she is known to her friends, was named the Paykel Family Youth Leader of the Year at YMCA's annual general meeting. She was recognised for her efforts in large part because of the more than 200 hours she had spent volunteering over the past 12 months for the Onehunga Raise Up crew at the Sir William Jordan Recreation Centre managed by YMCA.

Raise Up is made up of teenagers aged 13-18 who volunteer their time to organise and run events. Lotu joined the Onehunga Raise Up crew in October 2016 and has quickly established herself as a leader.

"I moved to Onehunga two or three years ago. I had friends in Raise Up who always talked about it so I decided to join."

Lotu says joining Raise Up quickly made her feel a part of Onehunga, and has helped her connect with the local community.

"I like the idea of Raise Up and how it gets youth involved in the community.

It has also been really cool to be a part of organising local youth events."

Onehunga Raise Up coordinator Adam Brown-Rigg says Lotu is extremely deserving of the Youth Leader of the Year Award.

"Lotu is a great leader of the Onehunga Raise Up crew and really rose to the occasion as MC at our Y-Factor youth talent event and as part of the team organising several other big events such as our yearly Santa Parade."

Adam says during the Y-Factor event Lotu made a lasting impression on the manager of Te Oro youth and arts centre in Glen Innes. As a result, Raise Up were invited to hold meetings from Te Oro and to sit on a youth advisory panel in the local community.

Lotu's enthusiasm and passion for ensuring youth have a voice also drove her to participate in and help interview high school students as part of a local council youth survey in 2017. The survey aimed to ensure local young people have a say in issues regarding public transport, local activities and youth friendly spaces in their local area.

"Not only is Lotu a great

ambassador for Raise Up, she is also a great ambassador for her generation and is proof of what young people can achieve when given the right opportunities," Adam says.

Lotu says being a part of Raise Up has helped her gain leadership skills, new friends and a better connection to community. She graduated from high school at the end of 2017, and is now looking at how she can pay forward some of the skills she has learnt during her time with Raise Up.

"I wouldn't mind becoming a Raise Up coordinator. It would be great to help other youth and get more people involved."

It's a sentiment shared by Adam: "Lotu has a bright future ahead of her and we'd be very lucky to be a part of that journey."

You can help young people like Lotu achieve their full potential. Donate to Raise Up by visiting everydayhero.co.nz/event/ymca-auckland-hamilton, or sign-up for Round the Bays through YMCA today and run to show young people that anything is possible. See page 8 to find out how.



Holiday programmes a hit with working families

Summer. It's the season of fun in the sun and holidays at the beach. But for working families, summer can also be a long slog spent juggling work and looking after the kids. *Community* recently caught up with Celeste and Emma, two mothers who work full-time, to discuss the challenges, and how YMCA holiday programmes and camps are helping them survive the summer.

How old are your kids and how long have they been coming to YMCA holiday programmes?

Celeste: I have two kids - Austin aged 8 and Aylah aged 5. My son Austin has been coming for three years now, and this is my daughter's first year.

Emma: I have an 11-year-old, Grace, and Lewis is 8 years old. My kids have been attending YMCA holiday programmes since they were 5.

Are summer holidays hard to balance with work and having the kids off school?

Celeste: Yes they are. Mainly due to trying to keep the kids interested year after year with different activities during the day. The cost of being off school is also a challenge.

Emma: Yes it's definitely hard to balance when the kids are off for six weeks. You want them to enjoy the long summer days at home, playing with friends and out on their bikes or scooters, but unfortunately most parents don't want to take all their holidays at this time of year, and maybe don't have much annual leave. Holiday programmes are a good solution for us, especially as we don't have family around to help.

What do the kids enjoy about the YMCA holiday programmes?

Celeste: Variety. They look forward to different destinations and different activities leading up to every school holidays. Kids just want to have fun and be kept active, and the YMCA instructors do it very well.

Emma: They enjoy swimming at the pools, and the staff at the facility. The holiday programme team have a big influence on the kids - if the staff are engaged and happy then it shows in the kids. They also enjoy the days when they go out bowling or play mini-golf, or the craft days where they are able to bring home something they made and show it off.

What are the benefits of YMCA holiday programmes, camps or after-school care?

Celeste: The YMCA instructors are great. They are professional and organised when dealing with parents who can be stressed out or late, and show the kids enthusiasm and warmth.

Emma: It's a good structure and

YMCA offers a range of great value holiday programmes in 17 locations across Auckland, the Waikato and Bay of Plenty, including holiday camps at Shakespear Lodge and Camp Adair in Auckland.

Find out more at
ymcauckland.org.nz



YMCA is a child-safe accredited organisation, and all holiday and after school care programmes are audited by the Ministry of Social Development.

“Kids just want to have fun and be kept active, and the YMCA instructors do it very well.”

safe environment with loads of fun activities where the kids can make new friends and relate to adults other than their teachers. Memories are huge, as well - my kids still talk about the YMCA camp and the activities they did!

Calling all Superheroes!

Run Round the Bays with YMCA and be a hero for young people

For more than 15 years YMCA's youth development programme – Raise Up – has empowered hundreds of teenagers with new skills and confidence to help them chase down their dreams.

Now's your chance to show your

support. Don your superhero cape, run with YMCA and show young people that anything is possible. Entry includes a race pack, superhero cape, transport from the Mt Albert or North Shore YMCA and a BBQ at the finish line.

Sign-up for Round the Bays through YMCA today. Entries close 22 February
ymcauckland.org.nz/roundthebays

If 90-year-old Russell can do it, so can you!



Regular exercise has proven to be a fountain of youth for 90-year-old Russell Parrish who still hits the gym three days a week. A YMCA member for 50 years, Russell recently signed up to do Round the Bays through his local YMCA.

Russell and his wife Mary have been keen runners most of their lives, but 12 years ago decided to focus on the more leisurely pace of walking. In 1982 they completed the Round the Bays course together, helping to lead the crowd of 70,000 runners from Victoria Park.

Russell decided to challenge himself once again at the annual event after hearing about the YMCA teams running Round the Bays to support youth development. In early January he completed a practice run of this year's 8.4 kilometre course along the Auckland waterfront in 1 hour and 40 minutes by alternating walking and jogging.

With just four weeks to go until the event on March 4, Russell is on track to complete the Round the Bays course once more as wife Mary and the YMCA team cheer him on.

YMCA sincerely thanks the funders below for their vital support over the last quarter. Their generosity means that YMCA can continue its work in the community.

FUNDER	VALUE	PURPOSE
ANZ Staff Foundation	\$15,000	Raise Up
Kaipatiki Local Grants	\$5,000	Raise Up
Joyce Fisher Charitable Trust	\$45,000	Raise Up
SKYCITY Hamilton Community Trust	\$7,500	Raise Up
Sir John Logan Campbell Residuary Estate	\$2,000	Family Camp
Puketāpapa Local Board	\$25,000	Puketapapa Youth Panel
Mt Wellington Foundation	\$2,401	Lagoon Pool resources
Papakura Quick Response	\$2,000	Papakura ELC community garden
Albert-Eden Local Board	\$11,193	Mt Albert local board Work Plan
Four Winds Foundation	\$20,000	Auckland City foyer/kitchen
First Sovereign Trust	\$2,676	Auckland City furniture
Grassroots Trust	\$12,105	Auckland City accessible toilet
Manurewa Local Grants	\$1,000	Manurewa ELC sensory room
Pelorus Trust	\$1,000	Shakespear Lodge boating clothing
BlueSky Community Trust	\$3,000	Shakespear Lodge archery equipment
Infinity Foundation	\$2,736	Shakespear Lodge wetsuits
First Sovereign Trust	\$4,140	Ellerslie cheerleading uniforms

YMCA

Y-Kid's Programmes



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www.ymcaauckland.org.nz

