

HAPPY BIRTHDAY C.A.R.E.!



2008-2009 Annual Report

Congratulations on 10 years of making a difference in the community!

The Board of Trustees@C.A.R.E.

It is amazing to contemplate the fact that CARE Waitakere has been working in Te Atatu Peninsula for 10 years. For a decade CARE Waitakere have been helping people work through major difficulties in their lives, celebrating victories as broken lives are put back together and assisting those who have required budgeting advice.

This all started with a few people in 1999 who had an idea that turned into a vision that turned into a reality. During these past 10 years God has been faithful. He has been faithful in providing the right people at the right time. He has been faithful in providing financially through the various funding agencies that support the work that CARE is involved in. And he has been faithful in provid-

ing strength, wisdom and insight for those who work 'behind the scenes' and on the 'front line.'

I have fond memories over the past 10 years working with the people of the highest quality; brainstorming, dreaming and working through strategic ideas as we have wrestled with the demand on our services and the desire to be 'a light' in our community. Other fond memories are of our Christmas lunches as the wider team comes together to celebrate and the trustees are able to thank all of those who have contributed over the previous months.

CARE Waitakere's vision is still

strong. To "Come Along to Restore and Empower." Thank you to all who have supported CARE Waitakere with your time, finances and skill set. We are grateful that we have such an amazing team; both employed, contracted and those who support us voluntarily. May God richly bless you as we continue to see the work of CARE grow.

Stu Sutherland

Chair, Board of Trustees



The Director@C.A.R.E.

There have been many memorable moments at C.A.R.E. during this 10th year of celebration. Our Open Home was held in July when many came from the community to meet with us, view our premises and see what services we currently offer. The thanksgiving celebration held at the Clist home in August and the many activities held to celebrate Christmas including the lunch with everyone at The Falls and the hilarious award ceremony for the staff and volunteers. A highlight was Lynn Goold and Kathy Clist receiving an award in recognition for their outstanding contribution to the community and people of Te Atatu Peninsula. Another was the working together of staff, the management team and trustees to complete a five year Strategic Plan which will take us from 2009 to 2013. This comprehensive and very exciting plan allows us to not only maintain the growth and services established in the past ten years but to develop many new areas. A copy is available on request from our reception.



Kathy receiving community award



Congratulations Lynn!

I am continually amazed at and thankful for the wonderful team of staff and volunteers who make C.A.R.E everything that it is. There is a strong desire for professionalism and to provide the very best of counselling services, budgeting advice and community programmes but this is never at the expense of warmth and care for the adult, child or family. As Mother Theresa said "Kind words can be short and easy to speak, but their echoes are truly endless".

Pene Hodge

Counselling@C.A.R.E.



It is so encouraging to look back over these ten years and see how our counselling service has grown from a small dedicated team of three people to a large dedicated team of eight! This team, together with our interns (currently three students completing their counselling training) are all committed to the vision of C.A.R.E. and see their work here as more than 'just' a job.

In 2008/2009 this has been our counselling team: **Kathy Clist** (Counselling Service Manager), **Lynn Goold**, **David Pimentel**, **Di Collins**, **Elaine McConnell**, **Jennie Irving**, **Cathy Dodd** and **Jane Hepburn**. We have also enjoyed having the following interns on our team during their professional placements: **Sheryl Garden**, **Lisa Single**, **Rachel McCann**, and **Anisha Beamish**.

From our humble (yet exciting) beginnings in 1999 we now have a strong reputation in Waitakere City and beyond. Our counsellors now have accreditation with ACC, WINZ, CYFS, Family Court, Auckland and Tamaki PHOs, Health West PHO (Youth and Adult programmes), and CASA (a specialist counselling service for those bereaved by suicide or affected by a

suicide attempt). Some of these contracts are new this year as a result of increased government funding to PHOs.

These accreditations, together with other targeted funding, mean that we can offer counselling sessions to anyone regardless of their financial situation, including low cost therapy to children and adolescents. This was our original vision and one which has always been at the forefront of our thinking and planning.

Our counselling service is known for its warm welcoming culture (as is C.A.R.E. as a whole) and this doesn't just happen. Our team treat each other and their clients with respect, warmth and compassion and this is part of the underlying structure of our organisation - just as vital as bricks and mortar!

A warm thanks to each team member for your integrity, generosity and dedication.

Kathy Clist



The Kids@C.A.R.E. Team is serious about children and their families. We provide counselling for children up to 16 years of age and facilitate programmes designed to help strengthen and grow kids. Kids@C.A.R.E. is becoming well-known in the community; children are referred to us by PHOs, CYFS, schools, and other agencies.

We see the value of play in helping children share their difficulties, discover their inner strengths & re-story their lives for a more fulfilling future. Thanks to generous support, we can continue to purchase various child therapy resources such as puppets, dress-ups, books, sand-tray and art & crafts, making therapy an inviting activity for children. In a short space of time, we see the impact of counselling in these young lives and we're thrilled that Kids@C.A.R.E. can provide this service for all kids!

Kids@C.A.R.E.



Jane Hepburn and Cathy Dodd



Programmes@C.A.R.E.

Building Families for Life

Building Families for Life is an eight week parenting programme that teaches parents how to raise loving and responsible children, which helps to grow strong and healthy families.

Seasons

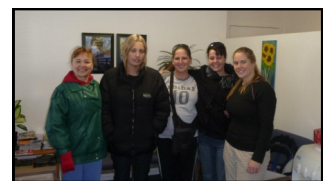
Seasons for Growth is a nine week programme for children who are

experiencing the loss of someone through death, separation or other major family change. This programme is run at C.A.R.E. and in schools.

Adventure Specialties

A big thank you to Adventure Specialties Trust for continuing to provide fantastic opportunities for C.A.R.E clients and their families, to experience the wonderful out-

doors. This year programmes have included winter and summer family camps as well as "**Mums on the Move**". This is a recent picture of a group of women leaving for a week long adventure of caving, tramping mountain climbing and kayaking around Auckland's waterfront.



Budgeting@C.A.R.E.



(Affiliated to New Zealand Federation of Family Budgeting Services)

Since our last Annual Report, the C.A.R.E. Waitakere Trust Budget Service has continued to provide budgeting advice to our local and wider communities under the co-ordination of Jennie Irving.

This past year has been a year of consolidation, with four new budget advisers completing their training and gaining experience. We farewelled Raoul Taylor who has gone to work overseas and John Goold. There have been several opportunities for our service to have involvement in local programmes including a series of workshops at Workbridge. These workshops were presented to people who were currently on a benefit and endeavouring to return to the workforce. It gave us a wonderful opportunity to have input at a wider community level.

There appears to be a marked increase in the number of approaches to our budget service for help with insolvency matters. As well as this, there seems to have been an increase in the number of business people seeking budgeting help. A general impression is that budgeting has become more of a focal point for many people and is seen as a very practical thing to do.



Jennie Irving

We are very grateful to our team of volunteers who continue to give their time selflessly to our budget service. Our sincere thanks to Dorothy Graham, Joy Scott, Sarah Woodfield, Grahame Winter, Kathie Jennings, and Suzie Marsden for their valuable service.

A comment from our recent Federation audit:
“My overall impression of this service is one of an organisation committed to building strong relationships with local community with the support of their advisors and staff. There is an overall feeling of warmth and helpfulness when entering these premises with a wealth of information available to all who enter”.



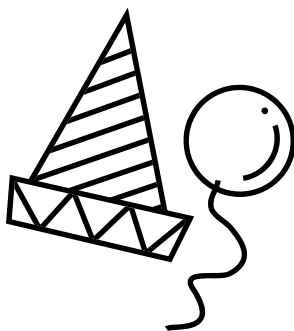
From Where I Sit@C.A.R.E.



Pauline's warm smile

From the Reception Desk, I see many adults, children and families come through the door of CARE House for the first time. I observe many come with a certain amount of trepidation and uncertainty. I also observe, however, these same people leave CARE House with a distinct change in their demeanour – one could almost detect a certain ‘lift’ in their spirit. Counsellors and Budgeters be encouraged you are making a difference in people’s lives! I see this even in the short encounter I have with them from where I sit at my desk.

I count it a privilege to work alongside such a dedicated, skilled and caring team and “thank you” all for making my job such a pleasant experience (not forgetting the good humour along the way). May God richly bless your work endeavours at CARE.



Finances@C.A.R.E.



Happy Birthday C.A.R.E.!!!

It has been a challenge over the last financial year to raise sufficient funds to cover our expenses as a result of the current economic climate. Unfortunately several of our usual funders have had to temporarily limit their level of financial assistance to us and other not for profit organisations. This has come at a time when there has been increased need for our services and therefore our operating costs. This resulted in a small financial loss for the year ended but with money held in reserve and a clear funding plan for the next year we are pleased to say we are in a stable financial position. We continue to be very grateful to all those who provide financial assistance through grants and donations.

Special thanks to **A.N.Z-Staff Foundation** Equipment and materials for the Child Therapy room, **A.S.B-** Salaries and General expenses, **C.O.G.S-** Volunteer expenses, mileage, telephone costs for Budgeting service, **Community Education-** Parenting and Seasons Courses, **J R McKenzie** – Salaries, **Lion Foundation-** Salaries and CARE house utilities, **Ministry of Social Development-** Counselling subsidy system, Budgeting Service, parenting programmes, salaries and general expenses, **NZ Post** – Community postage, **Sir Logan Campbell Estate** – Parenting and Seasons programmes, **Southern Trust** – Child Therapist salaries, **United Way-** Operating and administration expenses for Budgeting Services, **Waitakere City Council-** Office equipment, **Waitakere Licensing Trust-** Laser Printer, training TV/DVD and garden maintenance, **Western Districts Community Foundation-** Child Therapy .

And to all friends of C.A.R.E. and other individuals, families and the community who have made donations we thank you.

Thanks@C,A.R.E.

We would like to honour and give special thanks to all those staff, trustees and volunteers who have worked at CARE for over five years.

Rosalie Mailand, who comes every Monday afternoon to assist us with administration and financial matters.

Dorothy Graham who ran a midwifery clinic from C.A.R.E. for many years and has volunteered as a budget adviser since 2004.

Joy Scott for faithfully offering budgeting advice at C.A.R.E. since 2002.

Stu Sutherland who has been on the board of Trustees since 2000 and is our current Chairperson.

Kathy Clist and **Lynn Goold** who were the founders of C.A.R.E. ten years ago and have continued in varying roles including counselling, trustees, chairperson and manager of the counselling service.

MORE THANKS...

Pauline Gamble our wonderful receptionist. She provides such a warm and caring welcome to all those who come into or contact C.A.R.E. house.

Our relationship with the elders and congregation of Te Atatu Bible Chapel. We particularly appreciate the support and helpful assistance of **Sue Sutherland** in the TABC office.

Te Atatu Union Parish Church and **Waitakere Community Outreach Food Banks** for their willingness to provide food parcels for our clients.

C.A.R.E.'s Trustees who so generously give of their time, expertise and wisdom. Thanks to **Stu Sutherland** (chairperson), **Lynn Goold** (deputy chairperson), **Gail Bond** (treasurer), **Sandra Hewlett** (secretary) and **Richard Charmley**.

All those individuals and families who have used C.A.R.E. services, who share with us their stories and enrich our lives.



Friends@C.A.R.E.

We invite you to become a friend of C.A.R.E. and support us to support the community. For further details, phone C.A.R.E. Reception or visit our web site. There is an annual contribution of \$80.00 and all donations are tax deductible.

