

L!FΘW!SE

2012 ANNUAL REPORT

turning lives around



**CELEBRATING
LIVES TURNED AROUND
THANKS TO *you***

LIVES TURNED AROUND

“Without Lifewise the streets would still be my home”

“The on-going support from Lifewise has been stunning”

“Before Lifewise, I stuffed every opportunity into a bottle and drank it”

“I still have my independence. Lifewise is helping me keep it”

“I don’t know what I would do without Lifewise”

“The staff at Lifewise are like family to me”

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Lifewise, a community and social services agency of The Methodist Church of New Zealand



Executive LETTER



Celebrating LIFE



Celebrating WINNING



Celebrating FAMILY



Executive LETTER

MARION HINES
JOHN MURRAY
JOHN MCCARTHY

WE are convinced that there is no greater reason to celebrate than a life changed. In this report we profile lives to be celebrated. Lives that have overcome great adversity, lives that have dug deep into reserves of courage, lives that celebrate new beginnings and lives that demonstrate that we are the change that we seek. Lives that have been turned around as a result of your support.

At Lifewise we love to celebrate and the past 365 days have provided ample excuses to stop, reflect and celebrate. Significant and treasured partnerships have been forged and strengthened. Namely, we take the time to recognise the role of our kaumatua and kuia who tautoko (support) and awhi

(nurture) the organisation and who help us to enhance and uphold our commitment to our bicultural journey. We celebrate the official amalgamation of Bainbridge Trust into Lifewise and the value they add to the organisation.

We celebrate the wonderful new foster carers who have come on board with open hearts and homes for children in need of security, love and a stable home environment.

We are also deeply grateful to the many participants of the annual Lifewise Big Sleepout, who once again, braved the elements so that others may not have to.

We celebrate the thorough and independent evaluations of Neighbours Day Aotearoa and Te Kooti o Timatanga Hou (The Court of New Beginnings), both Lifewise inspired initiatives, and which both returned highly favourable evaluations.

We celebrate exercising an approach that addresses the wounds of New Zealand society and which offers real, tangible and solid solutions to a country, and a people, in need of results. It's an approach that defies the traditional charity model and as a result it is an approach that solves, rather than manages, societal issues. It's an approach that works.

We celebrate those who courageously shared their journeys with us in this report. To have been invited into their worlds to share in the triumphs and the obstacles has been nothing short of an honour. Thank you.

Lastly, it is with humble hearts that we celebrate you, our donors. We celebrate your commitment, your heart and your sacrifice for a cause that is now your own.

Marion Hines John Murray John McCarthy



“Lifewise didn’t judge me. They treated me as a person, not an addict”



FOR 13 long years Hamish chased a methadone high. An all-consuming habit that alienated his family, jeopardised his employment and robbed him of dignity and self-confidence.

A self-confessed “black sheep” of his family, Hamish spent much of his high school years indulging in excessive drinking, cannabis and eventually morphine. Broke, desperate and depressed at the age of 20, Hamish sought help. This help directed him to methadone, a drug often used in drug addiction detoxification. A drug that would ultimately keep Hamish bound in “liquid hand-cuffs” for more than a decade.

Every morning for 13 years, Hamish followed a predictable pattern. He would wake, make his way to his local

pharmacist, pick up his coveted daily dose of methadone and then turn up to work late, stretching the patience of his employer who also happened to be his father. Deepening the spiral further, Hamish maintained an added addiction to pills, which prolonged the high that he had come to depend on.

One night while high, Hamish crashed his mother’s car, which led to the loss of his licence. For Hamish, this night would be his rock bottom; finally acknowledging his need for freedom from a drug that had found its way “into (his) bones”.

A referral from a case worker, led to a detox programme at Lifewise in Rotorua. Unrelenting withdrawal symptoms – sleep deprivation, sweating, aching joints, loss of appetite and constant shaking – soon compromised Hamish’s resolve and within two days he had opted to exit the programme. Timely support delivered by a Lifewise staff member convinced him to stay.

Hamish shared that the support of staff who had “walked in his shoes” and who treated him as an equal was very important to him throughout his stay with Lifewise. He stressed that this was a point of difference in the Lifewise approach. To Hamish, Lifewise staff were, and continue to be, like family. Their positive outlook coupled with the holistic approach to detox and treatment were instrumental in his recovery.

Hamish continued treatment with unshakeable resolve, graduating from Lifewise in October this year. He has restored his relationship with his family, is in fulltime employment and even helps chair the local Narcotics Anonymous meetings. Most significantly, Hamish remains resolute in his recovery, determined to maintain his hard-fought-for freedom. When asked what his future holds, Hamish doesn’t hesitate in his response, “The world’s my oyster!”

Celebrating WINNING



“With Lifewise it feels like everyone is on my side”



AT the age of 94, Kath is unstoppable. Sporting more swimming medals than Michael Phelps, Kath is firmly established as a national swimming champion, with a level of fitness that puts those many years her junior to shame.

Initially encouraged to swim at the tender age of four, Kath re-entered the swimming pool at the age of 70, in an effort to ‘remain young’. Kath believes her continued health is testament to the benefits of this

commitment, one she intends to continue; the 2014 FINA World Champs in Christchurch are firmly in her sights.

Maintaining her commitment to her swimming career certainly goes hand in hand with maintaining maximum independence. Like many her age, living as independently as possible is a high priority to Kath.

“It’s wonderful to be independent,” she says. “And, with Lifewise it feels like everyone is on my side, reaching for the same goal.”

Describing her home based support as “absolutely super”, Kath admits that she once questioned whether

or not the support received by Lifewise was “too good to be true.” Initially, she feared that receiving support meant that she was in some way relinquishing independence. Her experience with Lifewise has taught her otherwise. She now states: “I still have my independence. Lifewise is helping me keep it.”

When asked what her hopes are for the future, Kath shares without hesitation: “to remain especially energetic and well.” When asked what advice she might give to others, she quickly states:

“Exercise. Start with leg lifts.”



Celebrating FAMILY



A hole in the living room wall is testament to a time Martha would much rather forget. A time filled with days defined by fits of anger, a suspension from school and many, many tears.

Diagnosed at age five with the autoimmune disease Guillain Barré, Martha's youngest son, Tario (11), endured multiple hospitalisations, which in turn caused significant strain to Martha. However, it was a sudden change in Tario's behaviour after one such hospitalisation that proved too much to bear.

Engaging in violent and uncontrollable outbursts, Tario became unmanageable. It was at this time that Martha was

Martha was fast reaching the point of desperation

given the contact details for Lifewise. Exasperated school staff informed Martha, who was herself fast reaching the point of desperation, that continued disruptions could lead to expulsion.

Recognising the difficult predicament Martha was facing, Lifewise immediately connected her with resources offering the support and guidance needed to regain her confidence as a mother. Willing to pull out all stops to help Tario, Martha abandoned old tactics that delivered few results and with the help of Lifewise, began to find a way of communicating that worked. She had begun to realise that **the goal was no longer to "fix her son" but rather to strengthen her family.**

With the support of Lifewise, Martha's boys were enrolled in a local mentoring



programme that aims to address issues of anger, control and violence via a series of counselling sessions. In addition to this, Lifewise supported Martha via advocating with her for her son's return to school. With all members of Martha's family in a process of change it didn't take long for Martha and the teachers at Tario's school to notice a dramatic improvement.

In Martha's words, the support of Lifewise empowered her as a mother: **"to know what to change and how."** As a consequence she has her confidence back, is now equipped to be a better mum and her relationship with her boys has progressively improved. The development that brings a smile to Martha's face? The return of four much missed words: "I love you mum."

KEY ACHIEVEMENTS

MADE POSSIBLE BY YOU IN 2012

- Accommodated 50 homeless people into a mix of permanent and temporary housing

- An evaluation of Te Kooti o Timatanga Hou (Court of New Beginnings) highlighted the stunning success of this Lifewise driven initiative for homeless people

- Continued to employ former homeless people in our Merge café and help others secure external employment or access training and education

- Evaluations of our homeless support service and youth homelessness programme further validated the effectiveness of the Lifewise approach to this issue

- 360 families attended a Lifewise Toolbox Parenting programme

- Provided 12,461 days and nights of care for children needing safe and secure homes

- Supported the establishment of 'Fair Food', a food redistribution project

- Launched a new playgroup in Glen Eden for local families

- Commenced building a new pre-school in Otara for 70 Tongan children

- Secured funding from the Ministry of Education to build two pre-schools in West Auckland, creating places for an extra 100 children

- Supported Samoa Moni I Lana Gagana Aoga Amata preschool in Mangere to further grow and develop

- Supported the establishment of Laulotaha youth mentoring program in 4 schools in Auckland

- Led the development of new national standards for the Home and Community Sector

- Achieved a 175% increase in the number of people choosing Lifewise as their preferred provider for individualised funding disability support

- Established Lifewise in Rotorua

- Developed Te Ara Ora (The Pathway to Wellness) a program for people with mental health and addiction issues

- A key partner in delivering Neighbours Day Aotearoa (NDA); participation in this national campaign rose by over 240% in 2012

- As a direct result of NDA, almost 3 out of 4 participants now feel more positive towards their neighbours, almost 2 out of 3 feel safer in their neighbourhoods and over two out of three are now more likely to ask their neighbour for help.

- An evaluation of the 'Know Your Neighbours' initiative showed

how important strong neighbourhood connections are as an antidote to social issues (evaluation report available from www.lifewise.org.nz)

- Delivered over 300,000 hours of support to older adults and people with disabilities

- Supported Airedale Property Trust and the Auckland Manukau Tongan Methodist Parish to secure government funding to build 22 new homes for Pacific families in Mangere

Crisis Response
& HOUSING

Neighbourhoods &
COMMUNITIES

Health &
DISABILITY

Childhood
EDUCATION

Families &
CHILDREN

THE FINANCIALS

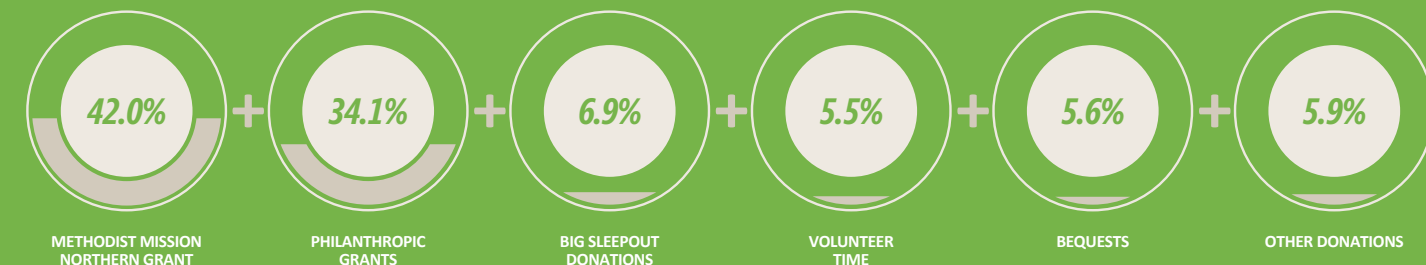
INCOME



EXPENDITURE



COMMUNITY SUPPORT



A BIG THANK YOU

“WE celebrate you, our donors. We celebrate your commitment, your heart & your sacrifice for a cause that is now your own.”

JOHN MCCARTHY
GENERAL MANAGER

To the many loyal and generous donors from kiwi homes, businesses and churches who have dug deep to support the work of Lifewise.

To those who made the 2012 Lifewise Big Sleepout a great success:

- AUT University
- All 2012 Big Sleepout participants

TO THOSE WHO CONTINUE THEIR LEGACY THROUGH OUR WORK:

Bequests from the estates of:

- Catherine Burton
- Marjorie Jackson

TO OUR MAJOR PHILANTHROPIC FUNDERS:



LIFEWISE

turning lives around

LIFEWISE

THE AREAS THAT WE WORK IN

HEALTH AND DISABILITY

- Older adults
- Disability support
- Mental health and addictions (Rotorua)

CRISIS RESPONSE AND HOUSING

- Homeless support
- Merge café
- Tenancy support

CHILDHOOD EDUCATION

- Early Childhood Education
- Playgroup

FAMILIES AND CHILDREN

- Family support
- Awhi Whanau
- Foster care
- Parenting education

NEIGHBOURHOOD AND COMMUNITIES

- Know Your Neighbours
- Greater Glen Eden
- Neighbours Day Aotearoa

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